

Coping Strategies Among Journalists Facing Work-Related Trauma: A Comparative Study of Diaspora and Native Journalists in India

Previous studies by social psychologists in the past two decades reveal the prevalence of post-traumatic stress disorder (PTSD) is higher among journalists than the general population (Aoki et al. 2012; Backholm & Björkqvist 2012; Dworzniak, 2011). It is amply evident that most news journalists would work with some crisis and report it from a location at some point in their career (Smith, Newman, & Drevo, 2015). Some work tasks, especially those related to living and reporting from conflict-ridden places like Kashmir or Naxal-infested areas may cause temporary psychological unease or distress for the journalist (Aoki, Malcolm, Yamaguchi, Thornicroft, & Henderson, 2013; Simpson & Cote, 2016).

The problem is intensified in the case of a diaspora journalist working in this new location with little background around local cultures and traditions which make it difficult to manage work-life balance along with such a reporting job. It is observed that even office-journalists, not reporting from the ground, who repeatedly edit pictures of dismembered bodies from a conflict zone or listen to brutal stories of violence in interviews and accounts of residents in conflict-ridden areas are exposed to PTEs (Backholm, 2016).

The study answers some of the research questions related to journalists working in India:

RQ1: What are the work-related pressures journalists face in a regular office?

RQ2: What are the recent traumatic incidents that occurred during their work-life?

RQ3: What are the ways to maintain a work-life balance?

RQ4: How do they find ways to ward off intrusive memories, recollections of the past and flashbacks of the event?

RQ5: Are women journalists more sensitive to such incidents?

The sample size of such journalists is around 100 working across the country in different capacities. SPSS will be used for such analysis.