



Peace journalism - tool in communication

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The journalism in Macedonia and the region is facing big difficulties:

- the least paid
- the least respected
- the most politicized
- the most corrupted
- the most censored



The role in society

- The dissatisfaction of those for whom it is informed is quite sufficient for your own dissatisfaction



The role in society

- Do you stay in this profession and die young (journalists live the shortest in comparison with other professions) or you prolong your lifetime by moving to another profession?

The role in society

- The journalist should be led by the principle of being there to inform, educate and help those who are spoken to.
- In the newest reports of journalism, it is called

PEACE JOURNALISM!



The role in society

- The risks faced by the journalists are large, but those who leave the lasting consequences is the constant stress
- There are journalists with the opinion that the race after information isn't a stress, but an interpersonal competition, in which you sometimes lose, and sometimes you win.

PEACE JOURNALISM - GOALS

- **Avoids:** treating a conflict only with visiting the place of the event, in times of violence.
- **Instead:** is trying to trace the link and the consequences for people who live in the place of the event, comparing to people who live in other places now, and in future times.



PEACE JOURNALISM - GOALS

- **Avoids:** informing for violent actions or violent politics
highlighting only visible effects
- **Instead:** peace journalism tries informing for side effects. For example long-term consequences on the psychological state and trauma that victims from violence have.



PEACE JOURNALISM - GOALS

- **Avoids:** informing only for violent acts and describing terror
- **Instead:** writing about the frustration people daily deal with due to violation.



PEACE JOURNALISM - GOALS

- **Avoids:** exclusively focusing on the people from one side of the conflict. This is the way to divide the participants on “bad and victims”.
- **Instead:** peace journalism treats every involved person in a conflict the same way, except people that act as violence triggers.



Johan Galtung

“Peace journalism represents the establishment of the story, drawing within the analysis of the conflict and its transformation”

PEACE JOURNALISM

- Represents an open door to nonviolence and creative reporting and communicating between people.



PEACE JOURNALISM

- Is more and more accepted as a way of communicating in the daily practice of finding solutions in conflict situations.



PEACE JOURNALISM

- The solution of the conflict is not something “given”, you should find it
- In that direction, educating journalist in the sense of peace journalism means equipping the journalist with **skills for resolutions for violent situations**, with directly influencing the person to become more effective professional, same as a strong individual always being able to find a solution.



PEACE JOURNALISM

- Nowadays journalist live way more intensive, having in mind the daily events that should be reported about, while always being able to offer positive solutions, or better said – always informing objectively, not cheering neither side, but consistently sending a message full of optimism.

UNDERSTANDING THE CONFLICT

- The conflict is a process in which at least two sides cannot agree on one particular goal with the same value of importance for the involved actors

Conflict and violence is not the same!!!

- Understanding the difference between the conflict and the violence is crucial for the approach in peace journalism

UNDERSTANDING THE CONFLICT

- ▶ The conflict may be positive as constructive, opening possibilities for changes, if it is managed effectively



WHAT IS A CONFLICT?

Conflicts faced daily, which are usually journalists subjects:

- Poverty, employment, housing and access to water..
- Little or no communication among involved sides
- Sides having incorrect perception for one other
- Lack of mutual trust
- Having burden from the past
- Non existent partnership among involved sides in the conflict

UNDERSTANDING THE CONFLICT

Direct violence: individuals or a group of people being ready to kill someone:

- fighting, bullying
- shooting
- bombarding
- raping



UNDERSTANDING THE CONFLICT

Cultural violence: pictures and stories in which violence is glorified:

- hate speech
- xenophobia
- legends about war heroes
- religious justification for war
- no possibility for choice
- sex violence



UNDERSTANDING THE CONFLICT

Structural violence:

- poverty
- apartheid
- institutional racism
- institutional sexism
- colonialism
- corruption



UNDERSTANDING THE CONFLICT

- **Vertically** structured violence includes economic exploitation, political repression and cultural exclusion
- **Horizontally** structured violence, forbids people who want to live together to do so, and compels those who do not want, to live together



UNDERSTANDING THE CONFLICT

- Effects of violence could not be measured with physical damages, deaths and destruction of individuals.

Mahatma Gandhi understood this when said:
“I object to violence because when it appears to do good, the good is only temporary; the evil it does is permanent.”

Visible effects:

- murders
- rapes
- violent emigration

Nonvisible effects:

- damage to social structure
- myths about the trauma and the glory as a part of the violent culture
- society losing capacities and having more cooperative access
- readiness for revenge and victory

ROLE OF MEDIA IN TIMES AND AFTER A CONFLICT



- Peace journalism is based on the assertion that the journalist's decision should have tendency to contribute, being **driving force to finding a peaceful solution towards reconciliation.**

ROLE OF MEDIA IN TIMES AND AFTER A CONFLICT

- Communication among people is described as “mechanism through which specific relationship evolve – as all aspects in the human brain, and as a way human kind transmits its own thoughts and keeps them in specific time and space”



ROLE OF MEDIA IN TIMES AND AFTER A CONFLICT

- ➡ As the maxim of peace journalism, before writing about a particular subject, specially if it is a consequence of a long-term process which includes a conflict, followed by the phase of reconciliation, it is needed to explore the chronology of events.
- ➡ **Every information has its own message!**



NONE INFORMATION IS INNOCENT

- When treating stories in times of war, it is very easy to manipulate. People who are written about, while being victims of a specific conflict are marginalized and vulnerable at the given moment



NONE INFORMATION IS INNOCENT

- What is common for all the stories coming from a war space, is that the information refer to a particular person or people, but the characters in the stories are passive victims



FOR MEDIA WORKERS...

- Of great importance is the journalist! Learn the language of peace journalism, learn to use peace words, and take the involved sides to a peace solution
- Journalist usually find themselves in conflict situations, military conflicts, between criminal groups
- What should be an imperative for journalists is the collaboration among themselves

MEDIA AND STRESS

- ▶ Performing the complex work, journalists are often struck by stress. This is also one of the main reasons that a number of journalism studies have included trainings for dealing with trauma and traumatic stress within their programs, integrated in peace journalism studies.



MEDIA AND STRESS

- Post-traumatic stress is mentioned for the first time by an American psychiatrist after the Vietnam War
- Sure enough the stress does not appear only as a result of a conflict or a war

MEDIA AND STRESS

- In the modern journalism of events, journalists reporting from conflict situations or natural disasters are referred to as journalist reports from catastrophes (catastrophe journalist).
- Trauma is an injury, other than a physical wound, but it feels deep in the human body.

MEDIA AND STRESS

The list of disasters that journalists encounter during their working lives are:

- War clashes;
- Natural accidents;
- Traffic accidents / aircraft;
- Confirmation;
- Terrorism;
- Murders;
- Personal tragedies;

MIGRANT CRISIS

MEDIA AND STRESS

- ▶ Stories where trauma is mainly mentioned are sensationalistic, and “**full with blood**”



MEDIA AND STRESS

- Sometimes journalists want to accept "macho culture" and thus show that they can not get hit any story, assuming that they are not part of the story and are not affected by it.



MEDIA AND STRESS

- A disadvantage among journalists is that they, like every person, have feelings and can not remain immune when they report the **suffering of people, especially women and children.**



MEDIA AND STRESS

- Journalists may want to believe that they are untouchable and play superheroes, but unfortunately, recent research in this field shows that **the journalism profession is one of the most intriguing.**

MEDIA AND STRESS

- According to the Canadian psychiatrist Anthony Feinstein, research has been done on 140 military reporters, producers and cameramen, and the results show that **every fourth of them had clinical symptoms of post-traumatic stress.**
- These individuals also fell in communication with others (50 percent of them divorced in the current year), were prone to depression, social hardship and alcoholism. Many of them suffered from insomnia, poor concentration and hyper sensitivity.

MEDIA AND STRESS

- Journalists as all people included in a specific story with a sad end are susceptible to stress



MEDIA AND STRESS

Everyone who reports or works on a traumatic story, no matter if is writing it, making pictures of it or films it, is in the risk group of journalists

- those who collect information for the story
- those who have direct contact
- those who produce material from the event
- and don't forget those at home

MEDIA AND STRESS

Those who collect information for the story:

- correspondents
- cameramen
- producers
- translators
- logistics
- technicians, tints, engineers
- managers, editors

MEDIA AND STRESS

- Those who have direct contact:
field reporters
- Those who produce material from the event:
Photography editor, producer, editor
- And don't forget those at home:
Family, partner, children

MEDIA AND STRESS

- Timely treatment of stress may be in favor, specially not leaving marks to the health

THE KEY IS THE CONCIOUS



MEDIA AND STRESS

DO:

- Get back in your daily routine as soon as possible
- Talk about what has happened and about your feelings
- Meditate
- Eat and exercise regularly
- Get back to the place of the incident as soon as possible
- Get back to the work place
- Communicate with the doctor

MEDIA AND STRESS

DON'T:

- Isolate yourself
- Hide your emotions
- Drink alcohol
- Forget to eat
- Use vacation

MEDIA AND STRESS

ACTIVE LISTENING:

- ▶ Listen yourself and others! Find time to hear your colleague –and if you don't have time, find someone to exchange you and hears your interlocutor.

MEDIA AND STRESS

VICTIMISATION

- Journalists are always a risk group, having in mind they relive the event a second time when writing the story on what happened.



MEDIA AND STRESS

COUNSELING

- Make the counseling and support you can give to other victims of post-traumatic stress useful

MEDIA AND STRESS

Learn to think

- Pain is reduced when the victim (journalists who lived through post-traumatic stress) will share his/her experience with others, by helping other colleagues deal with the stress easily

MEDIA AND STRESS

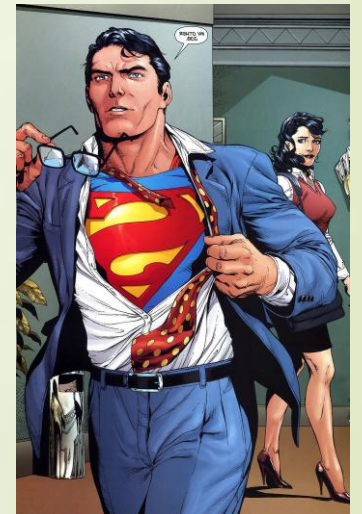
On the front line

- Unsolvable situation from stress may create an emotional imbalance

MEDIA AND STRESS

The media worker is not Superman

- Minimizing the traumatic situation and feelings in that moment, is not healthy. Every person has a different reaction to a traumatic situation. Some appear to master the situation, and others don't



MEDIA AND STRESS

Know when to “turn off”

- You should know that everything has a measurement, as well as the journalism as a profession. It means you need to know when to stop, making time for rest, lunch, or a sleepover. Make yourself and you colleagues to do the same –to know when it's rest time!

МЕДИУМИТЕ И СТРЕСОТ

Management support

- Journalist often know to remind the manager/editor for what happened to a colleague, but never for themselves.

MEDIA AND STRESS

Interpersonal support

- Following an event with traumatic content, especially if it's done at the place of the event, can be a period where the involved sides are irritated by each other, with no working atmosphere. That's why journalists need interpersonal support

MEDIA AND STRESS

Monitoring

- Talk with people who you can exchange experience, or with people with similar experience as yours.

MEDIA AND STRESS

Resolution and conclusion

- Unsolvable traumatic memories may keep you out of the job unconsciously. Find a way to close the circle – talk, accept what has happened and try to understand the new situation

MEDIA AND STRESS

Say what you need!

- After a traumatic situation, individuals or the team working on victim support may stay a day or more to tell the experiences and try to help each other out.
- If this is acceptable for you, it is important to ask for help and answer on all unsolvable situations from your colleagues.

MEDIA AND STRESS

OBSESSION WITH WORK

- The family struggles when the journalist is obsessed with his work

A TV journalist has stated: The intensity of my job sometimes makes me forget I have a family. The family is not enough interesting, not as the story I work on and which may cause a particular reaction in society

Ви благодарам за вниманието!

Hvala vam na paznji!

Thank you for attention!

