

**THE INNER BATTLE**



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**LAHORE, PAKISTAN**

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**THE INNER BATTLE**



**A RESEARCH REPORT SUBMITTED TO  
KINNAIRD COLLEGE FOR WOMEN  
IN FULFILLMENT OF THE REQUIREMENTS  
FOR THE DEGREE OF**

**BACHELOR OF ART  
IN  
MEDIA STUDIES**

By

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**2019-2023**

**RESEARCH REPORT APPROVAL  
KINNAIRD COLLEGE FOR WOMEN**



**Date: 12<sup>th</sup> June 2023**

**I hereby recommend that the report prepared under my supervision by**

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**Entitled**

**Title: "THE INNER BATTLE"**

**be accepted in partial fulfillment of the requirements for the degree of**

**BACHELOR OF ART (BA Hons)  
IN  
MEDIA STUDIES**

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**In Charge of Research Report**

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**Committee for the  
Final Examination**

## RESEARCH COMPLETION CERTIFICATE

It is certified that Ms. Urwa Nadeem and Ms. Iqra Maqsood of B.A. Honors (session 2019- 2023), Department of Media Studies have carried out this work entitled “The Inner Battle” which is a short film, under my supervision.

It is assured that this thesis project is original and sufficient in terms of scope and quality of degree.

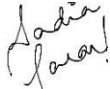
“All changes suggested by examiners during defense are incorporated in this final copy”

**Signatures of Supervisor**

**Dated: 12<sup>th</sup> June 2023**

Ms. Sadia Safir Tarar

Lecturer



**Signatures**

**Dated: 12<sup>th</sup> June 2023**

Head of Department

Dr. Kiran Karamat



## ANTI-PLAGIARISM DECLARATION

This final year project of the batch 2019-2023 is presented in partial fulfillment of the Requirement for Bachelor in Media Studies.

We declare that this project entitled “The Inner Battle” is the result of our own field work. It is assured that this work, as a whole or in part, is not presented elsewhere for assessment. Where material has been used from other sources, it has been properly acknowledged. The similarity index of the research report is 7%. If this statement is untrue, and we are found guilty of plagiarism, the punitive actions against us should be taken as per Kinnaird Anti-Plagiarism Policy.

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## ABSTRACT

Mental illness is an ignored phenomenon in Pakistan. Psychological issues are increasing day by day yet people do not take it seriously as it is considered as a taboo. It is now a high time to address mental issues because there are many types of mental illness and our society needs awareness about it. One mental condition which is highlighted in the documentary is Post-Traumatic Stress Disorder (PTSD). PTSD is a mental problem that might happen in individuals who have encountered or seen a traumatic event. The documentary mainly focuses on the impact of PTSD on journalists who daily cover crime events. Different crime events are a root cause of severe stress among them and these events stay with journalists having PTSD. The documentary also focuses on the importance of support from friends and family and also the importance of psychotherapy. The importance of normalizing medical treatment without having any fear will also be an important factor in a documentary. This project will be worth it for the media channels to analyze the resources and support which need to be given to the journalists so they can easily cope with PTSD and work with full energy without having any stress on their nerves. To know the mental state of the News Reporters after covering the crime stories and to help them deal with the aftermath of covering tragedies is very important. It is crucial to spread knowledge about PTSD because it fosters empathy and compassion and lessens the number of people who suffer in silence.

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## CHAPTER 1 INTRODUCTION

There is an alarming increase in the occurrence of mental illness in Pakistan. But unfortunately, mental illness is an ignored phenomenon in Pakistan. In Pakistan, psychological issues are increasing day by day yet people do not take it seriously as it is considered taboo. There are many conditions associated with mental illness, but stress and anxiety are increasing rapidly. It is high time to address mental issues because there are many types of mental illness and our society needs awareness of this.

One mental condition which this documentary highlighted is PTSD (posttraumatic stress disorder). A person who has experienced or witnessed a traumatic incident, such as a cataclysmic catastrophe, a serious accident, a psychological oppressor act, a war or battle, or violence, or who has been seriously injured or killed may have post-traumatic stress disorder (PTSD). Individuals with PTSD have serious, upsetting sentiments connected with the experience that keep going along with them even after the horrible accident has finished. They might remember the occasion through flashbacks or bad dreams; they might feel in misery and confined or distant from others. Individuals with PTSD might keep away from circumstances or individuals that help them to remember the horrible mishap.

According to Seely (2019), among all people, journalists are ordinarily the ones who arrived at the crime location even before the police authorities. Coverage of disasters, wars, destructive mishaps, rape cases, and murder stories, correspondents are consistently there to do their obligation frequently they are the primary observer of destructive happenings. As we all know that the job of journalists is very demanding like police, soldiers, and firefighters which is why they are at high risk for PTSD, they also suffer from exhaustion from the job, mental stress, and guilt related to the trauma.

Selye (1993) stated that stress could result in people's behavioral changes, leading the individual to perform unethical activities. Stress not only affects the correspondents of war but also the journalists who are covering tragedies involving bloodshed/ destruction can be a victim of post-traumatic stress. Sexual abuse,

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murders, abusive behavior at home, tormenting, and suicides are the death punishment executions, irregular shootings, bombings of terrorists, rape, sexual maltreatment of kids, aggressive behavior at home, suicides, and harassment are underlying drivers of severe stress. Therapists after going through the process of transference can surrogate the emotional pain of their patients, similarly, reporters can experience this kind of direct and indirect traumatic stress through interviewing the victims and the agonizing scenes they witness.

### **1.1 One Liner**

The effects of PTSD on journalists and the importance of having social support at the workplace to cope with PTSD.

### **1.2 Basic Idea**

Basically, it's a documentary on people who are dealing/suffering Post Traumatic Stress Disorder. The documentary mainly focused the impact of PTSD on journalists who daily cover crime events such as Murders, sexual abuse of minors, domestic violence, bullying, suicides the Death penalty executions, random shootings, terrorist bombings, sexual assault, sexual abuse of children, domestic violence, suicides, murders, and bullying. These events are a root cause of severe stress among them and these events stay with journalists having PTSD.

The documentary also focused the importance of support from friends and family and also the importance of psychotherapy. The importance of normalizing medical treatment without having any fear will also be an important factor in a documentary.

### **1.3 Scope**

The scope of this topic can be acknowledged by the following factors. First of all, the discussion about Post Traumatic Stress Disorder is hardly ever done in Pakistan media. And if someone ever sheds light on this topic, they didn't consider journalists as their patients because according to us, the person who is covering all the bloodshed events is used to it but no one has ever thought about what circumstances they have to face after covering those traumatic events.

Covering grief, tragedy, and trauma is at the core of what journalists do. Covering conflict is their job but dealing with aftermath situations reactions can be a challenge for them. The documentary also shed light on dealing with this disorder

so that more PTSD centers will get activated. It will also guide journalists in practicing self-care in order to maintain their mental health. This project will be worth it for the media channels to analyze the resources and support which need to be given to the journalists so they can easily cope with PTSD and work with full energy without having any stress on their nerves. This will also be helpful for journalists and organizations to know their performance is impacted by Trauma Exposure and PTSD.

### **1.4 Need**

Firstly, giving awareness to people about PTSD and its treatment is very important because most people do not know about it. People are not aware about the serious symptoms of PTSD and there are no such centers for its treatment.

Secondly, at the point when society is going through a momentary period, and extremely old social and social foundations are wrecked to the ground, journalists are left with no alternative except to cover hopelessness, passing, and devastation. News directs are in a race to break news. In the wake of the media in Pakistan, around 50 TV News channels are rivalry to educate the populace before some other contender starts to lead the pack. Numerous TV correspondents of Pakistan news channels communicated their outrageous dissatisfaction and misery over the compounding circumstance. They whined that their newsrooms give more significance to the reports that are required for their announcements than their prosperity however they never center on the mental impacts which a journalist is experiencing. We have seen in developed countries that their News Channels like BBC and CNN have psychologists that help the reporters to overcome their fears and cope with PTSD after covering the crime stories. But we have not seen such practice in Pakistani News Channels that will facilitate their professionals to deal with PTSD. We need this project because on a daily basis News Reporters are exposed to Trauma as we know that the crime rate is rising in Pakistan so it is important to know the mental state of the News Reporters after covering the crime stories and how they deal with the aftermath and how PTSD impacted their performance

### **1.5 Clarity of Topic**

Discussing psychological issues isn't the simplest thing in Pakistani society. One of the main reasons is that individuals don't understand the possibility of psychological issues and figure that discussing it will make them look insane, sick, and unwanted. Individuals fear being judged. Talking about PTSD, most of the people are not aware about this disorder. Because of this stigma, people are not willing to talk about their situation and they are suffering in silence. Raising awareness about PTSD is incredibly important, as awareness leads to understanding and empathy; banishes fear and judgment, and reduces the number of people who suffer in silence and feel alone. This documentary aims to investigate the risk of Post-Traumatic Stress and the effects of trauma among journalists. It will also investigate the symptoms and the coping mechanism of journalists with Post-Traumatic Stress Disorder. The documentary shed light on if there is any support given by the organization to journalists so they can cope with the stress or not.

## CHAPTER 2

### LITERATURE REVIEW

According to Raymond and Flannery's research, first witness may experience trauma or post-traumatic stress disorder while carrying out their duties. Another category of responders that is occasionally overlooked in these inquiries into fire fighters, police, and paramedics is the news media and photojournalists. Despite its limitations, the research material from 1970 to 2011 suggested a link between PTSD and some news journalists. The article examined research from 2011 to 2020 on journalists and PTSD. Participation in 22 international studies totaled 4568 people. 1915 female journalists were outnumbered by 2623 male journalists (58%) on the field. The participants had an average experience of 11.68 years and were 33.37 years old on average. Numerous participants cited drug use, depression, PTSD symptoms, and/or PTSD.

Dadouch & Lilly (2021) in their study titled, "Post-Trauma Psychopathology in Journalists: and The Influence of Institutional Betrayal and World Assumptions" stated that as part of their work, journalists frequently encounter potentially upsetting material. Higher levels of psychopathology in journalists, such as intake of alcohol, anxiety symptoms, and posttraumatic stress disorder, have been linked to higher exposure levels. The study looked at how PTSD, alcohol use, and depression symptoms were affected by worldviews, institutional betrayal, and exposure to occupational stress. According to regression studies, institutional betrayal, but not grief, masked the link between PTSD and shattered worldviews. People who reported more institutional betrayal had larger correlations between worldliness and PTSD and alcohol use.

Tyson & Wild (2021) stated in their research paper that Because of the coronavirus pandemic, numerous journalists have repeatedly covered tales about human misery. This study compared the degrees of emotional stress, PTSD, and depressive symptoms among journalists who covered other pandemic-related stories with journalists who concentrated on COVID-19. It also considers variables that might shield journalists from experiencing trauma-related symptoms. Using unhelpful resilience ratings, journalists who reported COVID-19 and experienced

traumatic revisiting symptoms were distinguished from those who encountered similarly distressing content but did not experience symptoms. Targeted resilience evaluations may help to reduce the symptoms that people who have been exposed to trauma experience again.

Shah et al. (2020) in their research paper titled “Trauma exposure and post-traumatic stress disorder among regional journalists in Pakistan” explains the Khyber Pakhtunkhwa (KP), a conflict-ridden province in northwest Pakistan, regional journalists' indication of Post-Traumatic Stress Disorder (PTSD). They established 216 KP reporters. Analysis of the survey results revealed a substantial correlation between PTSD symptoms and trauma exposure. At least one distressing event has been witnessed by each participant. Statistically significant predictors of PTSD symptoms included active emotional coping, avoidant emotional coping, and work-related trauma. This is the first study to show the devastating effects of trauma on Pakistani regional journalists.

Hatanaka (2020) concentrated on the Traumatic stress in the transmission journalists of Japan. They secured that job-related terrible tension rehearsed by broadcast journalists of Japan. The study uncovered that 6% met the IES-R rule for looming PTSD. Additionally, the signals of strain felt throughout the challenging work were inextricably linked to post traumatic stress response at the moment of the review. In order to prevent the deterioration of PTSD symptoms, it is important to examine the distressing secondary consequences of stress in journalists who receive horrific news.

Smith & Newman (2018) investigated the components that are aligned with PTSD among journalists. It shows that journalists are often initial observers of violent news occasions. Injury announcing can cause significant damage, bringing about emotional wellness impacts. Tending to the arrangement requires figuring out the issue. Further persona characteristics connected with danger and strength were moreover explored. The findings provide guidance for journalists covering injury-related news who may experience the skeptical effects of authoritative stresses and avoidant enthusiastic adjustment.

Miao (2018) in his study “posttraumatic stress disorder: from diagnosis to

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prevention” stated that posttraumatic stress disorder (PTSD) is a trauma-related chronic disease with impairment. This illness can disrupt individual and family functioning, resulting in serious medical, financial, and social problems. The most recent editions of the DSM-5 and ICD-11 are the most widely accepted diagnostic standards for PTSD. PTSD is often diagnosed based on a cluster of symptoms that emerge after exposure to intense stimuli. Its pathophysiology is multifaceted, involving hypothalamic-pituitary-adrenal (HPA) axis stimulation, immunological response, and possibly genetic difference. PTSD symptoms may also be associated with structural changes in subcortical brain regions. Psychological therapies and pharmacological drugs are used to prevent and treat PTSD.

Huda et al. (2015) directed a review with respect to the stress in professionals in which the review was led by involving the quantitative procedure where quantities of journalists were examined in regards to professional stress. The aftereffects of this study demonstrated that there were a few reasons for pressure among the calling like unethical working environment and harassment. Additionally taking additional time on the job from the workers likewise caused pressure and melancholy as this was against the will of a representative.

Feinstein & Owen (2013) expressed that journalists' experiences with business-related trials went into the standard academic talk tolerably lately, starting with story evidence of the physical, and to a lesser extent, mental hazards of giving a record of the Vietnam and Gulf wars and immense extension disasters, for instance, the Oklahoma City besieging in 1995, the Columbine demonstrations of mass brutality in 1999 and 11 September 2001, fear monger attacks in the city of New York. These events uncovered the subject of the writer's prosperity.

Buchanan & Keats (2011) researched the survival technique of journalists from PTSD. The investigation discovered that the most adapting methods were: evading methodology working, use of incorrigible humor, controlling sentiments and memories, practice and other physical activities, focusing on specific points, and using substances.

Rentschler (2010) expressed that newsmakers are intellectually connected with their work, whether or not they should be or not. In this manner, the inclusion

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of trauma is a sort of loaded with feeling work that can be the explanation of close-to-home injury, for journalists, yet furthermore for private journalists who much of the time observe fierceness and human torture. Concerning mental health, the media call can be a high-opportunity occupation when it incorporates giving a record of terrible tasks. The psychological effects of covering horrendous may show in assistant awful strain or even results of PTSD.

Rentschler (2009) stated that journalists consistently experience hardship and violence, both honestly and by suggestion, in their journey for stories. Journalists have been called as death touchers because of their closeness to death, for instance, firefighters and police, who make an appearance essential to a wrongdoing or disaster scene and notice ruthlessness and crushing direct (Melki et al. & Beam and Spratt, 2009). Like specialists who all through the pattern of exchange can vicariously experience the patients; excited misery reporters may similarly experience this kind of winding, discretionary injury through the injury setbacks they meet and the practical scenes they witness.

Lribarren et al. (2005) in their research stated that the stress caused by traumatic experiences causes a variety of psycho-emotional and physio pathological effects. Post-traumatic stress disorder (PTSD) is a psychiatric disorder caused by witnessing or experiencing traumatic or life-threatening events. PTSD has significant psychobiological connections that can interfere with daily living and be life-threatening. PTSD is a serious public health issue., necessitating the search for new paradigms and theoretical frameworks to enhance understanding of the disease and create cutting-edge ways of medical intervention.

Newman et al. (2003) inspected the horrible exposure and PTSD among photojournalists. She saw that as 98% of the photojournalists detailed that had been presented to the horrendous mishaps like car mishaps, murders and flames, and so on, and these occasions enhanced the gamble of PTSD among them and just 6% met the measures for the diagnosis of PTSD.

**CHAPTER 3**  
**SIGNIFICANCE OF STUDY**

First of all, general public will get educated about how PTSD can affect a person, and by which circumstances, he/she has to go through. A person going through PTSD has to fight with their nervous system. Their heart pounds faster, blood pressure rises, and their muscles get tighten; they feel nausea and extreme sickness. Even though the danger has passed, their nervous system is “stuck,” unable to return to its normal state of balance and they’re unable to move on from the event. PTSD is a mental condition that forces a person to live in his past. Journalists are the initial ones to arrive at the crime location and are more presented with awful stories. This project will be significant in providing education to the general public as well as media sectors regarding PTSD.

This project will also assist with realizing the anxiety of journalists and how they overcome the flashbacks of disturbing events. It will be good for new journalists in the field to get education regarding PTSD so that they will know how to cope with PTSD. They will likewise cause them to figure out how to safeguard themselves from these issues and how they can function in the field. This project will also be significant on the grounds that through this project specialists will come to know the way of behaving in the newsroom toward journalists having PTSD. This will also be helpful in exposing additional harmful effects of PTSD that the general public is unaware of, which will enable them to positively regulate their stress levels.

CHAPTER 4  
SCRIPT

انسان کی زندگی میں بہت سے واقعات رونما ہوتے ہیں، کچھ وہ ظاہر کرتا ہے جبکہ کچھ کو اپنے اندر ہی رکھتا ہے، انسانی زندگی کا سفر ہی کچھ ایسا ہے کہ کچھ واقعات انسان کو بدل کے رکھ دیتے ہیں۔ ان کا اثر انسانی شخصیت پر اتنا زیادہ ہوتا ہے کہ اس سے رہا ہی پانا مشکل ہو جاتا ہے۔

انسان کا پیشہ اس کی شخصیت کا بہت بڑا اثاثہ ہوتا ہے۔ اگر بات کی بجائے صحافت کی، تو صحافت ایک ایسا پیشہ ہے جس میں رپورٹرز کو ہر وقت فائر لائن پر رہ کر کام کرنے کی ضرورت ہوتی ہے، کئی دفعہ تو رپورٹرز کہانی حاصل کرنے کے لیے جان کی بازی تک لگا دیتے ہیں، رپورٹرز کو اکثر پُر خطر تنزعات، قدرتی آفات اور دیگر تکلیف دہ واقعات کا احاطہ کرنے کے لیے کام کرنا پڑتا ہے۔ اس طرح کے واقعات کو کور (PTSD) کرتے ہوئے بہت سے صحافی پوسٹ ٹرومیٹک اسٹریس ڈس آرڈر کا شکار ہو جاتے ہیں۔

پی ٹی ایس ڈی ایک ذہنی بیماری ہے جو کچھ لوگوں کو تکلیف دہ واقعات تجرب کرنے یا دیکھنے کے بعد ہو جاتی ہے۔

دنیا بھر میں، انٹرنیشنل نیوز سیفٹی انسٹی ٹیوٹ اور کمیٹی ٹو پروٹیکٹ جرنلسٹس ایسی تنظیمیں ہیں جو صحافیوں کے لیے پی ٹی ایس ڈی کے علاج کے لیے بیداری اور معاونت پیدا کرتی ہیں۔ پاکستان میں ایسی تنظیموں کی اشد ضرورت ہے، جو صحافیوں کو پی ٹی ایس ڈی کی درست تشخیص اور علاج کے لیے مدد فراہم کریں۔

ہم کب تک لوگوں کو انکی خاموش جنگ میں مرنے دیں گے؟ کیوں نہ لوگوں کی بناوٹی مسکراہٹوں کے پیچھے چھپے غموں کی احب جانیں؟ اور انہیں یہ احساس دلائیں کہ وہ اپنی اس جنگ میں تنہا نہیں ہیں اور کسی دوسرے کی مدد لینا کمزوری کی نشانی نہیں ہے۔

یہ سہی ہے کہ انسان ماضی سے چھٹکارا حاصل نہیں کر سکتا مگر انسان کے پاس پوری طاقت ہوتی ہے کہ وہ مستقبل روشن کر سکے۔ ذہنی دباؤ سے نکلنا آسان نہیں ہے، لیکن اس قابل ہونا ضروری

ہے کے صدے بوجھ سے آزاد ہو کر زندگی گزار رہی جائے

CHAPTER 5  
AUDIO VISUAL BOARD

Scenes	Audio	Visual	Duration
1	BGM	Title	15 seconds
2	انسان کی زندگی میں بہت سے واقعات رونما ہوتے ہیں، کچھ وہ ظاہر کرتا ہے جبکہ کچھ کو اپنے اندر ہی رکھتا ہے، انسانی زندگی کا سفر ہی کچھ ایسا ہے کہ کچھ واقعات انسان کو بدل کے رکھ دیتے ہیں۔ ان کا اثر انسانی شخصیت پر اتنا زیادہ ہوتا ہے کہ اس سے رہائی پانا مشکل ہو جاتا ہے۔	-Close up a silhouette of a person sitting in front of a camera. -Extreme close up shot of shaky hands. -Wide angle of a dimly lit room	15 seconds
3	انسان کا پیشہ اس کی شخصیت کا بہت بڑا اثاثر ہوتا ہے۔ اگر بات کی بجائے صحافت کی، تو صحافت ایک ایسا پیشہ ہے جس میں رپورٹرز کو ہر وقت فائرنگ لائن پر رہ کر کام کرنے کی ضرورت ہوتی ہے، کئی دفعہ تو رپورٹرز کہانی حاصل کرنے کے لیے	-Shot of people doing their field work -Montage of Pakistan Journalists -Montage of International journalists -Footage of bomb blast -Footage of a reporter risking his life in a event -Fire footages	50 seconds

	<p>حسان کی بازی تک لگا دیتے ہیں، رپورٹرز کو اکثر پر خطر تنزعات، قدرتی آفات اور دیگر تکلیف دہ واقعات کا احاطہ کرنے کے لیے کام کرنا پڑتا ہے۔ اس طرح کے واقعات کو کور کرتے ہوئے بہت سے صحافی پوسٹ ٹروینک اسٹریس ڈس آرڈر کا شکار ہو جاتے ہیں۔ (PTSD) پی ٹی ایس ڈی ایک زہنی بیماری ہے جو کچھ لوگوں کو تکلیف دہ واقعات تجربہ کرنے یا دیکھنے کے بعد ہو جاتی ہے۔</p>	<p>-Archives of bomb blast -PTSD related pictures -Close up shot of a depressed man -Archives of bomb blast</p>	
<p>4</p>	<p>Interview: Jahangir Khan (Crime Reporter)</p>	<p>-Point of view shots -Reenactment: A man killing an innocent child in a dark room.</p>	<p>1.5 minutes</p>
<p>5</p>	<p>Interview: Umar Cheema (Investigative/crime reporter)</p>	<p>-Reenactment of Trauma he faced: Establishing shot of two man beating one man</p>	<p>1.5 minutes</p>

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<p>6</p>	<p>دنیا بھر میں، انٹرنیشنل نیوز سیفٹی انسٹی ٹیوٹ اور کمیٹی ٹو پروٹیکٹ جرنلس ایسی تنظیمیں ہیں جو صحافیوں کے لیے پی ٹی ایس ڈی کے علاج کے لیے بیداری اور معاونت پیدا کرتی ہیں۔ پاکستان میں ایسی تنظیموں کی اشد ضرورت ہے، جو صحافیوں کو پی ٹی ایس ڈی کی درست تشخیص اور علاج کے لیے مدد فراہم کریں۔</p>	<p>-Shots of organizations which help journalists to overcome PTSD.</p>	<p>35 seconds</p>
<p>7</p>	<p>Interview: Riaz Awan (Crime Reporter)</p>	<p>-Point of view shots -Achieves of Fire blast in Beauty Parlor Lari Ada Bomb Blast Peshawar Bomb Blast Accidents, death, robbery, harassment.</p>	<p>1.5 minutes</p>
<p>8</p>	<p>Interview: Dr Noman (Psychiatrist)</p>	<p>-Point of view shots</p>	<p>2 minutes</p>

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9	Interview: Dr Mamoonah Khan (Clinical Psychologist)		1.5 minutes
10	<p>ہم کب تک لوگوں کو انکی حساموش جنگ میں سر نہیں دیں گے؟ کیوں</p> <p>لوگوں کی بناوتی مسکراہٹوں کے پیچھے چھپے غموں کی احبہ جانیں؟ اور انہیں یہ احساس دلائیں گے وہ اپنی اس جنگ میں تہا نہیں ہیں اور کسی دوسرے کی مدد لینا کمزوری کی نشانی نہیں ہے۔</p>	<p>Wide angle shot of an ill person screaming in a room.</p> <p>-Shots of people calming disturb people.</p>	15 seconds
11	<p>یہ سہی ہے کے انسان ماضی سے چھٹکارا حاصل نہیں کر سکتا مگر انسان کے پاس پوری طاقت ہوتی ہے کے وہ مستقبل روشن کر سکے۔ زہنی دباو سے نکلنا آسان نہیں ہے، لیکن اس متابل ہونا ضروری ہے کے صدمے بوجھ سے آزاد ہو کر زندگی گزارا جیائے</p>	<p>-Shot of a man killing a child</p> <p>-Shots of people calming disturb people</p> <p>-Establishing shot of man walking depressed</p>	15 seconds

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<b>12</b>	BGM	Ending Credits	10 seconds
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## **CHAPTER 6**

### **TECHNICAL METHODOLOGY**

#### **6.1 Approach**

The documentary is Descriptive cum argumentative in nature. The key approach to this topic is to educate the general public about the adverse effects of PTSD. The documentary also shed light on how our journalists are also fighting this disorder because they are also human and the effects of covering traumatic events on them are huge. Because of their known identity, they hesitate in discussing such disorder. The documentary hopes to normalize the discussion of such disorder among normal people as well as among professionals. The documentary will remove the cloak of shame and urge people that there is no shame in order to seek professional help. The key idea is to raise awareness about this mental health disorder which most people lack in our society. It aims to remove the stigma attached to mental disorders and specialists will come to know the way of behaving in the newsroom toward journalists having PTSD.

#### **6.2 Genre**

The medium used to present the topic of “Post Traumatic Stress Disorder” is a Documentary; a documentary is a nonfiction movie, which means that everything a documentary contains is real, and the main purpose is to educate and aware people of some issue. It is a record of a discussion, conversation, or interview of its related subjects. Different crime-covering journalists will share their real-life stories of how they are fighting with PTSD.

#### **6.3 Clustering of Idea/ Brainstorming**

The initial step is clustering which is the research or brainstorming of an idea. The directors sat down with the team and they think about the mental health issues which are ignored by the media and society after discussing it with their supervisor, the final decision was made to address “Post Traumatic Stress Disorder” which is spreading drastically, and to make a documentary on it. A relative of one of the

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directors who is a journalist by profession was diagnosed with PTSD and by talking to her, the director came to know that this disorder is increasing rapidly among people who cover horrible and traumatic events. Directors want to highlight the untold truths to the public, that how even our journalists are fighting with it and not even seeking medical health because of fear. After this step, the research for the project began which was a long process of figuring out the scope, needs, and clarity of the topic.

The team also met with a psychologist to understand the treatment process and the medical support presented to people in Pakistan with PTSD. Once the significance of the topic was established, a basic outline was formed regarding the direction of the documentary.

### **6.4 Objectives**

Following are the objectives of our documentary:

To break the taboo of mental illness in our society.

To know the most common symptoms of PTSD.

To show the harsh realities behind the happy faces we see on television.

To examine the factors allied with PTSD among journalists.

To determine the impact of PTSD on the performance of journalists.

To know the extent of social support given to journalists to deal with their mental health and PTSD

### **6.5 Target Audience**

The target audience of the documentary is journalists who are relatively related to the crime beats and who covered traumatic events like war zones, bomb blasts, earthquakes, rape, or kidnapping cases due to which they are facing or had faced post- traumatic stress disorder and are not getting themselves treated.

### **6.6 Demographics**

This documentary primarily targeted the age group of 18-24 who are young

journalists and 35-55 years who are middle-aged journalists because post-traumatic stress disorder is more in these age groups. Journalists of every religion are targeted. No specific country and city are targeted because journalists are everywhere not in a specific country. No specific gender is targeted as well.

### **6.7 Psychographics**

The psychographics are the general public and journalists who are facing post-traumatic stress disorder and feel hesitant to talk about it and seek medical help due to several reasons.

### **6.8 Camera Angles and Shots**

The Primary Equipment used in any electronic or video-based project is a Camera/DSLR. While shooting the documentary two different types of cameras have been used. To make the cameras stabilize tripods are used. Mid shots, close shots, and extreme close shots are taken for the documentary. For enhancing our documentary style, close shots are used because it will help to capture the emotions of our interviewee.

Long shots, mid shots, over-the-shoulder shots, close up, extreme close-up, wide angles, zoom in, zoom out, etc, are used so that the documentary will look more realistic and will give a clearer concept of Post-Traumatic Stress Disorder in Journalists.

### **6.9 Location**

Different locations have been decided for the shoot. The doctors and psychologists are interviewed at their offices or hospitals and the journalists are interviewed at their offices/or some other place like their home. Our main targeted location is in the areas of Lahore and Islamabad.

### **6.10 Technical Equipment**

The documentary used the following equipment:

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- Sony  $\alpha$ 7 III Camera
- Sigma 35mm F1.4 Art Series Lens & Sigma 24-70mm F2.
- Tripods
- Extra Batteries
- Sound Recorder
- Collar Mic
- LED lights with extra batteries
- Light Reflector

### **6.11 Lighting**

Artificial lights have been used for the shooting of the documentary.

### **6.12 Treatment**

The documentary is reality-based and shows the past experiences of journalists due to which they are fighting with PTSD. While journalists were sharing their traumas, flashbacks of those traumatic events are shown in a dramatic mode.

With the help of different shots, the interviews of the doctors are also taken in which they will educate the public about the main causes and treatment of PTSD so that the project can bring awareness to the general public.

For the shots of interviews, cameras have been used. Voice-over is used and background music (BGM) is selected according to the script.

Adobe After Effects and Adobe Premiere is used for the purpose of editing.

### **6.13 Pre-Production Coordination**

Pre-production is the phase of planning that occurs prior to the start of filming. In pre-production, we decided the length that how long our documentary will be, how many interviewees we have, the fundamental motive, the screenplay, and what will be the location for the shoot of the documentary. A rough draft was made so that we have a clearer idea.

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Calls were made for the interviews. After contacting doctors and journalists, we scheduled our shoot, i.e. the place for the shoot and the time for the shoot were decided. The camera person was outsourced all the shoot timings and places were discussed with him. The availability of each person matters so we ensure that everyone is present at the shoot. A rough draft of the budget sheet was made so that we have an idea of the expenses.

### **6.14 Production Coordination**

The directors have mutually decided to complete the shoot of the documentary within 3 days. We make sure that all real-life stories of journalists will be recorded successfully. A sound recorder, and a light source was also employed. artificial light was used. The entire team and crew were present at the location of the shoot. Time was properly controlled according to the shoot, and raw data was handed over to the editor to provide the final product. Photographs were taken to ensure consistency in each scene.

### **6.15 Post-Production Coordination**

The finishing cut, the final stage of the post-production process, will see us apply the final polish to our project. The final footages were selected. Cuts were finalized, and any troublesome instances or sequences was resolved or removed. Voiceover was also recorded. Audio needs to be calibrated and altered to ensure that spoken-word passages are clear and audible; music will also complement. In other words, the rough edges are erased during the final editing phase. Using different editing software like adobe after effects and adobe premiere the audio and video clips are edited. After going through the editing procedure, the directors looked forward to the advisor's approval.

Along with the documentary, an awareness campaign was created in Adobe Photoshop, for example. Poster, flex, title, logo, DVD cover, and other materials to effectively and appropriately communicate the major goals and objectives to audiences.

**CHAPTER 7**  
**BUDGET**

**Project Name:** The Inner Battle

**Genre:** Documentary

**Duration:** 10 mins

**Language:** Urdu

**Shooting Location:** Offices/ Home/other

**No. of Episodes:** 1 time episode

<b>Head of Accounts</b>	<b>Quantity</b>	<b>Names/Description</b>	<b>In House</b>	<b>Out Source (Spent in Rupees)</b>
Director	2	Urwa Nadeem, Iqra Maqsood	Yes	-
Producers	2	Urwa Nadeem, Iqra Maqsood	Yes	-
<b>Pre-Production</b>				
Travel costs for research		Transport	-	5000
<b>Production</b>				
Equipment		Camera, Lights		10000
Meals for the team	2	1 day Shoot		8000
Travel costs		Transport		25000
Camera person	2			17000
Mobile Cards for Communication	2			1300

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VO Artist			Yes	
<b>Post Production</b>				
Editing		Video + Sound		10000
DVD cover	3	2 prints		500
Flex & Poster	2	1 of each to print		3500
Project Printing	3	3 project files		3000
Miscellaneous				5000
Total cost				88,300

## CHAPTER 8 CONCLUSION

Discussing psychological issues isn't the simplest thing in Pakistani society. One of the main reasons is that individuals don't understand the possibility of psychological issues and figure that discussing it will make them look insane, sick, and unwanted. PTSD is a serious mental condition but unfortunately most of the people are not aware about this disorder. The main conclusion of this study is that journalists who have been exposed to uncommon or distressing situations are more prone to experience depression than other journalists. Stress was also seen as a major issue among journalists because it may affect a journalist's physical and mental health, which could result in Post traumatic disorders. Due to their line of work, journalists have been experiencing threats and mental health problems, including sleep deprivation, disturbing memories, and nightmares. Pakistan has no such practice to give psychological support to their crime reporters due to which the health is affecting more negatively. Doctors have revealed that they haven't seen any journalists come for their checkup because they have fears of judgment. Through our documentary, we are trying to educate the general public about the adverse effects of PTSD. The documentary hopes to remove the cloak of shame and urge people that there is no shame in order to seek professional help. In the end, it is concluded that no matter from which profession a person is, talking about our mental condition is extremely important. Our society should not judge people having mental disorders instead we should all help them. The stigma attached to mental disorders should be removed and specialists should know the way of behaving in the newsroom toward journalists having PTSD.

## CHAPTER 9 RECOMMENDATIONS

Pakistan ranks highly on the list of nations where journalists are killed with total impunity (Committee to Protect Journalists, 2020), as a significant number of Pakistani journalists have experienced attempted murder, murder, abduction, arrest, physical assault, and verbal threats over the past ten years. Evidence of moderate quality indicates that 3.9% of people globally have experienced PTSD in their lives. The rate is 5.6% in those who are known to have been exposed to trauma.

It is important to understand the issue hence it is recommended:

- To provide proper education to new journalists regarding PTSD so that they know how to handle their anxiety and fear and safeguard themselves. Since journalists need to take safety and security precautions, it's crucial to give crime reporters the right safety training and teach them how to protect themselves.
- To develop nonjudgmental support networks for those who are struggling with mental health issues, particularly PTSD.
- To spread awareness about the issue, news channels should provide social support to crime reporters to overcome PTSD.
- To be more sympathetic and understanding of other people's situations rather than dismissing or making fun of them.
- To establish hospitals and institutions that focus on treating mental health conditions so that Pakistanis can access effective care.
- Normalize discussing mental health with anyone, regardless of profession or identity.

**CHAPTER 10**  
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