

Roots of Violence

Naresh Kumar^{1*}

ABSTRACT

Humans are bundles of emotions. Hatred, jealousy and violence have become routine part and parcel of our lives. Slapping, beating, road rage, rape, murders, suicide, mob lynching and mass killings happen frequently and we wonder what has happened to the human psyche that life has become so cheap. Why do people hurt and kill others? In this paper, we shall explore in a structured manner, the meaning of violence, and peep into the difference between physical and non-physical violence. The types of Physical Violence will be discussed in detail. We shall finally try to analyze and get at the root cause of violence of different kinds.

Keywords: *Violence, Physical violence, Psychological violence, Road Rage, Rape, Suicide, Murder, Mob lynching, Mass killing, terrorism, war, Causes of violence, Types of violence.*

Dave Barry says "Violence and smut are of course everywhere on the airwaves. You cannot turn on your television without seeing them, although sometimes you have to hunt around." (www.wisesayings.com/violence-quotes/?sm=23111#23111)

How true!!

These days each TV news channel in India is discussing the gory incident of a girl who while riding a scooter collided with a car driven by four young men and got stuck under the car. The occupants of the car did not stop the car but drove for more than two hours till the body of the girl was reduced to a nude skeleton. Her clothes as well as flesh peeled off as the body rubbed against the road and kept falling into pieces. The brutal death was indeed violently violent!! Now and then such brutal incidents are on air and while watching TV we are aghast at the violence in society. Be it the beheading of a Hindu tailor by jihadis, the honour killings or the mob lynching of a sadhu mistaken as a child lifter and so on... The list is endless which keeps TV anchors busy enhancing their TRPs.

History abounds in incidents of profound gruesome violence. The gas chambers in Germany are world-renowned for violent genocide. We have not forgotten rampant violence at the time of partition of India when trainloads of Hindus were butchered and sent to India by Pakistan and communal riots throughout India had taken lives of a colossal number of people. In 1984 many Sikhs met violent death when Indira Gandhi, the then prime minister was assassinated by a Sikh security guard. These were the cases of mass killings but in our day-to-day life, we

¹Independent Researcher, Vadodara, India

*Corresponding Author

Roots of Violence

see murders of individuals even over very minor matters. People are murdered due to road rage, robbery, or even consequent to petty arguments. Life has become cheap and can get lost over trifle matters. Violence is rampant in Kashmir since our independence and people are becoming victims of violence by terrorists. We can't forget the terrorist attack on parliament, serial bomb blasts in Mumbai, terrorist attack at the Taj hotel in Mumbai and massacre by terrorists at Akshardham at Gandhinagar, Gujarat. Nirbhaya rape and murder case on Delhi roads, the Arushi murder case in Delhi, and the Jessica Lal murder case are some of the gruesome violent murders that we have witnessed.

Why have we become so aggressive and violent that we do not value the lives of others? Why are we impatient and take the law taken into our hands when there are police and judiciary to intervene? Why there is fear prevalent not only in Kashmir but now even in the Indian capital where it is not safe for women to be on roads after 9 p.m.? Why so much violence??

Questions are many!!

This paper will delve deeply into various facets of 'Violence'. We shall explore in a structured manner, the meaning of violence, and peep into the difference between physical and non-physical violence. The types of Physical Violence will be discussed in detail. We shall finally try to analyze and get at the root cause of violence of different kinds.

What is Violence?

The meaning of violence as per the Oxford Dictionary is-

Actions using physical force intended to hurt or kill someone or to cause damage.

An unpleasant or destructive natural force.

Strength of emotion.

Britannica says **violence**, *is an act of physical force that causes or is intended to cause harm. The damage inflicted by violence may be physical, psychological, or both. Violence may be distinguished from aggression, a more general type of hostile behaviour that may be physical, verbal, or passive in nature.* (<https://www.britannica.com/topic/violence>)

Wikipedia has the following to say about violence--- **Violence** *is "the use of physical force so as to injure, abuse, damage, or destroy." Other definitions are also used, such as the World Health Organization's definition of violence as "the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, which either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment, or deprivation."*

(<https://en.wikipedia.org/wiki/Violence>)

Violence hurts, it causes damage, causes harm and may eventually cause death. The harm or death could be to self, to others or to a group of people. It causes physical injury but violence also means causing psychological harm, i.e., it could also be non-physical. Mental torture could be even worse than a physical injury. Broadly categorized, violence can be of two types, i.e., Physical or Non-Physical.

In the next paragraph, we shall dwell on the types of violence:

Types of Violence

Violence could be Physical or Non-physical. Let us look at non-physical violence first.

Roots of Violence

Non-Physical violence

Non-Physical violence is mainly psychological and its aim is to inflict mental torture. An article in Safer Spaces¹ elaborates on psychological violence:

Psychological violence (also referred to as emotional or mental abuse) includes verbal and non-verbal communication used with the intent to harm another person mentally or emotionally or to exert control over another person.

The impact of psychological violence can be just as significant as that of other more physical forms of violence, as the perpetrator subjects the victim to behaviour which may result in some form of psychological trauma, such as anxiety, depression or post-traumatic stress disorder. This includes, but is not limited to:

- *expressive aggression (e.g., humiliating and degrading),*
- *coercive control (e.g., limiting access to things or people, and excessive monitoring of a person's whereabouts or communications),*
- *threats of physical or sexual violence,*
- *control of reproductive or sexual health,*
- *and exploitation of a person's vulnerability (e.g., immigration status or disability).*

This not only leads to mental health problems, but also to severe physical problems, such as psychosomatic disorders.

Neglect, or deprivation, is a type of abuse which occurs when someone has the responsibility to provide care for an individual who is unable to care for him- or herself but fails to do so, therefore depriving them of adequate care. Neglect may include the failure to provide sufficient supervision, nourishment, or medical care, or the failure to fulfil other needs for which the victim cannot provide themselves.

Neglect can lead to many long-term side effects such as physical injuries, low self-esteem, attention disorders, violent behaviour, and physical and psychological illness, and can even result in death.

Non-Physical violence in form of psychological torture subjects the victim to severe mental trauma making his/her life miserable and can lead the person towards extreme step-committing suicide. Mostly non-physical violence humiliates the subject through verbal or non-verbal communication. Name-calling, criticizing your appearance and giving you nicknames based on your weight or other physical features are all signs of verbal humiliation. Your partner may also shout or verbally humiliate you in front of others and try to pass it off as humour. All such acts aim at mental torture and are a form of non-physical violence. Humiliation in public is the worst form of non-physical violence. It hits the self-esteem and injures the psyche of the subject. Self-respect gets hurt and a person may gradually have a feeling that he/she is good for nothing. Humiliation could eventually lead to the building up of an inferiority complex and make a person shy away from the public and prevent him/her from leading a normal life. Non-physical abuse in form of humiliation can lead to mental illness and serious health issues could get triggered by stress. If the continuous subtle hints through verbal talk make a person feel his/her worthlessness, the mental damage is colossal and destroys the person's psyche.

Roots of Violence

Andrew Orr² comes out with a very apt meaning of non-physical violence when he says: *“Sometimes called “no touch torture,” psychological torture is an insidious form of torture that is meant to degrade, humiliate and eventually dehumanize victims. It’s different from physical torture in that it focuses on the mind rather than the body. But don’t let that fool you into thinking it’s not as bad. Although you won’t have physical injuries, the mental damage you’ll receive can have lasting effects.”*

Truly said, physical injuries, many a time, have a temporary effect as these heal by treatment but mental injuries do have a lasting adverse impact which cripples the person forever.

As per the Center for the Study of Human Rights in America, four characteristics, if present, qualify for non-physical violence or psychological torture (Andrew Orr²):

1. Suffering
2. Infliction
3. Deliberateness
4. Lack of direct physical violence

The non-physical violence mainly attacks the minds of the victims. One way, as was mentioned above was to humiliate, more so, in public. There are many other ways by which the mind can be attacked.

One way of attacking the mind is Chinese water torture. It involves making a person lie down on his back with hands and legs tied and continuously dripping water droplets onto his forehead. Although there isn’t an official link to the Chinese, the name stuck.

Watch the video to understand how it tortures a person:

<https://www.youtube.com/watch?v=17DhRkeNJMY>

Another way to torture a person without using physical violence is to deprive him/her of basic human needs like depriving a person of sleep. This way of non-physical violence is usually used in interrogation rooms of police investigations. Sleep deprivation is a type of torture where prisoners are deprived of sleep. Sleep is something vital to humans and animals. Methods to deprive prisoners of sleep include blasting loud music, shining bright strobe lights, and even placing prisoners on a pedestal, and when they fall off, they will be electrocuted. After a certain period of time without sleep, people start to hallucinate. If the deprivation takes place multiple times over many months, victims can become mentally ill. Another way of denying human basic needs for the purpose of torturing is keeping a person thirsty or hungry for long periods till they succumb to the torture and reveal the facts of the crime during police interrogation.

Solitary confinement is another way of inflicting mental torture. Orr² writes that isolation, or solitary confinement, is also used in some prisons. What are the effects of these on the mind? In an infamous study from the 1950s, psychologist Harry Harlow put rhesus monkeys inside a solitary chamber called “the pit of despair.” It was shaped like an upside-down pyramid to make climbing out impossible. Harlow wrote that: *“After a day or two they were profoundly disturbed, given to staring blankly and rocking in place for long periods, circling their cages repetitively, and mutilating themselves.”*

While denying basic human needs is cruel non-physical violence, emotional abuse is another way of inflicting non-physical cruelty. Emotional blackmailing or emotionally torturing a

Roots of Violence

person to lose his / her dignity and self - respect or denying emotional support at times of need, all amount to non-physical violence. The emotional torture could be by using words and actions to degrade a partner's mental health and well-being. This type of non-physical violence may make a person question her or his perception of reality and lead the person to mistrust his or her sanity.

Similar views are posted on Wikipedia:

Many forms of psychological torture methods attempt to destroy the subject's normal self-image by removing them from any kind of control over their environment, isolation, monopolizing of perception, an impression of almightiness, creating a state of learned helplessness, psychological regression and depersonalization. Other techniques include humiliation, forced nudity and head shaving, exhausting by sleep deprivation, hooding and other forms of sensory deprivation.

A strictly fear-inducing method is the mock execution. Various threats operate on the same fear-inducing principle.

Another method is indirect torture, in which a victim is forced to witness the torture of another person, often a loved one. This preys on the victim's affection for and loyalty to a partner, relative, friend, comrade-in-arms, etc, whose real pain induces vicarious suffering in the targeted psychological victim, who is thus loaded with guilt but spared physical harm that might affect their ability to comply (https://en.wikipedia.org/wiki/Psychological_torture)

We conclude the discussions on non-physical violence by highlighting a point brought forth in all the above views that non-physical violence is an assault on the mind be it emotional abuse, verbal abuse, psychological abuse, or creating a situation where the person gets a feeling of worthlessness by methods including financial violence or total neglect when the person is totally dependent on the perpetrator of the non-physical violence.

Let us now take on physical violence, understand its meaning and then look at its types and finally conclude the paper with the exploration of the basic roots which cause the violence, i.e., *the roots of violence*

Physical violence

Physical violence occurs when someone uses a part of the body or an object to assault a person to cause physical harm. In fact, according to the World Health Organization, violence is defined as "the intentional use of physical force and/or threats against oneself, another person, a group of people or a community, which has as very probable consequence risks to health, psychological damage or death".

This would mean that physical violence is the intentional use of physical force against oneself (maybe suicide), another person or a group of persons leading to damage to the body and, in extreme cases, leading to death.

Some common examples could be –Slapping, beating, or assaulting using some weapon, running over a person by a vehicle, rape, shooting by gun or hanging the body. Alexa Clark³ comprehensively explains physical violence and explains the common features of physical violence:

Roots of Violence

“Physical violence is defined as an interaction based on physical force and intentional attacks, the objective of which is to violate the physical integrity of the victim. Physical violence can be carried out in various ways, even the attackers can use various dangerous resources such as weapons or knives for example. This type of violence will always aim to cause pain, trauma, humiliation and even death. It also means transgressing the victim's body space without their consent.”

Physical violence always affects/ damages the body or body parts of the victim. Above incidence of girl being trampled under the car was such a gory incident of physical violence.

Characteristics of physical violence--Some of the most common factors that occur in most cases of physical violence are described below. They are as follows:

- *It is characterized by frequent situations in which treatments such as blows, shoves, cuts as well as trauma of varying severity are involved on the victim's body.*
- *Attackers frequently show disturbances in their mood. This means that they will show hostility and a clear tendency to impulsiveness and anger.*
- *The attackers show cruelty towards the victims.*
- *They are described as humiliating situations where consequently there may be permanent marks on the body of the victims. It can be beatings as well as causing traffic accidents as well as using weapons or knives and other sharp objects.*
- *They are situations where there may be the participation of drug and alcohol consumption. These can be considered as some of the triggers for these violent situations.*
- *Victims can also be forced to perform certain acts against their will. It is possible that the attacker decides to practice non-consensual sex (amounting to rape) or also force to hit another person.*
- *Due to the severity of physical injuries that leave physical violence one of the possible consequences is death.*

Physical violence could be inflicted on a person or on group of persons. Terrorist attacks are the examples of physical violence on group of persons. Similarly, physical violence can be perpetrated by an individual or by a mob. Mob lynchings are the examples of physical violence by group of people.

Types of Physical Violence

Physical violence as we have seen results in bodily harm to the victim. The bodily harm could be caused due to several reasons and these reasons lead us to different types of physical violence. As per world Health Organization⁴, physical violence could be broadly classified in three broad categories:

- Self- inflicted violence
- Interpersonal violence and
- Collective violence

Self-Inflicted Violence

Bodily harm done to self comes under this category. Injury to self, attempted suicide or suicide are forms of self-inflicted violence. Reason is mainly psychological but since body harm is

Roots of Violence

done, we categorize this as physical violence. We shall discuss the causes when we take up roots of violence,

Interpersonal violence

Physical assault could happen between two persons within a family or in a community. Violence in a family is violence largely between family members and intimate partners, usually, though not exclusively, taking place in the home. Mostly we call it domestic violence, which could include child abuse, intimate partner violence, violence between family members and, abuse of the elderly.

Child Abuse is the abuse and neglect that occurs to children under 18 years of age. It includes all types of physical and/or emotional ill-treatment, sexual abuse, neglect, negligence and commercial or other child exploitation, which results in actual or potential harm to the child's health, survival, development or dignity in the context of a relationship of responsibility, trust, or power. Exposure to intimate partner violence is also sometimes included as a form of child maltreatment. (world health organization⁵)

Child maltreatment is a global problem with serious lifelong consequences, which is, however, complex and difficult to study. (Schechter DS, Willheim E⁶)

Intimate partner violence is the physical harm done to an intimate partner mostly the wife. Cases of bride burning and torturing of wife consequent to dowry disputes are still rampant in traditional households in India. Sex without consent which amounts to rape is frequently perpetrated by husbands. It is not that only the wife is at the receiving end, the husband can also become a victim of physical violence when the wife is in an extra-marital relationship.

As per the World Health Organization⁴ Intimate partner violence refers to behaviour in an intimate relationship that causes physical, sexual or psychological harm, including physical aggression, sexual coercion, psychological abuse and controlling behaviours.

A growing body of research on men and intimate partner violence focuses on men as both perpetrators and victims of violence. (Gottzén, L.; Bjørnholt, M.; Boonzaier, F⁷)

Violence between family members—Clashes occur between a group of people who interact with each other on a continual basis. One reason why family violence may be considerably more common than violence within other groups is that contact between family members is prolonged and often intense. People who live together continuously and are in close proximity most of the time are bound to have strong emotions, including anger which is likely to erupt occasionally over some issues and may result in verbal arguments, which if escalated result in physical assault. Anger may also result when there is a conflict over the allocation of space, money or other resources, and such disputes may be especially bitter if the relevant resources are very limited. Often, clashes happen between family members due to disputes over property or jealousy or simply hatred. Anger may trigger due to many reasons in the family. For example, a family has some unwritten rules that everyone is supposed to follow. Anger surfaces often when someone has behaved badly or has 'broken a rule'. Thus, accusations of rule-breaking (or 'transgressions') are likely to feature prominently in family interactions. Such accusations are usually expressed in terms of what a person 'should' or 'should not' have done. The person being accused in this way is likely to defend himself or herself and may make a protestation of innocence or a counter-accusation. Real or supposed transgressions frequently initiate an episode that ultimately results in violence. One such rule in orthodox families is

Roots of Violence

upholding the honour of the family by marrying only in the same religion i.e., a Hindu girl must not marry a Muslim boy. The orthodox families are so rigid in their minds that if this rule is broken, they may become violent and resort to honour killing.

Violence within the family becomes ugly when elderly members are targeted.

Abuse of the elderly

Elderly people in a family need caring as they start losing physical and mental capabilities. Most families do care about their elderly members. But there are families where the carer could be maltreating the elders. Physical abuse of an elderly person is harm done to a person who is 60 years or older by a caretaker. The carer may hit, slap, kick, push, pull hair, burn, or force-feed the person. The carer may also give him or her the wrong amount of medicine. Physical abuse can happen in the person's home, the carer's home, or a facility, such as a nursing home. Elders are prone to maltreatment if the carer drinks alcohol or consumes drugs or has a personality disorder, depression or some other mental illness. Elders may become a victim of physical violence due to the following risk factors:

- A need for help with activities of daily living, such as bathing, eating, or using the bathroom or suffering from a long-term condition, such as dementia, diabetes, paralysis, stroke, or depression which puts pressure on the caretaker
- if an elder has trouble getting along with others or is aggressive
- If he has a carer who depends heavily on the person for things such as money or housing or has a history of family violence, such as physical or sexual abuse
- If the carer has stress from work, taking care of the elder, or financial problems

Elders are generally respected in our society. it is only in exceptional situations (some of which are listed above) that they become a victim of physical violence.

The last category of violence is collective violence, we shall discuss this in the next paragraph:

Collective Physical Violence

The incidents involving physical violence done by an individual or group of people to a group of people or lynching of individuals by a group of people are collective violence. Examples are genocide, mob lynching, terrorist attacks, acts of war, etc.

We can't forget the concentration camps where Jews were terminated by the Hitler regime, we have witnessed terrorist attacks in Kashmir, Akshardham temple in Gandhinagar, and Mumbai terrorist attacks including the massacre at Taj Hotel, terrorist attack at Parliament and the most profound and gruesome attack at world trade twin towers in America. News of mob lynching was on TV when person/ persons suspected of cow slaughter were lynched by a mob. The world has witnessed atomic bombs destroying Nagasaki, Japan, where a colossal number of people got killed in the act of war. India Pakistan Partition brought up mass killing and is a burning example of collective violence etched in history. Collective violence also surfaces when revolts happen due to oppression and groups get formed to avenge the atrocities. Militant groups resorted to physical violence during the freedom struggle and in the current time Naxal movement is an example of collective violence. Lastly the mass killing of a huge number of Sikhs in Delhi consequent to Smt. Indira Gandhi's assassination was a gruesome act of collective violence.

Roots of Violence

The violence of any kind is a slur on humanity which leaves dark and permanent footprints. Why do humans lose sanity and resort to violence? Why do we hurt and kill others? Why do we not feel the agony and pain when we inflict violence on a person like us? What satisfaction do we achieve by becoming violent?

The answers lie in the roots of violence. We shall now take up the main issue of the paper by examining the roots of violence i.e., the factors which lead to violence and see what are the causes of violence.

Roots of Violence

Anger has roots in most outbreaks of violence. I have witnessed verbal arguments get heated up, anger builds which leads ultimately to physical violence. But it is not only anger which culminates in violence but the ***anger coupled with the human urge to gain supremacy*** in all situations leads to violence. In a heated argument, when in the initial stages, people use logic to put forth their viewpoint to prove the folly of the other person and the other person retorts with better logic. But as the conflict aggravates, the conflicting people lose the thread of logic and pick up ways to prove other's folly by insulting each other and the competition starts as to who can cause deeper, more penetrating insults and when finally, when one of them does not find better and more hurting words, he/she finds that there is no other way but to physically assault if he/ she has to prove supremacy in inflicting insult and the opponent also retaliates with physical violence. Even during physical violence, they compete to inflict deeper harm and pain on each other and unless someone intervenes, a murder happens.

Thus, one of the causes leading to violence is the human urge to score higher than others even in heated arguments. The one-man upmanship, if leading to constructive aspects in life, is good and must be encouraged but if the same applies in negative situations like conflict or clash, surely, it leads to physical violence and this urge needs to be controlled in such situations.

This is just one basic cause that leads to violence, there are many more. We shall look at the roots of violence in a structured manner to cover the cause of the various types of outbreaks of violence.

As pointed out in the above discussions, human violence can be broadly classified into two broad categories, namely, Non-physical and Physical. We shall systematically explore the causes of these.

Let us first take non-physical violence:

The root cause for Non-Physical Violence

As discussed earlier non-physical violence is psychological i.e., '***No Touch Torture***' in which the body is not harmed but the mind is tortured which damages the person. It is not that the harm is of lower intensity when compared to physical violence but it can be more severe and more lasting and in extreme cases may even lead to suicide. Non-Physical violence could include actions to instil mental torture or fear, verbal abuse, humiliation, emotional abuse/blackmail, psychological abuse, depriving a person the basic needs, or creating a situation to make the person feel a sense of worthlessness. These are some types and the list is not exhaustive, there could be many more ways of non-physical violence.

What is the most basic reason behind these tortures to one's mind? The perpetrator wants the victim to suffer. The desire to make the victim suffer may be to take revenge on the victim. It may be to settle a score from the victim who could have hurt the person leaving him/ her

Roots of Violence

furious. The fury within the person could have triggered the non-physical violence. The need for revenge would have manifested due to hatred and anger against the person. In some cases, even jealousy could be a factor and the ego could have got ignited the desire to psychologically harm the person. One strong human emotion is one-man upmanship and the jealousy towards the victim could escalate into anger and culminate in a desire to degrade the effluent victim through some act of non-physical violence. Seeing the person suffer, the perpetrator gets mental satisfaction that he has achieved revenge or satisfied his own ego by degrading the rival.

But why does a person develop jealousy, hatred and revenge? Mandy Wessen says, *“The negative behavior of another person (in the form of controlling, rejecting, dominating, intimidating etc.) triggers fear as a defence means to protect the individual. Over time these build up into insecurities and negative beliefs that manifest as hatred, anger and jealousy; these feelings become coping mechanisms and expressions of the ego. Anytime the insecure ego does not get its way, its response is to either explode in anger or retreat in hate, jealousy, or sadness.”* (<https://www.quora.com/What-causes-a-person-to-develop-hatred-anger-and-jealousy-towards-a-fellow-human>)

Thus, a hurt ego is the basic root cause for causing non-physical violence. Jealousy/ hatred/ anger for avenging hurt ego prompts the perpetrator to humiliate the victim badly to injure the self-respect of the person and make him/ her reach a state of helplessness.

Another cause, having a positive objective in mind, could be achieving a confession from a criminal. In a criminal investigation, the aim is to get a confession from the culprit without physically assaulting him as it may leave marks on the body. The agency uses non-physical violence by depriving the person of basic needs of sleep and in some cases food or water. The accused is sometimes made uneasy by flooding his/her eyes with bright illuminating light which troubles the eyes. The aim is to torment the culprit without touching him. Solitary confinement is another way of non-physical violence and is used for tormenting the culprit. Even the Chinese water torture is sometimes effective and torments the victim.

According to Kaja Perina⁸, the perpetrator of psychological violence derives pleasure from the victim's suffering. Emotional abuse is, also, hurled to obtain something they can't otherwise get. Emotional abusers tilt the power balance in the relationship so that they could enter into a position of authority or superiority e.g., Emotional abusers use abusive tactics to frighten you or make you mentally distressed—thereby tilting the power balance in the relationship to their advantage. These views support the statements given above in which the human urge to be one up from others is one of the causes of non-physical violence.

Kaja Perina⁸ highlights another cause for psychological violence. It is called ***Gas Lighting--*** *The aim is to harm the person's psyche.* The perpetrator causes a dent in the psyche of a person by creating a situation so that the victim becomes unsure of his/ her own senses, judgments, and sanity, for example, your partner cracks your phone screen when you aren't looking and then insists, they saw you drop it on the floor.

Thus, a way to psychologically harm a person is to make him appear a fool by trapping him in a situation artificially created for the purpose. Making a fool is to degrade the person by hitting the psyche.

Mind is attacked in non-physical violence whereas in physical violence body is subjected to torture. Let us explore the causes behind the root of physical violence.

Roots of Violence

Root causes behind physical violence

As we discussed in earlier paragraphs, physical violence could be against own self or could be interpersonal or lastly could be collective physical violence. We shall examine the root causes of each of these. Let us first take up the root causes of violence against self:

Root causes for violence against self

It is a type of physical violence where own body is harmed. A person cuts his/her hand veins to inflict self-harm. Even hanging oneself by tying a knot around the neck to commit suicide happens in extreme cases.

The basic root cause for violence against self is the inability to handle emotions leading to a feeling of low self-worth and of helplessness. Such incidents of inflicting violence on own body happen due to a disturbed state of mind. A person undergoing emotional trauma is forced to take an extreme step. Some of the reasons for reaching the extremely disturbed state of mind could be

- Severe depression due to the loss of a dear one or failure in an important mission—be it love or exams or business or an important critical assignment
- Influence of drugs or alcohol which fuels suicidal tendencies consequent to failures
- Having a lack of attention or respect in the eyes of people whom one loves
- Reaching a feeling of extremely low self-worth – may be through physical/emotional abuse or neglect. Their cries for help are not heard and they, out of helplessness, decide to end their lives
- Mental disorders like Schizophrenia, Bipolar disorder, Anxiety-disorder or Post-traumatic stress disorder could be the causes for causing self-injury. It could create inner voices commanding self-destruction for unintelligible reasons and could prompt a person to inflict injury on his own body.
- Terminal illness may sometimes cause suicidal tendencies and a person wants to commit suicide to end the agony and misery
- Extreme domestic violence could also lead a person to inflict self-injury or attempt suicide.

The above gives several causes behind the violence to self. All these suggest that the mind gets extremely disturbed to make the person feel a sense of helplessness, and hopelessness and the desire to live vanishes and the person is compelled to take the extreme step to end one's own life.

We had seen broad classification of physical violence into three broad categories- Self-violence, Interpersonal violence and Collective violence.

We have discussed the root causes of Self-violence and now we take up Interpersonal Violence.

Root causes for Interpersonal Violence

As per Britannica, all researchers seem to agree that violence is multicausal, meaning that no single factor is responsible for violent behaviour. Instead, violence results from a combination of factors, including those originating in the violent person's social or cultural environment and those representing immediate situational forces. Researchers have examined multiple factors within a person that may contribute to violence, including genetic predisposition, neurochemical abnormalities (e.g., high testosterone levels), personality characteristics (e.g., lack of empathy for others), information-processing deficits (e.g., the tendency to view others' actions as hostile), and the experience of abuse or neglect as a child.

(<https://www.britannica.com/topic/violence>)

Roots of Violence

Indeed, multiple factors are the causes of interpersonal violence and these may differ from one type of violence to another. Let us examine some interpersonal physical acts of violence and the causes thereof.

Slapping / Beating has a root cause of clashes emanating from arguments over some issues. The clash when it happens has the snowballing effect of rising heated verbal exchanges which ultimately culminate in a physical assault like slapping or beating. The scuffle resulting in slapping / beating could be over a trifling matter but as verbal arguments turn into verbal abuse, a stage comes when the insult exceeds the patience and physical assaults begin. In an argument when the person does not find an appropriate way of reacting verbally, tempers are lost and physical scuffles happen. Sometimes the real reason could be latent; it could be stress and the person is in an irritable state of mind and easily picks quarrels which, as pointed out above, ultimately culminates into slapping/ beating. The stress could be due to adverse situations, be it financial stress (more often amongst poor people), work-related stress, or stress in the relationship. The reasons could be many. Stress could really be the main cause which triggers interpersonal physical violence. These types of violence, normally, do not prove fatal as there are people who mediate and separate the clashing people and counsel them so that tempers subside. But there are other interpersonal acts of violence which lead people towards death, for example, road rage and murder. We shall discuss road rage now.

Road Rage-- Road rage is spontaneous explosive anger caused by inconveniences and incidents that occur while driving. It is most often wielded in a retaliatory fashion — the raging drivers believe that they have been wronged in some way, anger gets the better of them, and they take revenge on the perceived wrongdoer. Drivers have often felt frustration while driving at some point or another. Perhaps someone cuts you off, runs a stop sign next to you, merges improperly, etc. But the line between irritation and road rage is whether or not retaliatory action is taken — something that endangers the lives of everyone around. (Top Driver Blog⁹).

If we examine the causes leading to road rage, the following causes come to mind:

- **Heavy traffic or traffic jams-** All drivers wish to reach their destination at the earliest and no one enjoys sitting immobilized on road. In such situations, if someone misbehaves or yells at an impatient driver, he may lose his cool and may retaliate violently.
- **Excessive speeding** —Often rash driving is vexing to other drivers and an impatient driver fearing a collision with his vehicle yells at the rash driver, who, if arrogant, stops the car, blocks the car of the yelling driver and an argument between them leads to physical violence. This is a common cause of road rage. Impatience on the part of both drivers leads to clashes and physical blows.
- **Accidents**—Road accidents happen due to negligent driving by one or both of the drivers engaged in the collision. An argument ensues where each hurls the blame on the other. The argument turns into a clash and physical violence manifests. This is also the most frequent reason for road rage.
- **Violation of traffic rules**—Many a time, a driver in a hurry violates traffic rules by taking a sudden turn or jumping the road signal, resorting to erratic lane changing, and overtaking from the wrong side. Other drivers are affected and if the affected one is an impatient driver, he yells and may even hurl abuses which may turn into arguments and clash leading to physical violence.

Roots of Violence

These are some causes which lead to road rage but the list is not exhaustive. Another interpersonal fatal physical violence is *murder*.

Murder-- It is the unlawful killing of another human. In fact, the killing instinct has been there in all live species. Our ancestors were hunters and it is the survival instinct that has kept us alive. Survival could be possible by either killing the enemies or fleeing seeing them-what they call 'Fight or flight'. It is this capacity and instinct to kill others which has made the human race survive while other bigger and more powerful animals like dinosaurs have gone extinct. We killed other species and even other humans who threatened our lives.

I am not justifying killing, quite contrarily, I am a great advocate of 'Live and let live'. What I am pointing out is that one of the basic causes for humans committing murder is the inherent instinct of survival which prompts physical violence and even murder.

Murders are generally evil and need a lot of planning, the exception being mercy killing demanded by terminally ill patients or the person getting killed in self-defence or spontaneous murder after an altercation. These exceptions are where the person has no intention of killing. Intentional murders stem from some kind of *threat* from the victim and the only way open for saving oneself from the threat that appears to the murderer is to eliminate the person.

Potential threats could be of many kinds. It may be that victim knows some secret that if revealed to the world would blacken the image of the murderer. It could be that the victim was a witness to a crime committed by the murderer and it could harm him so he eliminates him. Or it could be that letting the victim live could jeopardize some sinister plot. Or maybe the victim was blackmailing and the only way to prevent the blackmail was to kill the victim. The animosity between mafia groups is also a cause of murder. The gang wars result in the killing of rivals.

Another reason for executing murder could be an extra-marital affair. The person may not find it easy to divorce and get rid of the spouse so the spouse is murdered.

There is another cause where persistent and continuous physical/ psychological abuse could create a rebel in the victim and he could retaliate by murdering the perpetrator of abuse.

Honour-killing is another reason in caste-ridden societies.

Dowry death by burning the bride is the physical violence to get rid of the wife who has not brought the dowry so that family could get another bride who will bring the dowry. The cause of violence is greed for money.

In Hindi there is a proverb—Behind every intentional murder there is one of the following reasons—Money/ property/ woman (Zar-Zamin- Zoru) i.e., murders happen to unlawfully get money; murders happen over a dispute about land or property and; murders happen over possessing a woman--- zar means money, zamin land and zoru symbolizes woman.

The reasons could be many which could create extreme anger and the urge to kill, the above are some of the factors but the list is not exhaustive. However, even when there is no anger still people kill!!

Roots of Violence

It could be that there is no specific reason or threat from the murder victims and even though they may be unknown to the killers but still they meet their fatal fate. The reason could be a mentally deranged person may target a set of people for fulfilling his illogical and dire desires. What I am hinting at is about the serial-killers who have a fetish for killing a particular set of people. Raman Raghav got pleasure in breaking the skulls of people sleeping on the footpath. Psychopaths / mentally deranged people resort to killing and they do not have any remorse, rather they get enjoyment after the dastardly act. Some mentally sick people enjoy seeing a person dying and hence they kill. Abnormally lustful people enjoy raping a female and then murdering her due to fear of getting caught.

Talking of murder to hide rape, we come to another physical violence which is **Rape**. Let us look at the causes of this interpersonal physical violence.

Rape—This is physical violence where the cause is sexual. Sexual intercourse without consent amounts to rape. It could happen between strangers or family members of the opposite sex. It can even be perpetrated by a husband upon an unwilling wife. It could be between one man and a woman or it could be between one woman and several men—gangrape. The victim of rape not only undergoes physical assault but is traumatized mentally. Rape leaves a permanent horrible indelible imprint on the psyche of the rape victim. The horror keeps on tormenting and the victim is not her normal self. The rape is most heinous physical violence inflicted on the opposite sex. Many a time the victim is even murdered to hide the crime.

Rape could be caused by several factors, we shall be exploring the causes of rape in forthcoming paragraphs:

Causes of Rape

- **Beast in humans**-Sex is a basic need for humans but humans unlike animals, humans know how to handle sexual urges in a sensible, civilized manner. Sex within marriage satisfies the basic sex hunger but even there it is not always fair play. When the animal in the male overtakes the mind, he may go in for forced sex without the consent of the wife. This is also rape. The animal instinct when overtakes the sense of reasoning becomes the cause of rape in many cases.

Similar views of an anonymous writer are important, precise and subtle to the question-why men rape. I reproduce it as said, “*A normal human being, male or female, who has experienced the urges of mating will get excited whenever he or she sees someone who seems attractive to him or her. But will that person jump to action right away to possess what he or she wants? If that person is an animal definitely it will, otherwise he or she will learn how to handle him/herself. I think this is the main problem. When a human being has not evolved to be a conscious person, it will act as an animal. In times, when sexual tension is at its peak within a human, everything seems right just to satisfy itself. In these times, all those horrific incidents that we see in the world look right in the eyes of the criminal. Because there is no sane, sensible human being present. Rather a hungry animal is dominant and just wants to satisfy itself, at any cost.*

This inability to become a human being actually seems to be the source of all crimes including rape. And, anyone can turn to an animal at certain moments in their lives.”

I agree with the above point, the beast in humans when become uncontrollable cannot be stopped to indulge in a crime including rape. When sexual urges become intense and

Roots of Violence

uncontrollable, some people cross the fine line between being sensible and humane—they just become animals, and their human mind does not consider rape wrong. Several myths in his mind come to his rescue to justify the heinous crime. Following myths make rapists justify sexual assault:

- It is not rape if it's my wife or girlfriend. After all, they are supposed to satisfy my sexual urge and what is wrong if she is not in the mood?
- Women are 'asking for it' if they titillate and arouse me by wearing revealing clothes or are indulging in flirtatious actions. They are asking for rape and that they get
- Once a man gets turned on, he can't help himself—he has to have sex! What else could he do in a situation?
- Women often play 'hard to get' and say 'no' when they really mean 'yes', so their 'no' must be ignored.

To a rapist, these are the sensible reasons for going ahead and forcing rape on a woman. No person in his right senses would agree to the above justifications for rape but since the beast has risen in rapist, it blocks the sensible reasoning and gives his conscience a signal to go ahead since it is a justifiable action by the above logic

Similar views are propagated by Farah Aqel¹⁰ :

Sexual assault is always traumatizing and demeaning for its victims. But the motives behind it vary. No one can deny that being raped is one of the most distressing, horrendous and demeaning experiences anyone could have. It almost always leaves the victim with feelings of self-loathing, self-blame and rage, and can cause post-traumatic syndrome disorder (PTSD).

But have you ever wondered about the rapist? Why do men rape? Motives behind rape vary and are difficult to quantify. Evolutionary biologist Randy Thornhill and evolutionary anthropologist Craig Palmer believe that the primary motive behind rape is indeed sex. is not a behavioral or mental disorder, but a criminal offence. Although some rapists may have a psychological disorder, there is usually no such disorder that compels people to rape.

Rapists often see women as sex objects who are there to fulfil men's sexual needs. They tend to hold false beliefs, often described as rape myths as was listed above.

Beastly lust is certainly a factor in rape but it is not that this is the only cause. There are many more that we shall discuss in the next paragraph but still at the root of all causes, the beast in humans always lurks when rape happens.

- ***The desire to inflict strong humiliation*** is one of the causes of raping a woman. The goal of some rapists is to humiliate, debase and hurt their victims. They use an excessive amount of force, whether or not victims resist. Also, they express their contempt for their victims through physical violence and profane language. For these rapists, sex is a weapon to defile and degrade the victim. Rape constitutes the ultimate expression of their anger. This rapist considers rape the ultimate offence they can commit against the victim. Friends and acquaintances of anger rapists may report a dark side to their personalities or lifestyles. Anger rape is characterized by physical brutality: much more physical force is used during the assault than would be necessary if the intent were

Roots of Violence

simply to overpower the victim and achieve penetration. This type of offender attacks their victim by grabbing, striking and knocking the victim to the ground, beating them, tearing their clothes, and raping them. (Pardue, Angela; Arrigo, Bruce A¹¹)

- **Power assertion** could be one reason culminating in rape. Rape is a power crime. Narcissistic tendencies are common in celebrities, especially among actors and sportspersons. Their popularity among females causes them to mistake themselves as demigods whom women are dying to please in bed. Men like to boast about their sexual encounters equating them with conquests. Sex requires a man to be aggressive, he feels superior and in control. It is all about the need to control and assert power. (Vageshwari Deswal¹²)

The power rapist intends to assert their supremacy. The power rapist relies upon verbal threats, and intimidation with a weapon, and only uses the amount of force necessary to subdue the victims. Rapes committed by this perpetrator are more impulsive, spontaneous, and unplanned. Victims are frequently encountered by coincidence, such as at pubs, clubs, or parties. Their attack is characterized by a modest level of force applied over a brief period of time. Unlike the power reassurance rapist, the power assertive rapist sees himself as a "macho man" who wants to prove his virility to women. His language is abrasive and laced with profanities. (Power Assertive Rapist, Anger Rapist (ebruary.net))

- **Psychological disorder--Sadism** is another cause of rape. **Sexual sadism disorder** is the condition of experiencing sexual arousal in response to the extreme pain, suffering or humiliation of others. Several other terms have been used to describe the condition, and the condition may overlap with other conditions that involve inflicting pain. It is distinct from situations in which consenting individuals use mild or simulated pain or humiliation for sexual excitement. The words *sadism* and *sadist* are derived from the French writer and libertine Marquis de Sade, who wrote several novels depicting sexualized torture and violence. (Diagnostic and Statistical Manual of Mental Disorders¹³; Freund, Kurt; Blanchard, Ray¹⁴)
- **Increased libido** in some people pushes them towards rape. Libido refers to sexual desire, or the emotion and mental energy related to sex. Another term for it is "sex drive. If it is abnormally high in a person and if there is no legitimate way for its release, the person gets pushed to rape at the first available opportunity
- **Seeking Revenge--**Some men rape women in order to take revenge from that specific woman, from a woman who resembles her or from women in general. Men who are rejected or downgraded by women naturally turn to rape as a form of revenge and hatred for women generally. (Issac Dachen¹⁵)
- **Childhood abuse**---Devastating Childhood could be a reason to make a person rapist when he attains adulthood. A child getting frequent beatings by his mother could make him develop a hatred towards women and when he attains adulthood, this hatred could make him assault women and become a rapist.
- **Drugs and alcohol**—Drugs and alcohol do not directly cause rapes but these aggravate rape as these block sensible thinking and slight provocation could lead them towards rape. Some men have psychological problems that affect their ways of thinking and relating to people. That will explain why a mature man will rape a baby, or even a father rape their daughters, all in the name of getting sexual satisfaction. These psychological issues could be caused and aggravated by drug and alcohol consumption. (Issac Dachen¹⁵)

Roots of Violence

In the foregoing paragraphs, we discussed some causes of interpersonal physical violence. The list is not exhaustive but covers the main causes that lead to interpersonal physical violence.

We shall conclude the paper after discussing the causes of the last type of violence i.e., collective physical violence. Here it goes:

Causes of Collective physical violence

The incidence of physical violence where the victims are groups of people is collective physical violence. Examples are riots, mob lynching, terrorist attacks, acts of war, etc.

Riots and mob lynching are spontaneous collective physical violence. These get triggered by a sense of injustice. The assassination of Smt. Indira Gandhi fueled a sense of injustice perpetrated by a Sikh which triggered riots and rioters came to the streets to kill Sikhs.

Riots to kill persons of a religious community get triggered by an unjust act or provoked statement by people of another religion. Injustice done to the sentiments of Hindus by a cow-slaughtering Muslim leads to his killing through mob lynching. We saw Muslims killing a Hindu who supported a statement degrading Prophet Mohammed. Mass killings happen when the sense of injustice fuels rage in people.

Political actions triggering hatred also fuel mass killings as was seen during India's partition on the eve of Independence.

Attacks on religious sentiments, often flare up collective violence. Even now Hindu – Muslim riots often get flared up due to political hate speeches by political leaders. We have seen a TV debate where a BJP spokesman commented on Prophet Mohammed and this resulted in the beheading of some Hindus.

Collective physical violence often gets triggered due to acts of authority deemed outrageous, often, due to the firm belief of labor that management has failed or is doing injustice. The labour strikes often spark collective physical violence against management.

The most profound example of collective physical violence is terrorist attacks in which several people are massacred. We can't forget the mass killing at Taj Hotel in Bombay or the massacre at Akshardham temple. The worst international terrorist attack was at the twin towers of the world trade centre in USA. All such gory killings spring up a question- why do terrorists kill?

The teaching guide of United States Institute of Peace¹⁶ has analyzed causes for terrorist attacks and this is what they say,

The causes of terrorism appear to be varied. There does not appear to be one lone factor that leads people to engage in acts of terror. Scholars have categorized motivations for terrorism to include psychological, ideological, and strategic.

Psychological Perspective

Those who engage in terrorism may do so for purely personal reasons, based on their own psychological state of mind. Their motivation may be nothing more than hate or the desire for power. For example, in 1893 Auguste Vaillant bombed

Roots of Violence

the French Chamber of Deputies. Prior to his conviction and subsequent execution, Vaillant explained his motivation in terms of hate for the middle classes. Vaillant wanted to spoil the sense of economic and social success, by tainting it with his violence—a purely psychological initiative

Ideological Perspective

Ideology is defined as the beliefs, values, and/or principles by which a group identifies its particular aims and goals. Ideology may encompass religion or political philosophies and programs. Examples of terrorist groups motivated by ideology include the Irish Republican Army (IRA), in Sri Lanka the Liberation Tigers of Tamal Eelam (LTTE), and the Bader Meinhoff in Germany. The IRA is motivated by a political program to oust the United Kingdom from Ireland and unite Ireland under one flag. Similarly, the LTTE seek to establish a separate state for their people, the Tamals in Sri Lanka. Finally, the Bader Meinhoff was a terrorist group made up of middle-class adults who opposed capitalism and sought to destroy capitalist infrastructure in Germany.

Strategic Perspective

Terrorism is sometimes seen as a logical extension of the failure of politics. When people seek redress of their grievances through the government but fail to win the government's attention to their plight, they may resort to violence. From this viewpoint, terrorism is the result of a logical analysis of the goals and objectives of a group, and their estimate of the likelihood of gaining victory. If victory seems unlikely using more traditional means of opposition, then one might calculate that terrorism is a better option. For example, in South Africa the African National Congress only turned to the use of terrorism after political avenues were explored and failed.

I think the United States Institute for peace has done a commendable job in listing down the accurate motives behind terrorism. We can relate to these causes in the terrorist events in our country. We see the Naxal movement based on ideology, Pakistani terrorism in Kashmir has a strategic perspective and the terror attack on Sikhs in Delhi was having a psychological motive of spreading dreaded fear amongst Sikhs. Terrorist organizations work on these motives.

Organizational Collective physical violence is also perpetrated by countries through wars. In the last portion of this segment, we shall now discuss the causes of collective physical violence through wars.

Causes behind wars

A war between countries has dreaded consequences. Can we forget the dropping of the atomic bomb at Hiroshima, Japan, during world war 2 which left lakhs dead and many crippled for life? Indo-Pak War of 1971 reminds us of the mass killing of men and rapes of women in East Pakistan (now Bangladesh) by the Pakistan army. War always leaves devastation!!

What are the reasons that push countries to war?

Paul Godman¹⁷ outlines 8 reasons which push countries into war,

A war is typically fought by a country or group of countries against an opposing country or group to achieve an objective through the use of force. Wars can also be fought within a country in the form of a civil or revolutionary war.

Roots of Violence

There is rarely one single, clear cause of conflict and, ultimately, war. The causes of a war are usually numerous and can often be intertwined in a complicated way.

Many theories have been put forth over the years as to why wars happen, and some of the greatest minds have offered their take on the subject.

I provide a general overview of the eight main reasons for war. Given the many potential causes for conflict, the list does not attempt to be exhaustive but does intend to give the most common reasons.

Eight Main Causes of War

- 1. Economic Gain*
- 2. Territorial Gain*
- 3. Religion*
- 4. Nationalism*
- 5. Revenge*
- 6. Civil War*
- 7. Revolutionary War*
- 8. Defensive War*

I think the list of causes seems to be exhaustive and is self-revealing, hence, I shall not delve into their details.

We shall, now, be concluding the paper, which has made us acquainted with different facets of violence. We have understood the meaning of violence and seen that violence could be physical as well as non-physical. We have examined the difference between physical and non-physical violence. We have also examined various types of psychological violence and also discussed in detail various types of physical violence, finally, we have analyzed the root causes of violence and got at the root cause of violence of different kinds.

The paper is concluded with a few lines from Mahatma Gandhi (an apostle of non-violence) which explain violence in great detail:

“The Blunders of the World is a list that Mahatma Gandhi gave to his grandson Arun Gandhi, written on a piece of paper, on their final day together, not too long before his assassination. In his final years, the elder Gandhi kept his grandson close at hand and set aside an hour every day to be alone with the boy.

Blunders of the World

- Wealth without work
- Pleasure without conscience
- Knowledge without character
- Commerce without morality
- Science without humanity
- Worship without sacrifice
- Politics without principle
- Rights without responsibilities

Roots of Violence

This list grew from Gandhi's search for the roots of violence. He called these acts of passive violence. Preventing these is the best way to prevent oneself or one's society from reaching a point of violence.”

(Source: <https://gleez.com/s/gandhis-seven-blunders-of-the-world-that-lead-to-violence>)

Each line could be elaborately explained and could itself become a research paper. I leave it to the readers to interpret these beautiful lines on violence.

REFERENCES

1. Safer Spaces—What is violence. (<https://www.saferspaces.org.za/understand/entry/what-is-violence>)
2. Andrew Orr (2016) - The 15 Craziest Forms of Psychological Torture. Paper published on Dec 2, 2016. <https://www.therichest.com/shocking/the-15-craziest-forms-of-psychological-torture/>
3. Alexa Clark (2021)—What is physical violence? <https://psychoques.com/physical-violence/>
4. World Health Organization (2002)-- Krug et al., "World report on violence and health" Archived 2015-08-22 at the Wayback Machine, World Health Organization, 2002.
5. World Health Organization (2006). "Preventing child maltreatment: a guide to taking action and generating evidence" Archived 2012-07-19 at the Wayback Machine Geneva: WHO and International Society for the Prevention of Child Abuse and Neglect.
6. Schechter DS, Willheim E (2009). The Effects of Violent Experience and Maltreatment on Infants and Young Children. In CH Zeanah (Ed.). *Handbook of Infant Mental Health*, 3rd Edition. New York: Guilford Press, Inc. pp. 197–214.
7. Gottzén, L.; Bjørnholt, M.; Boonzaier, F. (2020). "What has masculinity to do with intimate partner violence?". In Gottzén, L.; Bjørnholt, M.; Boonzaier, F. (eds.). *Men, Masculinities and Intimate Partner Violence*. Routledge. pp. 1–15. ISBN 9781000217995
8. Kaja Perina (2022)- 5 Reasons People Emotionally Abuse Others. Paper published on January 14 2022
9. Top Driver Blog (2020)--Causes of Road Rage and How to Handle It. Paper published on October 27, 2020. <https://www.topdriver.com/education-blog/causes-of-road-rage/>
10. Farah Aqel(2020)-The Psychology of a rapist – Paper published on September 2020 <https://www.dw.com/en/the-psychology-of-a-rapist/a-54814540>
11. Pardue, Angela; Arrigo, Bruce A. (August 2008). "Power, Anger, and Sadistic Rapists: Toward a Differentiated Model of Offender Personality". *International Journal of Offender Therapy and Comparative Criminology*. 52 (4): 378–400. doi:10.1177/0306624X07303915. ISSN 0306-624X. PMID 17684122. S2CID 6964656.
12. Vageshwari Deswal (2019)- What causes rapes? Paper published on may2, 2019. <https://timesofindia.indiatimes.com/blogs/legally-speaking/what-causes-rapes/>
13. Diagnostic and Statistical Manual of Mental Disorders (5th ed.). Arlington, Virginia: American Psychiatric Association. 2013. ISBN 9780890425541.
14. Freund, Kurt; Blanchard, Ray (Summer 1986). "The concept of courtship disorder". *Journal of Sex & Marital Therapy*. Abingdon, England: Routledge. 12 (2): 79–92. doi:10.1080/00926238608415397. PMID 3723606.
15. Issac Dachen (2016)- 5 Reasons men rape women Paper published November 15, 2016 <https://www.pulse.ng/gist/pulse-list-5-reasons-men-rape-women/nf3x6km>
16. Teaching guide of United States Institute of Peace-- International Terrorism: Definitions, Causes, and Responses <https://www.usip.org/sites/default/files/terrorism.pdf>
17. Paul Godman (2022)-- The 8 main reasons of war—Paper published on October 14, 2002 <https://owlcation.com/social-sciences/The-Main-Reasons-For-War>

Roots of Violence

Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Kumar, N. (2023). Roots of Violence. *International Journal of Indian Psychology*, 11(1), 570-590. DIP:18.01.060.20231101, DOI:10.25215/1101.060