

STREET HARASSMENT AND DEPRESSION, ANXIETY AND STRESS AMONG GIRLS IN DISTRICT KALAT, BALOCHISTAN

Muhammad Babar Akram,¹ Qaisar Khalid Mahmood,² Saif-ur-Rehman Saif Abbasi,³ & Manzoor Ahmad⁴

Abstract:

Violence against women has become a national issue cutting across all cultures, provinces, social, and age groups. Street harassment is one of the leading gender based violence which women are facing today in Pakistan. Girls are the victims of catcalling, whistles, and other forms of street harassment. This quantitative study aims to investigate the level of street harassment among girls. The study was conducted in District Kalat, where 260 respondents out of 698 girls, studying at government colleges, were surveyed. The findings show that majority of the respondents' experienced the problem of street harassment. Normlessness, masculinity, media, socialization, gender gap, education, and weak social control are the main causes of street harassment. Street harassment results in decreasing women's confidence and self-respect. Women would become more conscious with their physical appearance and would feel less of a person whenever someone would attack their honour. On the other hand, media and government officials ought to give more attention to the victims of street harassment and to enforce the right laws against street harassment.

Key Words: Girls, Street Harassment, Depression, Anxiety, Stress, Kalat, Balochistan

INTRODUCTION

A lot of women are showing learned helplessness to normalize street harassment. It is one of the ways people psychologically protect themselves; due to that, research explore this issue. The researchers are observing that what would be the upcoming condition of street harassment for the world? Researchers also wants to inform the people that catcalling and street harassment is not just uttered comments but can be considered as degrading and objectifying comments that have negative effects on women's psychological well-being (Fitzgerald & Shullman, 1993). Public or street harassment was associated with body image, negative behavior, more importantly, anxiety, stress and depression symptoms; having emotional effects on a woman who experienced it. When women frequently face the issues associated with street harassment, it becomes a part of their reality and something they must learn to manage with this issue if they wanted to participate in public life" (Kearl, 2010).

According to Leonardo (1981) the term street harassment is used in the context of men harassing women because of their gender and masculine-power. On the other hand Street harassment is a common phenomenon but interestingly the trend of street harassment can be dated back to the late

¹ Assistant Professor, Department of Sociology, International Islamic University, Islamabad.

Email: babar.akram@iiu.edu.pk

² Assistant Professor, Department of Sociology, International Islamic University, Islamabad.

³ Professor, Department of Sociology, International Islamic University, Islamabad.

⁴ PhD Scholar, Department of Sociology, International Islamic University, Islamabad.

A.D. 1800 According to proximity of police record, the first street harassment was reported during the nineteenth-century, and before the nineteenth-century, this issue was called “mashing” which means the act of insulting and also refers to the meaning of harasser. Furthermore, according to historians, street harassment is not just a 21st-century phenomenon. It has been around, we can presume, since women started walking in public spaces (Major, 2013).

Street harassment basically refers to the unwanted comments in public spaces among strangers who are motivated by a person’s actual or seemed gender, sexual orientation, gender expression or discrimination making the victim to feel angry, depressed, ashamed, or anxious. It can take place in the streets, on public transportation, in stores, parks, and even in shops. It differs from issues like sexual harassment and the workplace harassment or domestic violence because it happens among the strangers in public spaces (SSH, 2014).

Street harassment is sexual terrorization on the streets; it involves a person establishing his right to intrude on another person's space, it means forcing him or her to interact with him. It is often a demonstration of male power and control over women in society; men always limiting the mobility of women and making them feel uncomfortable in public places (Kearl, 2014).

Street harassment is a form of gender-based harassment that occurs in public spaces, such as on streets, on public transports, in shops etc. It can target women and men, as well as members of the lesbian, gay, bisexual, and transgender (LGBT) community. On the other hand, street harassment can exist on the base of race, class, color, power and sex (Mahmood & Ishtiaq, 2011; Mushtaq & Sultana, 2015). In many developing societies females are not allowed to share their experiences about harassment in public spaces, because of cultural barriers, basically, sharing of these kinds of issues considered a matter of honor and shame (Shaheen, 2005).

The proponents of feminism in the USA introduced the term “sexual harassment” in 1975. The main objective was to describe sexual oppression and exploitation of women by men in the workplace. This term covers a range of undesirable sexual and gender based behaviors and violence in several conditions, including the street, at educational institutions, in house and work place (Johnson, 2011).

THEORETICAL FRAMEWORK

According to Power Threat Theory (PTT) men always feel a threat from powerful women due to that men harass the women or to force them to be submissive when women become submissive in profession then it is called men dominancy (Mueller, Coster & Estes, 2001). The socio-cultural theory focuses on both social and political aspect of harassment. According to this theory, street harassment happens as a logical consequence of gender inequality and sexism (Martino, 2002).

Harassment is a stressor phenomenon that leads the victims to feel gloomy and depressed and a traditional society like that of Pakistan we cannot find any trend to allow women to go out from homes for earning a livelihood. The women who step out often face the harsh situation on the streets (Mushtaq, Sultan & Imtiaz, 2015). The Journal of Social justice research argues that street harassment is completely related to women depression and anxiety. It also increases the problem of disorder and lower academic achievement (Crosby, 2017).

LITERATURE REVIEW

Depression, disorder and uncomfortable situation are the results of street harassment and depression is the most common psychological disorder and it inflicts 4% of men and 8% of women worldwide (Leithinen & Joukamaa, 1994). Street harassment has many psychological impacts on female youth. Because of that, they are subjected to irritation, disgust or fear women may also feel insecure and extremely depressed. The girls who have faced the problem of street harassment know how they are suffering from the disorder, anxiety and depression (Shaheen, 2005).

Street harassment is an alarming issue worldwide because of which about 80% of women are psychologically affected on the other hand it is confirmed that when a woman harassed by a stranger she feels objectified. It causes "self-surveillance" in which she views herself as to how the stranger views them. This self-objectification has been found to have multiple negative effects on psychological health, such as depression anxiety stress and headache (WHO, 2001). Harassment is also a major source of violence, and more prevalent is the psychological violence than physical violence (Martino, 2002).

Street, Gradus, and Kelly (2007) conducted studies on street harassment and found a negative relationship between street harassment and physical, psychological and organizational well-being. Moreover, harassment is a common phenomenon in various societies of the world. It really affects the mental health of women around the public place, and to make the uncomfortable situation. The harassers commonly pick sex, religion, age, birthplace, physical disability, political belief and the looks of the victim. These effects make the victim psychologically ill and stressed (Albahussain, 2012).

PSYCHOLOGICAL EFFECTS OF STREET HARASSMENT ON WOMEN

The victims of street harassment are ill with vital mental health consequences including suicidal ideations, depression, stress, anxiety and disorder (Polce-lynch, Myers, Kliwer & Klimartin, 2001). Street harassment is a stressor that leads the victims to feel miserable and puts them in economic hardship, rigorous emotional and depressed situation (Mueller, Coaster & Estes 2001). Lee (2004) study explores that, Street harassment is associated with hazard part of stress disorder, depression, anxiety, and sadness as well as damage the psychological well-being, self-confidence, self-esteem of the victim. Researchers found out that most of the time suicide is the result of sexual harassment. Kearl () described that self-objectification is the result of street harassment and after the harassment victim tries to see oneself through those eyes of the men who harass him. After victimization, the victims feel guilt and shame, therefore, they face the issues of depression, low self-esteem and dietary. Various researchers have investigated the negative psychological effects of street harassment on a female, and many of them found that street harassment is the result of stress, psychological distress, fatigue, anxiety, disorder, and violence against rights, shame and guilt (Albahussain, 2012).

According to statistical observation after the harassment (95%) people face the issues of depressive symptoms. On the other hand, street harassment is more prevalent than other types of harassment

because it takes place in a public places due to which street harassment increases to the level of depressive symptoms (Bullentin, 2016).

Due to the issue of street and workplace harassment, women described various experiences and feelings, like self-doubt, anger, and fear. Those who felt the high level of negative psychological effects of harassment strongly argued that the impacts are very dangerous. These mental effects may have serious unintended consequence, not only on a psyche of the victim, as well as in her daily life and the street victimization is the result of negative socio-psychological effect. It results suggest that the women who have experienced this kind of psychological attack may suffer from long-term socio-psychological diseases. Socio-psychological diseases included with depression, substance, extensive eating disorder, loneliness, sadness and many others (Fineran, 2002).

In the situation of street harassment, women experience gender based discrimination that includes fear, shame, anger and with lasting and long-term effects of depression. On the other hand, some people who have lack of power or resources to deal with a stressor, and so the stress may arise with the long-term effects that they would be attacked again (Bimrose, 2004).

Nishina and Juvonen (2005) have stated that street harassment is a severe overcoming issue globally, and it exposed to verbal and non-verbal harassment in a public place. It has long-lasting and never-ending socio-psychological effects on the life of victim and negatively affects the physical health of a person, such cases most of the time victims take the decision of suicide because of socio-psychological effects of street harassment.

In the opinion of Patton and Viner,all (2007) events such as sexual harassment, street harassment, workplace harassment and other negative social behaviors have long-lasting behavioral and emotional impacts on the life of the individual. Negative long-term effects of harassment obviously exist in schools and colleges. When students become part of the workforce, the long-term consequence of harassment highly affect the students, although these actions stick with other situations through adulthood (Ttofi & Farrington, 2008).

The model of integration does not clearly expose the possible long-term effects of the street and sexual harassment on adult's psychological health, but almost identifies pathway by which early life depression, anxiety, and stress may affect the later-life mental health of the victim. Moreover, the stressful experiences create a vulnerable situation that victims have a strong effect on mental health for those who experienced during the past life (Albahussain, 2012).

STREET HARASSMENT IN PAKISTAN: LAWS AND POLICY

According to Shaheen (2005) when we asked from men they harassed women on the streets or not. Commonly the respondents replied that it is fact that men harass women in public spaces. Furthermore, the research described that 88.0% of the respondents were of the view that men harass women. However, 4% of the respondents replied besides that and 8% of the respondents expressed that only some men do this kind of acts. On the other hand, the techniques used by men for harassing women 56% of the respondents replied that men usually use whistling and vulgar comments as the technique for harassing women. 4% of the respondents explained that men often harass with body gestures like with eyes and hands or pointing to different body parts of the

women. Moreover, the 12% replied that men harass through physical touch and 12% replied men do not have special practices for that and 4% replied that men harass women through Internet, sending e-mails and sending messages. Although 4% replied that men make wrong calls on women's mobiles or home phone numbers, while 4% replied that men send love letters to harass women (Shaheen, 2005). Statistics shows that Pakistan is among those countries where street harassment cases increases with the passage of time as 70% women and girls have experienced violence/harassment by their partners (Husbands) and the number of women who have facing sexual misconduct in different forms were 93% (Islam 2020). Now the question arises what women/girls do when they come across this type of situation? There are certain laws under the Pakistan Penal Code (1860) which provide help to the victim for the accused to be held liable and sentenced with either imprisonment, a heavy fine or even a death sentence. These laws are helpful and significant for women/girls and men as these laws provide justice to the victim.

According to the Pakistan Penal Code Section 509 is titled "insulting modesty and causing sexual harassment under the criminal provision; sexual harassment against women in public spaces is now a criminal offense. The law can attract a maximum penalty of three years' imprisonment and fine of up to Rs500, 000 making sexual harassment a criminal offense in society" (Parveen, 2010).

According to the protection against harassment of women at the workplace act 2010 both the men and women have right and opportunity to earn a livelihood without fear of discrimination as stipulated in the constitution of Pakistan. This Act complies with the Government's obligation to high international labor standards and empowerment of women. It also holds to the "Human Rights Declaration," the "United Nation's Convention for Elimination" of all forms of Discrimination against Women. The objective of this Act is to create a safe working environment for women, which is free of harassment, abuse, and intimidation with a view toward fulfillment of their right to work with dignity (Mushtaq, Sultana, and Imtiaz, 2015).

According to Balochistan provincial assembly secretariat notification "The Balochistan Protection Against Harassment of Women At Work Place Bill, 2015 (Bill No 07 of 2015) having been passed by the Provincial Assembly of Balochistan on 16th January 2016, and asserted by the Governor, Balochistan on 21st January 2016". According to the bill the person who find guilty he/she must be ready for punishment under the constitution (Balochistan provincial assembly secretariat notification, 2016).

The below are the Harassment laws which are practiced in Pakistan:

Under Section 509 of the Pakistan Penal Code (1860), "If a person insults a woman regarding her modesty, whether through gestures or words, the perpetrator can be charged with three years of imprisonment, or with a fine, or both." Under Section 496C of the Pakistan Penal Code (1860), "any one making false accusations against another female are to be punished with five years in prison and with a fine." Under Section 354A of the Pakistan Penal Code (1860), "if a person who does something that is considered indecent and vulgar, including singing or reciting a song with vulgar lyrics, shall be imprisoned for three months or may be given a fine or both." Under Section 354A of the Pakistan Penal Code (1860), "if a person who assaults a women, uses physical force against her, or strips her of her clothes for the public to see, the accused may be given a death sentence or

imprisoned for life.” Under Section 366A of the Pakistan Penal Code, if a person forces a young girl under the age of eighteen to have sexual intercourse with another person, charged with ten years of imprisonment or with a fine.

The recent development in protection of women and girls at workplace in Pakistan is the (Protection Against Harassment of Women at Work Place Act (2010) which defines harassment as:

“Any unwelcome sexual advance, request for sexual favors or other verbal or written communication or physical conduct of a sexual nature or sexually demeaning attitudes, causing interference with work performance or creating intimidating, hostile or offensive work environment, or the attempt to punish the complainant for refusal to comply with such a request or is made a condition for employment.”

According to the Prevention of Electronic Crimes Act (2016), “if a person uses any information to harm another person or their reputation shall be held liable and punished with three years in prison, or with a fine, or both.” Under the Prevention of Electronic Crimes Act (2016), “If a person who takes the victim’s pictures or videos and displays them on the internet so that the victim gets harmed, may be given a punishment of three years in prison, or a heavy fine, or both.”

With the introduction of such laws, Pakistan seems to be moving forward in becoming a more progressive nation. However, even with the existence of such laws, many women and men are still unable to stand up for themselves, mainly due to the lack of awareness of their rights or the fear of social stigma, which is why we are failing to address the issue of harassment once and for all. It is hoped that with changing times and with the help of awareness campaigns, the issue of harassment can be minimized.

Pakistan is moving forward and will become a more progressive nation with the introduction of these laws but still there are many women/girls and men who are not aware about the existence of these laws due to which we are failing to address the issue of harassment once and for all. Awareness campaigns can be played an important role in this regard and harassment issued can be minimized in Pakistan.

STREET HARASSMENT OF GIRLS IN DISTRICT KALAT, BALOCHISTAN

Methods & Organization

The target population of the present study was the girls getting education from the two colleges of the Balochistan namely Government girls inter college and Government girls’ degree college Kalat. A sample of 260 respondents was selected through simple random sampling technique by using the Taro Yammen formula of sample size determination. Sampling frame is a prerequisite for simple random sampling technique that is why attendance register was used as sampling frame. A self-administrative questionnaire was used for data collection from the respondents. 260 questionnaires were distributed among the respondents 16 respondents did not return the questionnaire and there were also 6 questionnaires which were not completely filled. As 22

questionnaires were not included in the final sample, so the response rate of the present study was 91.5%.

Results and Discussion

Table 1. Distribution of the respondents regarding their demographic factors

Age (in years)	Frequency	Percentage
16—18	108	45.3%
19—21	122	51.3%
22—24	8	3.4%
Total	238	100%
Mean = 18.69 years S.D = 1.460 years		
Family type		
Nuclear family	56	23.5%
Joint family	126	52.5%
Extended family	24	10.1%
Single parent	32	13.4%
Father's Occupations		
Skilled worker	18	7.6%
Businessman	37	15.5%
Farmer	49	20.6%
Government job	61	25.6%
Private job	26	10.9%
Unskilled worker	10	4.2%
Unemployed	21	8.8%
Daily wage labor	16	6.7%
Income (in rupee)		
10000—20000	59	24.8%
20001—30000	43	18.1%
30001—40000	38	16%
40001—50000	37	15.6%
50001—60000	25	10.5%
60001—70000	19	7.9%
70001—80000	17	7.1%
Mean = 41046.22 rupees S.D = 19397.3 rupees		

According to the above table, a little more than half (51.3%) of the respondents were those who were between 19 to 21 years of age, a substantial percentage 45.3% of the respondents were belonged to the age group of 16-18 years, while there were only 3.4% respondents who belonged to the age group of 22-24 years. The average age of the respondents was 18.69 years with standard deviation of 1.46 years. The table further elaborates the family pattern of the respondents. According to the data in the table a little more than half (52.5%) of the respondents were living in joint family system, whereas a little less than one fourth (23.5%) of the respondents were living in a nuclear family system, while 13.4% of the respondents were living in single-family system and 10.1% of the respondents living in an extended family system.

The data in the above table also demonstrates the professional status of the respondents' fathers. About one-fourth (25.6%) of the respondents' fathers were involved in government job, 20.6% were engaged in farming, 15.5% were businessmen. The table contains that 10.9% of the respondents' fathers were related to the private job. Moreover 8.8% were unemployed, 7.6% were skilled workers furthermore, 6.7% were daily wage laborers and there were only 4.2% of respondents' fathers were unemployed.

The next category in the above table is monthly family income of the respondents from all sources. Findings of the table shows that a one forth (24.8%) of the respondents' family income was between rupees 10000-20000, 18.1% of the respondents were having a monthly family income of 20001-30000 rupees. There were 16, 15.6, 10.5, 7.9 and 7.1% of the respondents came under the income category of 30001-40000, 40001-50000, 50001-60000, 60001-70000 and 70001-80000 rupees respectively. The mean income of the respondents was 41046.22 rupees and the standard deviation was 19397.30 rupees.

Table 2. Percentage distribution of the respondents according to the current year of degree

Current Year of degree	Frequency	Percentage
1 st year	84	35.3%
2 nd year	101	42.4%
3 rd year	28	11.8%
4 th year	25	10.5%
Total	238	100%

Table. 2 demonstrates the data regarding current year of the programme students enrolled in. According to the table under discussion, a substantial percentage 42.4% of the respondents were enrolled in the 2nd year, 35.3% of respondents were in 1st year. Moreover, 11.8% of the respondents in the 3rd year, while only 10.5% of the respondents were enrolled in 4th year.

Table 3. Percentage distribution of the respondents that they encountered by several types of harassment

Frequency of harassment	Frequency	Percentage
Occasionally	101	42.4%
Seldom	77	32.4%
Frequently	60	25.2%
Total	238	100%
Type of Harassment		
Catcalling	53	22.3%
Stalking	46	19.3%
Wolf-whistling	48	20.2%
Winging	14	5.9%
Asking for the women's number	67	28.2%

Touching or pinching	10	4.2%
Places/Events		
Going to college	106	44.5%
Doing extracurricular activity	64	26.9%
Going out with friends	62	26.1%
Others	6	2.5%
Type of attire		
Burka	88	37.0%
Skimpy clothes	79	33.2%
Uniform	64	26.9%
Others	7	2.9%

Table. 3 determines the frequency distribution of the respondents' street harassment. The study reveals that slightly more than one half (52.5%) of the respondents have occasionally experienced the street harassment, whereas 32.4% of the respondents were rarely experienced the street harassment, while 25.2% of the respondents were living in the single-family system and 10.1% of the respondents living in the extended family system. The table also indicates the distribution of the respondents about the type of street harassment that they experienced. According to the results a little more than one fourth 28.2% of the respondents answered that harassers asked their numbers. A little less than on forth 22.3% of the respondents were experienced catcalling, whereas, 20.2% of respondents were experienced wolf-whistling, 19.3% of the respondents were experienced stalking, moreover 5.9% were face the problem of winging while only 4.2% of the respondents were experienced touching or pinching. The mean of the statement was 3.11 and standard deviation 1.63.

The data in the table also demonstrates the frequency distribution of the respondents when they were experienced street harassment. According to the table under discussion a substantial percentage 44.5% of the respondents' experienced street harassment when they were going to college. A little more than on forth (26.9%) of the respondents were experienced when they were doing extracurricular activities, whereas 26.1% of respondents have experienced street harassment when they were going out with friends, While, there were only 2.5% of respondents experienced street harassment when they were doing other activities. Moreover, the mean of the statement was 1.87 and standard deviation 2.38. data in the above table also depicts the frequency distribution of the respondents about their dress when they were experienced street harassment. About 37% of the respondents were experienced when they attired Burka, 33.2% of the respondents were experienced street harassment when they attired in skimpy clothes, 26.9% of the respondents were experienced street harassment when they were in uniform and only 2.9% of the respondents were experienced street harassment when they wearing other attire. The mean of the statement was 1.96 with standard deviation 0.41.

Depression, Anxiety and Stress of Harassed Girls

Distribution of the respondents regarding Depression, Anxiety and Stress

Depression	Frequency	Percentage
Mild	2	0.8
Moderate	16	6.7
Severe	55	23.1
Extremely severe	165	69.3
Total	238	100.0
Mean = 4.61		
Anxiety		
Mild	1	0.4
Severe	6	2.5
Extremely severe	231	97.1
Mean = 4.96		
Stress		
Normal	3	1.3
Mild	13	5.5
Moderate	34	14.3
Severe	116	48.7
Extremely Severe	72	30.3
Mean = 4.01		

In order to investigate the Depression, Anxiety and Stress of the respondents a scale of 21 items (DASS-21) having alphas 0.81, 0.89 and 0.78 was used. Items were rated on a four point Likert scale, anchored from 1 'don't apply to me at all' to 4 'apply to me very much'. According to the data in the above table

Table 4. Frequency distribution of the respondents regarding depression, stress and anxiety.

Statements	3	2	1	0	Mean	S.D	3
Found it hard to wind down.	72 (30.3)	55 (23.1)	68 (28.6)	43 (18.1)	1.66	1.094	S
Aware of dryness of my mouth.	59 (24.8)	58 (24.4)	56 (23.5)	65 (27.3)	1.47	1.139	A
Couldn't seem to experience any positive feeling at all.	52 (21.8)	63 (26.5)	57 (23.9)	66 (27.7)	1.42	1.114	D
Experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion).	64 (26.9)	62 (26.1)	59 (24.8)	53 (22.3)	1.58	1.110	A
Found it difficult to work up the initiative to do things.	69 (29)	70 (29.4)	50 (21)	49 (20.9)	1.67	1.104	D

Tended to over-react situations.	58 (24.4)	72 (30.3)	69 (29)	39 (16.4)	1.63	1.104	S
Experienced trembling (e.g. in the hands).	52 (21.8)	84 (35.3)	50 (21)	52 (21.8)	1.57	1.060	A
Felt that I was using a lot of nervous energy.	61 (25.6)	71 (29.8)	59 (24.8)	47 (19.7)	1.61	1.072	S
Worried about situations in which I might panic and make a fool of myself.	71 (29.8)	69 (29)	59 (24.8)	39 (16.4)	1.72	1.063	A
Felt that I had nothing to look forward to.	67 (28.2)	67 (28.2)	57 (23.9)	47 (19.7)	1.65	1.74	D
Found myself getting agitated.	71 (29.8)	70 (27.3)	61 (25.6)	36 (15.1)	1.74	1.047	S
Found it difficult to relax.	79 (33.2)	65 (27.3)	60 (25.2)	34 (14.3)	1.79	1.057	S
Felt down-hearted and blue.	67 (28.2)	70 (29.4)	64 (26.9)	37 (15.5)	1.70	1.043	D
Intolerant of anything that kept me from getting on with what I was doing.	77 (32.4)	68 (28.6)	59 (24.8)	34 (14.3)	1.79	1.050	S
Felt I was close to panic.	65 (27.3)	66 (27.9)	62 (25.4)	37 (15.1)	1.63	1.078	A
Unable to become enthusiastic about anything.	65 (27.3)	65 (27.3)	64 (26.1)	44 (18.9)	1.70	1.075	D
Felt I wasn't worth much as a person.	73 (30.7)	60 (25.2)	66 (27.7)	39 (16.4)	1.75	1.069	D
Felt that I was rather touchy.	76 (31.9)	63 (26.5)	62 (26.1)	37 (15.5)	1.72	1.102	S
Aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat).	82 (34.5)	68 (28.6)	46 (19.3)	42 (17.6)	1.80	1.099	A
Felt scared without any good reason.	88 (37)	61 (25.6)	46 (19.3)	43 (18.1)	1.82	1.121	A
Felt that life was meaningless.	89 (37.4)	57 (23.9)	42 (17.6)	50 (21)	1.78	1.161	D

(0 = Don't apply to me at all, 1 = Apply to me to some degree, 2 = Apply to me at a considerable degree, 3 = Apply to me very much.)

In order to investigate the Depression, Anxiety and Stress of the victims of harassment a scale of 21 items (DASS-21) having alphas 0.81, 0.89 and 0.78 was used. Items were rated on a four point Likert scale, anchored from 1 'don't apply to me at all' to 4 'apply to me very much'. The respondents were asked "I found it hard to wind down" 30.3% of the respondents replied that it applied to them very much, 28.6% of the respondents were said yes it applied to them at some degree, while there were only 23.1% respondents who answered that it applied to them a considerable degree and there were 18.1% respondents who that it did not apply to them. The second statement "I was aware of dryness of my mouth" when asked from the respondents, a little more than one fourth (27.3%) of the respondents replied that it did not apply to them at all and there were 24.8, 24.4 and 23.5% respondents' answered that it applied to them very much, it applied to them a considerable degree and it applied to them some degree. It means a little less than

three fourth (72.7%) of the respondents were agreed with the statement that they have the victims of harassment.

The next statement "I couldn't seem to experience any positive feeling at all". when asked from the respondents there were 27.7% respondents whose replied that they could not seem to experience any positive feeling at all, 26.5% of respondents were those who replied that the item applied to them a considerable degree, while 23.9% respondents were fall in the category of some degree and the rest of the respondents 21.8% replied that it applied to them very much.

The next scale item "I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)". was asked from the respondents. The data in the above table indicates that 26.9% of respondents were those who replied that it applied to them very much, 26.1% replied that it applied to them a considerable degree, whereas 24.8% respondents experience it at some degree and the rest 22.3% replied that they did not experience any breathing problem at all. "I found it difficult to work up the initiative to do things". The next statement "I tended to overreact situations" when asked from the respondents, 24.4 and 30.3% respondents replied that it applied to them very much and applied to a considerable degree, 29% respondents told that it applied to them to some degree and rest 16.4% were those who answered that it did not apply them.

The next statement was about "experience trembling (e.g. in the hands)" when asked from the respondents, 21.8, 35.3 and 21% respondents were replied that it applied to them very much, considerable degree and some degree respectively, while rest 21.8% respondents' answered it did not apply to them at all. Data in the above table also indicates about the results of the statement "I felt that I was using a lot of nervous energy. 25.6, 29.8 and 24.8% respondents replied that it applied to them very much, applied to them a considerable degree and applied to them some degree and there were 19.7% respondents answered that this statement did not apply to them at all.

The next statement was "I was worried about situations in which I might panic and make a fool of myself". 16.4% respondents answered that it did not apply to them at all, while 29.8, 29 and 24.8% respondents replied that it applied to them very much, applied to them considerable degree and applied to them some degree. When asked about the respondents that due to harassment they felt that they had nothing to look forward to, 28.2 and 28.2% respondents replied that this statement applied to them very much and applied to them a considerable degree respectively. 23.9% respondents answered that it applied to them some degree and rest 19.7% respondents were those who told that it did not apply to them at all.

The next statement of the scale was "I found myself getting agitated" due to harassment, 29.8, 27.3, 25.6% respondents replied that it applied to them very much, applied to them considerable degree and applied to them some degree, while 15.1% respondents answered that it did not apply to them at all. the next statement of the scale was " I found it difficult to relax" 33.2, 27.3 and 25.2% respondents answered that it applied to them very much, it applied to them considerable degree and it applied to them some degree respectively, while there were 14.3% who told that it did not apply to them at all. 28.2, 29.4 and 26.9% respondents replied that it applied to them very much, it applied to them considerable degree and it applied to them some degree and 15.5% told that it did not apply to them at all when asked "I felt down hearted and blue". Next statement of DASS was "I

was intolerant of anything that kept me from getting on with what I was doing” when asked, 32.4, 28.6 and 24.8% respondents answered that it applied to them very much, it applied to them considerable degree and it applied to them some degree respectively, and 14.3% respondents were not agree with the statement.

The next statement of the scale was “I felt I was clod to panic” asked from the respondents, 27.3% replied yes it applied to them very much, 27.9% told that it applied to them as considerable degree, 25.4% respondents were those who answered that it applied to them some degree and there were 15.1% respondents who were not agree with the statement and replied that it did not apply to them at all. The statement “ I was unable to become enthusiastic about anything” when asked from the respondents, 27.3% replied that it applied to them very much, 27.3% told that it applied to them a considerable degree and 26.1% said that it applied to them some degree, while there were 18.9% who told that it did not apply to them at all.

When asked from the respondents that due to harassment they ever felt that they were not worth much as a person, 30.7, 25.2 and 27.7% respondents told that it applied to them very much, it applied to them as considerable degree, it applied to them some degree respectively, while 16.4% respondents were not agree with the statement and answered that it did not apply to them at all. there were 31.9, 26.5 and 26.1% respondents who answered that the statement “I felt that I was rather touchy” applied to them very much, applied to them a considerable degree and applied to them some degree and there were 15.5% respondents who were not agreed with the statement and told that it did not apply to them at all.

The next statement “I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat)” when asked from the respondents 34.5, 28.6 and 19.3% respondents told that it applied to them very much, it applied to them a considerable degree and it applied to them some degree respectively and rest of 17.6% were not agreed with the statement and answered that it did not apply to them at all.

When the statement “I felt scared without any good reason” asked from the respondents 37% were replied that it applied to them very much, 25.6% said that it applied to them a considerable degree and 19.3% told that it applied to them some degree. There were 18.1% respondents who were not agreed with the statement and replied that it did not apply to them at all. the last statement of the scale was about the meaningless of life when asked from the respondents, 37.4, 23.9, 17.6% respondents replied that it applied to them very much, it applied to them a considerable degree and it applied to them some degree respectively, while the rest 21% respondents were not agreed with the statement and told that it did not apply to them at all.

CONCLUSION

Street harassment is one of the most prevalent forms of gender-based harassment in Balochistan, but until now, knowledge about how frequently it's reported or what we might do to combat it has been limited. It is our hope that reports like this one, as well as the presence of official and unofficial organizations, can help build knowledge on this topic and assist those who wish to combat gender-based violence by offering clear ways to take action. The government authorities/officials must give

more attention to the victims of street harassment and to enforce the right laws against street harassment. It is also suggested to create more laws/regulations for the protection of women to avoid such acts. The psychologists should assist victims to overcome probable psychological effects that these experiences may result to. It is also recommended that they help victims to regain self-esteem that they may have lost during the incidents and recover from the trauma. The parents must give proper guidance towards their children. They are also advised to give attention to their children for them to have a better understanding regarding street harassment. They should also give time to them to know what they are experiencing in their everyday lives. This is to ensure their children to not be afraid or embarrassed to report their street harassment experiences. Support from family is also highly suggested in order for the victims to recover from the incident. The female students must be alert and vigilant to avoid experiencing street harassment. Students are advised to not tolerate such demeaning acts and to report immediately to the right authorities if they were to go through and even witness street harassment such as stalking touching, pinching or brushing up against the body in order to implement the proper disciplinary actions. They are recommended not to allow street harassment but at the same time not to physically fight back for their own safety.

REFERENCES:

- Albahussain, S. A. (2012). The role of training and development in controlling workplace stress. *The Journal of American Academy of Business*, 1540-1200.
- Bimrose, J. (2004). Sexual harassment in the workplace: an ethical dilemma for career guidance practice?. *British Journal of Guidance & Counselling*, 32(1), 109-121.
- Bullentin, M. (2016). Sexual harassment. *street harassment impacts* 12/14,4.
- Crosby, F. J. (2017). Sex discrimination, personal denial, and collateral damage. *Social Justice Research*, 30(1), 89-105.
- Di-Leonardo, M. (1981). The Political Economy of Street Harassment. *Aegis*, 51-57.
- Di-Martino, V. (2002). Workplace violence in the health sector. *Country case studies Brazil, Bulgaria, Lebanon, Portugal, South Africa, Thailand and an additional Australian study. Ginebra: Organización Internacional del Trabajo*.
- Fineran, S. (2002). Adolescents at work: Gender issues and sexual harassment. *Violence Against Women*, 8(8), 953-967.
- Fitzgerald, L. F., & Shullman, S. L. (1993). Sexual harassment: A research analysis and agenda for the 1990s. *Journal of Vocational Behavior*, 42(1), 5-27.
- Ialam M. (2020). Anti-harassment laws in Pakistan. Countering the law, rising awareness and increasing accountability, Pakistan's legal and News and Analysis Portal. Retrieved from <https://courtingthelaw.com/2019/06/10/commentary/anti-harassment-laws-in-pakistan>
- Johnson, T. (2011). 'Smashing the masher': The early women's movement against street harassment in America. *Clayman Institute for Gender Research at Stanford University*.
- Kearl, H. (2010). *Stop street harassment: Making public places safe and welcoming for women*. ABC-CLIO.
- Kearl, H. (2014). Unsafe and harassed in public spaces: A national street harassment report. *Stop street harassment*.
- Lee, J. Y., Heilmann, S. G., & Near, J. P. (2004). Blowing the whistle on sexual harassment: Test of a model of predictors and outcomes. *Human relations*, 57(3), 297-322.

- Lehtinen, V, Joukmaa M. (1994). Epidemiology of depression: prevalence, Risk factors and treatment situation. *Journal of Acta Psychiatr Scand.* 377. Pp 7-10
- Mahmood, Q. K., & Ahmad, I. (2011). Perception of sexual harassment at workplace, knowledge and attitude of working women towards Workplace Harassment Act 2010. *Social sciences review of Pakistan*, 22.
- Major. W. E. (2013) *self-defense for women*. New York: Starofdauida.
- Mueller, C. W., De Coster, S., & Estes, S. B. (2001). Sexual harassment in the workplace: Unanticipated consequences of modern social control in organizations. *Work and Occupations*, 28(4), 411-446.
- Mui, C. L., & Murphy, J. S. (Eds.). (2002). *Gender struggles: Practical approaches to contemporary feminism*. Rowman & Littlefield.
- Mushtaq, M., Sultana, S., & Imtiaz, I. (2015). The trauma of sexual harassment and its mental health consequences among nurses. *Journal of the College of Physicians and Surgeons Pakistan*, 25(9), 675-679.
- Nishina, A., & Juvonen, J. (2005). Daily reports of witnessing and experiencing peer harassment in middle school. *Child development*, 76(2), 435-450.
- Parveen, R. (2010). Violence against Women in Pakistan. Islamabad, Aurat Foundation.
- Patton, G. C., & Viner, R. (2007). Pubertal transitions in health. *The Lancet*, 369(9567), 1130-1139.
- Polce-lynch, M., Myers, B. J., Kliwer, W., and Klimartin, C. (2001). Exploring relations to sexual harassment, body image, media influence, and emotional expression. *Journal of Youth and Adolescence*, 30(2), 225-244.
- Shaheen, S. (2005). Street Harassment against Girls in District Gujranwala. Bargad. January, 1-48.
- Street A. E., Gradus J. L., Stafford J., Kelly K. (2007). Gender differences in experiences of sexual harassment: Data from a male dominated environment. *Journal of consulting and clinical psychology*. Vol 75(3), pp. 464-474
- Ttofi, M. M., & Farrington, D. P. (2008). Bullying: Short-term and long-term effects, and the importance of defiance theory in explanation and prevention. *Victims and Offenders*, 3(2-3), 289-312.
- Williams, C. L., Giuffre, P. A., & Dellinger, K. (1999). Sexuality in the workplace: Organizational control, sexual harassment, and the pursuit of pleasure. *Annual Review of Sociology*, 25(1), 73-93.

Date of Publication	August 31, 2020
---------------------	-----------------