

ABSTRACT

Terrorism has devastating effect on the people of terrorist exposed areas in Pakistan. Emotional instability is one of the most prominent consequences of terrorism. The aim of present inquiry was to explore emotional instability in individuals from terrorism exposed areas of Pakistan. Qualitative research design, interpretive paradigm and Phenomenology research tradition was used for this purpose. By using exponential non discriminative snowball sampling, total 8 participants from Baluchistan and Federally Administered Tribal Areas (FATA) were recruited in this research. In-depth interviews were conducted and perspective of the participants was taken regarding to their experiences of terrorism and impact of terrorism on their emotional expression. Mental health Inventory (MHI) translated version was used for the purpose of screening. The findings showed that individuals from terrorist exposed areas experiencing various emotional problems including anger, depressed feelings, mood fluctuations, changing in social behaviors and sense of insecurity.

Key words: Terrorism, emotional instability, Baluchistan, FATA.