



## METHODS TO TACKLE VIOLENCE

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### **Abstract**

*This paper deals with the rising rate of crimes and violence in the world. The definition of the term violence, its various types, its meaning, implication etc are described in very simple language. Types of non-violent practices that were followed from ancient times till date are narrated, superiority and powerfulness of peaceful approaches are dealt with. The concept of peace education and the different skills imparted through the same and the effect of this on humanity as a whole and on each and every individual in particular is mentioned. The importance and implications of peace education and the advantages of the same and how it will benefit mankind to lead a life of contentment free from all sorts of conflicts, tensions and worries of this material world are considered. Various types of peace education with the meanings and purposes of each are depicted. Institutions and organizations working hard to promote peace education and their motives and targets are portrayed. Thus the conclusion reached after analyzing all means and sorts of violence of the solutions for the same point to peace education and the different types of peaceful activities as the best way to handle violence.*

**Keywords:** *Violence, Conflicts, Nurture, Harmless, Spirituality, Intervention Negotiation, Compassion Etc.*

### **Introduction**

Modern man is quite proved of the fact that he is living in this era of globalization, industrialization characterized by technological development information boom and cut throat competition. Through technology had brought the world more and more closer, it had transformed the modes and methods of communication and socialization. In times of your, there was a sense of a belongingness experienced by each and every individual in all spheres of his life, be it of the personal, family, community or social level. But in the present era, the greatest problem faced by man isolation in place of togetherness. This sense of lack of belongingness and togetherness leads him to frustration, depression and to adopt some extreme steps like either suicide or violence towards others. All are the time and the elderly aged are neglected and sent to old age homes. Family values are blown to the winds. All are busy, engaged with latest gadgets and gizmos gifted by technology. To people standing together will be busy each with their own mobiles, quite unaware of the other's presence. Even people talking alone (with the mobile and headphone under cover) are a very common sight. Thus the loss of community belongingness and the desire to excel the other in form many power many a times give birth to various type of anti social communities, criminal gangs etc. which in course of time gives rise to violence of different forms. This violence affected people everywhere in the world and result endangering their health, lives and livelihoods.

In the present scenario, the matter that deserved maximum attention and importance is how to transform a culture of violence in to a culture of peace. To attain this target to achieve this goal, it is very necessary to search and find creative and constructive solution to the myriad problems that heart mankind.

### **Definition of the Term Violence**

There are various definitions which will make the term violence clear. One of the most effective definition is as follows : violence is "the international use of physical force or power threatened or actual, against oneself another person, or against a group or community which either result in or as a high likelihood of resulting in injury, death, psychological harm mal development, or deprivation." This definition very lucidly states and classifies that violence of any sort is deliberately and consciously done or targeted at someone who is less powerful and inferior to the performer. The matter that deserved special mention here is that violence, be it of any sort or of any level, can be prevented. A closer look brings evidence to testing that the is a larger than life connection between the levels of violence inflicted upon the poorest of the poor and the weakest downtrodden sections of society. The man problem these vulnerable section face poverty, inequalities on the basis of income and gender, the adverse effects of using alcohol and resulting from all these lack of safe stable and nurturing relationships between children and parents. Thus it is very clear that the people who are preyed upon by violence is the least and last part of the society. The big shoots are always beyond reach. Once the term violence defined the next step is to find out the different types of the same.

### **Kinds of Violence**

A close look of life on an indusial level and that of the society in general revels that there are various type of violence in existence. Most important of these are dealt with here in short.



#### **i) Self Directed Violence**

The term “self directed violence” refers to the process of an individual inflicting violence on his/her own self. This can be further classified into *suicidal behaviors* and *self abuse*. Under the category suicidal behavior comes suicidal thoughts attempted suicide and suicides accomplished executed. Self-abuse on the other hand consists of *self-mutilation* and *substance abuse* or *misuse*.

#### **ii) Interpersonal Violence**

“Interpersonal Violence” can be described as the type of violence that happens between individuals. This may occur in different places such as homes, schools, workplaces and in even some institutions and business organizations. Some of the best examples available in this category are child abuse, bullying and harassing others, violence that takes place in the family and abusing the old and helpless people.

#### **iii) Community Violence**

Another sort of violence that badly affected public life is this one which is interpersonal in nature, it happens at the community level and that too between people who are known to one another or even mere strangers. Examples of this are gang violence, violence that accrued in sports teams by the supporters of different players and coaches incidence of mob attack and sporadic violence.

#### **iv) Economic Violence**

Compared to the forms of violence that exist in our society and that are discussed above, this one is more complicated and beyond the comprehension of the average human being. Under this category comes attacks by larger groups with the sole purpose of economic benefits. These attacks are carried out with the hidden agenda of disturbing economic activity, negating access and approach to essential services and even for bringing about division and fragmentation in the economic set up of the society.

#### **v) Collective Violence**

This type of violence takes place for the purpose of advancing the particular social agenda. The best examples are hate crimes executed by organized groups, acts and attacks of terrorist groups and mob violence.

#### **vi) Political Violence**

This sort of violence refers to the activities of violence that take place in the field of politics. Under this category belong war related violent conflicts, violence activities that eruption state and national level and such violence attacked performed by larger groups.

#### **vii) Non-Physical Violence**

This is totally different from the other types of violence described above. Through there is no element or aspect of physical violence involved here, it is worse than that. These are the result of power relationship and under these come activities like treats, intimidation ignoring some body or acts of omission other than extreme violent acts.

Such acts of the violence results in the psychological harm of the individual other than acts of deprivation and mal development. Other than all these there are many sorts of violence targeting helpless women, children and the aged which live them traumatised. In this context, it is highly essential to understand the meaning of the concept non-violence.

#### **The Meaning of Non- Violence**

The non-violence is the absence of and the opposite of violence. It can be described as the habit and practice of being harmless to one self and to others in any condition. More specifically it is the negation or absence of violence of any from pertaining to moral , religious, spiritual, physical, intellectual or emotional grounds. Hurting or injuring anybody living be it human beings, animals or plants is violence. Hence any human beings who practices non violence can't inflict any sort of injury on anyone. The father of our nation, Mahatma Gandhi had practiced this principle of non-violence in each and every sphere of his activity and life too. This spirituality and even his political philosophy have the solid basis of non-violence. If an extremely ordinary looking Gandhiji could frighten the mighty British with his principle and practice of non-violence, today also, for all the states and people who resort to violence for the attainment of their goals, non-violence is the best to be made use of.

#### **Types of Non-violence Practices**

Just as there are different forms of violence in existence (as dealt with above) there are many types of non- violent activities



to be put in to practice. The most important and ideal of them are given below : first of all, it is *protest* and *persuasion* using non-violent ways. These can be seen as symbolic steps too. In this category come, protest marches, vigils, candle marches, pickets etc and it can be made more effective by using posters, paintings, and meetings. Secondly it is the method of *non-cooperation*. To attain this , one has to stop cooperation with the fellow brought you in to trouble. Strikes, boycotts etc fall in this group. The third step is that of *non-violent intervention* which will help to disrupt or destroy already set patterns of behavior, policies, relationship etc. examples for such methods are blockades, fasting courting arrest and imprisonment this was the type of non-violence Gandhiji and his follower adopted and followed.

Once the concept of violence and non-violence are dealt with in detail now it's very essential to focus on the various modes that can alleviate and eradicate. This from the minds of men and society. Gandhiji himself had exemplified with his own life how violence can be turned in to non-violence and to overcome evil with good. Even the Bible advocates peaceful methods to conquer violence.

### **Methods to Tackle Violence**

There are various methods followed by different great personalities from the beginning of the Universe to handle violence which was also a characteristic of some members of the society. The most relevant and practical is to pursue peaceful approaches to elaborate this concept the meaning and need for peace education and how it can win the mind of the violence torn minds of a sections of humanity is necessary.

### **Relevance of Peace Education**

Peace education is highly essential and relevant as only it can drive home to the various sections of the violence practicing people the value and importance of peace and peaceful methods in human life. To make it more effective and effective and efficient, peace education has to be adopted keeping in mind the social and cultural context and requirements of the society in particular and the country in general. This has to be enhanced by cultural and spiritual values mingled with the universal human values that underlie it. Peace education must promote the necessary knowledge, skills, attitudes and values required for effecting behaviour changes in the concerned persons. This will empower them to find positive solutions to their problems by using methods of negotiation and mediation. This will enable the transformation of their anger by means of expressing their feelings and plans. They will also be enabled to fathom the depth of the feelings and perspective of other human beings and to co-operate with them.

This will engender in them an attitude of concern for their fellow-beings and a craving to be of use and assistance to others. It will generate in them the qualities of honesty, trust worthiness and fairness. A desire to respect other cultures, religions and life styles will be nurtured along with feelings of tolerance, kindness and compassion for others. He will be enriched with the knowledge and power to solve problems and conflicts, the principle of positive self esteem, rights and responsibilities of others, methods for inculcating peace at personal and national and international fronts.

### **Use of Peace to Establish Non- Violence**

The purpose of peace education is to produce humanitarian values in the learners and to develop interpersonal skills in them. This education can be described as participatory and nurturing critical thinking and independence. These values can be generated in the child from his family, school, play grounds and social and spiritual settings. Peace education strives to establish a culture of peace and non-violence as a result of its commitment to peace building through meditation, prevention of conflicts and stress. To achieve this it is necessary to provide peace education, education to propagate non-violence, tolerance, acceptance, spirit of reconciliation etc. The culture of peace and non-violence thus generated will prevail on account of the awareness that the element that unites human beings is far more deep than that which separates one from the other. This culture advocates all people living amicably together and striving hard for the progress and happiness of one another.

### **Implications of Peace Education**

There are different forms of violence that are manifested in society. Each of these has its own magnitude and effects on the life of the inhabitants of a particular social set up. Due to the different forms and nature of violent activities that take place, each of these requires a particular form of peaceful activity or peace education to tackle this. Be it of any sort, violence is a menace and it had to be rooted out completely from society and the mind of human beings. Peace education can reduce the intensity of the amount of violence and also it can change or at least pacify the bad and evil thoughts of the violent person. It helps to produce empathy in the minds of the evildoers towards the sufferings of their fellow humans and to reduce the level of enmity. This can be accomplished through the efforts of the peace educators who can strive to create an interest in the



other's mind on issues of global importance, poverty, environmental sustainability, diseases unemployment, illiteracy etc. Thus peace education imparts a deeper understanding of the various aspects of structural violence. It also focuses on strategies that stress peace building which helps to improve human communities. The above mentioned are some of the implications of peace education.

### How to Impart Peace Education

As peace education has assumed vital importance in the modern era torn apart by the violence that pester it, it has become very essential to impart peace education to maximum people. The methods for this are manifold each with its own significance. But the most vital of these methods are portrayed here. The first method is that of *Conflict Resolution Training*. In this method the entire concentration is on resolving conflicts with a focus on the social- behavioural symptoms of the conflict. This enables people to solve their problems, be it of individual or social consequence, with the use of techniques of negotiation and mediation. In these programs techniques to control anger, improve communication by using skills of listening, turn-taking, understanding needs, differentiating facts from fantasies are imparted. The ultimate aim of this method is to bring about a change in the beliefs, convictions, attitudes and behaviours of persons. The next method is that of democracy education. All peace education programs are based on democracy education. Its focus is on political processes related to conflict, and it strives to increase democratic participation and to untangle conflicts through peaceful measures. In this, participants are trained to use critical thinking, debate and how to compromise, thus to carve responsible citizens. The third method is *Human Rights Education*. Here the target is to cultivate a sense of commitment among the participants to a vision of structural peace where all are free to use their personal freedom. Moreover they are legally protected from acts of violence, oppression and indignity. This method trains the participants to promote tolerance, solidarity, autonomy and self-affirmation both at individual and collective levels. The last in this head is *World View Transform Action*. This method takes into consideration the developmental nature of human psychological dispositions. It advocates unity-promoting attitudes and behaviours instead of a conflict-promoting one. Hence, in all these methods peace is viewed as a psychological, political, moral and spiritual reality.

### Efforts to Promote Peace Education

There are many organizations that advocate peace education through their networks and efforts. The most famous of these are :- a) **Global Campaign for Peace Education**. This is an international organized network and works for spreading peace education throughout the world. Its motto is to foster a culture of peace in communities around the world. It even publishes a monthly news letter with articles and news regarding peace education. b) **International Institute on Peace Education**. It is an annual week-long residential learning experience in peace education. In this learning community an interactive and inclusive learning environment is created. Here the participants are trained in substantive peace issues and interactive teaching approaches and are empowered for networking and community building. c) **Community Based Institutes on Peace Education**. This is a sustainable and recurring learning opportunity that enables learning from one another. These provide local support for peace educators, address current issues, support school and community based Peace Education initiatives and increase the potential for research and new developments in the field of peace education.

### Conclusion

The ultimate goal of an individual's is to lead a peaceful life. Violence is not the desired target of anyone, but due to many reasons some are tempted towards that. Peace Education is the best means to teach people that it is not essential to use violence for fulfilling their dreams. Thus peace education convinces people of the demerits of violence and empowers them with the skills and knowledge to solve their conflicts. Great thinkers and philosophers are of the opinion that peace, not violence is the need of the hour. It is a proven fact that those who advocate violence perish and those who are for peace will prosper. As is said in the Bible for the peace loving there is a heaven on this earth.

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