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Journalists' Perception about the 24-Hours News Cycle: Exploring

Impact on Performance

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ABSTRACT

The research aims to explore the impact of the speed of 24-hour news cycle on the performance of journalists. The Population of this study was enrolled members of the press club of Islamabad. The convenient sampling technique has been used for this study. For this research, the researcher critically adapted the Transactional model of stress and formulated the most relevant items for a closed-ended questionnaire. The main approach of this study was quantitative, beside this semi-structured interview were also conducted as well. The study has explored that there is presence of stress amid speed of 24-hour News Cycle, but a strong element of defensive mechanism is also there.



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Key words: *24-hour News Cycle, Performance, Journalists, Stress, Speed, Defensive*

Introduction

Nowadays, journalists are facing more pressure due to unusual elements in the field of journalism. Cable TV, the Internet, and the expansion of media outlets have given birth to the culture of the 24-hour news cycle. The 24-hour news cycle usually consider as a nightmare for the quality of the media content as well as for the performance of journalists, because this cycle creates a hunger to gather news, which forces the journalist to find the first and fast, rather than first and right. It is pertinent to mention that 24-hour news cycle has given birth to a dramatized culture in the world of news, which creates devils like disinformation, fake news, bashing, etc. The said cycle usually forces journalists to report a story without proper research and without following the code of ethics of journalism, which usually creates a justification for opponents to propagate the image of every journalist as unethical and disgusting.

Pakistan is a place of diverse cultures, languages, and ethnic groups. Being a third-world country, the absence of basic needs and rights is obvious. The job of a journalist is considered a nightmare and most hectic in Pakistan especially after the arrival of the 24-hour news cycle. It has been noted that the cycle has created a mess for the journalists of the United States



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as we talked about how authorities of the country are continuously directly threatening the journalists. Many times, white house reporters' press passes were canceled due to the heated exchange between *CNN* and *President Trump* on mainstream media, social media, and print media. The condition of Journalism in Pakistan is entirely different than the United States, specifically when it comes to professional, social, technical, and objective aspects. There is no implementation of discipline for the code of ethics of journalism and a free press. First, there is lack of journalistic education in the field of journalism and there is no specific criteria or qualification to join this profession. In a 24-hour news cycle, this lack creates more confusion and stress for the journalists because to explore journalists without biases is a very difficult task here. The tolerance and disciplinary level of society is very weak and, that is why most people most of the time in Pakistan consider it as a personal attack that usually ends in chaos.

Due to the 24-hour news cycle, the situation of journalists of the whole world has become vulnerable. This terrible circle has created a very thin line between facts and opinions. Before the time of the 24-hour news cycle, here was the culture of news bulletins and news telling, but after the arrival of *CNN* and *Fox*, and the culture of opinions overshadowed the news bulletins, and a conflicting race to get first rather than right began. This cycle is putting pressure on the journalists to ask more and more questions in the



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news conferences and to report before others, which creates a mess for the quality of content as well as for the performance of the journalists. The competitions of ratings and viewership stress journalists sometimes to ask straightforward questions, which creates a perception among the opponents that the media is specifically targeting them, which leads a journalist towards stress, because sometimes time opponents take it as personal enmity. On other hand, the 24-hour news cycle and newsroom demand breaking news, which puts journalists into the continuous mode of stress and coping regarding their performance.

Statement of Problem

The main problem which this study has addressed is to measure the real psychological condition of the journalists. The most critical part of this study is to deal with the element of denial (Defense Mechanism). The existing studies regarding transactional model of stress were applied on Yazd teachers of Iran, however this research has applied on journalists of Islamabad. The study will fill the gap in existing and upcoming studies for journalists about their psychological health. The research would add the fact that psychological health has become a condition precedent for the profession of journalists.



Objectives

- To measure the psychological condition of journalists amid 24-hour News Cycle
- To gauge the performance of journalists amid 24-hour News Cycle

Literature Review

The 24-hour news cycle has created insecurity for almost every individual, organization, and especially more for Journalists and Politicians. The whole world has seen the attacks of Donald Trump on the press. Donald Trump alone had placed almost more than a thousand tweets against the press by the end of his first year. Federal Communications Commission also received a tweet from President Trump to check and challenge the licenses of NBC and other broadcast services because the news networks have become biased and blurred. During responding to a question regarding his statement he verified his objective after 80 hours in a press conference by saying, “It is frankly disgusting the way the press can write whatever they want to write, and people should investigate it. CNN is among the most favorite targets of Donald Trump. Further, he blamed the network of bias and labeled it “an arm of the Clinton campaign. He especially pinpointed the president of the network Jef Zucker and some other reporters like Jim Acosta. During addressing a press conference soon after he was elected, he



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snubbed Jim Acosta for raising a specific question by saying to him that your organization is terrible and fake. (West, 2018)

British Prime Minister Tony Blair criticized the national media on the issue of taking no prisoners, before the two weeks of his leaving the office in 2007. He blamed that, journalists peeped up the issue with the help of 24-hour technology, which emphasized the impact and heat. Moreover, Blair charged media to create sensation rather than other elements of news. Tony Blair argued that less interest in public regarding rational media rather than 24-hour news circle of internet and cable TV has generated competition of attention, which is forcing politicians to live in perpetual reactions, that exhibits no good intentions. (Rosenberg & Feldman, 2008)

Secretary of State, Colin Powell addressed at the Security Council in New York on the morning of 5 February 2003. Powell stressed in his 90 minutes long presentation that Iraq is violating 1441 of the U.N Security Council by hiding the weapon of mass destruction from the inspectors. Powell insisted U.N Security Council to disarm Saddam's and the Iraqi leadership. The media reporters and political analysts conducted live news coverage within 10 seconds regarding Colin Powell's speech after his closing remarks. NBC gave extra 20 minutes of coverage in Tom Brokaw Nightly News Program about Colin Powell's address. NBC portrayed the Colin Powell presentation with the without pilot jets, mirages jets videos,



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which also showed the nexus between Al-Qaeda and the Iraqi Regime. After that, CNN created additional stories regarding Powel's speech and presented the summary of his speech, and again highlighted the points of his PowerPoint speech more in detail with the perspective of Iraq. Collin Powel's speech re-stretched, twisted, and distorted by the media, but the main thing is that it kept alive in the line of journalism. Collin Powell's speech was not only put alive, but it also generated a life for the Journalists. The journalist and mad Dr. Frankenstein also tried to interpret Collin's speech before time. (Oddo, 2014)

Due to the concept of speed and lack of availability of resources, the journalists must research the background. It is the most time taking element for writing a news story. That's why journalists use speedy platforms like Facebook to get and to spread information. (Memon & Umrani, 2019)

Modern media has changed the way of life in Pakistan; however, this technology has had several impacts on society. The main concern of the traditional media for the new technology is the lack of morality. (Adnan et al., 2020)

“According to a video journalist” apparently power dynamics lies in the traditional way rather than 24/7 Tv channels. (Ashraf, 2021)

The results depict that's most of the journalists used Facebook as a tool for attribution and research to get the latest information. (Umrani et al., 2019)



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The concept of 24/7 deadline habitually takes part in the selection and making of the news, according to the various public officials the continuously updated news service is beyond the functions of democratic institutions. (Cushion, News and Politics: The Rise of Live and Interpretive Journalism, 2015)

To perform the role of watchdog, journalism considers a fourth estate and its part in the system is to check, and that is a necessary characteristic for the societies of democracy. Secondly, journalists must complete their civic roles, to educate the public about complicated and complex issues, and to motivate people to participate in public debates as well as in politics. (Mellado, 2017) . Stephen Cushion elaborated that 24-hour style of news is influencing the fixed time bulletins. (Cushion, News and Politics: The Rise of Live and Interpretive Journalism, 2015)

The 24-hour news cycle in the form of Twitter and Facebook has generated an obsession among the audience to get any news in seconds rather than minutes. The above concept of obsession started with the first telegraph message as Bible Verses "by Samuel More's, which he sent from Washington to Baltimore in 1844. He sent his second message "Have you any news?"

The civil war escalated the concept of the relationship between the telegraph and news." After the Civil War, the psychological hunger for the latest news



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continued to grow as President James Garfield was shot by Charles Guiteau at Washington railroad station. Afterward, the concerned crowd reached the newspaper offices, hotels, and other places to get hour-to-hour news updates regarding the President's condition. The business stopped in New York after the event of a shooting, as “*men of all conditions jostled each other round the bulletins.*”

Calkins stated that the news industry and psychology of news consumption had been deeply changed by the telegraph. We can match today's obsession with the news cycle in the telegraphic dispatches that Calkins raised. It is more important to give more preference to the psychological aspect of technology rather than technological developments. (Hochfelder, *The Telegraph in America, 1832–1920*, 2012)

Press Conference is a tool that is used in breakthroughs or emergencies; however, its use is so rare in business situations. It usually occurs, when Press Release unable to shed light on all issues or to mitigate the formation of negative impressions. It emphasizes that story is important and could have broader and keenly coverage, so the journalists must prove agility. (Olariu & Bogdan, 2015)

There is a bit of similarity between a game Chinese Whispers and Press Conference, the speakers face the press, then they prove content to their readers in return. In other terms, a press conference is a presentation



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for presenters. After the event, there is an immediate result of this fact is that one should be ready to measure the success of a press conference, especially focusing on two levels. The first level should be the measurement of the impact of the press conference on the participants and the journalists.

You must ask the following questions.

“Did they attend in the first place?”

“Did they like your news?”

“Did they write what you expected from them to write?”

The second level contains the impact on the Journalist, which acts as “True Audience” that they broadcasted to or wrote for.

You can ask the following questions during the measurement of the second level:

“Did you create increased awareness for your company or your products?”

“Did the customers change their behaviors towards your company or your products?”

“Did the customers ultimately buy your products because of what they read?” (Leinemann & Baikaltseva, 2006)

It can be concluded that 24-hour news cycle exists in all forms and types of news and it is more prevalent after the arrival of the latest state-of-the-art media technology.



Research Questions

RQ1: What is the impact of 24-hourNews cycle on the primary appraisal of journalists?

RQ2: To what extent the speed of 24-hourNews cycle generates job vulnerability for journalists?

RQ3: To what extent in 24-hourNews cycle societal taboos influence the performance of journalists?

RQ4: To what extent journalists go for defensive reappraisal amid the speed of 24-hourNews cycle?

RQ5: To what extent journalists use negative coping methods to counter the speed of 24-hourNews cycle?

RQ6: To what extent Journalists prefer emotional strategies amid the speed of 24-hourNews cycle?

RQ7: Whether journalists prefer positive solutions to cope up with the speed of 24-hourNews cycle?

Theoretical Framework

Transactional Model of Stress

In this study transactional model of stress and coping has been used. This model's main idea is that a potentially stressful event will activate the primary appraisal process in which an individual compares the degree of



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threat to his or her safety. When an event is perceived as a threat or a challenge, the secondary appraisal process provides an overall calculation of the individual's coping capabilities and ability to manage the threat or challenge. Coping reactions begin after the cognitive appraisals and the ultimate psycho-physiological experience (stress outcomes) of this potentially stressful event depends on the effectiveness of one's cognitive appraisals and coping manners. After that cognitive appraisal stages would receive feedback from the stress outcomes for more actions if needed. (Goh, Sawang, & Oei, 2010)

The said model connects well with 24 Hour News Cycle and its Impact on the Performance of Journalists because journalists face the situation at every moment in the line of their duty. As a journalist faces an impact of a situation in 24 Hour News Cycle then he calculates the whole situation and his capabilities to manage the situation, after that journalist adopts coping strategies to cope up with the stressful situation. The coping strategies can be negative, unethical, or positive.

Methodology

Research Instrument

The research study is primarily based on a quantitative approach of research. The main crux of this study was to explore the actual cognitive situation of



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journalists of Islamabad amid the speed of 24-hour news cycle. The main instrument of this study is a closed-ended questionnaire which has been adapted after few minor changes. The researcher then made this form available to the respondents in the format of Google forms online. The link of the questionnaire was shared with 300 working journalists by convenient sampling technique, but the response rate was slow. The additional feature of this questionnaire is that it had a video before the start of the main questions. The main aim of this video was the brainstorming of the journalist to collect genuine answers. The study aimed to stimulate the real cognitive approach and to collect true answers from the journalists. The semi-structured interview was another technique that has been used for the qualitative purpose.

Population

The population of this study is enrolled members of the Press Club of Islamabad. The total number of valid members is 2,750, while the active voters are 2000 approximately.

Sampling Technique

Convenient sampling technique has been used for this research.

Sample Size



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Researcher shared questionnaire with 300 working journalists, but response rate was very low and only 147 journalists filled in the questionnaire and sent it back.

Probable Reason for Low Response Rate

The questionnaire was distributed among 300 respondents, however, only 147 responses were received. The response rate was slow because most of the journalists had fear of losing job. To resolve this issue the researcher formulated an online questionnaire and sent them via email.

Variables of the Study

a) Speed

“A swift movement is called speed” (Merriam & Merriam, 1831)

Speedy movement of news cycle in journalism forces journalists to report as early as possible, that creates uncertainty regarding their job/life security.

b) Stress

According to Hans Selye

“*Stress is the nonspecific response of the body to any demand*”. (Fink, 2016)

Speed of news in 24 Hour News Cycle activates stress among journalists amid their job security/life security.



c) Journalist

“Journalists see journalism as the work of observation, tantamount to gazing on reality or the objective happenings taking place in the real world.” (Zelizer, 2005)

Journalist struggles due the speedy movement of 24-Hour News Cycle amid their profession.

(d) Primary Appraisal

“Primary appraisal is a cognitive process that occurs when one is appraising whether an event is stressful and relevant to him or her. No implication for a person's well-being it falls in the category of irrelevant” (Baumeister & Vohs, Stress Appraisal Theory (Primary and Secondary Appraisal), 2007)

When a journalist faces a situation in the speedy environment of 24 Hour News Cycle then one is appraising whether an event is stressful and relevant to him or her. No implication for a journalist's well-being it falls in the category of irrelevant

(e) Secondary Appraisal

“Secondary appraisal is a situation when one is figuring out how to cope with a stressful event during the process and this type of situation requires immediate action” (Baumeister & Vohs, Stress Appraisal Theory (Primary and Secondary Appraisal), 2007)



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In the face of a situation amid speed of 24-Hour News Cycle the journalist formulates an approach how to cope with a stressful event during the process and this type of situation requires immediate action.

(f) Defensive Reappraisal

“It consists of any effort made to reinterpret the past more positively or to deal with the present harms and threats by viewing them in less damaging and/or threatening ways” (Baldwin, 2005)

Journalist's admission regarding speed of 24-Hour News Cycle to reinterpret the past more positively or to deal with the present harms and threats by viewing them in less damaging and/or threatening ways.

(g) Coping

“Coping is constantly changing cognitive and behavioral efforts to manage specific internal and /or external demands that are appraised as taxing or exceeding the resources of the person.” (Olusoga, Butt, Maynard , & Hays, 2010)

Coping is constantly changing cognitive and behavioral efforts of journalists amid speed of 24-Hour News Cycle to manage specific internal and /or external demands that are appraised as taxing or exceeding the resources of the journalists.

Quantitative Approach



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After that, with the help of these constructs, the Researcher developed a closed-ended questionnaire for journalists amid 24-hour News Cycle.

Qualitative Approach

Researcher also conducted semi-structured interviews of 15 journalists by following the same and a few other constructs.

Findings and Results

Test of Reliability

According to the rules of thumb provided by George and Maller the test of reliability shows the reliability of the questionnaire items (Gliem 2003).

The following are criteria to test the reliability

__ > .9 consider excellent

__ > .8 consider good

__ > .7 consider acceptable

__ > .6 consider Questionable

__ < .5 Unacceptable

For the Construct of the value of Primary Appraisal Cronbachs, alpha is .782, for the secondary appraisal (job vulnerability) the value is .812, for negative coping the value is .697, for emotional coping the value is .690, for the secondary appraisal (societal vulnerability) the value is .720, for



defensive reappraisal the value is .816, and for the positive coping the value is.749

The values show the reliability of the questionnaire.

Table 1
Demographics

Category %	n
Gender	
Male	86
58.5	
Female	71
41.5	
Age	
25-35	63
42.9	
36-45	50
34.0	
46-55	27
18.4	
56-65	7
4.8	
Marital Status	
Single	49
33.3	
Married	95
64.6	
Divorced	3
2.0	
Income	
10,000-20,000	13
8.8	
21,000-30,000	25
17.0	
31,000-40,000	16
10.9	
41,000-50,000	52
35.4	



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Other	41
27.9	
Organization	
Print Media	62
42.2	
Electronic Media/Radio	75
51.0	
Other	10
6.8	
Religion	
Muslim	146
99.3	
Non-Muslim	1
.7	

According to the table 86 respondents are male and 61 are female journalists. The 63 respondents are between age 25-35, 50 are between 36-45, 27 are between 46-55 and 7 respondents are between 56-65. The above table indicates that majority of respondents are married while there is a slight number of divorced respondents. According to table 13 respondents have income between 10,000-20,000, 25 respondents have income between 21,000-30,000, 16 respondents have between 31,000-40,000, 52 respondents have income between 41,000-50,000 and 41 respondents are in “other” category. Table exhibits that, 62 respondents were from print media, 75 from Electronic Media / Radio while 10 from other categories. The above table portrays that majority of the population was Muslim.

Answers to Research Questions

Primary Appraisal



Table 2

RQ.1: What is the impact of 24-hour News cycle on the primary appraisal of journalists?

		Std.		
Statements	N	Mean	Deviation	
i) I engage myself in a vulnerable situation	147	2.8776	1.07205	
ii) I feel pressure from my organization	147	3.2109	1.21763	
iii) I often ask miscalculated questions in a hurry	147	2.6122	1.10695	
iv) The situation generates a challenging environment	147	3.0612	1.10556	

The above table shows that most of the journalists have a moderate impact on their primary appraisal amid their performance in the speedy environment of 24-Hour News Cycle. Most of the respondents show their concerns from their organization and we also observe the element of defensive mechanism almost in every construct, for instance in this construct most journalists are negating the element of vulnerability but on the other side, they are showing the vulnerability about their organization.



▪ **Reverse Statement**

Table 3

Mean Value for Reverse statement 1

Statement	N	Mean	Std.
			Deviation
I can perfectly adjust myself according to the speedy and competitive environment	147	3.5170	1.01599

The reverse statement for this construct also elaborates that most journalists are perfectly able to adjust themselves according to the speedy and competitive environment. As the mean value of the reverse statement is 3.5.

Table 4

Over all Mean Value for Primary Appraisal

	N	Mean	Std. Deviation
Primary Appraisal	147	2.9405	.87651

The mean value of primary appraisal (2.9) shows the moderate impact on the performance of journalists amid the speed of 24-hour News cycle.



Secondary Appraisal (Job Vulnerability)

Table 5

RQ.2: To what extent speed of 24-hourNews cycle generates job vulnerability for journalists?

		Std.		
Statements		N	Mean	Deviation
i)	I decide not to deal with the situation because I do not have other options for a job	147	2.9048	1.26780
ii)	I think my present condition cannot afford any trouble	147	3.1837	1.24428

The table reveals the presence of an impact of job vulnerability among journalists amid the speed of 24-hourNews Cycle.

Reverse Statement 2

However, the reverse statement justifies the mean value of the construct as most of the respondents disagree with the fact that "they decide to deal with the situation because they have many other options to earn.



Table 6

Mean value for Reverse statement 2

Statement	N	Mean	Std.
			Deviation
I decide to deal with the situation because I have many other options to earn	147	2.6190	1.06843

Reverse statement 2 justifies the Secondary appraisal for job vulnerability with the mean value of 2.6.

Table 7

Overall Mean value for Secondary appraisal (Job Vulnerability)

	N	Mean	Std. Deviation
Secondary Appraisal (Job Vulnerability)	147	3.0442	1.15261

Note. The mean value exhibits that speed of 24-hourNews cycle has a bit higher impact on the performance of journalists than primary appraisal amid their job security. As its mean value is 3.0

Secondary Appraisal (Societal Taboos)

Table 8

RQ.3: To what extent in 24-hourNews cycle societal taboos influence the performance of journalists?

Statements	N	Mean	Std. Deviation
------------	---	------	----------------



i)	Nobody could help me because of my specific gender	147	2.3946	1.03075
ii)	Nobody can help me because I am from a specific ethnic group	147	2.1701	1.02952

The mean value of the above statements is 2.3 and 2.1, which reveals that there is neither gender nor ethnic discrimination in the profession of journalism or by authorities.

Table 9

Overall Mean Value for Secondary Appraisal (Societal Taboos)

	N	Mean	Std. Deviation
Secondary Appraisal (Societal Vulnerability)	147	2.2823	.91049

The mean value (2.2) elaborates that journalist rejected the influence of societal taboos for gender and ethnicity.

Defensive Reappraisal

Table 10

R.Q4: To what extent journalists go for defensive reappraisal amid the speed of 24-hour News cycle?

Statements	N	Mean	Std. Deviation
------------	---	------	----------------



i)	It was the part of the profession, and I just	147	3.3265	.98038
	overestimated its speed:			
ii)	My present situation is similar and comfortable as	147	3.3878	1.01664
	past regarding newsgathering:			

The mean value of statements (3.3) and (3.3) highlight the fact that journalists are approximately near to the agreement about the defensive appraisal.

Table 11

Overall Mean value for Defensive Reappraisal

	N	Mean	Std. Deviation
Defensive Reappraisal	147	3.3571	.91786

The mean value explains that most of the journalists go for defensive reappraisal amid the speed of 24-hourNews cycle.

Coping

RQ.5: To what extent journalists use negative coping methods to counter the speed of 24-hourNews cycle?



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RQ.6: To what extent Journalists prefer emotional strategies amid the speed of 24-hour News cycle?

RQ.7: Whether journalists prefer positive solutions to cope up with the speed of 24-hour News cycle?

Table 12

To what extent journalists use negative coping methods to counter the speed of 24-hour News cycle?

Statements			N	Mean	Std. Deviation
i)	Stress relief medicines, tranquilizers, or smoke could help me.		147	2.7075	1.32526
ii)	I distance myself from all the elements of news		147	2.6259	1.11165

The respondents were approximately neutral with negative coping. As the mean value for statements is 2.7 and 2.6.

Table 13

Overall Mean Value of Negative Coping

	N	Mean	Std. Deviation
Negative Coping	147	2.6667	1.07164



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Note. The mean value of 2.6 displays that the journalists were approximately neutral.

Table 14

To what extent Journalists prefer emotional strategies amid the speed of 24-hour News cycle?

Statements	N	Mean	Std. Deviation
i) I need support from friends, family, or relatives	147	3.6190	.97456
ii) My friends or relative could help me	147	3.4626	1.07444

The mean value of the above statements 3.6 and 3.4 describes that there is a significant level of agreement of journalists with emotional coping.

Table 15

Overall Mean Value for Emotional Coping

	N	Mean	Std. Deviation
Emotional Coping	147	3.5408	.89617
	147		



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The mean value of 3.5 defines significant level of agreement with emotional coping.

Table 16

Whether journalists prefer positive solutions to cope up with the speed of 24-hour News cycle?

			Std.	
Statements	N	Mean	Deviation	
i) I adapt academic means	147	3.7279	.73613	
iii) I adapt entertaining activities	147	3.7483	.81798	

The above statement shows the strong high agreement of journalists with the above statements which is higher than all other constructs. As the mean value of the above statements is 3.7 and 3.7

Table 17

Overall Mean Value for positive Coping

	N	Mean	Std. Deviation
Positive Coping	147	3.7381	.69571
	147		



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Mean value 3.7 shows the level of high agreement of journalists with positive coping.

Qualitative Analysis

The semi-structured interviews have been conducted with 15 respondents by flowing the same constructs. Following are the results:

Primary Appraisal

Most respondents considered the event stressful amid the speed of 24-hour News Cycle in the wake of their performance. However, respondents showed reluctance about the questions of mental health or depression, etc.

Secondary Appraisal

The secondary appraisal shows the significant level of resistance to overcome the elements which act as a complicated phenomenon among journalists, 24-Hour News Cycle and their performance.

Problem-focused Coping

Most of the journalists were confident that have a reasonable capacity to counter any stressful situation amid the speed of 24-hour News Cycle and they rejected any kind of inabilities or weaknesses.



Emotional Coping

Most of the journalists preferred positive solutions amid a stressful situation of 24Hours News Cycle.

Meaning focused Coping

Most of the respondents preferred belief systems amid a stressful situation of 24-hourNews Cycle. Few of them preferred social gatherings.

Admission

The respondents in qualitative analysis slightly admitted their real situation after coping with a stressful situation, however, most of them were still in denial mode regarding smoking.

Positive Coping

The rate of positive coping was high because most of the respondents show their will to overcome the situation with every possible solution

Conclusion

During the research, the researcher also conducted semi-structured interviews of 15 journalists randomly. During the interview, the researcher observed the elements of slight admission, belief, denial, rationalization, short temperament, and sublimation, etc.

Here, as the researcher did comparison among quantitative data qualitative data and literature review then the study can observe the impact of speed of



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24-Hour News Cycle on the performance of journalists, however, research study observes the element of denial, rationalization sublimation, ego, and belief as we made more comparison with the help of Sigmund Freud theory "defensive mechanism."

As the researcher conducts a comparison of our quantitative and qualitative results with literature, then we found out that journalists of other regions had an element of resistance against the stress of 24-Hour News Cycle, at least other countries media outlets and media professionals unitedly condemn any threat-full act against journalistic community and there was also acceptance for stress due to speed, however, in our study we have detected defensive mechanism, especially for psychological pressures. The research also discovered the denial mode among journalists, as most of the journalists were reluctant to express their genuine mental condition amid the speed 24 Hour News Cycle. The reason of denial could be job vulnerability or other societal taboos that are common in a third world country.

As literature exhibits that: "Calkins' views establish that the telegraph had deeply changed the news industry and the psychology of news consumption. One can find the origins of today's obsession with the news cycle in the telegraphic dispatches that Calkins pinpointed. Just as importantly, the said relationship demands that historians of technology pay more attention



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towards the psychological effects of technological innovation".*

(Hochfelder, *The Telegraph in America, 1832–1920*, 2012)

Literature sheds light on the most important statement of Calkins, which shows that the world has faced a brutal phenomenon of news hunger during the arrival of the telegraph, which showed concerns about the individual perceptions, expectations, and mood of new technology. However, our results show that journalists are slight away from this concept and do not admit the impact of speed on them and ready to cope up with the speed of media in the era of 24-hour News Cycle. Calkins's preference was psychological than technological; hence we can say that due to the mood of society (defensive mechanism) in our study journalists also prefer technological aspects rather than psychological ones.

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