

Eliminating Psycho-social Sufferings: Restoring Law and Order Through Police Reforms in Khyber Pakhtunkhwa

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Abstract

This research focuses mainly on analyzing how the law and order situation affects the psychosocial conditions of general public that justifies the police reforms. For this purpose, the secondary as well primary data was collected. For the secondary data, the literature was cited. For primary data collection, 40 respondents were selected from District Kohat of Khyber Pakhtunkhwa for interview purpose. The respondents were male citizens of Pakistan having at least 20 years of age with a significant community life orientation. The secondary as well as primary data analysis has shown that the worsened law and order situation in Pakistan has resulted in increased crimes that resulted in public's psycho-social sufferings. The crimes negative impact on the society has necessitated the police reforms in order to restore the law and order situation in the society.

Keywords: Police, Police Reforms, Law & Order, Rule of Law, Psycho-social, Society.

1. Introduction

The law and order, stability, national integration, control and rule of law are the necessary pre-conditions for the development process to take place in a country. The role of police force is appreciable because of different factors such as the policemen has almost always had to encounter and deal with the criminals and crime situations that ever needs courage, bravery, loyalty and sacrifice. For this purpose, the policemen should have a dynamic personality with greater flexibility and ability to cope with varying conditions and challenging circumstances in the society. While keeping the past decades and present decade scenario in view the police role and challenges are increased manifold. Hence, with increased number of human population, advent of technology, new settlements and expanded infrastructure, increased vehicles and roads, population of immigrants both internally displaced and refugees, political pressures, international interaction and globalization has challenged the police's prevailing capacity. Now a policeman has to counter terrorism, control violence,

control crimes, protect democrats and democratic processes, protect human resources, protect infrastructure, protect material resources and have to deal with multicultural, multiethnic, diverse and heterogeneous society.

The fact shall be wholeheartedly admitted that the police is not fully ready, trained and equipped sufficiently for the purpose to cope with these challenges efficiently and effectively. The police reforms on the modern lines are the need of the time and are inevitable if the state is serious in curbing the worsening law and order.

The extract from the data on reported crimes from year 2003 to year 2012 accessed at website of Pakistan Bureau of Statistics, Government of Pakistan, is given in the following table which shows the crimes and offences scenario in Pakistan:-

Table: Crimes Reported in 2003-2012										
Year	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
Reported Offences	400680	440578	453264	537866	538048	592503	616227	652383	673750	646900

Source: Bureau of Police Research & Development, Ministry of Interior, Government of Pakistan.

2. Literature Review

Ahmad, Ali & Ahmad, (2014) said that crime is the major source of discomfort and insecurity in the society. Crime affects negatively the accumulation of physical, human and social capital. Crime also destroys the social infrastructure of the society. Bartol (2002) talks about Sigmund Freud and said he believed that conflicts and crimes' impact an individual's ability to operate normally. Avshalom et al. (1994) said that the individuals who are victims of crimes respond to annoying events with tough negative emotions; they often feel strained, worried, irritable, impulsive, paranoid, aggressive and hostile. Cronje & Zietsman (2009) counts among the crime's psychosocial impacts the sadness, mood swings, fear, inability to trust people, anger, episodes of uncontrollable crying, depression and distress.

Elma (2013) writes that the crime and violence impact society psychologically which may include stress, anxiety, fear, shock, insecurity, vulnerability, helplessness, powerlessness and outrageous. Moreover, one may experience flashbacks, nightmares, have bad-dreams and difficulty sleeping. They feel tense, startle, experience numb, lose interest in general activities, start avoiding places or things that recall the incident and have

angry outbursts. Other conditions such as withdrawal, amnesia, disassociation, depression, ability to eat, sleep, think, or concentrate may be impaired. In short, the crimes may cause severe psychosocial conditions unfavourable for the victims, which can only be controlled or minimized through a good law and order state.

The law and order is defined as the state or condition of society wherein the greater majority of people follow the rule of law, wherein the law implementing agencies do observe such laws that limit their powers; the preserving of law and order entails firm dealing with happenings of violence, theft and disturbance of peace; the rapid enforcement of penalties imposed under criminal law (Business Dictionary.Com, 2015). The law and order means the strict control of crime and repression of violence, sometimes involving the possible restriction of civil rights (Dictionary.Com, 2015). United Nations (2004) declares that the rule of law means as a principle of governance wherein all the parties i.e. institutions, entities and persons, private or public, inclusive of the State herself stands accountable to the very same laws of the state, evenly obligatory and without interference judged, and which should be in line with the human rights at international level, norms and standards. This all is possible through a stable law and order situation in the state. In states, for law enforcement, the police is responsible.

In many countries of the world the governments are continuously failing in their principal obligation of providing public with a dedicated, honest, efficient and functional police who ensures the rule of law and a condition of security and safety (Police Reform, 2015). The majority of Pakistanis believe that the crime in general is the country's number-one problem (United Nations Office on Drugs and Crime, 2010-2014). The fundamental reason for the poor state of affairs is the government (of Pakistan's) continuous failure regarding investment in law enforcement reforms and in making them modernized (Abbas, 2009). An operative police force is must for countering insurgency in a region. An under-staffed and under-equipped police force is progressively called on to deal with the increasing insecurity in Pakistan. Among many other tasks and at the very same time, police force has also to deal with the increasing crime rates and a weakening law-and-order scenario. The reasons for it are the inadequate training and equipment, political manipulation, the lack of forensic services, corruption, disconnect/deficiency of coordination among a number of police and intelligence institutions and weaknesses in the judicial sphere (Abbas,

2011). Such measures are required that increase the efficiency and effectiveness of police.

Over sixty-year duration, commissioned reports of nearly two dozen were produced on police reforms, hence it was too unusual for some of their recommendations as be implemented (Commonwealth Human Rights Initiative, 2007). However, several attempts have been for reforming the police system of Pakistan, hence without considerable dividends for public (Ministry of Law, Justice and Human Rights. 2006a). A new reform-oriented police order “Police Order 2002” was lastly promulgated. However, frequent amendments have affected the new order’s original spirit and intent (Sukhera et al., 2003). Its basic purpose is to reform the police in a way that it could function according to spirit of Constitution of the State, law of the land, and the democratic desires of people of the Pakistan. Its aims is to create such a police service that is service-oriented, professional and is answerable to people. Moreover, it envisions a police service that is efficient in crime-prevention, crime-detection and to maintain public order (Ministry of Law, Justice and Human Rights, 2006b). This ordinance and such reforms are needed to be implemented in true spirit for optimum results.

The Pakistan’s struggles to deal with crime and terrorist doings are over-matched by the novelty and dexterity of crime’s networks and the terrorism organizations. It is clear that without complete reform in the legal framework that govern action of the police, the police force as an institution, the Pakistan’s strategy of law enforcement, interagency and international coordination the Pakistan’s advancement toward political firmness and economic sanctuary will be incomplete. Lack of resources, weak training, outmoded and insufficient equipment, coupled with the political manipulation, create problems for the police force while it functions to preserve law and order. There shall be improved police technology, increased and improved personnel, valid training and improved intelligence capability (Asia Society Policy Institute, 2015). The Police reforms is said to be the practice of improving the prevailing police structure by introducing few alterations that enhances the police’s efficiency and affectability (Salahuddin, 2014). The police is to be made efficient and equipped to counter the modern day challenges and crimes.

3. Research Methodology

The methodology of the study was quantitative; and data was gathered through interview method. The District Kohat of Khyber Pakhtunkhwa was

universe of the study. In District Kohat the study area was delimited to the urban area of city. The respondents for the study were male. As a survey research, the sample size for the study was 40 and the data was collected from respondents who were males, having their age above 20 years. Due to limited resources for approaching respondents, the urban area of Kohat was selected. The results of the study can be generalized to the Khyber Pakhtunkhwa in particular and at the national level in general because of the fact that law and order is the common problem of all provinces of the country. Only those individuals were selected who were having a better and first hand understanding, interaction and approach of what is going on in the society. All of the respondents selected for the study were aware of and sensitized to the law and order situation. As purposive sampling of non-probability sampling technique, only those respondents were selected who were having understanding regarding police's role, performance and challenges faced by them in the modern era in Pakistan; this was assured through conducting a brief interview prior to data collection for identifying the potential respondents. The interview method was used for data collection. Within the interview method the structured interview schedule was used as tool for collection of data. The actual data was collected after pre-testing of interview-schedule. The close-ended questions were asked from the respondents. The primary data was classified, tabulated and described in text form.

4. Primary Data Analysis

Primary Data Table: The Association of Worsened Law and Order Situation with Given Psycho-Social Variables that Justifies Police Reforms			
A: Social impacts of law and order situation that justifies police reforms	Agreed (%age)	Disagreed (%age)	Total (%age)
V-1: Social activities frequency limited	40 (100)	00 (00)	40 (100)
V-2: People interaction became limited	11 (27.5)	29 (72.5)	40 (100)
V-3: Social gatherings are limited	10 (25)	30 (75)	40 (100)
V-4: Social contacts are reduced	06 (15)	34 (85)	40 (100)
V-5: People are isolated	00 (00)	40 (100)	40 (100)
V-6: The confinement to home is increased	10 (25)	30 (75)	40 (100)
V-7: It impact social relations adversely	24 (60)	16 (40)	40 (100)
V-8: Affected mutual trust negatively	40 (100)	00 (00)	40 (100)
B: Psychological impacts of law and order situation that justifies police reforms	Agreed (%age)	Disagreed (%age)	Total (%age)
V-9: It reduced peace of mind	35 (87.5)	05 (12.5)	40 (100)
V-10: It created panic among people	25 (62.5)	15 (37.5)	40 (100)
V-11: It increased terror among people	38 (95)	02 (05)	40 (100)

V-12: It reduced patience level of the people	34 (85)	06 (15)	40 (100)
V-13: It reduced tolerance level among people	34 (85)	06 (15)	40 (100)
V-14: It generated sense of insecurity	13 (32.5)	37 (67.5)	40 (100)
V-15: It created insanity	34 (85)	06 (15)	40 (100)
V-16: It created mania	34 (85)	06 (15)	40 (100)
V-17: It caused tension	09 (22.5)	31 (77.5)	40 (100)
V-18: It caused depression	04 (10)	36 (30)	40 (100)
V-19: It caused insomnia	29 (72.5)	11 (27.5)	40 (100)
V-20: It caused schizophrenia	10 (25)	30 (75)	40 (100)
V-21: It caused loss of appetite	01 (2.5)	39 (97.5)	40 (100)
C: Livelihood impacts of law and order situation that justifies police reforms	Agreed (%age)	Disagreed (%age)	Total (%age)
V-22: It reduced the business activities	39 (97.5)	1 (2.5)	40 (100%)
V-23: It reduced the trade activities	39 (97.5)	1 (2.5)	40 (100%)
V-24: It affected on livelihood resources	28 (70)	12 (30)	40 (100)
V-25: It impact in change of educational institutions	3 (7.5)	37 (92.5)	40 (100)
V-26: It impact on shifting residences	25 (62.5)	15 (37.5)	40 (100)
V-27: It impact in shifting businesses/investment	12 (30)	28 (70)	40 (100)
V-28: It has Impacted masses mobility	28 (70)	12 (30)	40 (100)
V-31: It threatened the Citizens Security	37 (92.5)	3 (7.5)	40 (100)
V-32: It increased Social evils	9 (22.5)	31 (77.5)	40 (100)
D: Crime Related impacts of law and order situation that justifies police reforms	Agreed (%age)	Disagreed (%age)	Total (%age)
V-34: The crimes and criminal tendency is increased	34 (85)	06 (15)	40 (100)
V-35: The crimes like killings, injuries, and kidnapping etc. are increased	39 (97.5)	1 (2.5)	40 (100)
V-36: The courage of the anti-social elements have been increased in the society	30 (75)	10 (25)	40 (100)

4.1 Social Impacts Analysis

The primary data table shows that the worsened law and order situation has created social issues for the society. The section A of Table shows that the social activities frequency has been limited due to the law and order situation, the 100% respondents have agreed for this. The 27.5% respondents have agreed that the people's interaction have become limited, while 72.5% of the respondents have disagreed with the statement. The 25% of the respondents have agreed that the social gatherings are limited, while 75% have disagreed with the statement. The 15% of the respondents have agreed that the social contacts are reduced, while the 85% of the

respondents have disagreed with the statement. None of the respondents have agreed that the people are isolated. The 25% of the respondents have agreed with the statement that the confinement to home has been increased while 75% of the respondents have disagreed with the statement. The 60% of the respondents have agreed that it has affected the social relations adversely, while 40% of the respondents have disagreed with the statement. All of the 100% respondents have agreed that the mutual trust among people have distorted. It is deduced on the basis of these findings that law and order has seriously disrupted the social structure of the society. It justified the police reforms which may increase the police's efficiency leading toward improvement of social structure of the society.

4.2 Psychological Impacts Analysis

The primary data table shows that the destabilized law and order situation has created the psychological problems for the community. The section B of the Table shows that the law and order situation has reduced the peace of mind of the people; the 87.5% of the respondents has agreed that it has reduced their peace of mind i.e. they remain in a situation of worry at most of the time, while 12.5% of the respondents have disagreed with the statement. The 62.5% of the respondents have agreed that it has created a panic among the people and the most of the time they remain worried, while 37.5% of the respondents have disagreed with it. The 95% of the respondents have agreed that it has generated a sense of terror and fear among people, while 05% of the respondents have disagreed with it. The 85% of the respondents have agreed that the law and order situation has reduced the patience level of the people while 15% have disagreed with it. The 85% of the respondents have agreed that the tolerance level of the people have been reduced while 15% of the respondents have disagreed with it. The 85% of the respondents have agreed with the statement that sense of insecurity is commonly prevailing among people while 15% have disagreed with it.

The section B of the table which shows the association between law and order situation and psychological variables also expresses that 32.5% of the respondents has agreed that the insanity among people is being generated, while 67.5% of the respondents have disagreed with the statement. The 85% of the respondents have agreed that the mania is generated among people while 15% of the respondents have disagreed with the statement. The 22.5% of the respondents have agreed that the tension is generated

among the people, while 77.5% have disagreed. The 10% of the respondents have agreed that the depression have occurred while 90% of the respondents have disagreed. The 72.5% of the respondents agreed that the insomnia have been caused among the people, while 27.5% have disagreed with the statement. The 25% of the respondents have agreed with the statement that schizophrenia is being generated among the people while 75% of the respondents have disagreed with the statement. The 2.5% of the respondents have agreed that the law and order situation has caused loss of appetite while 97.5% of the respondents have disagreed with the statement.

These findings have been shown that the law and order situation has affected the psychological conditions of the society, which could be lessened through enhancing the police's efficiency.

4.3 Livelihood Impact Analysis

The section C of the table shows that there is significant association between unstable law and order situation and livelihood variables. The data shows that law and order situation has reduced the business activities; a number of 97.5% respondents have agreed that the business activities are reduced while 2.5% of the respondents have disagreed with the statement. The 97.5% of the respondents has agreed that the trade activities are reduced while 2.5% of the respondents have disagreed with the statement. The 70% of the respondents has agreed with the statement that the livelihood resources are being affected while 30% of the respondents have disagreed with it. The 7.5% of the respondents has agreed there is an outcome of change in the educational institutions, while 92.5% has disagreed. The 62.5% of the respondents has agreed there is an outcome of shifting of residences, while 15% has disagreed. The 30% of the respondents has agreed there is an outcome of shifting of businesses i.e. investment, while 70% has disagreed.

The section C of the table further shows that the law and order situation has impact on the mass mobility; the 70% of the respondents have agreed that it has impact on the masses' mobility i.e. traveling and communication etc., while 30% of the respondents have disagreed. The 92.5% of the respondents have agreed that the citizens' security is threatened while 7.5% of the respondents have disagreed with it. The 22.5% of the respondents have agreed with the statement that social evils are increased, while 77.5% of the respondents have disagreed with the statement.

The deductive findings have revealed that the law and order has negatively affected the livelihood activities, while the police's improved performance can make the situation better.

4.4 Crime Related Impact Analysis

The data in the section D of table shows the association between law and order, and increase in the criminal activities. The data shows that the 85% of the respondents have agreed with the statement that with the passage of time the criminal activities and criminal tendencies have been increased, while 15% of the respondents have disagreed. The 97.5% of the respondents have agreed that the extreme criminal activities like killings, injuries and kidnapping etc. have been increased. The 75% of the respondents have agreed that the anti-social elements have been increased in the society, while 25% of the respondents have disagreed. The law and order situation has given increase to the criminal activities, which needs the police's intervention with more efficacy, zeal and improved intervention.

5. Conclusion and Recommendations

The crime control and police force has closest relationship. The findings of the study have shown that the crime has a significant psychosocial impact on community. The data shows that the worsened law and order situation has created social issues for the society. The social issues are increased, community's mutual trust is deteriorated and has hampered the peace of mind of the people. It has created panic among people, increased the terror among people and generated a sense of insecurity among people. It has negatively affected the business activities, threatened the citizens' security and increased crimes and criminal tendency. The extreme crimes like killings, injuring and kidnapping etc. are increased and the anti-social elements have been increased. The today's civilized society direly needs the effective prevention and control of these crimes, which can only be ensured through prevalence of viable, functional and effective police force. The purpose of guaranteeing the police's efficiency and efficacy, the police reforms are needed.

5.1 Reforms Required: It is deduced from the study that the reforms shall be brought in the police. The reforms can be of different types and in different capacities. There are deficiencies in the presently prevailing

capacity of the police regarding controlling crimes. There shall be high integrity level in the police's attitude, high level dutifulness in the police's attitude, no external interference shall prevail in the affairs of the police i.e. from politicians or from bureaucrats etc. The police shall be given an appropriate degree of autonomy and a sufficient accountability, its budget shall be increased, there shall be zero level tolerance for corruption in the police, and the police shall be made vigilant, capable and efficient.

5.2 Facilitation: The police shall be facilitated, as per demands and requirements of their duties. The number of police shall be sufficiently increased while keeping in view the factors like increase in population, increase in infrastructure etc. the modern and latest ammunition, bullet proof jackets, helmets, security kits etc. shall be given to the police to counter the well-equipped criminals. The police is needed to be provided with all the required facilities in order to control crimes, the community's support is necessary in controlling crimes. All of the law-enforcing agencies and other institutions shall cooperate with police in curbing crimes, the police's salaries and other benefits shall be brought at par with the present economic needs.

5.3 Training: The police training shall be standardized on the modern lines. The installation and expert usage of technology in controlling crimes shall be made by the police. In order to understand and counter heterogeneous nature of the society, the police shall be highly trained. The police shall be given training in the necessary and applicable law for them. The police shall be trained in a standardized manner in operating the latest ammunitions. The police shall be trained in a standardized manner in the physical tasks and exercises. The police shall be highly trained on modern grounds in criminal investigation, crime prevention and crime control.

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