

**Post-Traumatic Stress Disorder (PTSD) in post 2005
Earthquake period and the role of social system of
Pakistan.**



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Dedication

This paper is first dedicated to all the victims and families of victims who lost their lives, limbs and livelihoods as a consequence of the tragedy that shook most of Pakistan in October of 2005. It is also dedicated to people who fight emotional and psychological trauma on a daily basis and turn to the comfort of their families and friends for relief. And finally to all the people that we love who provide a constant source of rehabilitation for us.

Acknowledgement

I would first like to acknowledge the efforts of my supervisor who acted as a mentor and guide through every step of the process without whom I would not have been able to work as I did. Next I would like to thank all my respondents who agreed to share their sensitive and emotional stories with me and aiding me in my research as they did.

I would also like to especially thank my friends and family who supported my efforts and helped me throughout the ordeal. It was their backing that helped me focus and tackle various obstacles that presented themselves during the course of the study.

Abstract

There has been a marked increase in the number of disasters per year, both natural and man-made, over the last half century. This increase is attributed to the phenomenon of Global Warming, the rapid evolution of complicated and sophisticated technologies as well as the large-scale consumption oriented culture which has altered the behaviour of people thus contributing to a change in the relationship between man and his environment.

The focus of this study is one of the most tragic disasters that struck Pakistan in 2005. Linking the trauma caused by this disaster and the role of family system of Pakistan in the psychological and emotional rehabilitation of these people.

The data that was collected through in-depth interviews was supportive of the notion that family, most specifically joint families, play a vital role in the emotional reintegration of traumatized individuals.

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