

Peace Psychology in Current World

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ABSTRACT

Peace psychology seeks to develop theories and practices aimed at the prevention and mitigation of direct and structural violence. Framed positively, peace psychology promotes the nonviolent management of conflict and the pursuit of social justice, what we refer to as peacemaking and peace building, respectively. I suggest that peace can be facilitated the different points of intervention. And I discuss competencies, structural and direct violence, peacekeeping and peacemaking perceptual constructs. Peace of mind is often associated with yogis, hermits or monks, sitting alone in a far-off place, in an ashram, cave or monastery, praying or meditating all day long. The truth is that peace of mind can be attained and enjoyed right here and now, even while leading a normal, ordinary life, with a job and family. Peace of mind sharpens the five senses, calms down the mind and the emotions, and enables you to focus more easily on mental and physical activities. “The more tranquil a man becomes, the greater is his success, his influence, his power for good. Calmness of mind is one of the beautiful jewels of wisdom.

Keywords: *Peace Psychology, peacekeeping, Peace building*

“You are the sky. Everything else is just weather” – Pema Chodron.

The history of the contributions of psychology to the study of war and peace includes both early, philosophical origins, as well as modern and postmodern social science perspectives. Psychology’s fundamental search for understanding human behavior, motivation, and meaning has generated research on a variety of topics that inform our understandings of violence and nonviolence. Early peace psychologists viewed human nature in terms of drives and impulses that are innate and shaped by the environment with aggression having both the potential for destructive as well as constructive outcomes. Given this conceptual framework, a key question that followed was whether war was an inevitable manifestation of human nature. Following World War II, the impact of the threat of nuclear war and conflict resolution emerged as central concerns.

Importance of Peace psychology

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Aims of peace psychology

Peace Psychology aims to encourage psychological research, education, and training on issues concerning peace, nonviolent conflict resolution, reconciliation, and the causes, consequences and prevention of war and other forms of destructive conflict. It works to provide an organization that fosters communication among researchers, teachers, and practitioners who are working on peace issues. It aims to apply the knowledge and the methods of psychology in the advancement of peace, non-violent conflict resolution, reconciliation, and the prevention of war and other forms of destructive conflict. As peace psychologists, our vision is the development of sustainable societies through the prevention of destructive conflict and violence, the amelioration of its consequences, the empowerment of individuals, and the building of cultures of peace and global community. Theory, research, and practice related to social conflict and violence, war and peace, structural (indirect) and direct violence and its prevention/amelioration etc. are a part of peace psychology.

Peace psychology

Peace psychology is a subfield of psychology and peace research that deals with the psychological aspects of peace, conflict, violence, and war. Peace psychology can be characterized by four interconnected pillars: (1) research, (2) education, (3) practice, and (4) advocacy. The first pillar, research, is documented most extensively in this article. Peace psychological activities are based on psychological models (theories) and methods; they are usually normatively bound in their means and objectives by working towards the ideal of sustainable peace using nonviolent means. Violence and peace can be defined in terms of Johan Galtung's extended conceptualization of peace, according to which peace is not merely the absence of personal (direct) violence and war (= negative peace), but also the absence of structural (indirect) and cultural violence (= positive peace). The ideal of peace can also be conceptualized as the comprehensive implementation of human rights (civil, political, economic, social, and cultural rights); this should, among other purposes, ensure the satisfaction of basic human needs, such as positive personal and social identity, sense of control, security, (social) justice, well-being, a safe environment, and access to adequate food and shelter. Organizations that focus on peace psychology include, for example, in the United States the Society for the Study of Peace, Conflict, and Violence (Peace Psychology Division [Division 48] of the American Psychological Association) and Psychologists for Social Responsibility, a nongovernmental organization based in Washington, DC. Germany has the Forum Friedenspsychologie, and the Australian Psychological Society has an Interest Group called Psychologists for Peace. On the international level, there is the Committee for the Psychological Study of Peace as well as the International Network of Psychologists for Social Responsibility, which links organizations from (among other countries) Germany, Finland, the United States, Australia, Costa Rica, India, and Italy.

Peacemaking

Peacemaking is defined as transition from a state of war to a state of peace by a deliberate action of the parties involved. Peacemaking is practical conflict transformation focused upon establishing equitable power relationships robust enough to forestall future conflict, often including the establishment of means of agreeing on ethical decisions within a community. True peace can rarely be imposed from the outside; it must be born within and between communities through meetings and dialogue and then carried outward.

Peacekeeping

Peace keeping is the active maintenance of a truce between nations or communities, especially by an international military force. Peacekeeping comprises activities intended to create conditions that favor lasting peace. Research generally finds that peacekeeping reduces civilian and battlefield deaths, as well as reduces the risk of renewed warfare. Peacekeepers protect civilians, actively prevent conflict, reduce violence, strengthen security and empower national authorities to assume these responsibilities. This requires a coherent security and peace building strategy that supports the political strategy. In carrying out a peacekeeping mission where the grand strategy is to maintain peace and order by persuading armed parties or other hostile elements to back away from aggressive activities, military strength is not a definite measure of success; neither could material contribution alone guarantees the "winning of the hearts and minds" of the people. What appears to be important is the day-to-day conduct of the peacekeepers on the ground; those who uphold the principles of neutrality and impartiality, as well as those who are able to carry all aspects of its operational duties exceptionally.

Peace building

Peace building is an activity that aims to resolve injustice in nonviolent ways and to transform the cultural and structural conditions that generate deadly or destructive conflict. It is the implementation of measures intended to create or sustain peace, especially in an area affected by conflict. Peace building seeks to address the underlying causes of conflict, helping people to resolve their differences peacefully and lay the foundations to prevent future violence. By using the Peacebuilding, we can development of constructive personal, group, and political relationships across ethnic, religious, class, national, and racial boundaries. We believe that peace is more than just the absence of violence. While the period after fighting stops and a return to normality is welcome, stability frequently masks the reality that grievances or other causes of conflict have not been addressed and may erupt again. Peace building organizations such as Alert ultimately strive to promote what is described as 'positive peace'.

To understand Peace building, we need to appreciate the factors that contribute to peace, the absence of which can potentially lead to conflict.

Positive peace is when: Everyone lives in safety, without fear or threat of violence, and no form of violence is tolerated in law or in practice Everyone is equal before the law, the systems for justice are trusted, and fair and effective laws protect people's rights Everyone is able to participate in shaping political decisions and the government is accountable to the people Everyone has fair and equal access to the basic needs for their wellbeing – such as food, clean water, shelter, education, healthcare and a decent living environment Everyone has an equal opportunity to work and make a living, regardless of gender, ethnicity or any other aspect of identity. These are the factors that, taken together, provide people with the resilience that allows them to deal with their differences and conflicts without violence.

CONCLUSION

The scope of the threats to human security at the dawn of the 21st century is daunting. Terrorism, weapons of mass destruction, nuclear proliferation, failed states, ideological struggles, growing scarcities of natural resources, disparities in wealth and health, globalizing trends, violations of human rights, and the continued use of force to advance state interests are all complex problems with psychological dimensions.

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Conflict of Interest

The author(s) declared no conflict of interest.

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