



## The Problem of Jammu and Kashmir in a Psychological Perspective: A Tale of Broken Promises

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### Introduction and Historical Analysis of the Issue of Jammu and Kashmir

According to the rule by that the bitter and bloody partition of greater India that occurred in 1947, the areas that had Muslim majority at the time of the regional division would go to Pakistan. However, the regions where Hindus were in greater numbers would remain with the Indian administrative group. In the month of October of 1947, the history noted that India had made regional incursion in the region of Kashmir, and a large group of Indian army had entered the area of Jammu and Kashmir. The region of Jammu and Kashmir had a Muslim majority, and according to the Pakistani claim, the area belonged to Pakistan. However, the region of Jammu and Kashmir is a disputed area in the eyes of United Nations [1].

The issue of the disputed area of Jammu and Kashmir is the current souring and painful point for present day Pakistan and India. Both countries have nuclear weapons, and the levels of poverty that the two nations face are also daunting to say the least. The possibility of a nuclear war is always looming in the world due to the presence of the featured regional and emotionally charged dispute. In the January of 1950, Mr. Jawaharlal Nehru, an Indian leader pledged to the people of Kashmir that India would give the residents of the region the right to choose their regional fate.

However, India did not deliver the promise of Mr. Nehru till the present date [2]. On the other hand, Pakistan had covertly initiated the freedom moment in Jammu and Kashmir by sending some undercover agents, but the Pakistani leadership deny any involvement in the affair before the whole world presently.

India is trying to control the situation of Jammu and Kashmir with forceful administration, and Indian army has a stronger hold in the region. Pakistan is also participating in the conflict over the disputed region, but Kashmiris cannot receive the required attention from the two interested countries. India claims that Kashmir is an internal Indian affair, and Pakistan is of the view that the Kashmiri region is an integral part of Pakistani area. India and Pakistan have not met the promises that the two nations have made to the people of Jammu and Kashmir, and that makes the tale of the region, a story of broken promises [3].

Pakistan and India could not go to war over Kashmir due to nuclear implications, and both countries are unwilling to withdraw their respective territorial claims. Additionally, the two military forces consider Kashmir as a burning issue, and therefore, both militaries may not appreciate the decision of Peace between the two countries due to financial, professional and egoistic issues. Soldiers and their leaders could go out of their jobs, as the United Nations would ask India and Pakistan to reduce or abolish their militaries due to the resolution of the main issue [4]. There are also resolutions that UNO has passed on the issue of Kashmir to appeal to both India and Pakistan that both countries should resolve the problem peacefully [5]. However, meanwhile, mental health of Kashmiri people is damaging due to excessive pressures that Kashmiris face in their region. India has used its army to control an insurgence in the area, and Pakistan as a smaller state could not have the military muscle to take the Kashmiri region by force. So, the future of Kashmiri people is hanging in the middle of two nuclear national forces. Majority of Kashmiris who remained in detention centers of the Indian forces may not enter their homes without a security search. A member of

a family would conduct a fake inquiry before a mentally damaged individual would proceed to enter in his or her own home [6].

## Conclusion

To start the recovery process in the area of Kashmir, India and Pakistan could open their sides of Line of Control (LoC), so that distant Kashmiri families could meet their regionally distant relatives. The path that President Pervez Musharraf of Pakistan and the Indian Prime Minister Atal Bihari Vajpayee have partially paved should develop further to regionally stabilize the area of South Asia [7]. As Musharraf said in a session with India Today, both countries of Pakistan and India may need to bury the past, and the two nations should move into the future with mutual trust. Finally, India and Pakistan could work together at the level of intelligence and military to defeat the cancer of terrorism. A common enemy could make the present foes filled with bitterness long-lasting friends.

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