

JOURNALISM, POLITICS AND SOCIETY

e-ISSN: 3005-527X , p-ISSN: 3005-5261

DOI: <https://doi.org/10.63067/vv3y7806>

Volume 02, Issue 01, March 2024, Pages 40-55

Journal Homepage: <https://jpolas.com>

Constructive Journalism Approaches and Practices in Pakistani Urdu Print Media

Shahzadi Semi Awan¹

¹Ph.D Scholar, Department of Media Studies, Bahria University, Islamabad Pakistan.

Email: shahzadi.awan892@gmail.com

Zafar Iqbal²

²Ph.D Scholar, School of Communication, University of Punjab, Lahore Pakistan.

Email: zafaralizfr@yahoo.com

Abstract

The aim of the research and the results of the hypothesis about constructive journalism serve as the foundation for this section, which is based on a comparison of two reputable newspapers. The study design obtained secondary data by evaluating the stories of Jang and Express and applied a categorization scheme to operationalize constructive journalism frameworks and government development projects. Using this data cross-tabulation, descriptive statistics and chi-square analyses were applied through SPSS. The research shows that Jang is paying more attention to crucial issues in comparison with Express newspaper. Both of these newspapers show features of constructive journalism which include public-oriented, solution-oriented, future-oriented, and action-oriented stories. According to the statistical analyses presented in the previous chapter, it can be observed that both newspapers provide public-focused, solution-oriented, future-oriented, and action-oriented journalism. The main benefit of this study is to highlight the fact that understanding newspapers' reporting orientation and/or the absence of helpful journalism frameworks is critical to shaping public opinion and perception in Pakistan because the majority of the population uses Urdu news for information.

Keywords: Constructive journalism, daily jung, daily express, Pakistan

© 2024 The Authors. This is an Open Access article distributed under the terms of the Creative Commons Attribution Non-Commercial License

1. Introduction and Background

In Journalism, following a specific code of ethics is essential this code includes minimising harm, being accountable, acting independently, and being accountable. However, these codes are lacking in the field of Journalism in Pakistan. As a result, journalism is inducing a negative effect on society and communities. This is reflected by the Kettering Foundation report that voiced concerns over trust in the press and journalism (Foreman et al., 2022). The vast exposure of the internet has transformed all means of life. The media is no exception. It has transformed how the news is transferred to the end viewer. Media plays an essential role in life today. Its impact on economic, political, and social life is enormous. Nowadays, used as a tool for military and political purposes by states against each other, as cleared by the recent examples in literature (Khan et al., 2022).

To counter these issues, constructive journalism can be implemented. It strives to strengthen the ethics code of journalism. The main elements of constructive journalism include future orientation,

solution orientation, depolarisation techniques, and seeking co-creation with people for contribution to the individual and social well-being. It strongly emphasises that the Journalist must play a role in making a mediated reality. As the news sets various perspectives about the world thus, it is the responsibility of the Journalist to ensure the impact of news on society and individuals (Hermans & Gyldensted, 2019). These guides are regarded as a mix of strategies that could support journalism (Hermans & Drok, 2018). This developing field of journalism employs the positive philosophy technique in news production and processing to create effective and engaging content based on the true core of journalism (Gyldensted & McIntyre, 2017). The study has found that journalists in Pakistan lack these qualities due to limited to no knowledge regarding constructive, positive, and civic journalism (Khalid & Shaheen, 2018).

1.1 Constructive Journalism in Print Media

The United Nations General Director, in an interview with the Guardian, made a call for all the international media to spread a more constructive solution based on the knowledge that a person consumes has more impact on the world (Andreas, 2017). A study found that most local print journalists using constructive journalism had to face the constraints of sociocultural, economic, and political (Rotmeijer, 2019.). Literature has also identified the emergency of constructive journalism. A large number of print media started to practice it in their newspapers by adding additional columns that illuminated the way out and provided an in-depth discussion on the subject matter from different perspectives that, resulted in a large number in various fields such as peace, education, and hunger (Hanitzsch, 2018).

1.2 Government Development Projects Coverage in Newspaper

During the year 2021, the government of Pakistan invested in and planned many sectors of development, infrastructure, connectivity, and employment to improve people's lives through policies, projects, and programs (Manual-Projects-2021).

Research has shown that in Pakistan, a large number of Urdu and English newspapers are working. Upon the comparison of three Urdu newspapers, namely Daily Express, Khabarnama, and Daily Express, with three English newspapers it was found that 82 % of the Urdu papers were dominated by government policies and development projects whereas in the English newspaper, government- related policies and projects cover 26 % of space (Newspapers Monitoring Report, 2022). Another study was carried out to understand the media's impact on national development, especially on aspects such as social economic, and politics. It was identified that the free media have a substantial impact on economic growth and the country's political development (Shabbir, 2022).

1.3 Statement of the problem

An emerging branch of responsible media is constructive journalism. Public-oriented, solution-oriented, future-oriented, and action-oriented are the four most significant and frequently debated frames of constructive journalism, but they lack specific implementation strategies and succinct justifications (Parratt-Fernández et al., 2022). Based on the principles of applying positive psychology, constructive journalism promotes itself as an advice method rather than a factual foundation for use in the practical sphere of journalism. In a field with constant rating rivalry, pressure to attract attention to have a more significant readership or audience, and financial interest strings connected, it is also too utopian and challenging to put into practice (Gyldensted & McIntyre, 2017). Pakistan is one of the emerging nations where journalism compromises professionalism and ethical reporting standards. Sensationalising, exaggerating sympathy concerns, and bias reporting are all standard practices which undermine the value of constructive reporting. There is a disconnect between journalism schools and media organisations (TV channels, newspapers) (Foreman et al., 2022). Most journalists lack a background in journalism education and are unfamiliar with constructive journalism approaches or effective ways to report on issues (Khalid & Shaheen, 2018).

1.4 Research Questions

1. Which one of the two Urdu newspapers, 'Jang' and 'Express newspaper', projects more frames of constructive journalism frames in reporting the news regarding development projects and programs?
2. Which of the constructive journalism frames is most frequently practiced in the newspapers?
3. To what extent is the importance of development projects given in newspapers by placing the news on the front page?

2. Literature Review

The purpose of constructive journalism is to explore the complete picture of the problem to the world, and the role of the journalists is to look for possible shreds of evidence (Mengist, 2020).

2.1 Constructive Journalism

This is not a definition and understanding of constructive journalism that this kind of journalism ignores the negative news, but they cover stories that are beneficial to society. Constructive journalism is an umbrella term for journalists and takes a focused approach. Also, there is a difference between positive and constructive journalism. This kind of journalism is considered full-fat solution journalism, which explores the solution to a problem in depth. The idea behind constructive journalism is to give stories more context and the relationship between service journalism and constructive journalism is to empower the individual and provide orientation (Aitamurto, 2018).

In Pakistan, journalism is traced to the situation of war and peace because Pakistan caters for conflict between neighbors like Afghanistan; India is on priority and caters for sectarian conflict. To create any situation, the media plays a role that represents peace, and it also highlights cultural reforms and highlights the violence in society (Shah, 2022). There were several approaches used in journalism. The first is the dubbed, critical approach, and the second is the normative approach, which was presented under different names like humanitarian journalism, human rights journalism, and peace journalism (Karlsson & Clerwall, 2018). Constructive journalism never emphasizes the wrong and aims to provide fair news, accurate information and a contextualized picture. Constructive journalism provides benefits to society (Aitamurto, 2018). Constructive journalism reports the facts which provide solution-oriented information. The audience's agenda supposedly impacts what the media reports on journalists who want to cover the topics in their reader's minds. The media portrays reality, which significantly impacts images of reality (Hong, 2019). Constructive news was not confused with positive news, and in constructive journalism, there was no replacement for investigative journalism, and constructive journalism is the ability to lift people with stories. Constructive journalism was an interdisciplinary approach (, 2019). Visionary approaches for the future and the search for potential solutions and potential partial solutions. Herman and Dorks 2019 define constructive journalism as solution-oriented, action and role-oriented practices which were consider citizens ' abilities to make decisions which concern the change in society. Constructive journalism was intriguing in terms of crises because of its connectivity with the reporting's framing, communication and responsibility. In this journalism, the solution-oriented includes the implementation and limitation of the problem and conveys insight into the social problem (Allam, 2019).

2.2 Constructive Journalism Practices in Print Media

Print media in Pakistan generally changed over the past decades. In the initial stage, there were only five radio stations in Pakistan and fewer newspapers. However, in early 2000, several TV channels in Pakistan were operative, and the international spherical media affected the media landscape in Pakistan. In Pakistan, General Pervez Musharraf presents more media outlets. Currently, in Pakistan, more than 100 TV channels and almost 200 FM radio stations are working. Different comparative studies of journalism in Pakistan suggest that media in Pakistan is still in the struggling phase, and the development of journalism is the

term used to refer to the socioeconomic development. Another example of constructive journalism is that the sports complex in the city of Mardan, the second largest city of Khyber Pakhtunkhwa, banned the entry of women into the sports complex. However, the media reported that news and the locals lifted that ban on women. The government itself is not transparent in making a decision, but the media plays a vital role in making the decision. The TNN organized the workshops and trained 16 women journalists; out of 16, most women were trained in a specific profession (Muhammad et al., 2021). However, the development of journalism played an essential and productive role in boosting the field of print media and journalism. The development of journalism was widely practiced for the development through communication. Journalism is the art of transferring from poverty into a dynamic state and while introducing communication and communities, it enhances the practices of journalism (Ittefaq, 2021).

2.3 Constructive Journalism Frames Public Oriented

Public orientation means providing common ground and different varieties of perspectives. The inclusiveness includes stories related to different communities from all over the globe, and it also develops the idea that the media created polarization. The mathematical orientation includes stories of different communities. There were similar forms of news, and many other journalists were approached and resemble constructive journalism. The definitions are peace journalism, positive journalism, solution journalism and public journalism (Bro, 2019).

Solution Oriented

The term solution journalism is used synonymously and is deeply connected with interwoven with constructive journalism. Constructive and positive journalism both use positive psychology. Solution journalism refers to an approach to forming constructive journalism which aims to have highly effective responses to problems. Positive journalism lacks meaningful information and fulfils the purpose of uplifting and entertaining (Lee et al., 2021). Constructive journalism in Pakistan mainly focuses on Afghan refugees because Pakistan trained local refugees to build peace and confidence (Hussain, 2020). The Pakistani Journalist also put their effort into training Afghan refugee journalists, and they formed a group like buddies. The pair is of one Pakistani and one Afghan journalist. There are so many examples of constructive journalism in Pakistan; recently, a ban on music in the Bajaur district was reported, and the media formed a story. Afterwards, the government lifted the ban (Walsh et al., 2021).

Future-Oriented

Future-oriented journalism has been changed beyond recognition, and Pakistan can now engender growth-oriented, dynamic digital societies with internet and online media format. The internet's services underpin and burgeon the current online affairs media reports. The new internet is the new journalism sector in Pakistan and also rivals the traffic for mainstreaming online versions (Jamil, 2021). Half of the population of Pakistan under 25 years old are not interested in watching the bulletins and current affairs of the country, TV and newspapers (Ul Aftab et al., 2021). There is a reference to renowned journalist Ulrik Haagerup who introduces the term constructive journalism in response to negative responses from the field of journalism like negative reporting and bad news. However, introducing constructive journalism aims to provide the best possible solutions to social issues and constructive emotions. The constructive journalism used in talk shows is influential in promoting positive feelings and emotions and decreasing negativity

Action Oriented

In constructive journalism, there are fewer types of journalism which define the role of the journalists, and the journalists are responsible for researching, writing, editing and proofreading features and articles. The Journalist plays two roles. First, they were responsible for providing soft

news like sports, celebrities and entertainment, which is considered the primary source of data and communication. The second is the hard news in which the journalists the topics were timely, important and consequential, for example, the topics related to politics, international affairs and business news (Artha et al., 2021). Constructive journalism may contribute to the social and economic development of the country. At that time, constructive journalism helped decrease negative emotions and added well-being to the people (Hermans et al., 2019).

2.4 Government Development Projects

In today's world, technological advancement has fastened the rate at which development and innovation are happening, and countless projects are being developed. The development of projects is happening in both private and public sectors, private sector projects which are being developed are funded and supervised by private organizations, and public sector projects which are being developed are funded and supervised by governmental authorities (Leal Filho et al., 2019). Constructive journalism in the portrayal of the bus project news in the country has not created any complexity in the perceptions of the common masses, and the project has become a success in the major cities of Pakistan which was launched by the government of Pakistan effectively for the common masses of the country (Lough et al., 2018). Governments of any country in today's world are the supreme authority. It is their responsibility to provide the common masses of the country with health facilities and education or watch over the educational institutions for their fair practices, employment regulations in the country, the prevalence of human rights in the society, and the development of infrastructures (Awan et al., 2018). Furthermore, human rights are the fundamental rights of every individual in society and are protected by domestic and international laws (Howard, 2018). Under the federal government of Pakistan, the Ministry of Human Rights looks after the affairs of the common masses. It ensures the proper delivery of human rights protection to Pakistan's citizens. The Ministry of Human Rights of Pakistan has initiated several development projects for the people of Pakistan (Qureshi, 2017). For instance, 2019's action plan for human rights and human rights awareness programs were significant steps taken by the government of Pakistan. Moreover, infrastructure development is establishing essential services in the nation to promote economic growth due to the development and to change the standards of living for the nation's people (Jabeen et al., 2017). To empower economic growth and change the quality of life of the people of Pakistan, the government of Pakistan has initiated many projects. It has also taken steps to take them to their final destination comprehensively. For instance, the Karachi-Peshawar motorway development has shortened the time taken during travel and enabled the transportation of goods promptly. Spreading cross-border optical fiber to provide faster internet services to the people of Pakistan (Malik, 2018).

2.5 Constructive Journalism in Pakistani Print Media

Print media in journalism is an old form of mass communication. It covers various mediums with which journalists, reporters, and media houses deliver the news to the general public (Saragih et al., 2020). For instance, newspapers, magazines, weeklies, monthlies, and many other forms of printed articles. Media can deliver news to a broad and diversified range of people simultaneously, and it also can manipulate the perception and understanding of the general public that is receiving the news through the medium of media. Constructive journalism is intended to inspire its readers or listeners, and it asks them their plan of action with what and now questions. Swedish and Danish news broadcasters were delivering the news on the principles of constructive or solutions journalism without being biased and with positive psychology. In the context of constructive journalism, delivering the news enables the readers or listeners of the news to build their perception about the news without setting in motion a thought in the minds of the common masses like propaganda, which is often created with discriminatory motives (McIntyre et al., 2018).

Constructive journalism, in plain meaning, is the providence of news to the general public in a functional, positive, encouraging, and productive manner with which the readers or listeners of the

news decide how they are going to take the news without any journalist creating a sense of taking sides in their news (Mast et al., 2019). Constructive journalism, although a mixture of previous journalism styles, requires a specific technique of positive psychology which differentiates it from other forms of journalism. Among the famous constructive print media journalism newspapers of Pakistan, Daily Jang and Daily Express are the ones that practice constructive journalism and portray positive psychology in their delivered news and allow the audience to be motivated, work for solutions and promote best practices.

Moreover, from the conscious efforts of positivity and speaking positive during times of chaos in Pakistan, two prominent newspapers Pakistan, The Nation and DAWN, stood robust on the grounds of positivism. They delivered domestic as well as international news to the people of Pakistan through the approach of constructive journalism with positive psychology. DAWN newspaper is the largest and one of the oldest newspapers in Pakistan. DAWN newspaper was founded by the founder of Pakistan, Quaid-e-Azam, and the newspaper is serving the people of Pakistan with the authenticity of its information to inform the people of Pakistan and acquired robust credibility not only in Pakistan but in the world (Saleem et al., 2020). DAWN is primarily based on war journalism, as depicted from the Balochistan region in its reporting.

3. Methodology

This research strategy involves collecting data from existing studies or channels. These channels can be internal or external. Usually, external mediums of research studies are used where government reports, articles, internet sources and statistics are used. The study uses desk research studies to study the space and idea of newspapers used in developmental programs. For this purpose, the desk strategy is used to develop ideas in frames of constructive journalism, a list of government development programs, placement, type or size of news and the issues covered in these developmental projects. The rationale for using newspapers as a secondary source is their popularity. Newspapers have a high popularity and readability level among Pakistanis. Whereas, other newspapers are also an old and reliable newspaper that intrigues the reader. The published articles and news updates in the newspaper are read in Karachi, Lahore, Rawalpindi, and overseas. Thus, it was considered one of the most reliable sources for gaining insight.

3.1 Data collection method

Since the study uses a mixed method approach using qualitative and quantitative studies, an online database tool called LexisNexis Academic has been used. The research employs systematic random sampling. Systematic random sampling is a technique by which researchers select the sample population from a random list (Etikan & Bala, 2017). The study uses systematic random sampling from both newspapers. The interval between the newspapers was seven units. The newspapers are popular Urdu newspapers selected for the research sampling. From each newspaper, articles for 1 year 2019 January to January 2020 were selected to maximize results on the types of constructivism frames used and the type of story produced by each paper.

Content Categorization Scheme

The study proposes a content categorization scheme which helps the researcher in evaluating an in-depth analysis of all the codes and variables based on their categories. First, the scheme proposes variables of journalism which are newspapers, government programs, journalism frames, type of stories, its length and pages. Both Newspapers are analyzed based on their content like health, education, and politics. The story type presented by each newspaper is different. Thus, it is categorized based on rules and outlines to be followed by the newspapers.

4. Data Analysis

In this research, the researcher uses content analysis to interpret roles, concepts, ideas and types of constructivism models in newspapers and newspaper articles. The ratings from these newspapers are ranked from 1-2. These ratings are later inserted in SPSS software to extract frequencies. Thus, the data is analyzed using a mixed method.

The main themes of the study are coded to generate different ideas. Thus, the content categorization scheme is used to undermine variables like newspapers Government development projects and programs. These variables are next categorized into different codes like health, education, employment, human rights, etc. Content relational analysis is carried out to develop conceptual analysis using various textual relationships between constructivism in mass media sciences.

4.1 Results and Discussion

The study intends to explore and compare the frames of constructive journalism in Pakistani two Urdu newspapers The Jang and Express. The table below demonstrates the indicators based on constructive journalism promoted in these two newspapers. These indicators or frames include public-oriented, solution-oriented, future-oriented, and action-oriented frames. It is indicated from below mentioned table that overall, both of the journals portray constructive journalism based on public-oriented, solution-oriented, future-oriented, and action-oriented. Örnebring (2013) stated that constructive journalism is a collective term for journalists and takes a focused approach. In addition, constructive journalism is based on the distinction between positive and constructive journalism. Constructive journalism is considered complete solution-based journalism, which explores the solution to a problem in depth. The idea behind constructive journalism is to give stories more context and the relationship between service journalism and constructive journalism is to empower the individual and provide orientation. Macnamara (2010) stated that public-orientated news includes stories related to different communities from all over the globe, and it also develops the idea that the media creates polarization. The mathematical orientation includes stories of different communities. Similarly, the table mentioned below illustrates that Pakistani Urdu newspapers Jang and Express are showing 35% constructive journalism in their news. However, 44% of news are solution-oriented, 9.7 are future-oriented, and 10.9% are action-oriented.

Table 1: Frequency of frames combined

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	public oriented	141	35.0	35.0	35.0
	solution oriented	179	44.4	44.4	79.4
	future oriented	39	9.7	9.7	89.1
	action oriented	44	10.9	10.9	100.0
	Total	403	100.0	100.0	

Table2: Newspaper wise frequency

Constructive journalism frames

		Jang		Express	
		Frequency	Percent	Frequency	Percent
Valid	public oriented	63	30.1	78	40.2
	solution-oriented	85	40.7	94	48.5
	future-oriented	29	13.9	10	5.2
	action-oriented	32	15.3	12	6.2
	Total	209	100.0	194	100.0

The table above demonstrates the comparison of constructivism journalism between Jang and

Express newspapers based on its four frames. 30.1% of the news in Jang newspaper are public-oriented, while 40.2% are in Express newspaper. Moreover, the results also indicate that 40.7% of the news in Jang newspaper are solution-oriented, while 48.5% are in Express newspaper. Jang newspaper portrays 13.9% future-oriented news and 15.3 action-oriented, while 5.2 and 6.2 are in Express newspaper, respectively.

Table 3: Types of Development Stories combined

Government Development Programs

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	HEALTH	225	55.8	55.8	55.8
	EDUCATION	74	18.4	18.4	74.2
	EMPLOYMENT	30	7.4	7.4	81.6
	HUMAN RIGHTS	33	8.2	8.2	89.8
	INFRASTRUCTURE	41	10.2	10.2	100.0
	Total	403	100.0	100.0	

The table above illustrates that government development programmes that Pakistani Urdu Newspapers are showing in their news include health, education, employment, human rights, and infrastructure. Health programmes are 55.8%, education programmes are 18.4%, 7.4 employment programmes, 8.2 human rights, and 10.2 infrastructure programmes. In support, Bagchi & Paul (2018) stated that Pakistan has been fighting to address the problem of unemployment for decades. To emerge victorious in the fight against unemployment, significant changes have happened in Pakistan, and the government of Pakistan is contributing its fair share in the mitigation of unemployment in the country, and many government-supported programs to eliminate unemployment from the country and prevail employment in the country are in place like “Kamyab Jawan”, “Ehsaas Program”, etc. Both newspapers portray this issue significantly. However, more improvement is required to enhance the rate of employment in Pakistan.

Table 4: Types of Development Stories

Government Development Programs

		Jang		Express	
		Frequency	Percent	Frequency	Percent
Valid	HEALTH	118	56.5	107	55.2
	EDUCATION	27	12.9	47	24.2
	EMPLOYMENT	19	9.1	11	5.7
	HUMAN RIGHTS	18	8.6	15	7.7
	INFRASTRUCTURE	27	12.9	14	7.2
	Total	209	100.0	194	100.0

The main concept for the study is derived from the frames of constructive journalism, which are that constructive journalism is public-oriented. Solution-oriented, future-oriented, and action-oriented, the study's objective is to explore these frames in news coverage of developmental news in selected newspapers. Constructive journalism is entrenched to inspire its readers or listeners, and it asks them their plan of action with what and now questions. Additionally, the style in which constructive journalism appears creates curiosity among its readers and listeners and provides a focus to its audience

on solutions and best practices. Constructive journalism promotes democratic conversations to engage and facilitate debates while letting the audience be a part of such debates (Deuze, Mark & Tamara, 2020).

Jang observes and applies frameworks that are more constructive because it published 209 stories as compared to 194 stories. In this support, Tornero & Varis (2010) stated that media can deliver news to a broad and diversified range of people simultaneously, and it also can manipulate the perception and understanding of the general public that is receiving the news through the medium of media. Constructive journalism is intended to inspire its readers or listeners, and it asks them their plan of action with what and now questions. Additionally, the style in which constructive journalism appears creates curiosity among its readers and listeners and provides a focus to its audience on solutions and best practices. Constructive journalism promotes democratic conversations to engage and facilitate debates while letting the audience be a part of such debates (Deuze, Mark & Tamara, 2020).

Constructive journalism, also known as solutions journalism, is a field proliferating within the field of journalism. Constructive journalism is gaining popularity in today's world due to its unbiased nature, challenging the practices of traditionally used journalism in Pakistan and the entire world (Khalid, 2019). This specific approach to journalism is unique as it draws the concept of the deliverance of news from positive psychology to identify society's need for constructive solutions. People in today's time are already well aware and have their preferences and perceptions of things. When they counter news being broadcasted and going against their perceptions and preferences, it disturbs their psychology.

Coleman et al., (2012) stated that there is no bias, and it is free from any bias, portraying the actual and factual depiction of the news in the right way without taking any sides as the news is always a two-sided coin. Constructive journalism was included in the academic teachings in the year 2015, and soon after that, it was observed in the Swedish and Danish news broadcasters that they were delivering the news on the principles of constructive or solutions journalism without being biased and with positive psychology. In the context of constructive journalism, delivering the news enables the readers or listeners of the news to build their perception about the news without setting in motion a thought in the minds of the common masses like propaganda, which is often created with discriminatory motives.

To promote fair and unbiased practices of constructive journalism in the country, the government of Pakistan is keeping a solid watch through the Pakistan Electronic Media Regulatory Authority (PEMRA) not merely for the sake of promoting constructive journalism but also to keep the media and news agencies from exploiting their freedom of speech and illustration. In a recent incident, PEMRA banned a significant news and entertainment organisation in Pakistan because the channel broadcasted news on its electronic platform, which was against the governmental agency of Pakistan (Khan, 2016). Constructive journalism, although a mixture of previous journalism styles, requires a specific technique of positive psychology it which differentiates it from other forms of journalism. Among the famous constructive print media journalism newspapers of Pakistan, Daily Jang and Daily Express are the ones that practise constructive journalism and portray positive psychology in their delivered news and allow the audience to be motivated, work for solutions and promote best practices.

Table 5: Government Development Programs

Government Development Programs		Jang		Express	
		Frequency	Percent	Frequency	Percent
Valid	HEALTH	118	56.5	107	55.2

EDUCATION	27	12.9	47	24.2
EMPLOYMENT	19	9.1	11	5.7
HUMAN RIGHTS	18	8.6	15	7.7
INFRASTRUCTURE	27	12.9	14	7.2
Total	209	100.0	194	100.0

Furthermore, Jang publishes constructive frameworks on the front page (112 on the front page and 97 on the back page) more than Express (97 on the front page and 97 on the back page).

Table 6: Constructive Journalism Frames

Constructive Journalism Frames		Jang		Express	
		Front	Back	Front	Back
		Percent	Percent	Percent	Percent
Valid	public oriented	29.5	30.9	40.2	40.2
	solution oriented	37.5	44.3	52.6	44.3
	future oriented	14.3	13.4	5.2	5.2
	action oriented	18.8	11.3	2.1	10.3
	Total	100.0	100.0	100.0	100.0

The table above demonstrates the most practised and applied frames of constructive journalism in news coverage regarding developmental news in Jang and Express newspapers. It is reflected from the results that the most practised and applied frame of constructive journalism in news coverage regarding developmental news in Express newspaper is a solution-oriented frame with 52.6% in front and 44.3% in back. However, other frames have also been focused on the front and back of the Express newspaper with the frequency of 40.2% in the back and 40.2% in front for public-oriented news, 5.2% in the back and front for future-oriented, and 2.1% in back and 10.3% for action-oriented. On the other hand, the solution-oriented frame is also the most practised and applied frame of constructive journalism in news coverage regarding developmental news in Jang newspaper with a frequency of 37.5% in front and 44.3% in back. In contrast, 29.5% in front and 30.9% in the back for public-oriented; 14.3% in front and 13.4% in the back for future-oriented; and 18.8% in front and 11.3% in the back for action-oriented.

5. Conclusion

This research inquiry has evaluated two Urdu newspapers for the collection of results. Initially, the research inquiry evaluated The Jang and the Express Urdu newspapers to explore the constructive journalism frames. Additionally, the research inquiry focuses on developmental stories covered in two highly distributed and extensively published Urdu newspapers, Jang and Express. Furthermore, the main concept for the study is derived from the frames of constructive journalism, which are that constructive journalism is public-oriented. Solution-oriented, future-oriented, and action-oriented, the study's objective is to explore these frames in news coverage of developmental news in selected newspapers of the research study. Another purpose of the study is to identify which newspaper observes and applies more frames of constructive journalism and constructive style of reporting. Moreover, another purpose of the study is to identify the most practiced and applied frame of

constructive journalism in news coverage regarding developmental news. Lastly, the motive of the research inquiry was to observe the placement of developmental news in the newspaper to ensure the importance given to the issues and news related to developmental programs or projects. Constructive journalism which is also referred to as solution journalism is a field of journalism that has gained so much significance in recent times due to its nature of positive approach psychology. Constructive journalism in today's time when every journalist and media channel has become an outlet and taking biased sides, constructive journalism is blooming as a flower of hope for the people. Constructive journalism stresses what is wrong and promotes fair news in society and among the people in the right and positive way for the people to evaluate the news in the right perception of the news. Aitamurto (2018) further supported this and argued that constructive journalism emphasizes the wrong, and provides fair news, accurate information and contextual picture to the audience, and it is beneficial for the society also. The two prominent Urdu newspapers of Pakistan, The Jang and the Express, when evaluated for exploration of the constructive journalism frames, it was found that Jang appears to have more constructive journalism frames in comparison to the Express (see section 4, table 1). The orientation of both the Urdu newspapers was evaluated on four orientations which are public-oriented, solution-oriented, future-oriented, and action-oriented. The Jang newspaper has a frequency of 209 while the Express has a frequency of 194. Among both the Urdu newspapers, the Jang has taken the lead by a slight advantage. Both newspapers are appearing to be in the constructive journalism frames by providing the audience with future, action, public, and solution-oriented frames to perceive the news through the positive psychology of news deliverance. Yanqiu, (2019) posited that constructive journalism is not about portraying negative news as positive news by eliminating the partiality in the news but it is all about not confusing the audience by making positive news a confusing one. While evaluating the constructive journalism frames in both the Urdu newspapers, the Express-News was more public and solution-oriented while the Jang News is more action and future-oriented (see section 4, table constructive journalism frames).

In today's world, technological advancement has fastened the rate at which development and innovation are happening, and countless projects are being developed. The development of projects is happening in both private and public sectors, private sector projects which are being developed are funded and supervised by private organizations, and public sector projects which are being developed are funded and supervised by governmental authorities. Leal Filho et al, (2019) have argued that governments of both developed and third-world countries are taking keen interest in developing their infrastructure and other systems for the betterment of the society and eventually betterment of the country, and to accommodate the growing population of their specific territorial regions.

Government development projects are such projects undertaken by governmental organizations for the development of social communities and public improvement by evaluating the dire need of the society or a country (see section 2.5). The news that is portrayed to the general audience of the news through a positive psychology is constructive journalism which allows the people to do a fair evaluation of the news in the right way, and prepare an action plan towards the solution of the precepted news. Lough et al, (2018) stress that, the development projects by the governments and their news deliverance to the audience of the news in a country in an effective way is constructive journalism without taking any sides even it's the government.

When both the prominent Urdu newspapers of Pakistan, the Jang and the Express, were evaluated for the developmental stories' coverage in them, it was found that the frequency of news coverage for the governmental development programs in the Jang is a bit higher. The Jang has a better reach due to its more established channels in comparison to the Express. The coverage of developmental projects in the Jang in the health sector was 118 while in the Express it was 107. In the education sector, the Jang covered 27 while the Express covered 47 development programs. In the

employment sector, the Jang scored 19 and the Express got 11 programs. Similarly, in the infrastructures section, the Jang covered a total of 27 and the Express covered 14 governmental development programs and portrayed them to the audience through positive psychology. Furthermore, the Jang covered 18 and the Express covered 15 human rights government development programs. Through the depiction of all the results, it was evaluated that the Jang has covered more governmental development programs except for the education sector in which the Express covered more governmental programs.

The researchers of this study are evaluating the frames of constructive journalism on the entrenched basis of public, solution, action, and future-oriented news of both the prominent Urdu newspapers of Pakistan. In Pakistan, the majority of peace news is on neighboring country Afghanistan in which peace journalism focuses on the in-depth knowledge of what is being done to solve the tension of Afghan refugees. Walsh, (2021) reported that in the Bajaur district of Afghanistan recently there has been a ban on music, and the journalists through positive psychology of constructive journalism have delivered the news of the ban positively and fairly.

Future-oriented journalism has been changed beyond recognition, and Pakistan can now engender growth-oriented, dynamic digital societies with internet and online media formats. Like other formats, the internet supports Pakistan and empowers it vigorously. The internet's services underpin and burgeon the current online affairs media reports. The new internet is the new journalism sector in Pakistan and also rivals the traffic for mainstreaming online versions. Recently in Pakistan, when the assassinations and murders were at their peak, Pakistan Rangers initiated an operation towards the mitigation of crime from the city. Jamil, (2021) reported that the media has played a crucial role in presenting the news of every moment of the operation and kept the audience of Pakistan well-informed from every perspective of the operation and its outcomes. Among both the prominent Urdu newspapers of Pakistan, again the Jang appeared to be victorious in reporting the sections of news on their front pages and has kept the audience aware of the future outcome of those operations. The news was public-oriented and the audience to perceive and prepare an action plan in their perception through their positive psychology to absorb the news as per their perceptions.

When the researchers of the study evaluated the two prominent Urdu newspapers of Pakistan, the Jang again appeared to be better in constructive journalism style of reporting. The margin that makes the Jang triumphant is not big in comparison to the Express. The Jang newspaper has 209 stories which make the newspaper more constructive in comparison to the 194 stories of the Express newspaper. Constructive journalism is a field proliferating within the field of journalism. Constructive journalism is gaining popularity in today's world due to its unbiased nature, challenging the practices of traditionally used journalism in Pakistan and the entire world. This specific approach to journalism is unique as it draws the concept of the deliverance of news from positive psychology to identify society's need for constructive solutions. People in today's time are already well aware and have their preferences and perceptions of things. When they counter news being broadcasted and going against their perceptions and preferences, it disturbs their psychology.

Ahmad, (2022) has further supported the above statement and reported that to promote fair and unbiased practices of constructive journalism in the country, the government of Pakistan is keeping a solid watch on the Pakistan Electronic Media Regulatory Authority (PEMRA) not merely for the sake of promoting constructive journalism but also to keep the media and news agencies from exploiting their freedom of speech and illustration.

In Pakistan, when the two prominent Urdu newspapers were evaluated for the identification of the constructive journalism frames, it was found that the Jang has more constructive journalism frames as compared to the Express. Different comparative studies of journalism in Pakistan suggest that media

in Pakistan is still in the struggling phase, and the development of journalism is the term used to refer the socio-economic development. The Media of Pakistan not only focused on delayed analysis but to start evaluating and interpreting the development. In the review journals and articles, there were two types of journalism which were focused and being a part of enhancing journalism.

Governments of any country in today's world are the supreme authority. It is their responsibility to provide the common masses of the country with health facilities and education or watch over the educational institutions for their fair practices, employment regulations in the country, the prevalence of human rights in society, and the development of infrastructures. The education sector is a sector which is widely covered by both the Urdu prominent newspapers of Pakistan. Even though the government of Pakistan is keenly taking steps forward in every other sector for the development of the country the most prominent focus of both the newspapers is the education sector for the reason that it gives the country talented and skilful people from the youth.

Even in today's world, where technological advancements have replaced traditional methods and made traditional operations obsolete, people are still reading a newspaper. Newspapers are like vehicles that can reach audiences in any format, and people still prefer reading the newspaper. As people are still reading the newspaper in its traditional format, advertisers still use it for advertising their products and services, and newspapers are still generating revenue from those ads. The purpose of the newspaper is to provide its audience with information and general knowledge about other people from domestic and international borders of the world. The significance of newspapers, even in this modern era, is so profound that organizations and businesses that understand the importance of advertisement and marketing for increasing sales are still putting their ads in the newspaper to the awareness of the audience about their products and services.

Swart et al, (2017) argued that there are sections in the newspaper for every specific news where it can be placed. Through the evaluation of both prominent Urdu newspapers of Pakistan, it was found that public-oriented news in both newspapers is significantly on the back and front majorly in the Express newspaper. Additionally, solution-oriented news is also significantly in the majority depicted in the Express newspaper. For future and action-oriented news, the Jang is holding the major share of that news portrayal on the back and front of the newspaper.

References

- Abid, K., Bari, Y.A., Younas, M., Tahir Javaid, S. & Imran, A., (2020). <? covid19?> Progress of COVID- 19 Epidemic in Pakistan. *Asia Pacific Journal of Public Health*, 32(4), pp.154-156.
- Ahmad, A., (2022). Code of ethics for electronic media in Pakistan. *Technium Soc. Sci. J.*, 29, p.198.
- Aitamurto, T. & Varma, A., (2018). The constructive role of journalism: Contentious metadiscourse on constructive journalism and solutions journalism. *Journalism Practice*, 12(6), pp.695-713.
- Aitamurto, T. & Varma, A., (2018). The constructive role of journalism: Contentious metadiscourse on constructive journalism and solutions journalism. *Journalism Practice*, 12(6), pp.695-713.
- Aitamurto, T. & Varma, A., (2018). The constructive role of journalism: Contentious metadiscourse on constructive journalism and solutions journalism. *Journalism Practice*, 12(6), pp.695-713.
- Ali, Z. & Bhaskar, S.B., (2016). Basic statistical tools in research and data analysis. *Indian journal of anaesthesia*, 60(9), p.662.
- Allam, R., (2019). Constructive journalism in Arab transitional democracies: Perceptions, attitudes and performance. *Journalism Practice*, 13(10), pp.1273-1293.
- Andreas, R., (2017). Constructive journalism: The Effects of using positive psychology to create narratives in modern-day journalism in Russia.
- Anwar, N.H., Sawas, A. & Mustafa, D., (2020). 'Without water, there is no life': Negotiating everyday risks and gendered insecurities in Karachi's informal settlements. *Urban Studies*, 57(6),

pp.1320-1337.

- Artha, DJ, (2021). *Introduction to Journalism* (Vol. 1). umsu press.
- Awan, A.G. & Naseem, R., (2018). The impact of Government expenditures on Economic development in Pakistan. *Global Journal of Management. Social sciences and Humanities*, 5, pp.562-565.
- Bagchi, A. & Paul, J.A., (2018). Youth unemployment and terrorism in the MENAP (Middle East, North Africa, Afghanistan, and Pakistan) region. *Socio-Economic Planning Sciences*, 64, pp.9-20.
- Bro, P., (2019). Constructive journalism: Proponents, precedents, and principles. *Journalism*, 20(4), pp.504-519.
- Coleman, S., Morrison, D.E. & Anthony, S., (2012). A constructivist study of trust in the news. *Journalism Studies*, 13(1), pp.37-53.
- Deuze, M. & Witschge, T., (2020). *Beyond journalism*. John Wiley & Sons.
- Etikan, I. & Bala, K., (2017). Sampling and sampling methods. *Biometrics & Biostatistics International Journal*, 5(6), p.00149.
- Foreman, G., Biddle, D.R., Lounsberry, E. & Jones, R.G., (2022). *The Ethical Journalist: Making responsible decisions in the digital age*. John Wiley & Sons.
- From, U. & Nørgaard Kristensen, N., (2018). Rethinking constructive journalism by means of service journalism. *Journalism Practice*, 12(6), pp.714-729.
- Gyldensted, C. & McIntyre, K., (2017). Constructive Journalism: Applying Positive Psychology Techniques to News Production. *The Journal of Media Innovations*, 4(2), pp.20-34.
- Hanitzsch, T. & Vos, T.P., (2017). Journalistic roles and the struggle over institutional identity: The discursive constitution of journalism. *Communication theory*, 27(2), pp.115-135.
- Hanitzsch, T., (2018). Definition, Implementation and Effects of Constructive Journalism in German Print and Online Media. Ludwig-Maximilians-Universität München Institut für Kommunikationswissenschaft und Medienforschung
- Hermans, L. & Drok, N., (2018). Placing constructive journalism in context. *Journalism Practice*, 12(6), pp.679-694.
- Hermans, L. & Drok, N., (2018). Placing constructive journalism in context. *Journalism Practice*, 12(6), pp.679-694.
- Hermans, L. & Gyldensted, C., (2019). Elements of constructive journalism: Characteristics, practical application and audience valuation. *Journalism*, 20(4), pp.535-551.
- Hermans, L. & Gyldensted, C., (2019). Elements of constructive journalism: Characteristics, practical application and audience valuation. *Journalism*, 20(4), pp.535-551.
- Hermans, L. & Gyldensted, C., (2019). Elements of constructive journalism: Characteristics, practical application and audience valuation. *Journalism*, 20(4), pp.535-551.
- Hong, S., Frigo, P., Kaya, Y., Giuffrida, C. & Dumitraş, T., (2019). Terminal brain damage: Exposing the graceless degradation in deep neural networks under hardware fault attacks. In *28th USENIX Security Symposium (USENIX Security 19)* (pp. 497-514).
- Howard, R.E., (2018). *Human rights and the search for community*. Routledge.
- Hussain, S., (2020). Peace journalism for conflict reporting: Insights from Pakistan. *Journalism Practice*, 14(1), pp.1-16.
- Iftikhar, M., Iftikhar, U. & Mukhtar, M., (2020). Role of Pakistani Print Media in Promoting Clean and Green Pakistan Campaign. *Journal of Arts & Social Sciences (JASS)*, 7(2), pp.24-34.
- Ittefaq, M., Ejaz, W., Fahmy, S.S. & Sheikh, A.M., (2021). Converged journalism: practices and influences in Pakistan. *Media International Australia*, 181(1), pp.167-182.
- Jabeen, N., Farwa, U. & Jadoon, M., (2017). Urbanisation in Pakistan: a governance perspective. *J Res Soc Pak*, 54(1), pp.127-136.
- Jamil, S., (2021). Automated journalism and the freedom of media: Understanding legal and ethical implications in competitive authoritarian regime. *Journalism Practice*, pp.1-24.
- Karlsson, M. & Clerwall, C., (2018). Transparency to the Rescue? Evaluating citizens' views on

- transparency tools in journalism. *Journalism Studies*, 19(13), pp.1923-1933.
- Khalid, A.U., (2019). A Case Study of Pakistani News Channels: Media Education and Journalists' Training. In *Smart Technologies and Innovation for a Sustainable Future* (pp. 1-9). Springer, Cham.
- Khalid, A.U., (2019). A Case Study of Pakistani News Channels: Media Education and Journalists' Training. In *Smart Technologies and Innovation for a Sustainable Future* (pp. 1-9). Springer, Cham.
- Khalid, M. & Shaheen, F., (2018). Voices of Peace: Role of Media in Conflict Resolution and Violence Management with reference to Pakistan. *Asian Journal of Research in Social Sciences and Humanities*, 8(2), pp.146-156.
- Khan, M.A., (2016). Media landscape in pakistan and censorship through viewers' complaints to PEMRA.
- Khan, M.A., Khan, S.M. & Khan, I., (2022). Role of Media in Narrative Building: A Case of.
- Leal Filho, W., Tripathi, S.K., Andrade Guerra, J.B.S.O.D., Giné-Garriga, R., Orlovic Lovren, V. & Willats, J., (2019). Using the sustainable development goals towards a better understanding of sustainability challenges. *International Journal of Sustainable Development & World Ecology*, 26(2), pp.179-190.
- Lee, J.H., Wood, J. & Kim, J., (2021). Tracing the trends in sustainability and social media research using topic modeling. *Sustainability*, 13(3), p.1269.
- Lough, K. & McIntyre, K., (2018). Journalists' perceptions of solutions journalism and its place in the field. *ISOJ Journal*, 8(1), pp.33-52.
- Macnamara, J., (2010). *The 21st century media (r) evolution: Emergent communication practices*. Peter Lang.
- Malik, A.R., (2018). The China–Pakistan Economic Corridor (CPEC): a game changer for Pakistan's economy. In *China's Global Rebalancing and the New Silk Road* (pp. 69-83). Springer, Singapore.
- Mast, J., Coesemans, R. & Temmerman, M., (2019). Constructive journalism: Concepts, practices, and discourses. *Journalism*, 20(4), pp.492-503.
- Mast, J., Coesemans, R. & Temmerman, M., (2019). Constructive journalism: Concepts, practices, and discourses. *Journalism*, 20(4), pp.492-503.
- McIntyre, K. & Gyldensted, C., (2018). Constructive journalism: An introduction and practical guide for applying positive psychology techniques to news production. *The journal of media innovations*, 4(2), pp.20-34.
- McIntyre, K. & Gyldensted, C., (2018). Positive psychology as a theoretical foundation for constructive journalism. *Journalism Practice*, 12(6), pp.662-678.
- Muhammad Din, A., Shahid, A. & Abrar, M., (2021). Use of constructive approach in talk shows: A case of post corona raised social, economic and religious issues in Pakistan. *Journal of Media Studies*, 36(1).
- Muhammad Din, A., Shahid, A. & Abrar, M., (2021). Use of constructive approach in talk shows: A case of post corona raised social, economic and religious issues in Pakistan. *Journal of Media Studies*, 36(1).
- Muhammad Din, A., Shahid, A. & Abrar, M., (2021). Use of constructive approach in talk shows: A case of post corona raised social, economic and religious issues in Pakistan. *Journal of Media Studies*, 36(1).
- Örnebring, H., (2013). Anything you can do, I can do better? Professional journalists on citizen journalism in six European countries. *International Communication Gazette*, 75(1), pp.35-53.
- Parratt-Fernández, S., Chaparro-Domínguez, M.Á. & Gilbert, G.S., (2022). Discursive Strategies for Climate Change Reporting: A Case Study of The Mercury News. *Environmental Communication*, pp.1-15.
- Qureshi, W.A., (2017). Water as a human right: a case study of the Pakistan-India water conflict.

- Penn St. JL & Int'l Aff.*, 5, p.374.
- Rotmeijer, S., (2019). 'Words that work?' Practices of constructive journalism in a local Caribbean context. *Journalism*, 20(4), pp.600-616.
- Saragih, M.Y. & Harahap, A.I., (2020). The Challenges of Print Media Journalism in the Digital Era. *Budapest International Research and Critics Institute-Journal (BIRCI-Journal) Vol*, 3(1), pp.540-548.
- Shabbir, K. (2022) "The Role Of Media In National Development", *Graduate Journal of Pakistan Review (GJPR)*, 2(2). Available at: <https://journals.pakistanreview.com/index.php/GJPR/article/view/132> (Accessed: 16 September 2022).
- Shah, S.K. & Hussain, S., (2022). Drivers of Pakistan's Afghanistan Policy. *Pakistan Horizon*, 75(1), pp.67-86.
- Swart, J., Peters, C. & Broersma, M., (2017). Repositioning news and public connection in everyday life: A user-oriented perspective on inclusiveness, engagement, relevance, and constructiveness. *Media, culture & society*, 39(6), pp.902-918.
- Tornero, J.P. & Varis, T., (2010). *Media literacy and new humanism* (pp. 271-313). Moscow: UNESCO Institute for Information Technologies in Education.
- ul Aftab, N., (2021). *Exposure to News & Current Affairs on Private TV Channels & Political Socialization among Young, Urban Pakistanis*. Freie Universitaet Berlin (Germany).
- Yanqiu, Z. & Machila, L.M., (2019). International and African media's representation of African Debt to China: From stereotype to solution with constructive journalism. *Journal of African Media Studies*, 11(3), pp.331-346.