

**SOCIAL SUPPORT AS PREDICTOR OF WELL-BEING  
AMONG CONFLICT AND DEVELOPMENTAL INDUCED  
INTERNALLY DISPLACED PERSONS**

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**ABSTRACT**

*The study is carried out to examine the influence of social support on the well-being among conflict induced and developmental induced internally displaced persons (IDPs). The sample of the present study comprised of internally displaced persons (N=200) including conflict induced internally displaced persons (n=100) and developmental induced internally displaced persons (n=100). Multi-Dimensional Scale of Perceived Social Support (Zimmet et al., 1985) and Short Warwick Edinburg Mental Well-Being Questionnaire (Tennant et al., 2007) were used. Simple linear regression analysis and independent sample t-test were computed to test the hypotheses. The results indicate that social support has significant positive influence on well-being among conflict induced and developmentally induced internally displaced persons. Developmental induced IDPs significantly scored higher on social support and well-being as compared to conflict displaced IDPs. The present study has worthy implication in social, health, IDPs management, and clinical psychology.*

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**Keywords:** Social Support, Well-Being, Internally Displaced Persons, Conflict

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## **INTRODUCTION**

The present review concentrates on the Internally Displaced Persons. Internally Displaced Persons (IDPs) can be defined as groups or individual constrained, forced or obliged to escape their homes, usually resulting from natural disasters, violation of rights large scale violence and armed struggle and who stay inside their national territory (Najam-ud-Din, 2010; United Nations Guiding Principles on Internal Displacement, 2016). The researchers are very much interested in the study of internal displacement and its aftermaths (Terminski, 2013a).

Social support means the experience being esteemed, regarded, supported, and cared by other people who exist in one's life (Gurung, 2006). It might originate from various sources, for example, family, companions, peers, group, teachers, or any social community to which one belongs. Social support may come as substantial help given by others when required which incorporates analysis of various circumstances, workable strategies and the emotional support. Social support is a factor that can help people to reduce stress experienced and help individuals to cope with stressful and unpleasant situation. Many researches demonstrated that social support negatively correlates with psychological disorders and symptoms like depression, stress, and others psychological disorders and correlates positively with physical as well as mental health. A study conducted by Nahid and Sarkis (1994) for instance established that social support secures individuals in crises, for example, grieving, ailment, and other key stress elements and alleviates the impact of stressors effecting psychological wellbeing.

The idea of psychological welfare is characterizing as positive mental working and experience (Ryff, & Keyes, 1995; Ryan & Deci, 2001) in this sense mental prosperity might be comprehensive as positive emotional well-being. Nonetheless, it is debatable what is positive of functioning and what makes life good. In any case, researchers have applied multiple approaches to probe psychological wellbeing.

In 1950 many conceptual frameworks applied on positive mental health. They incorporate a number of emphases like subjectivity of wellbeing, cultural dimension of mental health and capability to cope and be resilient in the presence of stressor (World wellbeing Organization, 2004). In the pre-adult health field, these components have enlarged the concept of health from the one limited to

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examination of negative attitude to inclusion of positive development and functioning of youth (Bernat & Resnick, 2006).

According to the prevalent notion of the term, conflict-caused displacement referring people forced to evacuate their native place of residence as a direct result of internal violence. At micro level this notion incorporates the wholesome meaning of the term “internally displaced people.” (IDPs) hence, it is found in numerous international instruments. The internal violence victims displaced forcefully are also associated with same term. On the other hand, escalations caused by the internal violence by no means are the sound basis of the internal displacement. According to an assessment, the war-induced displacements consist of more than twenty million people. The growth in the people force to leave their indigenous places amounts only to a few million people. International Displacement Monitoring Centre observes a displaced comprising over 3.5 million people in recent times due to internal conflicts and Pakistan leads the list (Terminski, 2013a).

A recent study made in India shows that over sixty million people were displaced due to development programmers during 1950-2005, whereas, according to World Bank’s estimate up to two hundred million people were displaced worldwide due to the development projects during 1980-2000. Now the growth rate is increasing as fifteen million peoples observed being displaced annually. This development phenomenon became the core reason of displacement is a vital and integral part of the enormous and surrounding world (Cohen, 1998).

In Pakistan, the crisis owing to the displacement on the larger level has been observed recently. These displacements were consequential of escalation of the people due to contention between rival groups of hardcore militants and sectarian groups in the tribal regions, military operation against hardcore militants of FATA and rebellious elements in Baluchistan, and other natural human-caused calamities like earth quack in Kashmir and KPK, the yearly disaster caused by flood, and displacement caused by development projects like the enhancement of Mangla dam water storage capacity. The internal displacement will be a chief issue in Pakistan as all indicators propose (Najam-ud-Din, 2010).

The internal displacement of humans is a most tenacious humanistic issue among the political ones faced by the world community (Cohen, 1998). The term delineates the people who do not cross any international border, but they are forced to leave their indigenous places to escape the war- effects or human caused havoc.

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UNHC (United Nation High Commission for Refugees, 2004) thinks those people internally displaced ones who forced to evacuate their home-places but none of them wants to cross any international border.

The significant portion of internal displacement is that it is not voluntary, abrupt or sudden (Bascarino, 1995) it was observed that 51 million individuals were displaced internally in 2007, and 26 million individuals were displaced ensuing wars and 25 million because of the natural havocs. On the other hand, says Internal Displacement Monitoring Centre, till the end of 2007 worldwide internally displaced people were numbered 26 million.

Pakistan has lately been undergone many catastrophes. Flood in Sindh displaced 7 million people in 2010 and it made the maximum IDPs in the country's history effecting almost 10% of the total population. 11 million people in displaced Pakistan by floods out of 38 million displaced worldwide (Noewegain Refugee Council/Internal Displacement Monitoring Centre (NRC/IDMC). Global Overview 2011). Moreover, people were also drastically affected by man-caused calamities such as terrorism resulting in militar National Disaster Management Authority (2011). Operation in FATA. 10 % IDPs are encamped at different places while rest of accommodated by host communities in Khyber Pakhtunkhwa: (United Nation High Commissioner for Refugees, 2012). In 2011 more than hundred thousand people displaced internally in FATA region (National Disaster Management Authority, 2011).

Researchers have shown that social supports have a vital role to predict the wellbeing. Social support positivity correlates with the psychological wellbeing (Rutter et al., 2000). Different studies indicate that social support is consistent with the increase in wellbeing. It is well established that attributes and nature of social support are fundamental to an individual's modification and adjustment. The quality rather than quantity of social support has a more positive influence on mental health as per finding of a lot of researchers (E.g. Nahid & Sarkis, 1994; Holahan et al., 1995). To comprehend the part played by received and perceived social support in connection with mental health, we need to investigate the researches on the anxiety buffering impact, which concentrate on both sorts of social support. The perceived social support alludes to the conviction that aid is accessible if necessary while the received alludes to the genuine aid got. Both are thought to minimize stress by reducing or diminishing situations considered a threat to prosperity and strengthening the conviction that vital and required are accessible. Examination of mechanisms of anxiety buffering impact of social

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support concentrates on find out how social support impacts stress related evaluations and adapting (Lakey & Cohen, 2000). Many epidemiological researches have demonstrated that inadequate social support triggers depression and its relapse of depression dysthymia, mood disorder embedded in multiple diseases like cancer, and multiple sclerosis etc.

The psychological and economic consequences of internal displacement are important topics in the current research trends in Pakistan. This study to the knowledge of the researcher is the first comparative study in Pakistan to address the developmentally induced and Conflict-induced IDPs in a single coherent investigation. There are more researches in the world that explore the conflict induced internally displaced persons but current study also explores developmental induced internally displaced person, study also examine the differences between the conflicts induced and developmental induced internally displaced persons on study variables.

It was hypothesized that:

1. Social support will predict well-being among internally displaced persons.
2. Development induced internally displaced persons will significantly score higher on social support and well-being as compared to conflict induced internally displaced persons.

## METHOD

### *Participants*

The cross-sectional competitive research group served as the foundation for the current investigation. In the current research, 200 internally displaced people (IDPs) of both gender were included as a purposive sample. The research included both the conflict-induced IDPs (n=100, 50%) and the developmental-induced IDPs (n=100, 50%). In the present study:

- *Internally Displaced Persons* (IDPs) refer to individuals or group of people who have forced to leave their house or their residence in order to avoid the war conflict, or development, situation of people rights or avoid to natural disaster. These IDPs have not crossed an internationally recognized government border.

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- *Conflict Induced Persons* refer to individuals who forced to leave their typical home because of current boom of internal violence (Terminski, 2013a; b).
- *Developmental Induced Persons* refer to individuals who are displaced in other area of their country cause by development project known as developmental induced internally displaced person. Due to lack of social support narrow political participation, and legal discrimination (Terminski, 2013a; b).

### **Measures**

#### **Demographic Form**

It was developed to obtain personal information like name, gender, age, residential area etc.

#### **Multidimensional Scale of Perceived Social Support**

The Multidimensional Scale of Perceived Social Support (MSPSS), created by Zimmet et al. (1985), measures perceived social support. There are 12 items on the MSPSS answered on a 5-point Likert scale. The lowest possible score is 12 and 60 is the highest possible score. Previous studies in Pakistan have confirmed the validity and reliability of this measure. (Rizwan & Aftab, 2009). The current research obtained internal consistency value of .67.

#### **Warwick Edinburg Mental Well-being Scale**

The Warwick Edinburg Mental Well-being Scale created by Tennant et al. (2007) is used to measure well-being. It is a 7-item measure where responses are graded using a 5-point Likert-type rating. The score range is between 7 and 35, with 35 being the highest possible number. The validity and reliability of this scale were verified by earlier studies conducted in Pakistan. (Waqas et al., 2015). The current research shows a Cronbach's alpha value of .70.

#### **Procedure**

The sample of conflict induced internally displaced persons was recruited from the Camps living in the Bannu (Khyber Pakhtunkhwa). The sample of developmental induced internally displaced persons was recruited from the

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extension of Terbila Dam in Khyber Pakhtunkhwa. After seeking formal consent to participate in research measures, demographic form was filled in. Followed by measures of perceived social support and well-being were administered. Participants were thanked for their time and support.

### ***Statistical Analysis***

Independent sample *t*-test and linear regression analysis were applied to test the hypotheses of the present study. Descriptive statistic including mean, standard deviation and Pearson product moment coefficient of correlation were also used.

## RESULTS

Table 1  
*Demographic Characteristics of the Sample (N = 200)*

Characteristics	<i>f</i>	%
Gender		
Male	100	50
Female	100	50
Internally Displaced Persons		
Conflict Induced IDPs	100	50
Developmental Induced IDPs	100	50

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Table 2

*Correlation Matrix, Alpha Reliabilities, Mean and Standard Deviations of Study Variables (N = 240)*

	1	2	$\alpha$
1. Social Support	1	.20*	.67
2. Well-Being		1	.70

\* $p < .05$

Table 3

*Linear Regression Analysis with Perceived Social Support as Predictor of Well-Being*

Predictor	<i>B</i>	<i>SE</i>	$\beta$	<i>R</i> <sup>2</sup>	<i>F</i>	<i>Sig.</i>
Constant	11.32	3.21				
Social Support	.15	.05	.21	.13	14.07	.00*

\* $p < .05$

Table 4

*Independent Sample t-test Showing Differences on Social Support and Well-Being between Conflict Induced IDPs and Developmental Induced IDPs (N=200)*

Variable	Conflict Induced IDPs (n = 100)		Development Induced IDPs (n=100)		<i>t</i> (148)	95%CI		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		LL	UL	
Social Support	44.60	4.24	48.90	3.15	8.22*	5.33	3.27	.49
Wellbeing	27.50	3.44	29.20	2.50	4.08*	2.57	0.89	.45

\* $p < .05$

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### **DISCUSSION**

The present study aimed at finding out the role of social support in the prediction of wellbeing among conflict and developmental induced internally displaced persons. Conflict and developmental IDPs differences in social support and wellbeing was investigated. For the present study a sample of ( $N=200$ ) was drawn. Conflict induced IDPs from Bannu (Khyber Pakhtunkhwa) and developmental induced IDPs from extension of Terbella Dam in (Khyber Pakhtunkhwa) Pakistan were selected as the research participants.

Social support is a powerful force that affecting the multiple facets of an individual's life. Social support plays a crucial role in the growth of a person's sense of well-being by assisting people in making meaning of their behavior and experience (Dalbert, 1999). The first hypothesis 'Perceived social support will positively predict psychological wellbeing among conflict and developmental induced IDPs was supported by the result of the present study (see Table 4). A research indicated that social support is positively correlated with psychological wellbeing. (Correia, et al., 2009). People having strong social support gave their psychological well-being higher ratings on the self-report scale. According to a research, social support from friends and family was very important (Steese, et al., 2006). According to another study, during traumatic events, peers and family members were equally as shocked as the victims and were unable to provide each other with the necessary support. Social support differed depending on the age group and gender. In comparison to male respondents, female respondents who received social support were less resilient. Social support help to people to complete their daily life task like decision making, and suitable uses of individual ability by Kaniasty and Norris (2009).

The Second hypothesis of the present research was developmental induced internally displaced person having more score on study variables (social support, and psychological wellbeing,) as compare to conflict induced internally displaced persons. The results indicate that hypothesis was supported in the present study (See table no: 4). According to studies, social support also entails fostering bonds, looking for strong role models, and learning from them (Ballenger-Browning, & Johnson, 2010). Researches indicate conflict induced internally displaced persons having significant more score on social support as well as psychological wellbeing.

Study carried out to examine the effect of the social support on the wellbeing among conflict and developmental induced internally displaced persons.

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Means differences with respect to conflict and developmental induced internally displaced person on social support and wellbeing were computed. The finding indicates the social support has significant positive effect on the wellbeing among conflict and developmental induced internally displaced person. Developmental induced internally displaced persons significantly score high on social support and wellbeing as compare to conflict induced internally displaced person.

Firstly, the IDPs are one of the most critical social phenomena's in the present condition of Pakistan which are targeted through the research. Secondly, the research can help in outlining any kind of psychological counseling for IDPs. Further, the research can also help while development for rehabilitation of IDPs.

There are some limitations in this study which could be address in future studies. Firstly only adults are included in the research while the internally displaced community included many children who are severely affected by the displacement. Secondly, due to time limitation and resources, only a small number of a larger population has been targeted. Thirdly, the phenomenon of internal displacement and its effects can be better explored by open-ended interviews and other qualitative methods of data collection, which may reveal more aspects of their internalizing problems. Further, only a limited number of camps have been targeted. Moreover, Developmental induced internally displaced persons displaced before many years ago.

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