ORIGINAL CONTRIBUTION

Quantifying the Socio-Psychological Impacts of Suicide Bombing on the Victims: A Case Study of Balochistan

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Abstract— Suicide bombing, a comparatively modern and highly devastating form of terrorism, severely impacts the victims. However, the long-term impacts of such incidents are not comprehensively explored in the context of educational institutes in Balochistan, the largest province of Pakistan. This study empirically quantifies the long-term socio-psychological consequences of suicide bombings on victims in educational institutions, specifically women's universities in Balochistan, by analyzing the 2013 suicide bombing attack on the Sardar Bahadur Khan Women's (SBKW) University in Quetta, Pakistan. The study was conducted using a quantitative research design approach where the primary data was collected from a random representative sample of 357 direct victims using a cross-sectional survey approach. The questionnaire captured various socio-psychological variables such as trauma, doubtfulness, social support and isolation, and coping mechanisms, while different inferential statistical analyses, such as regression, correlation, and ANOVA tests, were employed to evaluate the relationships between variables. Our analysis revealed that victims of the SBKW University suicide bombing experienced significant psychological distress and social dissatisfaction with a strong correlation of $r = 0.16$, $p < 0.001$, and $r = 0.19$, $p < 0.001$, respectively. This study provides a quantitative understanding of the long-term impacts of suicide bombings on victims to inform policy development and intervention strategies. Overall, this research provides nuanced insights into the complex effects of suicide bombings on victims by highlighting the need for improved security measures and resilience-building initiatives and underscoring the need to address their socio-psychological well-being in post-conflict and post-disaster contexts.

Index Terms— Suicide bombing, Terrorism, Socio-psychological, Female education, Regression, Victims
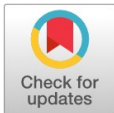
Introduction

Suicide bombing is an act in which an individual personally delivers explosives and detonates him/her to inflict the greatest possible damage, killing himself or herself in the process (Horowitz, 2015). Worldwide, suicide bombings have been taking place in public places such as markets, government buildings, security offices, and educational institutes by impacting people directly or indirectly (Weeraratne, 2023). Victim of suicide bombing attack (Chim et al., 2007) refers to the unarmed, non-combatant, and random individuals, who, individually or collectively, have suffered harm, including physical or mental injury, emotional suffering, or economic loss (Schmid, 2023). In this study, the victims include, for instance, the people (deceased or alive after the incident) who have experienced the suicide attack directly or were present at the spot of the incident, their families and friends, the security personnel, or the rescue staff.

An increasing trend of terrorist incidents, specifically suicide bombing attacks, has been observed in Pakistan over the last two decades (Imran et al., 2023). Pakistan was regarded as one of the top 3 countries in the world most hit by suicide bombings in the early years of

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the 21st Century. Owing to the suicide attacks in Pakistan, 3280 individuals lost their lives, and 7824 people got injured from the year 2002 to 2009 (Eggers, 2011). Another report by the Institute for National Security Studies (INSS), Israel, on suicide bombings revealed that over 3,000 suicide bombings were committed in 45 countries over the past decade, killing over 31,000 people and injuring 57,000 others (Schweitzer et al., 2021), with Pakistan being one of the most vulnerable countries.

The impacts of such incidents are very deleterious, resulting in the destabilization of the overall structure of the country and the shattering of people's lives (Bilal et al., 2022; Bashir, 2021). According to an IMF report, the war on terror (after the 9/11 incident) cost Pakistan PKR 484 billion only in 2007 and 2008 (Alnasraween et al., 2021; Waheed & Ahmad, 2012). The tourist places of the country are primarily located in the Khyber Pakhtun Khawa (KPK) province and faced a very sharp decline in the frequency of visitors due to the ongoing wave of terrorism. Sawat Valley, for instance, faced a loss of 60 billion rupees within two years from 2007 to 2009, which ensued with joblessness (Khan, 2013).

Multiple authors have studied the impacts of suicide bombing attacks in different conditions and noticed that the victims undergo severe experiences such as trauma, depression, anxiety, physical disability, economic loss, and social isolation (Saleem et al., 2021; Abbasi et al., 2020). For instance, Paz Garc´ıa-Vera et al. (2016) observed that suicide bombing causes psychological damage to the direct victims in public-cum-closed spaces like educational institutes because most victims tend to avoid seeing the place of the incident to re-experience the event. We collectively term the social and psychological implications of suicide bombing as socio-psychological impacts. Despite the frequent suicide bombings in different parts of Pakistan, the long-term implications of such incidents on the public have not been thoroughly studied. Similarly, the rise of female suicide bombers in Pakistan is considered a new phenomenon and not well-understood in Pakistan, particularly in Balochistan Fullmer et al. (2019). The provincial capital of Balochistan, Quetta, faced Pakistan's third-highest number of terror attacks (803 attacks and 1631 fatalities) from 2004-2016 (Imran et al., 2023). However, there is still a lack of research on the consequences of these incidents.

In 2013, a female suicide bomber attacked the bus carrying the students of Sardar Bahadur Khan Women's (SBKW) University, Quetta, and then gunmen stormed a hospital treating the survivors. Lashkar-e-Jhangvi carried out the bus-and-hospital attack. This banned extremist Sunni group left 25 people dead (including 14 female students of SBKW University) and dozens of others injured. Since the SBK Women University attack of 2013 is believed to be a new form of spreading terror primarily driven by halting female education using a rare and lethal resource of female suicide bombers in the Balochistan province, studying the long-term impacts of the incident on the victims is critical. It is also feared from the previous attacks on the ethnic Hazaras (belonging to Pakistan's Shi'ite minority) by the militant group in Quetta (Sultan et al., 2020) that SBKW University, being located close to a Shiite Hazara neighborhood in Quetta, could be another motivation for the suicide bomber.

A similar pattern of events was observed following the 2013 suicide bombing attack at SBK Women's University, Quetta. It created fear and panic among the campus community and their families in Balochistan. A decrease in the campus presence of female students and a sudden spike in the dropping out of female students were observed. Since the unfortunate incident of June 15th, 2013, took place in the university premises, several students (apart from those physically-impaired or deceased) not only had the mere sight of the incident but also happened to see and hear the screams of the helplessness of their friends and family members. However, no such study has been conducted that can empirically quantify and extensively analyze the long-term impacts of suicide bombings in educational institutes, particularly women's educational campuses, in Pakistan and, specifically, in Balochistan. We propose the following research hypothesis based on the existing literature and theoretical consideration.

Research Hypothesis

Suicide bombing significantly impacts the victims' long-term psychological well-being and social life satisfaction. Specifically, we expect a direct relationship between experiencing a suicide bombing incident and the victims' psychological well-being and social life satisfaction, even after a decade of exposure to the incident.

We will collect the data of the victims of the 2013 suicide bombing attack on the SBKW University in Balochistan to test the hypothesis. We will use statistical analysis techniques to extract a sample of the victims, design a survey capturing the socio-psychological variables, and apply inferential statistics to determine the relationship between suicide bombing and socio-psychological outcomes. The findings from the present study can potentially be applied by the university administrations in Pakistan while formulating policies for coping with the socio-psychological effects of terror-like situations. The study will overcome the gaps in the studies on analyzing the impacts of catastrophes such as the 2013 attack on SBKW University in Balochistan and provide an empirical framework for quantifying the socio-psychological impacts of suicide bombings on victims in similar contexts like the education institutes.

The rest of the paper is organized as follows. Section 2 presents the literature review and the theoretical framework. Section 3 describes the experimental design incorporating the statistical techniques for testing the hypothesis. Section 4 enumerates the results based on the experimental framework applied. Section 5 discusses the results and expands on the theoretical basis of the experimental outcomes. The last section concludes the test hypothesis and results achieved.

Background Work

The terrorist groups carrying out such lethal suicide attacks are either religiously motivated or secular (Benmelech & Berrebi, 2007) and use suicide operations against their enemy, i.e., domestic and foreign executive authorities. They operate in different countries and include organizations such as Egyptian Islamic Jehad (EIJ), the Armed Islamic Group (GIA) of Algeria, the Liberation Tigers of Tamil Eelam (LTTE) of Srilanka, the Kurdistan Workers Party (PKK) of Turkey and the Osama bin Laden network (Al Qaida) (Karmon, 2005). People are driven by various motivations to join these organizations, such as glorification after death, pride for the community, poor living conditions, and cultural and religious compulsion (Kruglanski et al., 2009). Recently, these groups have turned to increase the participation of female suicide bombers because they can help them achieve their practical goals and send them to places that male bombers cannot access (Al-Dmour et al., 2023; Weinberg et al., 2003). For example, the "Black Widows" in Chechnya are examples of female bombers (Bloom, 2007, p. 34).

Previously, these groups used to aim their attacks only at particular personalities, such as the ruling class or elite having a say in decision-making. However, the general public is now being targeted by spreading anxiety, fear, humiliation, or demoralization in the modern form of terrorism. Modern terrorism, by far, leaves the most detrimental impacts on the lives of the victims (the general public who are exposed to the incident in some way) (Zhamborov, 2021). Since the target audience of modern terrorism involves the general public, it is, therefore, imperative to quantitatively analyze and discuss the impacts on the lives of the victims. Moreover, such terrorist groups very carefully evaluate and select their targets which, in some way or the other, accurately represent their motivations and strategic gains. The most frequent places for targets have been public places such as busy markets, public events or ceremonies, government institutional buildings, and security deployments (Gatpandan & Ambat, 2017; Schweitzer et al., 2021). Even educational institutions fell victim to the acts of suicide bombings, for example, the incident of suicide bombing on the bus carrying the students of SBKW University, Quetta, in 2013 and the Army Public School, Peshawar massacre in 2014 Mufti et al. (2019). While the SBKW university attack was lethal, with massive damages, the biggest concern was the infrequent use of female suicide bombers in a women's university in Pakistan Sultan et al. (2020).

For this study, two theories have been employed to explore the effects and use of suicide bombings: Life Satisfaction Theory & Emotional Processing Theory. Both theories have been widely used to support studies related to suicide bombing incidents and analyze their impacts.

Life Satisfaction Theory

According to life satisfaction theory, happiness in an individual leads to health, employment, and social contacts and is negatively related to age. It means that being unhappy and stressed leads to a poor psychological state in an individual. Terrorism is a similar phenomenon that creates a high-stress level among people and makes them feel unhappy. Hence, by Life Satisfaction Theory, it is essential for people to be happy to remain both physically and psychologically healthy (Troy et al., 2023). Exposure to terrorist activities makes people unhappy and stressed in a country. People's satisfaction in their life depends on low-stress levels. Higher stress levels can prove to be damaging and can affect people's personal and social lives. So, stress management and high satisfaction are essential to remain happy, which is not possible when experiencing terrorist incidents (Hamid et al., 2019; Park et al., 2023).

Emotional Processing Theory

The emotional processing theory presented by Foa and Kozak (1986) is quite helpful in explaining anxiety disorders. According to this theory, complex fear structures exist in an individual's memory, which ultimately results in the production of cognitive, physiological, and behavioral reactions upon activation. It is related to the post-trauma linked with terrorism because after facing suicide bombing attacks, victims store the memory of these attacks. In contrast, this memory produces cognitive, behavioral, and physiological reactions. Such structures are considered significant to trigger a proper response to threats. However, they can also become pathological in some situations. In Post-Traumatic Stress Disorder (PTSD), the stimuli become linked with the threat and represent physiological and behavioral reactions. There are two ways in which beliefs around elements of trauma, affected by preexisting schemas, can become harmful. Firstly, the world is viewed as dangerous, and secondly, a person starts considering himself or herself incompetent. This theory argues that people store traumatic memory in a fragmented way, interfering with information processing. There is a need to activate it to address the pathological fear structure, leading to the need to make incompatible new information. As a result, new information needs to be integrated with preexisting structures.

Multiple studies have been conducted to analyze the impacts of suicide bombing incidents on different groups and sectors. Hassan and Sarfraz (2019) studied the impacts of suicide bombing attacks on the climate in Pakistan over the last two decades and revealed that temperature is correlated with suicide bombing. Apart from the infrastructural burden and economic and political instability at the governmental level, such incidents leave severely far-fetched blueprints on the public with traumatic memories, collectively termed as the

socio-psychological impacts (Hussain et al., 2016; Abbasi et al., 2020). Such outcomes of the suicide bombing on the victims widely refer to the emotional, psychological, and social consequences experienced by individuals directly affected by a suicide bombing attack. It includes trauma, PTSD, grief, depression, anxiety, social isolation and dissatisfaction, stigma, and disruption of the social functioning of the victims (Saleem et al., 2021; Garc´ıa-Vera et al., 2016). These impacts have significant and long-lasting implications on the victims' well-being, mental health, and social functioning Malik et al. (2021). This study aims to provide empirical evidence and a quantitative understanding of the effects of the 2013 suicide bombing attack on SBKW University, Quetta, by analyzing the views of the directly impacted victims, henceforth advancing the existing knowledge base and informing interventions and support systems for victims in similar contexts.

University is an educational institution that imparts education and instills confidence in the students. The venue provides job holders and academic staff with a better environment. The students, academic staff, and all the stakeholders on the university premises will have a conducive environment Sodirjonov (2020). The universities prepare the generations and give the government a better workforce through educated, qualified, and skilled workers. SBKW University is the only university in Balochistan that prepares girls and women for better participation in the national economy and independent status for the women of Balochistan to earn their livelihood independently. An incident like the 2013 attack on SBKW University raises several questions regarding the security apparatus in general and an attack on women's education in the most underrepresented southwestern province of Pakistan, Balochistan. Such incidents leave open-ended questions for the researchers to carefully analyze and understand the significant paradigm shifts in the social structure of an economically disadvantaged and patriarchal society like Balochistan.

Table I
The Descriptive Statistics

	Age Range	Frequency	Percentage	Female	Male
	20-29	243	68.1	201	42
	30-39	70	19.66	46	24
	40-49	44	12.3	38	6
Total	20-49	357	100	285	72
Profession	Frequency	Percent	Valid Percent	Cumulative Percent	
Student	228	63.9	63.9	63.9	
Teacher	78	21.8	21.8	85.7	
Administrators	25	7.0	7.0	92.7	
Ancillary Staff	26	7.3	7.3	100.0	
Total	357	100.0	100.0	100.0	

Methods

Participants

The sample of the population is taken from a population of 5000. Raosoft sample calculator was applied to obtain sample size. The total number of sample respondents were 357, with an age range of 20-47 years (see Table I) comprising academic, ministerial staff, and students (see Table I). We used purposive sampling (Etikan et al., 2016) because a) the suicide bombing incident took place in 2013, while the survey for the present study was conducted in the year 2022, and b) the list of total victims, particularly of the students, was not accessible.

Pre-testing

A questionnaire was developed to collect primary data from victims of the 2013 suicide bombing attack on the SBK Women's University, Quetta. The first part of the questionnaire (suicide bombing, SB) was adopted from Kazim et al. (2008), while the other part (psychological well-being, PW) was adopted from Ryff (1989) based on a five-point Likert scale. 5% of the respondents were administered a questionnaire before commencing the data collection process to ascertain the difficulties of the respondents in filling out the questionnaire and assess the workability of the questionnaire. After some minor modifications, the questionnaire was found workable as it was prepared in two languages, i.e., Urdu and English. Initially, we computed the reliability statistics using Cronbach's alpha (α) score (Tavakol & Dennick, 2011), which helps examine the degree to which consistent research outcomes are produced. An α value of 0.775 was obtained, depicting the close relation set of different items used in a questionnaire. The questionnaire was distributed to respondents via email and by hand.

Data Analysis

Building upon our hypothesis that suicide bombing negatively impacted the victims of the 2013 suicide bombing attack on SBK Women's University, we identified Psychological Well-being (PW) and Social-life Satisfaction (SL) as dependent variables, with the experience of Suicide Bombing (SB) as the independent variable. We employed correlation and regression analysis techniques to analyze the cause-and-effect relationship of these variables. Correlation statistics is a crucial statistical measure that can be used for expressing the strength of the relationship between variables. Similarly, multiple regression analysis was used to analyze the impact of suicide bombing on all dependent variables, demonstrating utility in identifying the most influencing variable(s) (Maxwell, 2000). The assumptions for the regression analysis satisfied in this study are a) significant correlation among the critical variables of the study, b) normality of the data, and c) homogeneity of the variance.

Results

Correlation Analysis

The values of Pearson correlation for the relationship between suicide bombing, psychological well-being, and social-life satisfaction are presented in Table II. It can be seen that the Pearson correlation coefficient (r) between psychological well-being and suicide bombing is 0.159 at a significance value of 0.003, indicating a weak and significant positive relationship between the two variables. Similarly, the Pearson correlation coefficient for the relationship between dissatisfied social life and suicide bombing is 0.189 at a significance value of 0.000, demonstrating a weak and significant positive relationship between the two variables of interest.

Table II
Pearson Correlation Statistics

		SB	PW	SL
SB	Pearson Correlation	1	.159**	.189**
	Sig. (2-tailed)		.003	.000
	N	357	357	357
PW	Pearson Correlation	.159**	1	.919**
	Sig. (2-tailed)	.003		.000
	N	357	357	357
SL	Pearson Correlation	.189**	.919**	1
	Sig. (2-tailed)	.000	.000	
	N	357	357	357

** Correlation is significant at the 0.001 level (2-tailed).

The normality of data is tested by computing the skewness and kurtosis values, ideally having these values in between the range of -3 and +3. In the current scenario, as seen from Table III, all values of skewness and kurtosis for each variable are between +3 and -3, showing the normal distribution of the data.

Table III
Normality Testing Statistics

	N	Skewness		Kurtosis	
	Statistic	Statistic	Std. Error	Statistic	Std. Error
SB	357	1.220	.129	2.375	.257
PW	357	-.598	.129	.876	.257
SL	357	-.429	.129	.785	.257

The homogeneity of variance is evaluated using Levene's statistics, requiring a significant value of less than 0.1 for homogenous data. We computed Levene's statistics for our dependent analysis variables (poor psychological well-being and social-life satisfaction). We demonstrated the homogeneity of variance of our data having significance values less than 0.1, as shown in Table IV.

Table IV
Frequency and Percentage of Participants (N = 300)

	Levene Statistic	df1	df2	Sig.
PW	1.084	10	342	.039
SL	.607	10	342	.016

Regression Analysis

We computed the F-score for evaluating the ANOVA statistics while the t-test and beta (β) coefficients for performing the regression analysis, as shown in Table V. Comparing the relationship between suicide bombing (SB) experience with the dissatisfied social life (SL) led to an F value of 13.219 which is far greater than 1 with a significance value of 0.000 (less than 0.05), as shown in Table V. It means the model fits with SB as the independent variable and SL as the dependent variable. Similarly, it is also evident from Table V that the value of the beta coefficient for the relationship between SB and SL is 0.227, i.e., one unit change in suicide bombing will bring an increase of 22.7% in the dissatisfied social life of people as shown in Equation 1.

$$Y(SL) = \alpha + 0.227 \times X(SB) \tag{1}$$

Table V
The Regression Analysis

The relationship of the SB with the PW of the victims					
Sum of Squares	df	Mean Square	Error	F	Sig.
Regression	4.021	1	4.021	13.20	.003
Residual	107.979	355	.304		
Regression coefficients					
	Coefficients	Std. Error	t Stat	Sig.	
Constant	2.420	.109	22.944	0.001	
SB	.227	.063	1.636	0.003	
The relationship of the SB with the SL of the victims					
Sum of Squares	df	Mean Square	Error	F	Sig.
Regression	3.287	1	3.287	9.240	.003
Residual	126.271	355	.356		
Regression coefficients					
	Coefficients	Std. Error	t Stat	Sig.	
Constant	2.820	.19	25.944	0.001	
SB	.205	.053	3.636	0.003	

Furthermore, the F-score for ANOVA statistics was computed to estimate the relationship between suicide bombing (SB) and poor psychological well-being (PW). It can be seen from Table V that the F score is 9.240, essentially much more significant than 1, with a significance value is 0.003. The regression line implies that the model is fit due to suicide bombing as the independent variable for poor psychological well-being as a dependent variable. Besides this, Table V also includes coefficient statistics for the regression analysis. A beta coefficient of 0.205 was obtained, implying that one unit change in suicide bombing will increase 20.5% in poor psychological well-being, as shown in Equation 2.

$$Y(PW) = \alpha + 0.205 \times X(SB) \tag{2}$$

Based upon the results in Table V and Table V and subsequently, the regression Equations 1 and 2, we accept the null hypothesis. In the F-scores between SB and PW, the p-value is less than 0.05 for both dependent variables, i.e., social life satisfaction (SL) and psychological well-being (PW).

Discussion

Based on analysis of primary data collected from respondents (the victims of the 2013 suicide bombing attack on the SBK Women University, Balochistan), we found that terrorism in a country significantly influences people's lives, apart from severe destruction to the country's economy, security, and infrastructure (Malik et al., 2019). People become direct or indirect victims of such activities, significantly affecting their social and psychological lives. Most participants believed that after experiencing terrorist activities like suicide bombing, they started to feel dissatisfied with their society and community. These results are consistent with the findings of Lester et al. (2004), who claimed that suicide bombing puts social pressure on victims. Some respondents maintained that they started hating their community and felt scared and threatened while living in their specific community. These social impacts of suicide bombing on the victims manifested in various ways. For instance, the families of affectees were broken socially, and their status as a nuclear family was affected.

In many cases, the widows of the affectees had to be relocated to the extended family of their in-laws for survival and protection. The families remained in constant fear of exclusion from the society. The children of the affected families had to move from one locality to another in case of shifting of their families. These observations are consistent with the findings of Waheed and Ahmad (2012).

Similarly, the respondents were interviewed about the impact of suicide bombing on their psychological well-being after running into a suicide bombing incident. Based on the analysis, we found a significant negative impact of suicide bombing on the psychological well-being of the victims. The decrease in the confidence levels of victims primarily leads to poor psychological well-being. The findings are consistent with the findings of Benmelech and Berrebi (2007). Since the majority population (71%) of the present study are adults (age range: 18-30 years), we observed a more significant occurrence of depression and PTSD in adults, which aligns with Kar (2019). Rafique and Yasmin (2020) also revealed similar observations of the negative impacts of terrorism on the emotional and psychological well-being of university students and teachers in a study conducted at a government university in Faisalabad, Pakistan. We also noted that the victims developed a fear of similar terror incidents in the future, tragically impacting their mental health and productivity. These findings align with Sarwar et al. (2020), who showed that the fear of terrorism among international students in the universities of Lahore was the primary cause of psychological distress. The "fear-based operation" affects many people, and suicide attacks are more likely to affect people as they will constantly fear suicide and terrorist attack. It means that whenever victims face suicide bombing attacks, they develop a fear in their minds, ultimately making them feel inadequate and threatened.

In addition to this, as per the responses of most participants, it was revealed that after experiencing suicide attacks, people start feeling dissatisfied and uncomfortable in the environment in which they live. They live with the thinking that an attack may occur at any time and are well prepared to face one. They stop understanding the reality due to these attacks. Most of the participants claimed that their social life has got affected as a result of terrorist activity. These revelations are consistent with the findings of Mnasri and Nechi (2016), who claimed that most of the victims who survive after facing some terrorist activity prefer to live in a society where they face such incidents. It is because people start feeling unsafe over there. It also negatively affects their social life because they struggle to maintain personal relationships. The study also revealed that people prefer to stay in their homes and do not feel comfortable going anywhere. So, this ultimately affects their tourism activities. It is similar to the study of Riaz et al. (2015), who found that tourism gets poorly affected due to suicide attacks. New investments are to be made, most notably for security management. Because they affect the societies indirectly, which are not even attacked. As a result, intelligence and self-determination are affected.

Similarly, Alakoc (2017) stated that societies are working on finding and helping such victims because these attacks impact their history. As the number of victims increases, organizations, hospitals, and trust centers are being developed for their help, and museums are being built to record their history. Some societies are significant targets of these attacks. These are the societies where Muslims and Jews are the minimum in number. The attacks also pressure these minority groups in a way that the people of these societies start to believe that Muslims and Jews are part of these terrorist attacks and are criminals. Hence, terrorist activities are something linked to the social life of Muslims. In Pakistan, when people experience suicide attacks, their social life gets badly affected, and they prefer to move from their current places in search of safer places.

The present study revealed that terrorism and suicide bombing hurt the trust level of people. After experiencing such attacks, people start feeling dissatisfied with their relationships and distrusting others. These results are similar to the findings of a study done by Momayezi and Momayezi (2017) on violence and trust, in which it was found that the effects of trauma, civil war, and different types of victimization are all directed to starting levels of social trust. Regarding personal feelings, terrorist attacks increase one's feelings of threat, fear, and insecurity. These feelings of threat from others stop people from believing others. They always think that others have bad intentions toward them, and they always tend to take advantage of them. The primary defining criterion of distrust is a feeling of wrong intentions from others toward one's security.

Nonetheless, trauma also destroys individuals' social trust, resulting in a loss in economic conditions. People change their political leaders, their societies, and their social networks. Terrorism operations are most vulnerable in these types of attacks due to the randomness and unpredictability of the attack. People started to fear that the attack could happen at any instant and place. They lose their comfort of living freely.

The present study also reveals that terrorism and suicide bombing hurt people's trust levels. After experiencing such attacks, people start feeling dissatisfied with their relationships and distrusting others. It is similar to the findings of a study done by Momayezi and Momayezi (2017) on violence and trust, in which it was found that the effects of trauma, civil war, and different types of victimization are all directed to starting levels of social trust. Regarding personal feelings, terrorist attacks increase one's feelings of threat, fear, and insecurity. These feelings of threat from others stop people from believing others.

The results of the present study show that the act of suicide bombing has a significant impact on the poor psychological well-being of people. When people experience the act of terrorism, this negatively influences their psychological well-being, and their mental health gets affected negatively. It is consistent with the findings of Edwards (2017), who stated that at a psychological level, the act of suicide bombing could result in the process of mental decomposition and collapse. When a victim experiences an act of terrorism, this can impact a survivor's sense of self. Most of the participants in the current study claimed that after experiencing the act of suicide bombing, their confidence level in personal opinions had got negatively affected. They are no longer capable of making decisions with full of confidence. Based on the responses of most of the participants, suicide bombing is something that is negatively linked with the personal identity of victims. This analysis is consistent with the findings of Okay and Karanci (2020), who stated that at a psychological level, the trauma

resulting from suicide bombing could engendering a metamorphosis of the psyche, which can result in psychological decomposition and collapse. As a result, a survivor's sense of self gets influenced negatively, producing disorientation of the identity.

Similarly, Riaz et al. (2015) also stated that the act of terrorism is linked with artificial trauma, due to which the core beliefs of a person can get shattered. There were most of the participants of the study, who claimed that their mental condition had got negatively affected after experiencing the trauma of terrorism. The victims and survivors must suffer from grief for the loss, which also puts them in depression. In addition, some victims also have to face PTSD after experiencing the act of suicide bombing. Like, most people claimed that after experiencing the act of terrorism, they started preferring to live alone, without spending time with others. These insights are similar to the findings of Akbar (2015), who claimed that after facing the act of terrorism, victims or survivors have to face nightmares and flashbacks, which keep them in a state of depression and anxiety. Since suicide bombing causes severe psychological distress, the present study's findings suggest developing coping mechanisms such as emotional support programs for the victims to deal better with the psychological distress (Sarwar et al., 2020).

Some potential future research directions extending the present study's findings are as follows. A more in-depth understanding of the impacts of suicide bombing on the productivity, performance, and likeliness of dropping out of students is required. Likewise, future studies should focus on the intersection of ethnicity, gender, demography, and family status of the victims with the socio-psychological impacts of suicide bombing. Similarly, longitudinal studies capturing the socio-psychological impacts of suicide bombing on the victims at different time points are paramount. Lastly, comparing the impacts of other forms of terrorism with suicide bombings on the victims in a multicultural and demographically heterogeneous setting like Balochistan is of critical importance.

Conclusion

The devastating impacts of terrorism on the economy, infrastructure, and security of the people have primarily been explored in previous studies. This study, however, attempts to investigate and highlight the long-term socio-psychological implications of a suicide bombing experience on the victims who suffer from the experience every day. The findings of the present research study reveal that suicide bombing negatively influences victims' psychological well-being and social life. The experience of suicide bombing negatively affects people's mental health by making them feel insecure living in that society. It was observed that, after experiencing suicide bombing, most respondents lost their confidence level, sense of self, and personal identity, leading to psychological disturbance for a long time. Among the psychological disorders, PTSD, ASD, and depression were found to be most common in the victims or survivors of suicide bombings. Similarly, the social effects of experiencing suicide bombing include the desire to stay isolated, loss of social relationships due to distrust, and lifestyle changes. In conclusion, the experience of suicide bombing reflects long-term (typically after a few years of the incident) socio-psychological implications for the victims or survivors. This study provides a framework for university administrations in Pakistan to formulate policies for coping with the socio-psychological effects of terror-like situations. It suggests that public policy institutions incorporate rehabilitation mechanisms for the victims. The present study's findings can be extended by further analyzing outcomes such as the productivity and performance of the students and exploring the intersection of social identities such as gender, class, and ethnicity of the victims.

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