

A Study of Institutional Pressures, Safety Risks, and Professional Coping Strategies of Journalists in Punjab

Zahid Sohail¹, Dr. Abdul Shakoor², *Dr. Sajjad Ali³, Muhammad Irfan⁴

1. M.Phil. Scholar in Department of Mass Communication, Lahore Leads University
2. Assistant Professor/Chairman Department of Mass Communication Lahore Leads University Lahore
3. Assistant Professor, Department of Journalism and Mass Communication, University of Malakand, **(Corresponding Author)**
4. Ph.D., School of English, Irish and Communication, University of Limerick, Ireland

Abstract

Numerous problems and difficulties confront the journalism profession globally, and these problems can be especially complicated in smaller, more localized contexts. One of the best examples of how particular socio-political, economic, and cultural elements influence the difficulties experienced by journalists is the district of Hafizabad in Punjab, Pakistan. One can gain a sophisticated grasp of how media professionals' function in a high-pressure, generally under-resourced setting by investigating the problems and difficulties faced by journalists in Hafizabad. Hafizabad's journalists face particular challenges brought on by a lack of professional resources, stringent laws, worries about their safety, unstable finances, and social restrictions. Together, these elements have an effect on journalism quality and create obstacles to impartial reporting, significantly influencing Hafizabad's media environment. For journalists in Hafizabad, censorship and governmental regulations pose a serious obstacle. Pakistan's government has long monitored media freedom, and there are more limitations in place for smaller cities like Hafizabad. Journalists are frequently under pressure to support the opinions of the local government or refrain from covering topics that can be seen as divisive. The reason for this self-censorship is a fear of retaliation, which can take the form of physical or verbal threats. The problem is made worse by the lack of clear laws protecting journalists' freedom, which makes many reporters believe that their employment are constantly in jeopardy. Since these subjects may attract consequences that smaller, local media outlets are ill-prepared to handle, the absence of institutional support deters many journalists from pursuing stories on corruption, violations of human rights, or poor government administration. Journalists in Hafizabad are also seriously threatened by safety issues, which frequently deter them from reporting delicate subjects. The range of stories that journalists are willing to cover is constrained by the possibility of physical damage, intimidation, and harassment by powerful people or organizations. Investigating powerful entities raises serious concerns about journalists' personal safety since these players frequently use coercion to keep control of public narratives.

Keywords: Journalism, Media Freedom, Censorship, Safety Concerns, Financial Constraints, Government Policies, Social Pressures.

Introduction

Investigating the Problems and Difficulties of Hafizabad Journalists is an important research topic because it clarifies the dynamics of journalism in a local setting. A microcosm of the

difficulties experienced by journalists in rural and semi-urban areas is Hafizabad, a comparatively small district in Punjab, Pakistan. In this area, journalists frequently operate in demanding environments and face numerous obstacles that affect their capacity to report successfully. The absence of funds and resources is one of the main problems. Many journalists struggle to create high-quality content because they lack access to contemporary tools, equipment, and training. These difficulties are made worse by low compensation and irregular payments from media companies, which push some people to take on second jobs in order to make ends meet. Furthermore, political influence and pressure are widespread; local political actors and important people regularly intimidate or coerce journalists. In order to protect themselves, journalists may self-censor by refraining from covering delicate subjects.

The dearth of possibilities for professional development is another significant issue. Hafizabad journalists frequently do not have access to training programs, workshops, or seminars that could improve their abilities and keep them abreast of the most recent developments in journalism. Additionally, journalists lack a powerful collective voice to fight for their rights or bargain for improved working circumstances due to the lack of strong unions or associations. Opportunities and difficulties are presented by digital transformation and the growth of online journalism. Social media platforms offer a way to reach a larger audience and report stories instantly, but they also raise issues with false information, lack of trustworthiness, and heightened competitiveness. Safety and security issues are also very important. Like those in other regions of Pakistan, journalists in Hafizabad are frequently at risk of being threatened by criminal organizations, extremist groups, and even police authorities. These threats may manifest as physical assaults, verbal abuse, or legal challenges like arbitrary arrests or defamation lawsuits. Journalists' mental health and general well-being are impacted by this hostile environment, which fosters a continual state of terror. Another aspect is gender-based difficulties, as female journalists encounter particular obstacles such as harassment, restricted mobility, and societal biases that further limit their involvement in the field. The life of journalists in Hafizabad is made more difficult by infrastructure issues including erratic internet connectivity and a lack of dependable transit. Their capacity to promptly collect, validate, and distribute information is hampered by these problems. Notwithstanding these challenges, Hafizabad's journalists are essential to informing the public and holding government officials responsible. They draw attention to topics like public health, education, infrastructure development, and local governance, frequently in challenging situations. In-depth investigation of these issues not only draws attention to their predicament but also provides a basis for potential remedies. To guarantee a free and fair press in Hafizabad, suggestions can include raising media literacy, offering financial assistance, putting safety procedures in place, and encouraging cooperation between media outlets and governmental entities. Understanding journalists' problems at the grassroots level and enhancing journalism's ability to promote democratic values in local communities depend heavily on this research.

Responsibilities of Journalists

As both storytellers and watchdogs, journalists retain a special place in society and are charged with both educating the public and maintaining moral principles. Their dedication to responsibility, transparency, and truth-seeking is at the core of their work. As the eyes and ears of society, journalists illuminate topics that influence our collective understanding and offer a window into the complexity of the world. By amplifying voices that might otherwise go unheard and holding people in positions of authority accountable for their actions, they act as a crucial link between the powerful and the weak (Olubunmi & Rita, 2023). There are ethical issues with this position. Journalists must resolve a wide range of moral conundrums by striking a balance between the public's right to know and the need to prevent harm. Their behavior is governed by a rigorous code of ethics, which includes values like independence, justice, and accuracy. In order to maintain objectivity and prevent undue influence on their reporting, journalists must also be on the lookout for the ubiquitous influence of prejudice

(Olayinka & Odunayo, 2024). Journalists are essential in thwarting lies and disinformation, maintaining the integrity of the profession, and preserving public confidence in an age marked by the growth of digital media and the quick dissemination of erroneous information. As journalists work to carry out their responsibilities as stewards of the truth and defenders of democracy, their roles and ethics are essentially interwoven, one influencing and creating the other (Duncan, 2023). Because they serve as the public's eyes and ears and bring attention to topics that could otherwise go unnoticed or unnoticed, journalists are essential to increasing awareness and promoting educated conversation in society. By giving people the knowledge they need to comprehend the world and make wise decisions for their communities and lives, journalists have the ability to empower, educate, and enlighten people through their reporting. Whether exposing environmental dangers, exposing government corruption, or elevating the voices of underrepresented groups, journalists act as change agents, igniting discussions that could influence laws, alter public perceptions, and ignite grassroots movements (Gollmitzer, 2023). As watchdogs for democracy and defenders of the rights and liberties of all citizens, journalists contribute to openness and accountability in government and society by speaking truth to power and holding the strong accountable. The role of journalists as truth-tellers and defenders of integrity is more crucial than ever in this age of fake news and disinformation. They put in endless effort to distinguish fact from fiction and serve as a trustworthy source of information in a world that is becoming more divided and complicated (Jamil & Gifty, 2023). Journalists are vital in creating a culture of consciousness, empathy, and involvement in society by adhering to ethical reporting standards and working in the public interest. They help to heal divisions, construct bridges and create a more just and equitable world for all (Carvajal & Barinagarrementeria, 2023). As journalists traverse the challenging landscape of reporting and storytelling, their behavior and decisions are shaped by the ethics of journalism, which act as the moral compass governing the field. Fundamentally, journalistic ethics ensure that journalists follow the highest standards of professionalism and integrity in their work by upholding the values of truth, accuracy, fairness, and transparency. Telling the truth, even when it is difficult or inconvenient, and presenting facts in an objective, straightforward, and honest way are essential components of these principles (Hujanen, et al., 2023). In order to prevent the dissemination of false information or rumors that could erode public faith in the media, journalists should make every effort to confirm the veracity of their sources and information. In addition to treating their subjects with respect, decency, and empathy, journalists have an obligation to seek out a variety of voices and opinions that reflect the entire spectrum of societal experiences and points of view. When reporting on delicate or painful events, this entails using tact and care while making sure that people's privacy and dignity are upheld (Judijanto, et al., 2024). It is imperative that journalists disclose any potential conflicts of interest or prejudices that might affect their reporting, as well as their methodology and objectives. By following these moral guidelines, journalists may maintain public confidence and carry out their crucial job as democratic watchdogs, holding the powerful accountable and providing citizens with the knowledge they need to make decisions about their communities and lives (Paik, 2023).

Challenges for Journalists

In today's quickly changing media environment, journalists must contend with a wide range of obstacles as they work to fulfill their fundamental duties as storytellers and truth-seekers in the face of conflicting demands and interests. The growth of fake news and disinformation, which is encouraged by social media's widespread use and the breakdown of conventional gatekeeping systems, is one of the biggest problems. Distinguishing fact from fiction has become more challenging in a time when anybody with an internet connection can spread information to a worldwide audience, eroding public confidence in the media and causing confusion and division in society. As they deal with adversarial forces who aim to stifle dissent and manipulate the narrative, journalists face increasing risks to their safety and security both online and offline (Jahng, et al., 2023). In their efforts to hold the powerful accountable and elevate the voices of the oppressed and marginalized, journalists face

censorship, intimidation, and legal retaliation, as well as threats ranging from physical violence and imprisonment to cyber-attacks and online harassment (Greste, 2023).

As journalists endeavor to uphold the greatest standards of accuracy, impartiality, and integrity in their reporting, they face enormous obstacles due to the unrelenting 24-hour news cycle and the demand to produce information at breakneck speed (Karlsson, et al., 2023). The temptation to emphasize sensationalism and click bait headlines can be all too real in a setting where views and clicks frequently take precedence over depth and content, weakening the media's credibility. As traditional media institutions struggle with falling advertising revenues and the rise of digital disruption, journalists too have to deal with limited resources and newsrooms. Many areas are now underserved and under informed as a result of budget cuts, layoffs, and a drop in investigative journalism (Georgieva, et al., 2023). As they balance the conflicting demands of advocacy, impartiality, and objectivity, journalists encounter moral conundrums and conflicts of interest in their reporting. Journalists must find a careful balance between avoiding party prejudice and holding those in positions of authority accountable in an increasingly divisive political environment, all the while elevating a range of voices and viewpoints in society. This calls for a sophisticated comprehension of intricate matters and a dedication to exposing the entire spectrum of opinions and experiences, especially those that may be divisive or unpopular (Mishra, 2023). As they attempt to harness the power of technology while reducing its potential for harm, journalists must contend with the ethical implications of emerging technologies and digital tools, ranging from algorithmic prejudice and privacy concerns to deep fake films and manipulated photos. Notwithstanding these obstacles, journalists are unwavering in their resolve to conduct their work with the utmost professionalism, ethics, and public service. Journalists can overcome these obstacles and carry on with their essential role as democratic watchdogs, providing citizens with the knowledge they need to make decisions about their lives and communities by embracing innovation, adjusting to change, and adhering to their core values. By doing this, individuals can contribute to the creation of a society that is more informed, just, and equal for all (Morris & Yeoman, 2023). In the course of their daily quest for responsibility and the truth, journalists deal with a wide range of intricate issues. The most significant of these difficulties is the constant danger of censorship and press freedom suppression, especially under authoritarian governments where opposition is greeted with severe retaliation. As they work to expose corruption, human rights violations, and the voices of the underprivileged, journalists run the risk of being harassed, intimidated, imprisoned, and even attacked. Furthermore, the public's mistrust of the media has been made worse by the proliferation of digital disinformation and false news, which has damaged journalists' credibility and increased doubt about verified information (Shah, et al., 2023). Journalists struggle to separate reality from fiction and maintain the integrity of their reporting in a time of echo chambers and viral lies. Sensationalism has become more important than substance, and investigative journalism has declined as a result of the 24-hour news cycle's unrelenting pace and the need to provide information that would make readers click. This, together with declining funding and newsrooms, has left many communities under informed and underserved, aggravating already-existing disparities and depriving vulnerable groups of their rights (Galvin, 2024). Journalists must negotiate moral conundrums and conflicts of interest by striking a balance between the need to promote justice and the truth and the requirement to maintain objectivity and impartiality. In a political environment that is becoming more and more divided, journalists are subject to criticism and scrutiny from all sides. They are frequently the targets of partisan attacks and smear operations that try to undermine their work and silence dissent. Notwithstanding these significant obstacles, journalists continue to be dedicated to maintaining the highest standards of honesty, professionalism, and public service. They put forth endless effort to expose injustice, hold the powerful accountable, and provide citizens with the knowledge they require to make wise decisions regarding their communities and personal lives (Tanjung, et al., 2023).

In their pursuit of their crucial responsibility as defenders of democracy and stewards of the truth, journalists must deal with a wide range of urgent concerns. The most significant of these issues is the ongoing danger to press freedom and the decline of media independence, especially in areas where authoritarian governments suppress dissent and silence dissenting opinions. As they work to expose corruption, human rights violations, and the voices of the underprivileged, journalists run the risk of being censored, harassed, imprisoned, and even attacked (Malcorps, et al., 2023). The public's mistrust of the media has been made worse by the proliferation of digital disinformation and fake news, which has damaged journalists' credibility and created a climate in which propaganda and sensationalism frequently overshadow the truth. Journalists struggle to separate fact from fiction, fight misinformation, and maintain the integrity of their reporting in the face of constant scrutiny and skepticism in an age of information overload and viral lies (Holton, et al., 2023). As corporate interests increasingly control the news agenda and influence public opinion, the changing landscape of media ownership and consolidation presents serious obstacles to editorial autonomy and journalistic independence. As traditional media institutions struggle with diminishing advertising income and the disruptive powers of digital disruption, journalists face dwindling resources, shrinking newsrooms, and uncertain job security. Layoffs, budget cuts, and a decrease in investigative journalism have resulted from this, leaving many communities under informed and underserved, aggravating already-existing disparities, and denying vulnerable populations their right to vote (Porlezza, 2024). As they traverse the challenging landscape of reporting, journalists must strike a balance between the need to promote justice and the truth and the requirement to maintain objectivity and impartiality. This leads to ethical quandaries and conflicts of interest. Journalists are frequently the targets of partisan attacks and smear operations in an increasingly divisive political environment, which further erodes public confidence in the media and jeopardizes the foundations of democracy by disparaging their work and compromising their credibility. Notwithstanding these significant obstacles, journalists continue to be dedicated to maintaining the highest standards of honesty, professionalism, and public service. They put forth endless effort to expose injustice, hold the powerful accountable, and provide citizens with the knowledge they require to make wise decisions regarding their communities and personal lives (Agha& Demeter, 2023).

Statement of the Problem

Examining the problems and difficulties that journalists encounter, especially in places like Hafizabad, reveals a complicated web of barriers that prevent them from carrying out their vital function as information distributors and democratic defenders. The lack of resources for journalists working at the district level is a major issue; newsrooms there frequently struggle with inadequate financing, antiquated equipment, and a lack of training opportunities. In addition to making it difficult for reporters to carry out in-depth investigative reporting, this lack of resources makes them open to abuse by influential groups looking to shape the story. As they traverse a terrain influenced by political favoritism, intimidation techniques, and limitations on press freedom, journalists encounter particular difficulties with regard to access and censorship. Journalists who work to expose corruption, expose wrongdoing, and elevate the voices of underprivileged people face harassment, violence, and legal ramifications in areas like Hafizabad, where local power dynamics and vested interests are significant. Additional challenges for journalists include the proliferation of false news and navigating the intricacies of online platforms while maintaining the highest standards of journalistic integrity. These challenges are brought on by the growth of digital misinformation and the decline in public confidence in the media. Notwithstanding these significant barriers, Hafizabad's journalists exhibit fortitude, ingenuity, and an unwavering dedication to their profession, working nonstop to enlighten, educate, and empower their communities.

Research Objectives

- To examine the unique difficulties that journalists in Hafizabad, Pakistan, encounter, such as a lack of funding, political pressure, and obstacles to access.
- To analyze how these difficulties, affect journalists' capacity to carry out their responsibilities as defenders of democracy and suppliers of truthful, objective information to regional populations.
- To examine possible approaches and measures to deal with these issues and improve Hafizabad journalism's efficacy and resiliency.

Research Questions

- What are the main obstacles to access, political pressures, and resource constraints that journalists in Hafizabad, Pakistan, must contend with?
- How do these obstacles affect journalists' capacity to carry out their responsibilities as truthful information providers and democratic defenders in their communities?
- What tactics and measures can be taken to deal with these issues and improve Hafizabad's journalism's efficacy?

Literature Review

South Asia's varied socio-political landscape and intricate dynamics are reflected in the region's many and varied challenges for journalists. The constant threat of violence and intimidation that journalists deal with on a daily basis is one of the biggest obstacles. Reporters who cover delicate subjects like terrorism, religious extremism, and government corruption run the risk of being kidnapped, attacked, or even killed in nations like Pakistan and Afghanistan, where extremist organizations operate in some areas with relative impunity. Similar to this, internet harassment campaigns, trolling, and smear operations sponsored by political radicals or government supporters frequently target journalists in India who are critical of the ruling party or connected to underrepresented groups (Kamboh, et al., 2024). Because governments throughout the area frequently use censorship, regulatory limitations, and state-owned broadcasting networks to control the flow of information and repress dissent, the lack of press freedom and independent media outlets makes the hazards facing journalists even worse. For example, authorities in Bangladesh have passed legislation giving them the authority to detain bloggers and journalists who are accused of disseminating "fake news" or damaging the nation's reputation. This effectively silences critics and restricts the right to free speech (Wadud, 2021). Further undermining journalists' capacity to hold the powerful accountable and act as watchdogs for the public good are institutionalized impunity, systematic corruption, and a culture of censorship. Journalists face significant challenges in their attempts to find and report on cases of graft, abuse of power, and political malfeasance in nations like Nepal and Bhutan, where democratic institutions are still developing and the rule of law is frequently threatened by patronage networks and bureaucratic inefficiencies. Furthermore, the integrity and independence of journalism in the area are seriously threatened by the widespread self-censorship among media workers, which is motivated by economic pressure or fear of reprisals (Yin, 2011). Despite these significant challenges, South Asian journalists continue to show incredible fortitude, resourcefulness, and dedication to their work often at considerable personal risk. Media professionals are essential in elevating underrepresented voices, exposing wrongdoing, and promoting social justice, whether they are investigative journalists exposing corporate malfeasance and government corruption in urban centers or grassroots community reporters covering local issues in rural villages (Sharma, 2024). Vibrant civil society movements and independent media outlets have arisen in nations like Bangladesh and India to oppose authoritarian tendencies and protect press freedom. These groups have mobilized public opinion and sparked grassroots activism on topics like human rights, gender equality, and environmental sustainability (Lehmann-Jacobsen, 2017).

A new generation of online activists and citizen journalists has been given the ability to overcome conventional censorship and spread alternative narratives that question the status quo thanks to the development of digital media and social networking sites. As vital defenders of the public interest and catalysts for social change in the region, journalists in South Asia continue to be dedicated to preserving the values of truth, accountability, and democracy in spite of the enormous obstacles they encounter (Jamil & Sohal, 2021). The need of journalists in holding those in positions of authority accountable, elevating underrepresented perspectives, and promoting educated public discourse is more than ever as South Asia continues to struggle with the challenges of economic growth, social change, and political transition. Only by preserving journalistic independence, protecting press freedom, and assisting media professionals in their work can South Asia aspire to realize its full potential as a vibrant and inclusive democratic society (Jamil, 2021).

Challenges to Journalists in Pakistan

Pakistani journalists encounter numerous obstacles resulting from political, social, and economic elements, all of which make the media landscape extremely dangerous. The danger to one's own safety is the most pressing of these issues. Reporters frequently work in a violent environment where political parties, extremist organizations, and even governmental actors use physical assaults, threats, and harassment to exert pressure. With multiple incidences of assassinations and kidnappings, Pakistan is ranked as one of the most hazardous nations for journalists by a number of human rights organizations. The ability to freely and critically report on delicate subjects like terrorism, corruption, and violations of human rights is seriously hampered by this atmosphere of fear (Ghafar, et al., 2023). Physical dangers Pakistani journalists face severe censorship and legal restrictions. The government tightly regulates what is published and aired through organizations like the Pakistan Electronic Media Regulatory Authority (PEMRA). Charges of defamation, sedition, or breaking cybercrime laws are among the many legal actions that journalists routinely face and are frequently employed as means of silencing dissenting opinions. Self-censorship turns becomes a survival tactic because breaking the law might have serious consequences, such as losing one's job or going to jail (Siddiqua, et al., 2023). Pakistani journalism is likewise beset by economic difficulties. Financial instability affects many media outlets, which results in low pay, unstable employment, and a lack of resources for in-depth investigative reporting. Because media outlets may become dependent on advertising money from businesses or political entities, this economic susceptibility frequently leads to compromised editorial independence, which in turn influences coverage (Qusien & Robbins, 2024). Digital media's introduction has presented both possibilities and difficulties. Social media platforms give journalists new avenues for reporting and speech, but they also expose them to threats and harassment including cyber-attacks and online trolling. The challenge of guaranteeing truthful and accountable media is made more difficult by the quick dissemination of false information and fake news on these platforms (Sakha & Shah, 2019). Another level of intricacy is introduced by Pakistan's social setting. Women journalists, in particular, encounter additional obstacles, such as gender-based harassment and discrimination, due to ingrained patriarchal standards and regional differences. In rural places, where resources and support systems are scarce, these challenges are made worse. In order to advance press freedom, safeguard journalists, and create an atmosphere where the media can function freely and securely, the national and international communities must work together to address the complex and pervasive issues that Pakistani journalists face (Sharif & Pasha, 2024).

District-based journalism in Pakistan

In Pakistan, district-based journalism is essential for shedding light on the distinctive problems and tales of local people that are sometimes ignored by national media. By showcasing the unique difficulties and successes of every district, this grassroots journalism serves as the cornerstone of informed citizens in the vast and varied country. However, there

are other barriers that district-based reporters must overcome in order to report successfully. The scarcity of resources is one of the main issues. Local media organizations frequently have tight funds, which limits their ability to invest in investigative journalism, cover stories in-depth, or give their reporters the proper guidance and assistance. The competition from domestic and foreign media, which frequently control advertising income, makes this financial limitation worse (Kirk, 2017). For Pakistani journalists working in districts, safety and security are of utmost importance. These reporters usually operate in politically delicate and unstable settings where local power structures may be antagonistic to press freedom. In addition to being threatened by criminal organizations and militant groups, they are also threatened by powerful local individuals and political organizations that may use violence or intimidation to stifle negative press. These journalists' vulnerability is exacerbated by the absence of strong legal protections and support systems, which leave them, open to retaliation (Qamar et al., 2020). Self-censorship and censoring are also common problems. Local journalists are frequently under pressure to serve the interests of influential local stakeholders, such as landowners, business tycoons, and political figures. This pressure may result in skewed reporting and the leaving out of important stories that could harm the reputation of powerful people. Journalists frequently engage in self-censorship out of fear of retaliation and the possibility of financial consequences, which compromises the objectivity and dependability of local journalism (Del Bianco, 2024). Disparities in technology pose yet another important obstacle. While comparatively more developed digital infrastructure may be advantageous in metropolitan regions, many rural districts do not have access to the internet connectivity and technology required for modern journalism. Local journalists' capacity to use social media and other digital platforms for reporting and audience engagement is hampered by the digital divide. As a result, their influence and scope are greatly reduced (Azam, et al., 2022). District-based journalism is still an essential part of Pakistan's media environment in spite of these obstacles. It guarantees that a range of viewpoints are represented, encourages community involvement, and offers a forum for discussing regional concerns that might otherwise go unnoticed. For Pakistan's media to continue to grow and become more democratic, efforts must be made to support and expand district-based journalism through increased money, better security, and technological assistance. District-based journalism may flourish and help create a more knowledgeable and capable public by tackling these issues (Riaz, 2015).

Challenges and Issues District-based journalists in Pakistan

Many district-level media outlets operate on shoestring budgets, which limits their ability to conduct in-depth investigations or comprehensive reporting. One of the biggest challenges facing district-based journalists in Pakistan is the lack of funding, which also hinders their access to necessary tools and technologies, such as high-quality cameras, recording devices, and dependable internet connectivity, further limiting their reporting capabilities. Such financial strain frequently results in low compensation for journalists, which lowers morale and increases turnover rates (Siraj, et al., 2024). For journalists working in the districts, safety and security are of utmost importance. They usually face dangers from a variety of sources while working in unstable situations, including criminal organizations, militant groups, and influential local people like politicians and landowners. This problem is made worse by the lack of strong legal protections, which expose journalists to violence, harassment, and intimidation. Reporting on delicate subjects like land conflicts, corruption, or violations of human rights can have serious consequences in some areas, such as physical assaults, kidnappings, or even murder. Journalists frequently engage in self-censorship out of fear of reprisals, which undermines the objectivity and comprehensiveness of their reporting (Khan, et al., 2023). One major obstacle is censorship, both direct and indirect. In order to safeguard their interests, powerful local stakeholders frequently put pressure on local journalists to dominate the narrative. Direct threats, court cases, or financial pressures like the loss of advertising revenue are some ways that this pressure may appear. The ensuing self-censorship

restricts the public's access to objective information and threatens journalistic independence. District-based journalists also face additional challenges because the government's regulatory framework and media regulations can be used as instruments to suppress negative news and quash dissent (Kalansooriya, 2010). Disparities in technology pose yet another significant obstacle. While improved digital infrastructure may be advantageous to urban journalists, many rural districts lack access to current communication tools and have poor internet connectivity. District-based journalists' capacity to use internet platforms for audience interaction and news distribution is hampered by the digital divide. As a result, their influence and audience are greatly reduced, and they find it difficult to compete with major media organizations that possess far more resources (Hussain, et al., 2022).

The difficulties district-based journalists encounter is also influenced by social and cultural variables. Women's participation in journalism is restricted in many places by ingrained patriarchal standards and cultural expectations, which also expose them to other obstacles including discrimination and harassment based on their gender. These cultural limitations have the potential to suppress different viewpoints and impede the general development of a robust local media landscape (Zamir & Jullandhry, 2021). In Pakistan, district-based journalists work under extreme pressure, dealing with issues related to money, safety, censorship, technology, and society. Better funding, safety and legal protections, closing the digital divide, and fostering an environment that is welcoming and encouraging for all journalists are all necessary to address these problems (Arain, 2023).

Research Methodology

The study aims to investigate the challenges faced by the Hafizabad (district of Punjab province) journalists, such as a lack of resources, political pressures, and safety worries. To better understand the effects of these problems on journalists' work and professional lives, a combination of quantitative analysis was used to collect in-depth perspectives. In this research the researcher used the survey method for data collection. Survey method is a procedure through which researcher uses different tools (questionnaire and interview) to find out the answers of the proposed research. (Priscilla, 2005). Data was collected from one hundred nineteen (119) through a questionnaire (5point Liker scale). Through statistical analysis of possibilities, difficulties, and advantages, the study seeks to produce data that provides a quantitative knowledge of their viewpoints in this ever-changing field. Respondents assisted in accurately completing the questionnaire, even though it was self-administered. However, the completed questionnaires had a number of errors. The following stage was to make the data logical and usable for statistical analysis when the survey was successfully finished and the data was gathered. A valid and trustworthy analysis can only be ensured provided the collected data is accurate and properly cleaned. In other words, surveys that were erroneous, deficient, pointless, and illogical were removed from the collected data. In order to prepare the data for analysis, this study used a variety of procedures, or a combination of statistical and non-statistical techniques.

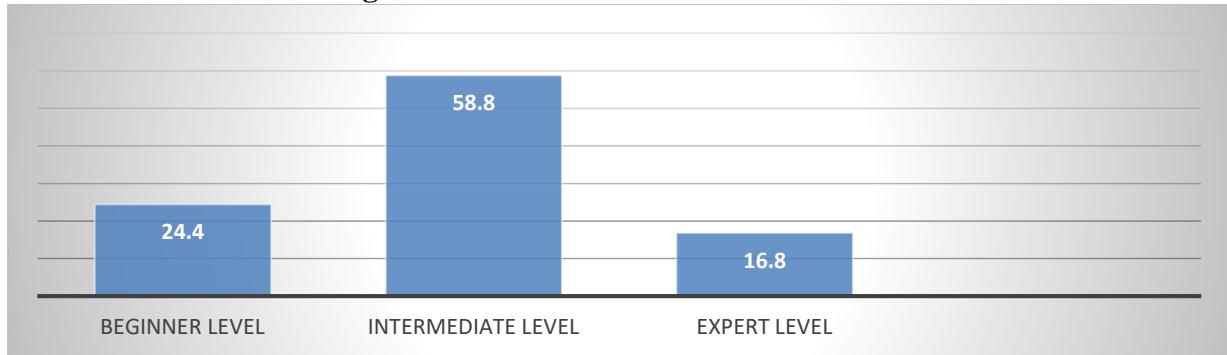
Results

Table 1: Age Group of Respondents

Age	Frequency	Percent	Valid Percent	Cumulative Percent
25-34	29	24.4	24.4	24.4
35-44	70	58.8	58.8	83.2
45-60	20	16.8	16.8	100.0
Total	119	100.0	100.0	

Three separate age groups 25–34, 35–44, and 45–54 are represented in the data from Table 1. The above table shows that 29 (24.4%) respondents belong from the age group of 25–34 years, 70 (58.8%) respondents belong from the age group of 35–44 years while 20 (16.8%) respondents belong from the age group of 45–60 years. When the first age group (25–34) is included, 24.4% of the entire sample is accounted for; when the second group (35–44) is added, the cumulative percent increases to 83.2%; and when the third group (45–60) is included, the total becomes 100%. This is how the cumulative percent shows how the data accumulates across the groups.

Figure 1: Professional Level of Journalists



The findings for individuals who were divided into three proficiency levels beginner, intermediate, and expert are shown in figure. The figure shows that there are 29 (24.4%) respondents/journalists belong from the intermediate level, 70(58.8%) respondents/journalists belong from the intermediate level while 20(16.8%) respondents/journalists belong from the expert level. The journalists who have less than 2 years of experience belong from the beginner level, the journalists who have less than 5 years of experience belong from the intermediate level, while the journalists who have more than 10 years of experience belong from the expert level. The results show that most of the journalists of Hafizabad are belong from the intermediate level and only few 20(16.8%) journalists are experts of their field.

Table 2: Chi-Square Tests

	Value	Df	Asymptotic Significance (2-sided)
Pearson Chi-Square	62.972 ^a	8	.000
Likelihood Ratio	61.773	8	.000
Linear-by-Linear Association	3.314	1	.069
N of Valid Cases	119		

a. 3 cells (20.0%) have expected count less than 5. The minimum expected count is 3.67.

The findings of the Chi-Square tests used to investigate the connections between different categorical variables pertaining to the experiences and difficulties faced by journalists in Hafizabad are shown in Table 2. According to reports, the Pearson Chi-Square value is 62.972 with 8 degrees of freedom and a two-sided asymptotic significance of .000. This finding suggests that the variables influencing journalists' experiences are not independent of one another, as there is a statistically significant correlation between the variables examined. This conclusion is also supported by the likelihood ratio, which has a value of 61.773 and a significance level of .000. Additionally, the linear-by-linear connection has a value of 3.314 and a significance level of .069, which suggests a possible trend that merits more research even though it is not statistically significant at the 0.05 level. Reliability of the Chi-Square test results may be impacted by the analysis's noteworthy finding that 20% of the cells (3 out

of 15) have expected counts below 5, with a minimum expected count of 3.67. All things considered, these results highlight how interrelated the problems that Hafizabad's journalists encounter are and how a comprehensive strategy is required to solve the problems in the media environment.

Table 3 (a): Correlations rapid development and training

		Rapid Development	Proper Training
Access to proper training programs	Pearson Correlation	1	.171**
	Sig. (2-tailed)		.003
	N	119	119
Digital media has affected traditional journalism	Pearson Correlation	.171**	1
	Sig. (2-tailed)	.003	
	N	119	119

**. Correlation is significant at the 0.01 level (2-tailed).

The correlation study examining the connections between Hafizabad journalists' access to appropriate training programs, the media landscape's rapid expansion, and the influence of digital media on conventional journalism is shown in Table 3 (a). With a Pearson correlation coefficient of 0.171, the analysis shows a substantial positive association, suggesting that perceptions of quick progress rise in tandem with availability to appropriate training programs. At the 0.01 level (2-tailed), this link is statistically significant, indicating that giving journalists the right training is essential to preparing them to adjust to the quickly evolving media landscape. Furthermore, a statistically significant correlation value of 0.171 is found between the perception of rapid development and the impact of digital media on traditional journalism. This suggests that journalists who are aware of how quickly the media landscape is changing are also likely to recognize how digital media is revolutionizing established journalism methods. All things considered, these results emphasize how crucial it is to fund appropriate training initiatives to assist reporters in overcoming the obstacles presented by digital innovations and guaranteeing that they continue to be productive and pertinent in their reporting even while the field undergoes constant change.

Table 4 (b): Correlations political influence and pressure to modify information

		political influences affect ability	feel pressure to modify	to
Financial Constraints	Pearson Correlation	1	-.057	
	Sig. (2-tailed)		.322	
	N	119	119	
You Prefer to Speak	Pearson Correlation	-.057	1	
	Sig. (2-tailed)	.322		
	N	119	119	

The table shows relationships between journalistic pressures, financial limitations, and political influences. The information looks at how journalists' sense of autonomy and their impression of pressure to change their work are affected by political and economic issues. Between "political influences affect ability" and "feel pressure to modify," in particular, a very modest negative association is found (Pearson correlation of -0.057). This implies that the pressure to change content may fluctuate independently rather than having a linear

relationship with an increase in political influence. Both variables have a sample size of 119, suggesting a substantial data set but highlighting the lack of significant association between political influences and pressure to modify journalistic content. The two-tailed p-value of 0.322 indicates that this correlation is not statistically significant at conventional levels, suggesting that the weak correlation observed could be the result of random chance rather than a systematic relationship. This finding may indicate that journalists' challenges are not primarily driven by political factors but rather involve other constraints, such as financial or organizational issues, that impact their professional independence.

Discussion, Conclusion & Suggestions

Communities frequently rely on local journalism as their main source of news and public information, making it a crucial component of the information ecosystem (Jerónimo, et al., 2022). Local journalists are crucial in delivering news, analysis, and reporting that represent the interests and concerns of the populace in smaller areas like Hafizabad. There are several problems and difficulties that journalists in smaller areas, like Hafizabad, deal with that set their experience apart from that of journalists in larger cities. A theoretical framework for methodically examining these problems is offered by the Local Journalism Challenges and Resilience Framework (LJCRF). This framework looks at how local journalists deal with the different hazards and demands they face while doing their jobs. Financial limitations, personal safety risks, political pressures, technological obstacles, and a lack of opportunity for professional advancement are just a few of the many difficulties they encounter (Meijer, 2001). Local journalists in the Pakistani district of Hafizabad frequently find it difficult to strike a balance between their journalistic duties and the demands of society and the local power structure. These difficulties frequently have a major effect on the caliber and scope of local reporting. Their ability to adapt and maintain their role as information providers is put to the test in this setting (Jenkins & Nilesen, 2020). Using the LJCRF, this study examines these topics in depth and examines how Hafizabad journalists deal with the ever-changing local environment. By doing this, this conversation seeks to shed light on the structural obstacles and potential solutions to strengthen the resilience of local journalism (Gulyas & Baines, 2020). The difficulties faced by journalists in smaller areas, such as the Pakistani district of Hafizabad in Punjab, are very different from those faced by journalists in larger towns. Hafizabad's journalists face a number of challenges that jeopardize the caliber, sustainability, and security of their work as the local media scene develops. By using the Local Journalism Challenges and Resilience Framework (LJCRF), these issues may be more clearly identified and divided into many categories, all of which have an effect on how resilient local journalists are in their attempts to serve their communities (Meijer, 2001).

Financial Constraints and Sustainability Issues for Local Journalists

Financial instability is one of the biggest issues facing Hafizabad's local journalists. Local journalists in smaller districts frequently work for news organizations that have trouble securing steady cash streams, in contrast to their counterparts in larger cities who have access to more substantial financial resources. There are less options for journalists to make a steady living in Hafizabad due to the comparatively small advertising sector, which provides a substantial amount of funding for media outlets. Local journalists are underpaid or do not receive benefits like health insurance, pensions, or job security as a result of this lack of financial stability (Vandenbergh, et al., 2017). One of the key elements affecting the sustainability of local journalism, according to the LJCRF, is financial resilience. This paradigm states that when journalists experience financial instability, they are more susceptible to pressures like sensationalism, self-censorship, or sacrificing editorial independence in order to maintain positive relationships with local political actors or advertisers. This is an especially significant problem in Hafizabad. Many journalists are employed by major media organizations in cities like Lahore on a contract or freelance basis, which frequently leaves them in unstable jobs without steady income (Usher, 2023). These

financial difficulties are made worse by a lack of investment in local media infrastructure. Due to a lack of funding, journalists frequently have to work without access to digital tools or new technology, which are becoming more and more necessary in today's media environment. Because of this, Hafizabad's local journalists face a disadvantage when competing with bigger national or international media organizations, which limits the scope and impact of their reporting (Olsen, et al., 2020). A comprehensive strategy is needed to increase the financial viability of local journalism in Hafizabad. Fostering local corporate alliances, setting up public funding channels or promoting increased community involvement in supporting local media are some possible solutions. Local journalists can improve their capacity to deliver independent, high-caliber media that advances the public interest by tackling financial instability (Hess& Waller, 2021).

Local journalists typically work for smaller, less well-known media outlets, in contrast to larger media companies in major cities that frequently have a variety of funding streams. These organizations frequently suffer from a shortage of finance, which results in low pay, no health insurance, and other essential benefits (de-Lima-Santos, 2024). The LJCRC highlights that a key component of local journalism's sustainability is its financial resilience. Hafizabad journalists frequently have to work several jobs, including freelancing work for bigger national publications, which makes it harder for them to concentrate on their main duties as journalists. Local journalists are at risk of financial difficulty since freelance writing offers inconsistent compensation and little job stability. These financial constraints also limit their ability to make investments in equipment or professional growth that are essential to upholding competitive standards in a media landscape that is changing quickly (Simon, 2022). These issues are made worse by Hafizabad's small advertising market. Because there are fewer local companies that could otherwise fund journalism through ads, media outlets have less local economic clout. Due to Hafizabad's remote location from major cities, national and international advertisers hardly ever fund local media. A cycle of financial reliance on politically influenced local benefactors is brought on by this revenue shortage, which also raises the question of compromised editorial independence subjects that will be covered in greater detail later (Strauss, et al., 2024). Investigating new revenue sources is crucial to helping local journalists become more financially resilient. This could entail promoting public funding sources that support independent local media, enlisting the help of civil society organizations to obtain grants, or using crowd funding to solicit community support. To help stabilize local journalism in smaller areas like Hafizabad, financial support mechanisms should be implemented, such as tax incentives for media startups or government subsidies for small media operations (Murschetz, 2020).

Political Pressures and the Impact on Editorial Independence

Another major issue facing journalists in Hafizabad is political meddling. Local journalists frequently have to navigate a complicated web of political allegiances and interests, which can compromise their editorial neutrality and independence. Journalists usually encounter direct or indirect pressure to report in a way that supports particular political individuals or parties, especially in smaller districts like Hafizabad where political actors have significant power (Cornia, et al., 2020). The LJCRC emphasizes that one important element influencing the sustainability of local media is the political climate. Under continual political monitoring, journalists may self-censor to prevent consequences, which lowers the caliber of their reporting. Because they may be afraid of reprisals or losing access to important information sources, journalists in Hafizabad may be hesitant to write stories that are critical of local politicians or government officials (Peterson, 2021). Local media outlets may be targeted by political players that want to gain favorable coverage in exchange for cash or other advantages. Political leaders may occasionally use legal tactics to stifle unfavorable reporting, such as bringing defamation lawsuits or engaging in other types of legal intimidation. These difficulties are made worse in smaller regions like Hafizabad by the

absence of a strong legislative framework to safeguard press freedom, making local journalists more susceptible to political manipulation (MILUTINOVIC, et al., 2023). It takes tenacity and the capacity to handle these political demands without sacrificing journalistic integrity for journalists in Hafizabad to preserve editorial independence. Strengthening journalist groups, advocating for legislative changes to safeguard press freedom, and cultivating a culture of journalistic solidarity are some possible approaches to combat political meddling. Together, local journalists can fend off political pressure and make sure that the public, not political interests, is the focus of their reporting (Villegas et al., 2021). Local journalists may find themselves in precarious positions where their reporting may be dictated or influenced by political interests, as they frequently depend on access to these politicians for news and sources. The LJCRC states that maintaining editorial independence a fundamental aspect of ethical journalism requires political resistance from journalists. Journalists in Hafizabad are regularly under pressure to practice self-censorship since disobeying local political actors might have negative effects on their careers and personal lives. Reporters who criticize influential political people risk being denied access to critical information, being threatened with violence, or facing legal issues such as defamation claims. The integrity of local media may occasionally be compromised when political actors provide financial incentives in return for positive reporting (Wadud, 2021). These constraints can be much more severe in smaller towns like Hafizabad, where newsrooms are frequently underfunded. It can be difficult to distinguish between political advocacy and objective journalism when local business leaders and politicians act as financial backers of media organizations. This weakens the local media's ability to serve as a watchdog and a public service that holds those in positions of authority responsible (Zamir & Jullandhy, 2021). Strategies to combat political meddling include both individual and group efforts. Journalists must receive personalized training on ethical journalistic techniques and how to withstand political pressure. Strong local journalist unions or associations are required on a collective basis in order to provide advocacy and security for journalists who are subjected to political harassment. A safer, more independent press can be promoted by creating legal frameworks that shield journalists from defamation lawsuits and guaranteeing that law enforcement acts quickly when journalists are in danger (Zelize, et al., 2021).

Safety and Security Concerns for Journalists in Hafizabad

One major worry in Hafizabad is the safety and security of journalists. Because of their reporting, local journalists in this area frequently experience abuse and threats. Because everyone knows one another in smaller areas, journalists are more susceptible to personal attacks from people or organizations that are unhappy with their reporting. Threats, intimidation, or physical violence against the journalist and their family members may result from this circumstance (Shahid, et al., 2021). For journalists who work in demanding environments, the LJCRC highlights the significance of both physical and psychological resilience. The risk of revenge is especially severe in Hafizabad, where law enforcement may not always act quickly to safeguard journalists. Threats are more likely to be directed at journalists who cover delicate subjects like crime, corruption, or human rights abuses. The risks for journalists are further increased by the local police's reluctance to take action against powerful people or organizations that pose these threats (Zeng, et al., 2019). It's important to recognize the psychological effects of ongoing harassment and threats. Because of the unfriendly atmosphere in which they operate, many journalists in Hafizabad suffer from stress, anxiety, and burnout. These problems are made worse by the absence of institutional safety and support, which makes journalists feel vulnerable and alone (Paik, 2023). Protective measures such as journalist safety protocols, legal protections, and threat-handling training must be put in place in order to improve the safety and security of journalists in Hafizabad. Developing a culture of solidarity and a network of support among journalists can also assist local journalists in fending off harassment and carrying on with their work without worrying about their safety (Panievsky, 2021). Another major concern is physical safety; several

journalists have experienced threats or violent attacks on their families. The psychological effects of these threats also affect local journalists' health because they can cause exhaustion, stress, and anxiety due to their ongoing dread of reprisals. Sadly, journalists in Hafizabad frequently believe that the police do not provide enough protection, leaving them open to the whims of local power brokers who can act without consequence (Qamar et al., 2020). According to LJCRC, developing resilience in the face of security risks necessitates a mix of institutional and individual safeguards. Journalists must get safety training locally on how to deal with threats and steer clear of hazardous circumstances. The institutional commitment to journalist protection must be strengthened. To make sure that threats against journalists are taken seriously and that those who engage in intimidation are held accountable, government authorities, law enforcement, and civil society organizations must work together (Adnan, et al., 2019). In order to exchange experiences, provide assistance, and unite against intimidation, journalists should also form networks of solidarity. By drawing attention to local journalists' safety concerns and providing resources to reduce security hazards, international journalist protection organizations can also play a part (Shahbaz, et al., 2023).

Technological Barriers and the Digital Divide in Hafizabad's Journalism

Global media has changed due to the emergence of digital journalism, which has created new avenues for audience interaction and information sharing. Significant technological obstacles prevent Hafizabad's local journalists from taking full advantage of these chances. The essential infrastructure, including dependable internet connectivity, digital tools, and instruction in digital journalism approaches, is lacking in many local media operations. Because they find it difficult to compete with bigger, more technologically advanced media outlets, journalists in Hafizabad are severely disadvantaged by the digital divide (Adnan, et al., 2019). As per the LJCRC, a crucial element of contemporary journalism is technological resilience. By learning digital skills and utilizing technology to improve their reporting, journalists can adjust to the shifting media landscape. This adaptation process is hampered in Hafizabad by the lack of access to contemporary machinery and digital technologies. The reach and impact of journalists may be limited by their inability to use social media, data journalism, or multimedia reporting successfully (Riaz, 2015). The local audience's consumption habits are impacted by the digital divide. The impact of digital journalism initiatives may be further diminished by the fact that many Hafizabad citizens lack access to digital devices or the internet. This leads to a vicious cycle in which local journalists' difficulties are exacerbated by limited access to technology for both production and consumption. Training for local journalists and investments in internet infrastructure are necessary to get past these technological obstacles. Hafizabad's local media may become more resilient and better prepared to serve their audience in the digital age by giving them the resources and information they need to embrace digital journalism (Ejaz, et al., 2014). With limited access to the internet, data journalism, and other digital advancements that are increasingly commonplace in larger urban media outlets, many journalists in Hafizabad continue to use traditional reporting tools. According to LJCRC, technological resilience is essential to contemporary media, and local journalism may increase its influence and reach by adjusting to digital platforms. Local journalists in Hafizabad face obstacles due to inadequate digital infrastructure and restricted access to the required resources and training. It's possible that a large number of the district's journalists lack the digital literacy necessary to use new technologies efficiently, which could lower audience engagement with their reporting and lessen their contribution to the larger media ecosystem (Gulyas & Bains, 2020). Initiatives to increase capacity and invest in infrastructure are necessary to close this digital divide. To enable journalists in Hafizabad acquire the abilities required to work in a digital world, training programs should be implemented. These programs should cover topics including multimedia storytelling, data journalism, and social media management. To compete on an equal basis with national and international outlets, journalists must have access to digital tools and dependable internet connections. Local journalism has the potential

to flourish in the digital sphere, but equitable distribution of technology resources necessitates a coordinated effort from the public and commercial sectors. Local journalists in Hafizabad may expand their reach, have a bigger effect, and improve the long-term viability of their work by overcoming these technological obstacles (Sakha & Shah, 2019).

Fostering a Culture of Safety

To prepare local journalists for the dangers they encounter in Hafizabad, safety training programs are crucial. In addition to physical safety procedures, these courses ought to address digital surveillance, psychological stress, and online harassment. Journalists should have the resources necessary to evaluate the risks they encounter, comprehend their legal safeguards, and know how to successfully handle threats. Creating partnerships with global news outlets might provide an extra degree of security. These partnerships can exert pressure on local governments to take action when threats against journalists are made by drawing attention to local safety issues on international forums. Those who aim to threaten or hurt journalists may be discouraged by this worldwide attention (Morris & Yeoman, 2023).

Embracing Digital Transformation

Journalists in Hafizabad need to embrace digital change in order to overcome the technological obstacles they encounter. This entails investing in multimedia storytelling, honing digital literacy, and using social media to reach a wider audience. To help local journalists learn how to use digital technologies like data analysis, video production, and social media management, training programs should be implemented. In order to boost digital journalism, local media outlets should also look into forming alliances with nonprofits or tech firms that can supply the required resources and infrastructure. This can entail giving journalist's access to computers, software, and fast internet so they can work more productively. Local journalists in Hafizabad may enhance the caliber of their reporting, expand their audience, and create a more resilient media model that can withstand the challenges they encounter by adopting digital tools and tactics (Mitra et al., 2021).

Conclusion

The investigation of the problems and difficulties that Hafizabad's journalists face illuminates the intricate environment in which they work. In Hafizabad and other smaller, rural areas, journalists are essential in providing news coverage, promoting accountability, and educating the public about local and global issues. However, certain circumstances that influence their everyday lives frequently impede their ability to do their jobs. The challenges Hafizabad's journalists' face, which range from political meddling to economic instability and moral quandaries, restrict their ability to provide the community with comprehensive and unbiased coverage. Journalists, media outlets, legislators, and the general public must all work together to address these issues.

The effect of political pressures on journalists' work is one of the study's main conclusions. Local politics and media operations are closely entwined in Hafizabad, as they are in many other parts of Pakistan, frequently to the disadvantage of press freedom. Journalists are placed in a challenging position when powerful people and political figures try to control or slant the news to suit their agendas. Because they feel compelled to steer clear of subjects that can incite criticism or endanger their safety, journalists may self-censor as a result of this pressure. The media's function as a social watchdog is eventually undermined by such processes, which also limit the scope of reporting, limit public understanding, and jeopardize journalistic integrity. Legal safeguards and the establishment of regional journalist associations that may provide resources, advocacy, and support are necessary to shield journalists from such meddling and give them a unified voice against unwarranted influence. Financial limitations add another level of complexity to the problems Hafizabad journalists encounter. In smaller places, many journalists receive very little pay, which restricts their

access to essential resources and assistance. In addition to impeding their work, economic instability can leave journalists open to outside influences. Inadequate funding frequently leads to subpar equipment, restricted training opportunities, and fewer chances to make investments in investigative journalism. These restrictions limit reporters' ability to provide thorough and high-quality coverage of stories, which eventually affects the news that the general public sees. These journalists would greatly benefit from financial support programs like grants or subsidies, which would enable them to get resources, pursue key stories unhindered, and improve the caliber and depth of their reporting.

Another crucial element in bringing about a beneficial change is raising public awareness. A culture of respect and support for journalists can be fostered by educating the public about the value of a free and independent press. Programs for community participation, such open forums and media literacy classes, can help close the divide between the public and journalists by fostering mutual respect and understanding. This trust can be further reinforced by promoting openness in reporting, especially with regard to possible conflicts of interest, which will allow journalists to carry out their function as objective information providers. The difficulties that journalists encounter in Hafizabad are complex and intricately linked to the political, social, and economic climate of the area. Nonetheless, media continues to play an essential role in the community as a means of promoting openness, accountability, and public empowerment. Coordinated initiatives on several fronts, such as public awareness campaigns, ethical training, financial assistance, and policy reforms, are needed to address these issues. By means of these endeavors, journalists in Hafizabad will be enabled to carry out their responsibilities with unwavering integrity and truthfulness, which are fundamental to their line of work. This study emphasizes the necessity of ongoing support and advocacy for journalists in smaller areas, where their perspectives are just as significant despite frequently being overlooked. Hafizabad may move closer to a more informed, involved, and democratic society by bolstering local journalism. The main conclusions of study is presented in this section, with an emphasis on the main difficulties Hafizabad's journalists' encounter. A particular kind of difficulty might be covered in each paragraph, along with how it affects the lives and work of journalists.

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