

**RESEARCH PAPER****Exploring the Psychological Impact of Abusive Language on Individuals: A Study of the of Abuse Survivors****<sup>1</sup>Muhammad Riaz Gohar\*, <sup>2</sup>Imran Nazeer and <sup>3</sup>Amir Maseem**

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**ABSTRACT**

The purpose of this study was to examine how abusive language affect survivors in the Pakistani environment, especially factors contributing to health, emotional and mental well-being. Through surveys, questionnaires, and in-depth interviews the phenomenon was thoroughly investigated. The results emphasize that all manner of abusive language takes a serious and lasting grasp on survivors, creating emotional pain like low self-esteem, anxiety, anger, or the fear of being judged. The contributions of friends, family, and professionals were all seen as very important in the recovery process. Also, some significance was attached to the role professional counseling played. This study concludes that we urgently need to wipe away the stigma attached to talking about emotional disturbances and establish empathic environments where survivors dare seek assistance without fear of censure. It recommends creating public awareness, setting up safe places, and increasing the availability of mental health services to solve this problem in Pakistan.

**Keywords:** Abusive Language, Coping Mechanisms, Educational Institutions, Emotional Distress, Professional Counseling, Psychological Impact, Stigma Reduction, Support Networks

**Introduction**

Human Abusive language has a very negative effect on an individual psychologically and reveals the detrimental effects that verbal abuse can have on one's emotional health. In Pakistan, where social and cultural conditions easily intersect with different kinds of abuse, understanding these people's experiences a bit better is very important in the interests of mental health. The researchers intend to study the many negative effects of abusive language. Not only do its victims suffer from verbal abuse, but they are also often victims in other ways because mistreatment affects one's emotional and mental health deeply. According to Sarfraz et al. (2022), verbal abuse is one of many types of psychological maltreatment that adversely affects one's emotional, social, and intellectual development. Making fun, calling names, and disrespecting are examples of verbal abuse that can damage a person.

Many scholars point out the damage caused by foul language to mental health. Exposure to chronic verbal abuse increases the risk of depression and anxiety, according to Vila (2021). Teicher et al. (2010) also point out that individuals subjected to verbal abuse experience changes in brain structure and function, which eventually result in long-term emotional disturbances.

Pakistan is a country with many different linguistic and cultural backgrounds, where abusive language can take hold quite deeply within the norms of society. Omer et al. (2021) assert that cultural factors were seen to accentuate the effects of abusive language. Thus, it

is necessary to consider these intercultural differences to understand their psychological impact. One also needs to consider the role of gender in abuse, for there are already long-standing problems with violence between men and women. Sarfraz et al (2022) remind us that if abuse is coupled with word aggression against women, it leads to a range of mental illnesses including post-traumatic stress disorder and low self-esteem. Special attention must go to the emotional health of abuse victims in Pakistan. Those who become targets of abusive language will naturally experience intense feelings of shame and powerlessness. These hit their self-esteem at the most basic level as well one's their psychological states in general, Davies et al. (2021) found out. These results indicate the significance of examining emotional responses in victims exposed to abuse within a Pakistani context.

Yun et al. (2019) say that abuse relates to many psychological illnesses such as borderline personality disorder, dissociative mental disorders even suicidal tendencies. Nothing is off-limits in this digital age of social media and online communication, which has taken abusive language to another level. In a recently published paper by Aksar et al. (2021), it has been demonstrated that such online abuse can be as harmful to the mental and emotional well-being of an individual, if not even more so than offline bullying victimization; this point needs exploring thoroughly concerning Pakistani culture specifically.

Starting an expedition into the psychological repercussions of abusive language concerning individuals, this research focuses on the emotional and mental health state of abuse survivors in Pakistan. The above citations show that the subject is multifaceted, with implications for mental health and emotional adaptability. Understanding the special cultural, gender-linked, and digital configuration of abusive language in Pakistan is very important to devising effective interventions and ameliorating systems for supporting victims who have suffered under its devastation.

## Literature Review

A Chinese says "The tongue is like a sharp knife. It kills without drawing blood." Verbal abuse leaves no visible scars, but the emotional damage to the inner core of the victim's self can be devastating (Sarfraz et al., 2022). Considered a form of emotional abuse, verbal abuse is unique because it takes the form of behavior that undermines a person's self-esteem or self-confidence and makes her/him feel guilty. In other words, verbal abuse is not like physical and sexual abuse, which are against the law and are responded to by medical and social service authorities or even by the police. Verbal abuse is a more subtle form of abuse that is hard for an outsider to recognize or intervene in, and it is not against the law (Oates, 2013). From the results of Adams and Beeble (2019), victims who have survived abusive language often suffer emotional distress, humiliation, and fear; they also can think angry thoughts at their victimizers. This psychological torment can have long-term effects on their general well-being. Meanwhile, the cultural aspects of abusive language have also been studied in Pakistan. Kirmayer et al. (2010) also felt that cultural norms might aggravate the emotional effects of abuse survivors. They thus deeply understand why any exploration into culturally related issues needs to be sensitive.

In a society where gender-based violence is an omnipresent reality, it's important to consider whether there is always the same actor in abusive language. As noted by Ashraf et al. (2021), abusive language toward women can not only lead to gender imbalances in society but also hurt their emotional and mental health. This is why it highlights the need to look at verbal abuse from a gender perspective, especially in an environment like Pakistan. Because of such verbal abuse, many people suffer severe complex trauma which is directly connected to a variety of mental illnesses. Schneider et al. (2020) found that abusive language causes complex trauma leading to dissociation or mood disorders. This is the significance of recognizing that abusive language on top of its emotional impact also has psychological consequences. Oates (2013) pointed out a common feature in parents who

emotionally abused their children. They did not know about their children's different developmental stages.

The way abusive language is experienced varies, but family dynamics are especially apparent within Pakistan. Plamondon et al. (2021) suggest that such verbal bullying within family systems can hamper the ability to develop healthy relationships, as well as undermine one's emotional stability. This points to the urgency of eliminating abusive language both on a personal level and in an overall family environment.

In today's digital age, abusive language has crept onto the Internet as well. In a study published in 2019, Abbas et al. looked at the mental effects of online abuse in Pakistan and found it increases anxiety, depression, and post-traumatic stress. Such abusive language in this digital dimension requires an understanding of its influence on emotions and psychology.

Abusive language has negative effects, though some people develop ways to cope. According to Akhter et al. (2022), we must understand these coping strategies and their role in divorcing victims from the emotional impact of abuse. This aspect of resilience throws light on the possibility of recovery and healing in survivors.

A survivor of abusive language may encounter a stigma that affects his or her mental health. Zulfiqar et al. (2021) examined how experiences of shame and isolation only add to the emotional trauma suffered by victims. To provide support for abuse survivors this becomes a very important issue.

However, abusive language is not restricted only to the home; it also permeates educational institutions. Polanin et al. (2021) explored the psychological effects of abusive language in schools, highlighting preventative measures necessary to create safe environments for learning.

Abuse survivors must have social support networks. Duan et al. (2019) investigated how having social support can dampen the harmful psychological effect of crude language. It also points to the possible contribution that support programs and community networks can make in facilitating restoration for survivors.

The literature review shows us that the psychological impact of abusive language on individuals in Pakistan is, to say the least, not a simple question. There are several factors which include culture, gender, and family relations; digital platforms, resilience, or strength of spirit against the injury done them by society; stigma (i.e., lowly image); educational institutions and social networks. Understanding this complex web of influences is key to developing effective interventions and assistance for the abuse survivor, aimed at raising his or her emotional and psychological health.

## **Material and Methods**

The study adopts a mixed-methods research design, incorporating both quantitative and qualitative data collection as well as analysis. It is a comprehensive understanding of the phenomenon being explored. A sample of different age groups, regions, and backgrounds within Pakistan was selected by random-purposive sampling methods. The sample consisted of 10 people who were victims of abusive language in several settings at home, educational institutions, and online platforms. To assess the extent of the problem and determine its patterns, quantitative data were collected through surveys and questionnaires in ten schools. More detailed qualitative data were gathered by conducting in-depth interviews with a number of the participants to explore their actual experiences and viewpoints. Responses to the survey were analyzed with statistical software, looking for regularities and trends. Based on the interview transcripts, thematic analysis was done

to uncover themes and patterns. Informed consent forms were given to all research participants, whose privacy and anonymity were strictly protected. The study followed the provisions of a relevant ethical guideline and was approved by an institutional review board. Psychological damage from abusive language: Quantitative and qualitative data were triangulated to understand the factors influencing their emotional well-being. The study's findings were presented in a manner that included descriptive statistics, thematic narratives, and illustrative quotes from participants. Limitations There may be self-reporting bias challenges obtaining a representative sample, and difficulty interpreting qualitative data. These limitations were also acknowledged and discussed in the study.

## **Data Analysis**

The researchers made questionnaires and interview questions to collect the data from 10 abusive survivors from Pakistan.

### **Abusive Survivor 1**

#### **Questionnaire**

For five years, a 30-year-old woman has been subjected to abusive language in both educational institutions and online. Psychologically, the impact is moderate; however, there's a strong emotional burden. For many people, this involves distress including anger anxiety, and depression. These coping strategies--therapy, mindfulness, and support from friends and family--have been invaluable. Her active attitude, along with her support networks, can be seen as resilience in overcoming the difficulties of abusive language. This person's story gives us insight into the psychological problems and coping strategies of abuse victims.

#### **Interview**

This account by Sarah provides a moving picture of the long-term effects of abusive words. Her journey of low self-esteem and emotional fragility could be described as bearing the naked fact that she is an extremely serious person. However, her journey to recovery and the restoration of normal life is a testament: But it is only thanks to professional counseling that such love has today emerged so defiantly. The importance of the sympathy and understanding shown by friends, and relatives: it's all part of her recovery. Sarah's case indicates the urgency of public education and dispelling misconceptions about asking for assistance with psychological ailments. That's what they say, this is a place of abundant resources and big rooms without prejudice. A lighthouse is her example. Its light shines brightly after such great damage in the form of mentally abusive language injuries that recovery can come about through timely help and suitable coping techniques.

### **Abusive Survivor 2**

#### **Questionnaire**

A 25-year-old man from Lahore in Punjab has been abused for ten years, mostly at home. He gives the emotional impact low but freely admits anxiety and anger. Strikingly, he goes looking for help: in counseling and group therapy; through creative expression such as poetry or painting. He has received much help from all his friends and family as well as professionals. He rates their help highly. They shed light on the different ways of coping with this hardy survivor. This is the multiplex nature of answers by abuse victims, they can ask for help and use different methods.

#### **Interview**

Interview with abuse victim Amir provides a compelling sense of how the use in the home by parents and children creates permanent damage. Amir's life story illustrates the extent to which such a course of treatment can leave deep, long-term scars. Fears and anxiety created by these contribute to low self-esteem. His road to recovery shows the merit of professional counseling combined with mindfulness traditions and friends you can count on. They show the importance of changing social attitudes about emotional distress and creating safe places where people can talk to each other. These were some of his problems, with this societal stigma that came down hard on him after he was discharged from school. Amir's story emphasizes the need for wider creation of awareness and de-stigmatizing seeking help for psychological problems in society and institutions. Through his story, the reader can understand something of just how long abuse survivors might endure and yet still go on to not only live but thrive; his example brings hope for other abused individuals that healing is possible with proper care.

### **Abusive Survivor 3**

#### **Questionnaire**

A 28-year-old lady from Islamabad has faced abusive language for the last eight years, at home and in school. She indicates that its emotional impact is severe and considers her psychological scars permanent. In addition to physical pain, this abuse has also brought much anxiety and depression. Even with its excruciating pain, she has been proactive in seeking help. She underwent therapy, joined support groups; makes use of mindfulness techniques as well as exercise. However, her increased state of emotional well-being (measured on a 1 to 5 scale) shows that support networks comprising friends, family, and professional workers are responsible for enormous improvements. These statistics show in numerical terms the magnitude of damage caused by hurtful language. For survivors, strong coping mechanisms and a solid support network cannot be over-emphasized. It also reflects the variety of different stories among abuse victims. But it also shows remarkable energy to carry on, despite all the emotional damage caused by bad relationships.

#### **Interview**

It is a painful example of some examples which ask Maya what the effect was when she had been abused many times, while still at high school. Her experiences offer a window into the emotional and psychological wounds such abuse leaves behind a fall in self-esteem, anxiety, and even bouts of depression. This was not only a physiological strain but also went into the very depths of her self-concept, with positive and negative feelings. Most importantly, Maya sought help from a high school counselor. The case shows that we can use brutal language to hurt people, if we are assisted by professionals, we can overcome this. Therefore, Maya's story hints at the need for greater awareness in society of emotional distress and a more favorable climate within educational institutions. Her journey shows that healing is possible with the help of professional care, close friends, and shared experiences. It highlights the need for safe places where people can talk openly about what they have gone through and receive professional services in confidence, without shame.

### **Abusive Survivor 4**

#### **Questionnaire**

Respondent, a non-binary 22-year-old living in Faisalabad, Punjab has experienced abusive language mostly online for three years. Curiously, they score the emotional impact of abusive language as very high--5 on a scale from 1 to 5. In other words, despite the relatively brief period of exposure to this abusive language, it seems that their emotional well-being has borne a heavy and lasting price. The respondent also admits that he suffered from anxiety as well, which caused emotional upset. They have resorted to creativity,

creating art, and writing pieces. And they have sought solace in support groups on the net. The fact that the respondent evaluates support networks as 2 on a scale of one to five (with high scores reflecting greater help beneficence) reflects her initiative in seeking ways both to survive emotionally from abuse and therapists.

This analysis provides very worthwhile observations about the life of a victim who has suffered severe psychological damage despite relatively limited exposure to violent speech. It also demonstrates the role creative outlets and online communities play as sources of support, even as not all abuse survivors can find help.

### **Interview**

Ali's interview particularly explores the influence of abusive language in an educational environment. This is very well borne out in his own experience, for such abuse leaves a lifelong scar. All his life, he has suffered from low self-esteem and great anxiety. It stresses the large role professional guidance plays in protecting self-esteem and healing emotional wounds. The fact that he dared to ask for help shows how much society needs changing, when people are afraid, they seem to destroy their voices when they speak. It should be about us telling our stories, without fear or shame. In his story, Ali sought the assistance of educational institutions and society, in general, to supply useful resources while at the same time providing a place where students could find workaday help or talk. With time, this is a success story that provides hope: With suitable backing and adequate coping strategies on both the emotional and psychological levels, recovery can be attained.

### **Abusive Survivor 5**

#### **Questionnaire**

For more than fifteen years, this 35-year-old male from Multan in Punjab has been the victim of foul language at home. According to this 1-5 scale for the emotional impact of abusive language, he scores a threesome. Abusive language has caused the respondent to suffer emotional distress and anxiety. He has thus turned to professional counselors for help and does meditation and yoga. His approach is proactive in dealing with the emotional impact of abuse. In addition, the respondent has sought assistance from friends and family members as well as professionals. He rates these sources of support a 2 on that scale (indicating moderate helpfulness). The following analysis provides an insight into the situation of a survivor who has suffered emotional abuse for quite some time, but it only had a moderate impact. This also shows the importance of getting counseling and being mindful, as well as how good family ties or support from friends at not too heavy a level can play an important part in helping abuse survivors get over their emotional problems. The experience of the respondent provides an important addition to a large variety of experiences among abuse survivors.

#### **Interview**

Sana is an abuse survivor who talks in this interview about the deep emotional and psychological scars inflicted by abusive language she suffered at a college educational institution. Sana's story shows the strong and lasting effects of such abuse, feelings resulting from which were insecurity, low self-esteem, and anxiety. Her road back: Recovery shows just how important counseling is and the crucial support a family offers in developing self-esteem to face up to emotional trauma. It also highlights that to break through the stigma in society toward emotional distress, educational institutions need to provide an atmosphere of greater understanding and attention so that individuals have resources for helping one another by talking about experiences.

### **Abusive Survivor 6**

## Questionnaire

A 40-year-old woman from Rawalpindi in Punjab, the respondent has been victimized by abusive language for some seven years within an educational institution. Abusive language has a moderate emotional impact, she grades it at 3 out of 5. It is a very clear, if not extreme effect on her state of mind. The respondent has not only suffered physical pain but also emotional loss such as anxiety. In dealing with this grief, she has begun to journal and turn for support to friends. Also, she has turned to support groups for assistance. On a scale of 1 (unhelpful) to 5 (very helpful), her assessment is their usefulness comes in at 2. This analysis sheds some light on how the victim of abuse received so little consideration, despite having spent a long time being exposed to abusive language in an educational setting. This reinforces the need for friends, as well as personal reflective practices such as journaling to get through it. The example of the responder illustrates just how people who have undergone abuse can feel, and why a support network is so vital to their emotional well-being.

## Interview

As Ahmed recounts in his interview, that kind of harassing and abusive language back then has left deep emotional scars. His suffering represents the diffusion of devastation wrought by similar abuse. One's every movement is feared as possibly subject to judgment or ridicule, giving rise to pervasive low self-esteem and social anxiety. This is what professional counseling and reconstructed self-esteem mean, or reparation for the emotional scars. Ahmed's is a story that highlights the need to dismantle these social prejudices against psychological stress and create spaces where people can speak freely without shame, as well as places where they can get professional help. In this respect, his experience is a testimony to the strength of abuse survivors and to society's ability for transformation. It conveys a clear message: With the right support and coping mechanisms, healing is possible. Ahmed's ordeal underlines not only the impact on victims and their families of emotional and mental pain, but also reminds schools and parents themselves to provide resources in which students can freely talk about how they feel without being judged.

## Abusive Survivor 7

### Questionnaire

Notably, the 29-year-old Peshawarite who has had abusive language at home and online for twelve years counts its emotional effect on him to be a (relatively) mild insult, only moderately strong. It suggests a powerful but not overwhelming emotional shock. He admits that it is an emotional rather than a physical suffering. The gap between this perception of impact and actual emotional damage highlights just how multifaceted his experience was, but even more so the lasting effect such abuse has on a person. Faced with such torment, he has reached out for help--often seeking professional therapy and meditating on his own to control the harmful effects of abuse. The respondent also contacted support networks, like friends and relatives as well as professionals. Respondents scored their helpfulness on a scale of 1 to 5 (with high scores indicating much more help). This analysis gives us some idea of what it must be like for an abuse survivor who has been exposed to abusive language at home and online, but whose emotional scarring was moderate. It stresses the importance of professional therapy and mindfulness practices as effective ways to deal with issues, and how strong support networks are crucial in increasing emotional well-being. The respondents' experience also highlights the variety of responses as well as strategies adopted by abuse victims to cope with emotional harm.

### Interview

Aisha the abuse survivor's interview about her experience of abusive language in high school, reveals much emotionally and psychologically. Aisha's story illustrates the major effects of such abuse, including insecurity and low self-esteem as well as anxiety. Her road to recovery points to the importance of psychological care on one hand and having a spouse's support for healing this type of emotional injury. It stresses the urgency of making emotional distress not only more socially acceptable but also of bringing empathetic settings into educational institutions and providing resources as well as Points of Safety where people can freely open up about their experiences without fear (of stigma).

Aisha's story gives a message of hope. Survivors can rebuild their lives, and there is an image that we as a whole society can change for the better too. It points to the need to overcome the societal stigma associated with emotional distress by creating safe spaces for students in educational institutions where they can discuss their feelings about themselves, as well as find professional help-no questions asked.

## **Abusive Survivor 8**

### **Questionnaire**

The complainant is a 27-year-old woman from Quetta in Balochistan. She has been suffering abusive language at an educational institution for the past five years. But interestingly, she places the emotional impact of foul language at 1 on a scale of 5. This indicates perhaps that the emotional impact has thus far been isolated, or else she has simply learned to live with it. Significantly, the respondent has not suffered any emotional distress such as anxiety or depression from abusive language. In dealing with stress and anxiety, she has turned to physical activity such as running or yoga. This is a proactive attitude about her mental health. The respondent insists that she has not sought help from friends or family, nor seen anyone professionally (such as a psychiatrist). Yet on the same 1-5 scale with 1 being least helpful and level five at its most beneficial her networks are nowhere to be found according to an answer given by herself which confers little aid upon themselves and others puts this crucial social invention observably This analysis offers a glimpse into the reality of one survivor, who has been exposed to abusive language for many years but barely suffered any emotional outrage. It stresses the importance of individual exertion and active coping methods such as physical activity in promoting psychological well-being. Respondent's experience also shows that the answer to abuse takes many forms, and individual means of coping with life can effectively prevent being abused from becoming a permanent wound.

### **Interview**

Hira, a college student, and abuse victim exposes this excruciating reality about the language of domestic violence. The wounds that fell into unconsciousness are described in graphic terms by her story: anxiety mixed up with self-doubt and worthlessness. Her recovery shows the importance of professional counseling, and at the same time reflects that her brother came thoroughly through for his little sister while one very close friend also stood by her on this road to healing. Only losing Chan Kin-lam made her feel that she dared to break through this emotional garbage. And loved ones were there, fighting away doubts about herself like little demons guarding a treasure chest. Hira's account is thus a moving appeal for the speedy destabilization of any emotionally problematic experience. That means not only providing a space that is open and accepting, with resources for students overcoming them (as many educational institutions do), but a safe place to talk about it without fearing judgment or shame. Her story is just as compelling a message of hope for change among abuse victims and society. It says that there is an urgent need to de-mystify social attitudes about emotional exhaustion and calls on educational institutions to create channels by which students can gain professional help without fear of it being held against them.



## **Abusive Survivor 9**

### **Questionnaire**

Anita Ismail, the 32-year-old woman from Karachi has put up with eight years of foul-mouthed exchanges. The emotional impact: a deep score, its influences long ones. Anxiety and depression have been the hardest forms of mental suffering. Her response, rated 4 out of 5: Can I give you advice? 1. Therapy; mindfulness methods like meditation and breathing exercises. But revelations of this sort correctly reflect the deep wound in a victim's life caused by online abuse, and how getting proper counseling from professionals or mindful techniques are needed to console torment like that. In addition, those exposed to abuse require strong supporting systems so that their emotional climate can be renewed. Her experience also reminds us, however, that online abuse is a soul-ripping torture. And it shows how counseling can aid in healing.

### **Interview**

Most actual long-term damage wrought by abusive language is found right within the realms of formal education. Of course, everyone's got a story to tell about being picked on as teenagers in high school; it makes no difference what: there is always some new tornado rolling onto campus that forces every young thing still enrolled at this backward He describes through such abuse the alienation and low self-esteem he has lived with up until today. Can the story of Bilal be told: That professional psychological counseling, along with some devoted friends and a beautiful wife to help him cope are required for his shattered self-esteem to be rebuilt? It points to the urgent need for humanizing emotional suffering. Compassionate schools and places of refuge are needed where people can be trusted in good faith. But amidst the bitterness, Bilal's story contains an element of hope. Survivors are so strong and capable. So is society. It calls on schools nationwide to create spaces in society for all those who are emotionally stretched and urges people around the country not only to allow students concerned but also their families enough autonomy so that they do not fear social prejudice or ridicule while telling their story.

## **Abusive Survivor 10**

### **Questionnaire**

This is a 23-year-old male from Gujranwala in Punjab. For seven years he has been subject to abusive language, mostly at home. Abusive language is given a 3 (on a scale of 1 to 5) for its emotional effect. However, this means the psychological effect is not so severe; it reflects a protective response to maltreatment. Abusive language has caused the respondent emotional pain, including anxiety. To deal with this anxiety, he has turned instead to weightlifting and running for exercise. As a release mechanism, he has also begun journaling. Also crucially, the respondent has actively reached out to friends and family as well as professionals for help. Among the people who suffer from this illness or disease, both in Japan and abroad, they are rated as very useful helped by these networks with a score of 4 on a scale running (1) most valuable to help someone prepare for death. This analysis provides us with key information about the life of a Gujranwala abuse survivor whose incredibly powerful resilience allowed her to compensate for relatively minor emotional effects from abusive words uttered in front of people she considers home. It underscores the value of physical activity and writing as coping mechanisms while showing just how important a comprehensive network is to help an abuse survivor's emotional state.

### **Interview**

In Samina's interview, we see how much abusive language affected her emotionally and psychologically during her high school education in Gujranwala. Her experiences show

one example of such serious psychological damage: fear and mistrust; low self-esteem, and constant anxiety. Her hope for a cure draws attention to the significance of professional counseling and her parents' and one close friend's tireless support. Their unrelenting support enabled her to break through the secure defenses of this psychological shell, and at last face up to some parts of what she encountered during those days. With this story, we heartily hope for the demystification of emotional pain. So, the schools should provide a more sympathetic atmosphere and give people pointers on how to help others as well as where they can go, without fearing judgment. 'Hope', the story of Samina reflects hope, an encouragement to people that victims can change themselves and their times. It highlights the need to dissolve society's barriers of silence and censorship about mental illness, calling on schools to make environments that allow kids who have been stressed out or perhaps suffocated by anxiety not only to talk to their peers but also be referred for professional psychological help if they should want it.

### **Findings**

The study cast off the psychic depth of a tongue so abusive that it lends its wounds to survivors. Abuse was everywhere, even in classrooms with learners or online Internet chat rooms. Many of the survivors suffer from low self-esteem, anxiety, and anger as well as fear of being judged. Recovery methods differ, but in addition to professional counseling and consultation provided by family or friends, psychological support plays a critical role. These results show why it is so important to overcome the stigma society attaches to emotional stress. People must be able freely express their frustrations and ask for help without feeling that they are being judged. Schools, workplaces, or indeed any context must create an enabling environment in which people can fully voice what ails them. Fortunately, later many exhibit resilience; emotional health and self-esteem also improve after several years. These are stories of hope for healing, and they demonstrate the significance of not suffering alone from emotional problems but seeking help instead. Socially, efforts must be made to overcome the barriers that hinder people from getting help with emotional problems. Both resources and a safe place in which such experiences can be shared with friends who understand are necessary.

### **Discussion**

The results of this study merely indicate how ravaging abuse in spoken or written form can be for a person's mental health. The survivor's wounds and heart-rending emotional scars are evidence enough that abusive language ewes more than just the skin. It often leads to low self-esteem, anxiety, and fear. These results show how urgently we must transcend the stigma attached to discussing someone as suffering from emotional distress, and provide a place where people feel they can reach out without fear of being ridiculed. Educational institutions must learn something from these findings and do their best to create empathetic settings to encourage a free exchange of ideas--and offer a helping hand to those who have been hurt by such abusive language. This study shows how resilient abuse survivors are. With the necessary help and resources people who were abused can restore their emotional balance and self-esteem. Survivors themselves offer recommendations on what to do, with emphasis being laid both at the level of individuals and that of society. What they have to say, ought not to be belittled in the slightest. This study is meant to be a wake-up call for institutions and society as a whole--by breaking the silence around emotional disturbance created by abusive language, we can help create an even more caring world.

### **Conclusion**

This research has accomplished the two primary goals laid out at the beginning of our study. Our study of the effects on people in Pakistan of abusive language has uncovered deeply ingrained feelings and anger, anxiety, and low self-esteem burn for survivors. They never want to go into judgment with anyone ever again. In this sense, these findings show

the far-reaching ramifications of abusive language and reaffirm how important it is that we work to rectify this issue in Pakistan.

The study has identified important variables influencing the emotional and psychological well-being of abusive language victims in Pakistan. With the support of friends, family, and professionals as well as professional counseling playing a crucial role in recovery efforts becomes an important element. These findings are a reminder that we need to de-stigmatize the experience of emotional distress--especially in educational settings such as schools and colleges. We must create atmospheres where survivors can find not only empathy but also real support for recovery. In sum, this study offers some very useful pointers on the psychological implications of abusive language in Pakistan society and urges collective efforts to shape a more caring environment for those affected.

### **Recommendations**

Based on the results of this research, many suggestions can be made as to how abusive language affects people living in Pakistan psychologically. Easing the social stigma of seeking help for emotional suffering is urgent. It is attainable through publicity and educational activities promoting active dialogue about the emotional state of abuse victims. Third, educational institutions should actively create a safe environment and resources for students as well as victims of profane language so that the needy can receive professional help without being afraid to seek it. Third, anyone who has been exposed to abusive language should be urged to undergo professional counseling. This is one of the best coping mechanisms for psychological stress. Finally, it is necessary to encourage a climate of sympathy and compassion in families; within the communities that surround them; and among society, if survivors are going to take their first steps on this road back.

### **Implications**

This research has much broader implications and makes clear that the problem of abusive language in Pakistan is a psychological one requiring immediate attention. This study draws attention to the extreme emotional suffering of survivors and raises awareness about these matters well worth discussing in society today. These findings have much to teach educational institutions, encouraging them to create environments that are warm and understanding--in which students can find resources and support. Furthermore, the discovered part that professional counseling plays in helping recovery underlines how much access to mental health services needs to expand for those affected. The results of this research require all sorts to go forward together and build a society that is attentive to the psychological well-being of each person; one where survivors can find shelter from abusive speech.

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