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PSYCHOLOGICAL IMPRINTS OF INDIA-PAKISTAN 2025 CONFLICT: A COMPARATIVE STUDY OF COMMUNITY LIVING NEAR CONFLICT ZONES VS. COMMUNITY LIVING AWAY FROM CONFLICT ZONES

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ABSTRACT

The brief but intense conflict between India–Pakistan in May of 2025 has left a profound socio-psychological impact on the civilians of India. The effects of this impact were witnessed across communities living in Punjab to residents in cities like Mumbai. The persistent sound of air-raid sirens, visible military mobilisations, and blackouts that engulfed night and transformed busy streets into corridors of silence have driven the civilians into unexplored emotional zones. Communities along the Line of Control are having to live with a new level of anxiety, and those in inland areas have to contend with the tangled media reports that trigger another sort of fear. This study explores the psychological aftermath of the conflict by focusing on six core psychological domains: Emotional Distress, Perceived Threat, Cognitive Influence, Sense of Safety and Control, Social Trust and Community Affinity, and Coping and Resilience Mechanisms. To systematically assess these dimensions, a five-point Likert scale questionnaire was developed, with targeted items addressing experiential factors such as blackout episodes, media-induced anxiety, and the lingering ambiguity left by conflicting information. The study adopts a stratified cross-sectional approach, analysing responses across early, mid, and late-adulthood cohorts, and examining gendered differences in conflict perception and response. This is achieved through a comparison of communities in India that are close to the border with Pakistan and those located far inland. This research aims to compare these communities and uncover how geographic proximity to the conflicts can influence psychological and social responses. The paper, Psychological Imprints of the India–Pakistan 2025 Conflict: A Comparative Study of Border vs. Inland Communities, shines light on how a war can shape mental imagery, behavioural adaptations, and resilience in a community.

KEY WORDS*:* Emotional Distress, Perceived Threat, Cognitive Influence, Sense of Safety and Control, Social Trust.

INTRODUCTION

India and Pakistan, the two new nations, were formed when the British left the subcontinent in 1947. The separation of India and Pakistan had a deep psychological influence on the noncombatants affected. This disturbance affected individuals in such a way that, as of today, they still sense an emotional detachment and PTSD (post-traumatic stress disorder) by looking at their family members and neighbours being slaughtered in the conflict and unrest post-freedom in 1947. “Train to Pakistan”, an innovative work by Khushwant Singh, which was printed in 1956, captures the psychological breakdown in which the individuals of India were emotionally devastated by the arrival of death-laden trains in Punjab as a consequence of the riots. This incident left the people of Punjab in shock, along with that they were left mentally unstable, distorted, and unable to process that trauma (Singh K. , 1956). The civilians from both the newly formed nations were forced to leave their motherland overnight

during the partition in 1947. This filled them with grief as they left their roots behind causing them emotional distress and psychological disorientation. The families were torn apart in the war, and their sense of safety was destroyed. Individuals who survived recalls that they used to scream at night for their survival, and after the evening, when it was murky, they used to hide and question themselves what would happen next, whether they would endure at night without being murdered or not. There was a relentless fear of violence where the two nation-states have been embroiled in several wars. The second Kashmir War was between India and Pakistan, which took place from 5th August to 23rd September 1965. There are long-standing and serious disagreements that are still unresolved between India and Pakistan over Kashmir, a place which is often referred to as "Jannat," which means heaven. This cross-border tension has led to major disputes, such as Operation Gibraltar in 1965, which Pakistan launched to fuel the rebellion against Indian rule. In response, the Indian government attacked West Pakistan, and India had the upper hand in this war, which lasted about 17 days. During the conflict, one of the common psychological disorders that civilians suffered was post-traumatic stress disorder (PTSD), especially the Kashmiris, as they share their geographical proximity with both countries (de Jong, 2008). However, the civilians residing near the mainland of India and Pakistan still face the psychological burn imprints of these conflicts. (A., Kovalishina, Rawlins, & Zhang, 2024) highlights his emotional turmoil and psychological strain caused by sudden isolation during the war. At that time, air raid announcements forced people to take shelter by reflecting their fear of attack. Another was in 1971; the war was primarily for Bangladesh, but had its front in Kashmir, and it was a dispute between East Pakistan (now in Bangladesh) and West Pakistan. When East Pakistan aimed to achieve its independence, and West Pakistan wanted to suppress it, which caused mass killings, the refugees took shelter in India. Following the support of India for the Bangladesh Liberation Movement, Pakistan was defeated in less than two weeks, resulting in the capture of approximately 90,000 soldiers, who subsequently contributed to the establishment of Bangladesh. Pakistan lost a massive part, and the war ended when an agreement was implemented – The Simla Agreement in 1972. The broadcast system and newspaper reports that the bloodbath in East Pakistan and the cross-border rigidity caused a state of emotional depletion and the fear of familiar violence reaching Punjab (India, 2025). (Desk, 2025) states that in 1999, strains between the two countries peaked once more when they clashed in the Kargil War in the quarter of Ladakh, Indian defence forces, which was known as Operation Vijay. Authorised foundations confirmed that the Indian lateral suffered 527 victims and 1363 injuries. Caption Vikran Batra (India) was awarded with Param Vir Chakra for his courage in the Kargil War, where he seized the highest points like 5140 and 4870. The Kargil war specially created a state of constant fear, which eventually led to extensive sadness and psychological strain on the civilians. This was because the Kargil War was the first ever properly televised conflict for the Indian public. The 24/7 media reports about heavy artillery shelling along the LoC created an atmosphere of mental exhaustion. Due to this, civilians were left in a state of relentless distress. This whole incident eventually led to widespread grief and psychological tension. A Study presented in (Understanding the Kargil War Impact, n.d.) suggests that anxiety disorders were experienced by military personnel, which left long-term blemishes on them. They faced difficulty in maintaining relationships and coping with individual life due to war-induced trauma. Another major conflict was Operation Brasstacks (1986-87): It involved massive Indian military planning, which resulted in extensive border tensions. Siachen Conflict (1984 onwards): It involved a continuous conflict over Siachen Glacier in order to control a strategically important point that links 3 countries; till date it remains a heavily militarised area.2001–2002 Deadlock: After the Parliament outbreak (Dec 2001), a massive herd deployment was done. After the Uri Attack (2016), the Indian army

conducted surgical raids on terrorist launch sites sideways the Line of Control. The Pulwama incident in 2019 was among the deadliest terrorist attacks against the Indian defence forces. In Balakot, Pakistan, the Indian Air Force subsequently carried out retaliatory airstrikes. After the incident, the Indian military conducted large-scale exercises that increased border tensions, traumatising and uprooting civilians (Jaffrelot, 2018). Since the partition till 2025, this long-lasting political and military rivalry continues to this day. With this in mind, the current study aims to explore how geography shaped trauma in communities living near conflict zones versus distant communities, filling a notable gap in the literature.

LITERATURE REVIEW

Any armed conflict does not last more than days or weeks, but the psychological toll could stretch across generations, particularly in cases when culturally and religiously framed gripe over history is made experiential (Abramson, 2013). According to the scholars of India-Pakistan relations, the period of constant crises cultivated the so-called conflict habitus, which made vigilance and fear normal in the camps on both sides of the Radcliffe Line (Shukla, 2020). Of course, Emotions are not at the periphery of inter-state rivalry but in the centre; the Pakistan-India relationship is a case in point where the Pakistan-India obsession has been interpreted through the inter-personal-conflict lens, which puts forth predicates of fear, resentment, and hurt pride at the forefront (Kadir & Jawad, 2022). Even though repeated trust-building steps briefly signalled peace, distrust returned almost immediately, leaving ordinary people stuck between hope and setback (Haide, 2020 (July 2020)). Empirical field work is characterized by increased damage to mental health attributable to the close proximity of the area to the line of control. Years of shelling in Kashmir were associated with high rates of post-traumatic stress in people, and border life was significantly associated with increased means of perceived stress, anxiety, and depressive symptoms (de Jong, et al., 2008); (Pandey, Saxena, Joshi, & Mahajan, 2023). This is repeated in longer stories: (Until my freedom has come.) as the author of the story explains: routine gunshots, curfews, and blackouts of information disrupt society and promote learned helplessness. The studies in the media confirm the academia (George, 2008) and (Nilova, 2008) reveal how each instance of cross-border firing reawakens old memories of the occurrence of the violence against the civil population, and new fear sets in. The peripheral psychological cost is far beyond the frontier. The study of negotiation between India and Pakistan revealed that repeated insecurity causes enhanced respondents, both Indian and Pakistani, to make use of ethically questionable strategies due to a low level of mutual trust (Ma, Li, Guo, Pathak, & Song, 2023). Transportation researchers warn that the perception of an ongoing threat induces authorities to adopt hyper-aware security measures, which in fact may add to traveller stress (Burns & Wulu, 2025). Another argument that cognitive psychology has excelled in the expansion of nuclear weapons is that the decision-makers under the threat of imminent danger will engage in risk-oriented thinking, which may be passed down to the general masses (Chappell, 2021). The reality depicts the statistics with journalistic and clinical descriptions of the 2025 flare-up. (Today, India Today) witnessed insomnia, nationwide shortage, and behavioural regressions in children in Delhi, down to Thiruvananthapuram. According to(Fielding, 2023), such symptoms resemble traditional war trauma, despite people being both geographically and physically far away from the shots. At the same time, social media exposed people to misinformation, which provoked anxiety as fact-checkers had to take action (Room, 2025). The situation established by the front-line health workers in Srinagar illustrates that during weeks of shelling, there is a distress call deluge and gaps in service delivery (From the listening post of mental health distress calls in Srinagar, 2024). The historical precedent shows that fear always gets worse when violations of cease-fires increase: (Singh P. , 2015) reports PTSD-like grumbling among villagers after every mortar

blast. In photos by representing a photo essay, the pictorial proof of torturous decades of low-intensity conflicts can be (Khan, 2023)seen as so-called invisible scars. A combination of stoicism and distress came to the border hamlets of Amritsar in May 2025, with power cuts and drone sirens as constant signs of stress (Kumar, 2025). Lastly, the reportage of the Times of India (n.d) explains how the doom-scrolling culture has taken that anxiety and diffused it into the heart of India. The coherence of these studies is that, the closer one resides to the India-Pakistan border, the stronger is the emotional turmoil, felt danger, mental activity, safety/control decay, corrosion of social confidence and resort to contrived coping styles. However, the citizens who reside hundreds of kilometres away from the border are still at risk because of factors like media contagion, gender expectations and age-related vulnerability. This proposed research aims to untangle the above discussed associations.

OBJECTIVES OF THE STUDY

1. To explore the influence of the Indo-Pak 2025 conflict on individuals' psychological interruptions (emotional distress, perceived threat, cognitive impact, sense of security and control, social trust and community connectedness, and coping and resilience).
2. To compare how far the 2025 Indo-Pak conflict impacts the lives of people living near border areas and those living away from border areas.
3. To examine whether people living in the vicinity of the India-Pakistan border experienced greater realised threat, worry and similar psychological responses as compared to the people residing farther away from the border.

HYPOTHESIS OF THE STUDY

There is a significant association between the type of zone (conflict-affected vs. non-conflict-affected) and psychological distress experienced amongst its residents.

Their geographical location significantly influences residents perceived danger.

There is a strong relationship between zone type and the perceived strength of community bonding.

MATERIALS AND METHODS

SAMPLE SIZE

This study involved a total sample of 120 respondents by comprising two groups: 60 individuals belong to border regions (Amritsar, Jalandhar, and Ferozepur), and the other 60 individuals from the interior regions (Maharashtra). A convenience random sampling method was used for data collection.

DATA COLLECTION METHODOLOGIES

A strategically designed questionnaire was circulated with a set of 25 questions, and the responses were logged from the individuals who were living in several states of India, both near and distant from the conflict zone. The persistence was to seize the responses based on the six fundamental psychological extents, which are: Emotional Distress, Perceived Threat, Cognitive Influence, Sense of Safety and Control, Social Trust and Community Affinity, and Coping and Resilience Mechanisms. A five-point Likert scale was used to gather the responses, where one indicates "Strongly Disagree", two indicates "Disagree", three indicates "Neutral", four indicates "Agree", and in last five indicates "Strongly Agree". Some additional questionnaires were also addressed in the survey: Difficulty in concentrating on daily tasks; Disturbance in sleep patterns; Tension in family relationships; Alternative alert behaviour (e.g., get-together of emergency kits, keeping up on essentials); and Emotional

responses, which were generated by the experience of the Air attacks and broadcast reporting about them.

Data was collected from the inhabitants of both conflict-prone border areas and more secure inland regions.

ANALYSIS OF DATA

Statistical analysis on the data was done by utilizing: Chi-Square Test, which is used to examine the relationship between psychological/behavioural responses and the proximity to the 2025 Indo-Pak conflict. The P-values used: To determine the statistical implication of the associations. Last Cramer's V: To measure the strength of association between variables and to evaluate the degree of psychological impact based on geographical location (border vs. non-border regions)

RESULTS AND DISCUSSIONS

The outcome of the Chi-Square tests exposed a statistically significant association between topographical proximity to the conflict zone and participants' emotional, behavioural and coping responses during the Indo-Pak conflict. Out of 25 variables, 21 verified a significant association *($p < 0.05$)*. Additionally Cramer's V values results supported these findings, by showing moderate to strong effect sizes and confirming that geographic relations highlight the spatial magnitudes of psychological impact in times of conflict.

THE EMOTIONAL TROUBLE AND PSYCHOLOGICAL TENSION

These findings indicate the widespread emotional and psychological tension which was experienced by those living near the conflict zones during the Indo-Pak conflict of 2025. Those residing near these high-jeopardy regions revealed keen levels of fear, hypervigilance and anxiety, which were thoroughly allied with particular triggers and coping mechanisms.

Anxiety in Response to Nearby Drone Activity: The result shown in the above table discloses a statistically significant association between zone type and reported anxiety in response to adjacent drone activity. A Chi-square value of 22.501 strongly supports this affiliation, while a very low p-value of 0.000002 confirms the result is highly significant, signifying it is extremely unlikely that it occurred by chance. The Cramer's V of 0.433 proposes a moderate to strong association between living in a conflict zone and undergoing anxiety from drone activity. It also showed that individuals living close to the conflict zone were nine times more likely to feel anxiety from the drone activity as compared to individuals living farther inland, away from the conflict. The result highlights the profound psychological impact that constant surveillance and heightened threat perception have on the people living close to conflict affected areas.

Panic During Unanticipated Blackouts: Analysis confirms a statistically significant association between geographic setting and an emotional retort to unexpected power blackouts. The Chi-Square test value (7.410, p = 0.006500) confirms that the test result is it is statistically significant. While the Cramer's V (0.249), here the strength of association is likely from low to moderate, yet it is notable. Importantly, defendants from the conflict zone were three times more likely to panic during a blackout than those associated with non-conflict areas.

Emotional Response to Civilian Losses in the News: Results indicate a weak or no significant link between Residence and emotional response to civilian death via news report. The Chi-Square value is 0.453, and the p-value of 0.50100 indicates an insignificant association, and a Cramer's V statistic of 0.061 indicates a very weak correlation. However,

residents living near the conflict zone experienced 1.8 times more sadness than non-conflict zone residents.

Helplessness After Watching Live Missile Strike Videos: A weak, non-significant relation means that the link isn't strong enough to indicate a statistically significant difference between residents and feelings of helplessness after watching the live missile attacks. The Chi-Square test value of 3.652 and p-value of 0.056000 indicates a marginal relationship with Cramer's V of 0.174 points, indicating a low-strength association. Individuals in a conflict zone were 2.4 times more likely to report feeling helpless, hitting at a meaningful yet satisfying unconfirmed difference.

Perceived Danger of Living Near the Border: The results demonstrate a link between scene and perceived danger near the border (x^2= 17.957, p-value=0.000023), indicating strong statistically significant findings. Cramer's V value of 0.387 suggests a moderate association. Quiet, the community who were living near the skirmish zones were 8 times more likely to see proximity as danger, and it helps to understand how proximity increases individual risk and defencelessness.

Fear of Escalation of the Nuclear War: The data reveal that there is no significant difference between communities of individuals living in the conflict and non-conflict zones, concerning the fear that it could escalate into war. According to the Chi-Square value of 0.000 and a very high p-value of 0.984400 indicate that the outcome is not statistically significant, indicating that the probability of fear due to nuclear escalation is similar across both groups. The Cramer's V value of 0.002 supports a slight association between the fear and location. It confirms that for both zones' weather conflict and non-conflict, residents were equally likely to direct their concern about nuclear war, by making it understood that fear is widespread and it is not dependent on immediate proximity.

Perceived Severity of the India-Pakistan Conflict Consequences- Breakdown reveals a weak and statistically non-significant association between residential zone and beliefs about the severity of consequences from the India-Pakistan conflict. Based on the Chi-Square value of 1.066 and p-value 0.3001800, we can conclude that the outcome is not statistically significant. The Cramer's value of 0.094 reflects a very weak association. While respondents in conflict zones were approximately 1.73 times more likely to perceive the consequences as very severe, here the difference is neither meaningful nor statistically significant, suggesting that concerns about conflict severity are relatively uniform across both zones.

Perceived Safety Risk News of Nearby Attacks- Results indicate a strong and statistically significant association between location and perceived safety risk immediately after hearing about a new nearby attack. Based on the Chi-Square results value of 12.354 supports a strong association, and the p-value of 0.000440 confirms the outcomes is statistically significant, then with Cramer's V of 0.321, moderate is the sense of association, where the individuals in the conflict zones were approximately 4.2 times more likely to feel that their safety was at risk by following news of nearby attacks as compared to those who were living in non-conflict zones.

Perceived Safety When Exploring Local Sites- Based on the analysis, it confirms a strong and statistically significant association between residential location and feelings of safety when exploring local sites. According to the Chi-Square value of 13.853, indicating a strong relationship, which is supported by a p-value of 0.000200, confirming the highly significant outcomes. Approximately 4.5 times, individuals feel unsafe exploring local areas due to the risk of violence, compared to those living in the non-conflict zones.

Mental Fatigue from Monitoring Blackout- Schedules- A solid and statistically significant association between residential zone and mental fatigue from checking blackout plans was shown by the outcomes. A Strong Relationship was indicated by the Chi-Square Value of 16.786, which specifies a strong relationship, and the p-value of 0.000042 confirms the results are highly statistically significant. A moderate association was shown by the Cramer's V of 0.374. Individuals were about 5.3 times more likely to feel psychologically exhausted by continuously monitoring the blackout timetables, as compared to those living in non-conflict zones.

Sense of Safety Following Ceasefire Announcement- Strong and statistically significant association between residential zone and the sense of safety, which is experienced after an official announcement of ceasefire. Conferring the Chi-Square value of 11.493 highlights a clear difference between groups, and the p-value of 0.000700 authorizes that the results are statistically significant. The strength of the Cramer's V of 0.310 suggests a moderate association. People living in conflict zones were approximately five times more likely to report feeling a sense of safety when the ceasefire was announced as compared to the people living in non-conflict zones. This confirms that the declaration of the truce had a corresponding psychological impact on those who were directly affected by the conflict.

TROUBLE IN DAILY OPERATIONAL AND ROUTINE

This survey studied how proximity to the conflict zones influences people's perceived safety and cognitive focus by following the news of nearby attacks. The results below reveal a clear and statistically significant impact on both perceived risk and the ability to concentrate.

Perceived Risk after Nearby Attacks: The figures in the above table reveal that the respondents living in and near the conflict zone were found to be 4.2 times more likely to feel at risk after hearing the news of a nearby attack as compared to those in non-conflict areas. This association was supported by a high chi-square value = 12.354. It indicates a strong association between geographic location and perceived threat. The p-value (0.00044) confirms a statistically significant association that the proximity to violence significantly heightens an individual's sense of vulnerability.

Cognitive Distraction from War News: The study explored the impact of news coverage about the conflict on participants' ability to focus. The most pronounced association (Cramer's V = 0.512) was identified between the conflict and the disruption of individuals' ability to manage daily routines, particularly due to concerns over power outages and blackouts. Residents in conflict zones were around 5.5 times more likely to struggle with concentration due to intrusive thoughts about the war. This association was supported by a high chi-square value of 16.60 and an extremely low p-value (0.000046). It indicates a highly significant relationship between residence in a conflict area and cognitive disruption. A moderate effect size was suggested by Cramer's V=0.372, which indicates that the scene of the respondent had a significant influence on respondents' capability to focus due to insistent war-related views.

Sleep Disruption and Forgetfulness: Experience to stress-persuading bulletin, mainly in the conflict zones, pointedly impacts daily operations. The breakdown revealed that people who exist in the conflict-affected areas are more likely to experience absentmindedness and neglect in their routine tasks. A high Chi-square value = 12.304, indicates a strong association between conflict exposure and forgetfulness. Additionally, a low p-value (p = 0.000450) confirms that this relationship is statistically significant. The Cramer's V value of 0.320 suggests a moderate strength of association between the

variables. Notably, individuals living in conflict zones were found to be 4.3 times more likely to forget daily chores due to mental preoccupation with the ongoing conflict.

COPING MECHANISMS AND ALSO THE COMMUNAL PROVISION

Throughout the breakdown of the data, it becomes clear that régime procedures and safety training had a high degree of association with improvement in emotional regulator and alleged sense of safety. Support from family, systematized call chains, and municipal aid served as a shield for individuals living near the conflict zone, dropping feelings of separation.

Perceived Sense of Control in Response to Government-Issued Air Raid Guidelines:

The data indicated that there is a significant association between the proximity of the respondent's location to the conflict zone and the perceived sense of control in response to air raid guidelines set up by the government. The test showed a Chi-square value of 8.596 which means that there is a direct association and a low p-value of 0.003370 confirms that this association is statistically significant. The Cramer's V value of 0.268 means that the association between these two variables is of moderate strength.

The inference from the data is that individuals residing in close proximity to conflict were 3.7 times more likely to feel in control when the government provided them with appropriate air raid guidelines. This test highlights that transparent and actionable communication by the government plays a critical role in enhancing psychological resilience during conflict situations.

Perceived Safety and Participation in Local Drills:

The data indicated a meaningful association between the proximity of the respondent's location to the conflict zone and their perceived safety after attending local air raid drills.

The test showed a Chi-square value of 5.612 which means that there is a direct association between the two variables. The association is supported by a p-value of 0.017800 which confirms that the association is statistically significant. The Cramer's V value of 0.216 means that the association between the two variables has a low to moderate strength of association.

Data also showed that individuals residing in close proximity to conflict zones were approximately 2.7 times more likely to report feeling safer post participation in local safety drills about air raids. This highlighted the importance of practical and location specific preparedness initiatives in improving the sense of safety among populations exposed to conflict.

Community Bonding During Blackouts:

The data indicated a meaningful association between the proximity of the respondent's location to the conflict zone and the perceived sense of community bonding during blackouts.

The Chi-square value of 16.407, specifies a strong connotation between living in a conflict zone and feeling linked to others by sharing updates about events. The result is statistically significant, as evident by a very low p-value of 0.000051. A moderate association of strength between the variables was suggested by the Cramer's V of 0.370. Facts further exposed that entities living in the conflict zones were about 7.4 times more likely to report the feeling of a strong tie with community associates during blackouts.

This highlighted that sharing evidence between community associates plays a noteworthy part in nurturing resilience and unity in times of crisis.

Sense of Belonging Through Call Chains:

The statistics specified a meaningful correlation between the immediacy of the accused's location to the conflict zone and the sense of fitting raised through community-led call chains.

The test revealed the Chi-square value of 5.413, which suggests a modest association, and the p-value of 0.019990 authorizes that this affiliation is statistically significant. The Cramer's V value of 0.212 indicates the strength of association from near to the ground to modest between the two variable stars. The statistics also reveal that individuals living in close proximity to a conflict zone were approximately 2.9 times more likely to report a heightened sense of belonging when their friends or neighbours organized call chains to check on one another. This highlighted that informal support networks are very important in strengthening community ties.

Emotional Support from Family Conversations:

The numbers directed an evocative relationship between the proximity of the defendant's site to the conflict zone and the sense of emotional support when conferring about uncertainties with family.

The assessment gave a Chi-square value of 17.564, indicating a robust association between the variable quantity. It is braced by the p-value of 0.000028, which settles that the assessment outcome is highly statistically significant. The Cramer's V value of 0.383 recommends a moderate strength of association among the variables. The data also highlights that people living in proximity of conflict zones were approximately 7.3 times more likely to feel supported when they to family compared to those in non-conflict zones. This underscores the crucial role of family communication in providing emotional relief and resilience for those under high stress due to conflict.

Community Pride During Aid Distribution:

The data indicated a meaningful association between the proximity of the respondent's location to the conflict zone and feeling community pride during efforts to distribute food or supplies to affected people.

The test vacant a Chi-square value of 7.786, signifying an evocative association between the two variables. According to the p-value of 0.005270, which suggests that the tentative result is statistically significant. A low to modest strength of association was recommended by the value of 0.255 of Cramer's V. Figures also discovered that individuals living in proximity to the conflict zone were approximately 3.9 times more likely to feel honored by their civic duty when they joined in aid distribution, as compared to those living in remote areas from the conflict zone. This verdict highlights how a shared deed during times of hardship can help substitute a strong sense of pride and unity within affected societies.

Coping Through Prayer During Conflict:

The data indicated a meaningful association between the proximity of the respondent's location to the conflict zone and the use of prayer as a coping strategy during the conflict.

The test gave the Chi-square value of 20.038, which reflects a strong relationship, and the p-value of 0.000008 confirms that the result is highly statistically significant.

Sandwiched between the two variable quantities, a modest to robust strength of association is specified by the Cramer's V value of 0.409. After examining, individuals who were living near the conflict zone were seven times more likely to report reassuring themselves by echoing worship or chanting the name of Divinity, as linked to those living away from the conflict zone. This suggests that holy or spiritual coping mechanisms played a particularly significant role in selection in how individuals manage stress during the conflict.

Emergency Preparedness of Security Kits- A meaningful association is indicated by the data between the proximity of the respondents to the conflict zone and the probability of their preparing an emergency kit, which encompassed things like water, food, medicines, etc.

The test suggests that the Chi-square value of 23.411 reflects a very strong association between the two variables, and the p-value of 0.000001 checks the results, which is highly statistically significant. According to Cramer's V value of 0.000001 reflects a moderate to strong strength of association between the variables. Approximately 7.4 times more likely that people living in the conflict zone or near the border areas are likely to prepare an emergency kit as compared to those living in the non-conflict areas.

Using Memes as a Coping Strategy:

It was found that people use creative ways as emotional coping tools to reduce their stress. The data indicated a meaningful association between the proximity of the respondent's location to the conflict zone and the use of memes to relieve stress during the conflict.

The test showed a Chi-square value of 6.447 which indicates a meaningful relationship between the two variables. It is supported by a p-value of 0.011100 which confirms that the result is statistically significant. The Cramer's V value of 0.232 shows that there is a low to moderate strength of association between the two variables. The data also revealed that Individuals in living in close proximity to a conflict zone were approximately 2.9 times more likely to use memes as a way to lighten the mood and manage their stress as compared to those living far away from the conflict zone.

Calmness from Limiting War News Consumption:

The test shows a weak and statistically non-significant association between residential zone and the calming effect of limiting exposure to war-related news. The Chi-square value of 2.340 and p-value of 0.126100 indicate that the observed difference is not statistically significant, meaning it may be due to chance. The Cramer's V of 0.140 suggests a low-strength association. People in conflict zones were nearly two times more likely to feel calmer by limiting their news intake. Though this difference is not statistically significant, yet suggests that reducing news exposure may be a broadly helpful coping strategy across both conflict and non-conflict zones.

CONCLUSION

The Indo-Pak conflict in 2025, highlighted some major psychological and emotional effects. These effects were predominantly seen for people living in conflict zones. These individuals showed a higher level of anxiety, fear and stress during the whole ordeal. One of the strongest emotional responses as a result of this conflict was anxiety being triggered by the sound of nearby drone activity. People living in and near the conflict areas were much more likely to feel anxious in these situations than people living farther inland. Similar reactions were seen during other events of the conflict such as unexpected blackouts, where many people

experienced sudden panic. Feeling of helplessness among the civilians was predominant after seeing videos of missile strikes and sadness all over news. These emotions seemed to affect people in both zones, not just those in conflict areas.

People living near the conflict zone felt more at risk as they were more likely to believe that the location of their residence put them in direct danger. Also the fear of a potential nuclear escalation and views about seriousness of the conflict were common across the whole country. It showcases that these particular worries were shared across the whole nation regardless of proximity to the conflict.

This conflict also disrupted the daily life of people. The people were more likely to feel unsafe after hearing about nearby attacks and often struggled to concentrate, frequently forgetting daily tasks. Many respondents displayed signs of mentally exhaustion from constantly checking for blackouts and air raid sirens. These disruptions took a heavy toll on the people affected by the conflict in an emotionally as well as in a cognitive way.

Figure 1 indicates the relation between Chi-Square and P-value.

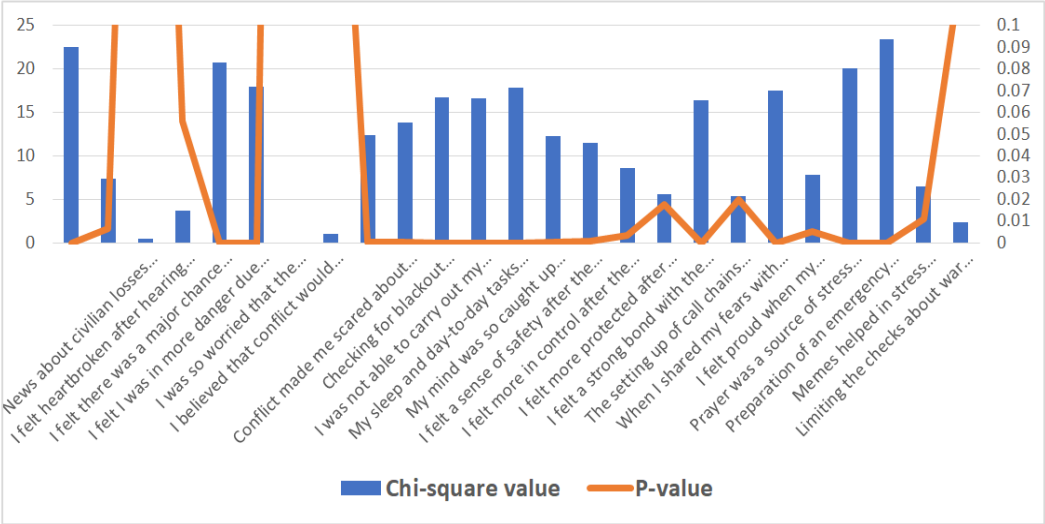


Figure 2 indicates the relation between the Chi-square and Cramer's V value.

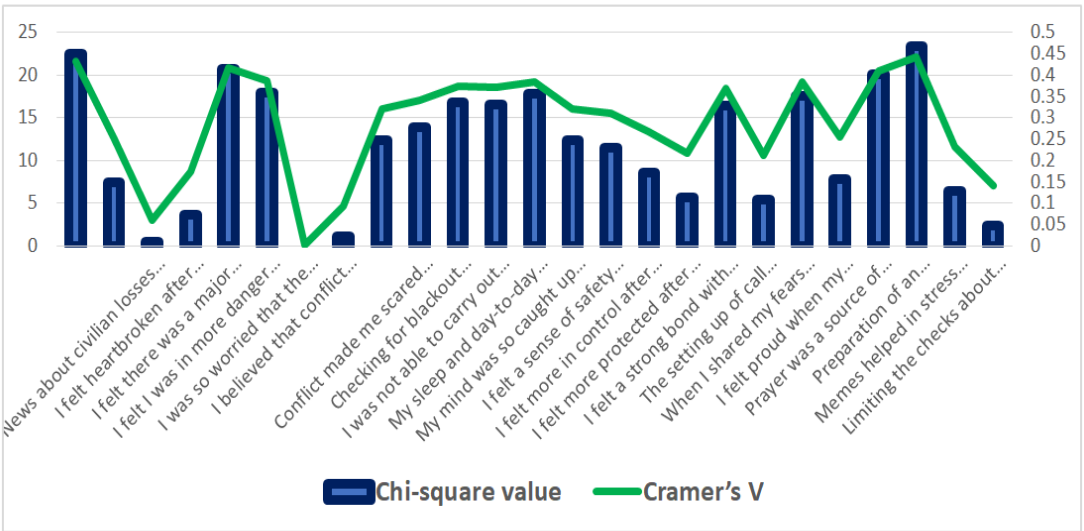
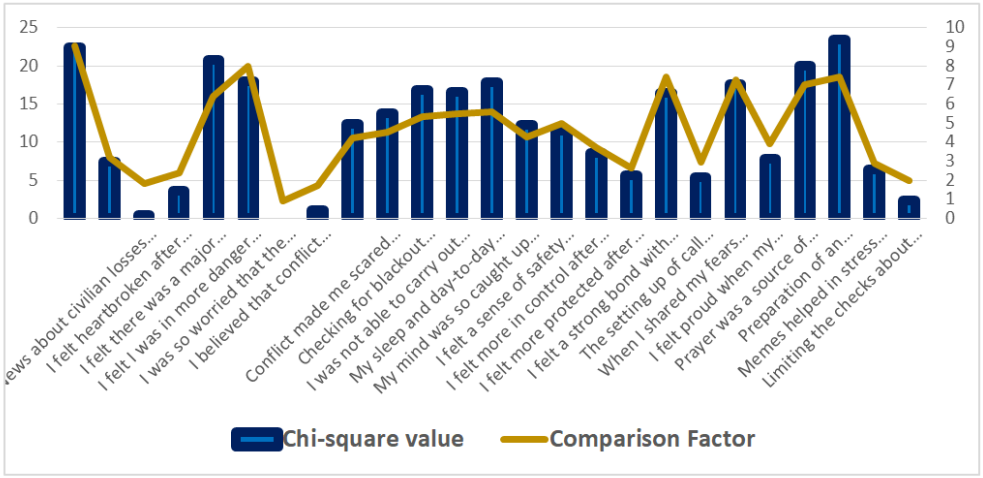


Figure 3 indicates the relation between the Chi-square and Comparison factors.



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