Original Paper

Violence, Its Roots, and How to Stop It

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> *"Nonviolence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him"*
>
> (Martin Luther King, Jr.)

Abstract

*The Essay opens with the claim that **personal Aggression, Violence and Hostility** became permanent visitors in our place. This sad situation was the main reason for writing this paper. Along a short historical review, the Author explains the difference between the former well-organized 20th Century and the current Chaotic world perception of the 21st Century. The Author further reminds that the 20th Century contained two World Wars, that killed tens million people and the Cold War, that had divided the world into two large blocs. Further, the essay explains that in this regard the current century is different. No-more big world-wide armed conflicts, but many end-less small disturbing disorders, violent and terror cases. The difference referred also to the personal prominence of the leaders of the wars. The eminence **Winston Churchil**l—the great outstanding leader of the West, **Joseph Stalin**—the sadist Communist Dictator who killed tenths millions, and **Adolf Hitler**—the mentally-ill Tyrant of the Nazi regime who was a horrendous, barbaric and murderer of millions.*

Comparing to these leaders the nowadays villains and terrorists are sick, confused and weak persons who seek recognition. Abstract cut. The Author assumes that criminal Violence and Terror expand at present as result of three reasons: (1) The termination of political debates due to the political parties' deterioration, (2) A wrong understanding of today's developments, and (3) an erroneous feeling, about equality that causes much frustrations and lead to wrong expectations. The Author supports countries' current initiative for fighting against present terrorists by establishing special Polce and Military units, which know the job, professionally and effectively.   However, for (a cut) improving the treatment of this sick phenomenon at the future, the Author emphasizes the need to collect reliable information about the relevant population and its personal weaknesses. At the end a six steps therapeutic program is proposed: (a cut), 1) Revealing and Building the Individual's Inner-self, 2) Pursuing the "Meaning

for life" as Life's Goal, 3) Endorsing Collaboration and Togetherness, 4) Developing and Empowering the Self-esteem, 5) Recognizing and Accepting Social Heterogeneity, and 6) Sharing actively Social Rights and Commitments. Violence and Terrorism are like Malaria mosquitos, small, unseen but very dangerous. **Decisiveness, Consistency and Determination** *are required for successfully eradicate them.*

Keywords

Violence, Terror, low Self-esteem, Sick and Disturbed people, Decisiveness, Consistency and Determination abilities

1. Introduction

Martyr' cause has ever been stilled by an assassin's bullet. No wrongs have ever been righted by riots and civil disorders… an uncontrolled or uncontrollable mob is only the voice of madness, not the voice of the people. (Robert Kennedy)

A normal person who lives today in the Western Hemisphere feels or maybe even smells that **personal Aggression, Violence and Hostility** became permanent visitors in our place. Based on our impression, it is right to say that the fear from social aggression and the involvement of violence in public life grows and tends to increase along the current years.

Additionally, and due to some covert and open reasons, local, municipal and federal Governments do not effectively eradicate these troubles. Thus, we decide to explore this issue and examine the following points: (1) What is violence, and what are its roots? Is it, or not, an ordinary component of human life? (2) How, why and when these phenomena took place and became significant in social relation? And (3) What are the main features that characterize **personal Aggression, Violence and Hostility**, today, in 2020s? Quite at the beginning we want to clarify that since the whole issue is so large and heavy, we neither deal with wars, of any types and size, nor with political Terror activities.

The present essay aims to promote the understanding these awful activities, their roots and surrounding conditions, while pointing out on some courses of fighting against them. Usually, we do not like to use the term fighting, because it refers to bloody political conflicts and wars, rather than to social riots and disorders. But the current situation in many places is so bad that extraordinary means should be used for hastening the eradication of these sick activities.

2. Historical Background

Violence accompanies civilization from the early days of written history.   The Biblical story of Cain killing Abel (Genesis, Chapter 4) just indicates that this was an ordinary reality in those early days. Moreover, it also tells us that killing among family members also was quite common and in-a-way, been legitimated. With respect to many reservations, a keen observation also indicates that along the past years, more inhabitants of the region were killed by their own fellow brothers than by foreign invaders. Thus, it is fair to assume that within the Western Hemisphere Aggression, Violence and

Hostility were legitimate acts and, sometime, even common procedures for running communities.

Besides wars and other types of large organized aggressive actions, not discussed in this work, the use of power was recognized as a legitimate mean for achieving all types of goals, at family, community and national levels. It has its written or traditional rules and it also have some kind of social undisclosed or agreed understandings.

With the industrial revolution and the emergence of the capitalist perception, work-place and capital-labor relations became an important arena for running and settling most of their disputes. Besides these conflicts most other ones were either personal or criminal and were treated by the official law-abidance agencies.

In the 20th Century, one of the worst periods in human history, which contained the two awful World Wars and the lasting Cold War, most violent and hostility activities were run by the global rival powers. Complying with the given rules of the game and following the instructions of the involved hostile parties, aggressive initiatives and activities were enslaved to high-level concerns and politics. Small sporadic violent activities were just a minority among the large number of actions run in those days. The first most known case of a single shot that have changed the world, was the assassination, in June 1914, at Sarajevo, Bosnia, of the Austrian archduke Franz Ferdinand, heir of the Austrian Emperor Franz Joseph. This terror act, carried out by a single plotter, "was one of the great watersheds of 20th Century geopolitical history. It led to the fall of four great imperial dynasties, resulted with the Bolshevik Revolution in Russia, and in its destabilization of European society" (Wikipedia).

Another, very famous and significant were the assassinations of President John Kennedy, his brother US Attorney General Robert Kennedy and the killing of Martin Luther King. Another famous assassination was that of Israel Prime Minister Itzhak Rabin, in November 1989, who was shot by a single plotter who hoped to change, for good or bad, his policy. The above cases, unfortunately, teach us how significant and even crucial, an act of terror could be.

In conclusion, it is right to assess that the 20th Century, with its two World Wars and the long Cold War, as one of the most brutal periods, in human history. Further, it is important to remember that in fact, the two parties fought, were led by three exceptional Leaders; the freedom fighter Winston Churchill—the great outstanding leader of the Western alliance, Joseph Stalin -the killer of tenths millions and the inacceptable and sadist Communist Dictator and Adolf Hitler-the horrendous, barbaric, cruel and murderer of millions and the mentally-ill Tyrant of the Nazi empire. It should be said here, that these three historical leaders, eventually were led and directed by their brave, sadist and crazy inner-self. Churchill's heroism, Stalin's sadism and Hitler's craziness, all were extraordinary products of a dominant inner-self. The rationalists and the logical strategists have little to say about their leaders' behavior.

3. What Violence Is?

> *"Violence is the last refuge of the incompetent."* (Isaac Asimov)
>
> *Violence is like a weed—it does not die even in the greatest drought."* (Simon Wiesenthal)

At recent years, frequently we wondered, is the expansion of violent cases and the increase of hostility attacks, really happened or maybe, is it just a mirage or a hallucination? Following these feelings, and resting on our own impressions, without waiting for more reliable information, we decide to rethink and reexamine **the issue of violent and hostility accidents in the 21st Century**. Due to the Work's limit, we do not examine violence's long history.

However, we assume that with the turn of the Millennium, which symbolizes the move from Modernity toward Post-modernism, the two phenomena, mentioned above, will be reshaped and reformed. We assume that part of the new mode of operation occurred when many violent activities and hostility attacks move from the 20th to the 21st Century. Like with other movements, the transformation from the well-ordered Modernity to the Post-modernism chaotic order, affects and reforms the nature of these threatening movements. Additionally, it seems that some of the less-effective contra-measures that were imposed on criminals suffered from lack of knowledge of the internal drives and motives that appear with the move toward Post-modern style of action.

This short description in the previous section is presented just for reminding us on how old and deep rests the inclination for using violent actions as an instrument for leading and ruling. Rulers and politicians may argue that enacting violent actions is indispensable and necessary for running effectual regime. Since it is done for the sake of nation or the state, it is allowed and acceptable.

3.1 The Chaotic Post-modern Perception of the World

For better understanding our point of view it is necessary to familiarize with our perception of the World and how it is run and managed. In general, we embrace the idea of the **Chaos**, which is a perception that drives and steers many events and occurrences, in the Post-modern 21st Century. For being sure and clear it is hereby stated that the Author refers and focuses only, on Chaos of the materialistic, natural and physical world. We do not discuss or refer to the Chaos movement in culture, Arts or any spiritual event.

Thus, it is assumed that the present chaotic Universe is run and managed by some rules and directives that unfortunately, we only know little on them. This less-sufficient knowledge stroke us quite strong in the aftermath of the Covid-19 pandemic. It was also been recently expressed in some journals (Avny, 2022).

The Post-modern Chaotic World incorporates and encompasses enormous uncountable number of systems and activities that act and perform in numerous forms and strengths. The inter-entity and intra-entity connections, links and influences are led by different drives and initiatives. They run in complicated and undefinable routes and directions. In sum, the Chaotic World of the 21st Century is a gigantic complex of less-comprehended events, moves and occurrences, which takes part

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spontaneously, in different forms of Mass and Energy, along different times and in changeable strengths and frequencies. Naturally, people who live within such a perplexed environment, specifically those who learnt and grew in former times, fill a little confused and embarrassed when facing the Post-modern social environment.

Most citizens, ordinary and regulars, learn to live and to prosper within these new conditions. However, some, very few percent of the population, may find it difficulty and sometimes even impossible, to accept the change and to run their life accordingly. These are in potential, the very early seeds of social resistance. Using Kurt Lewin (1900) Model of Change may provide a helpful assistance for understanding the nature of the required transformation. According to this model, **a group of change-opponents appears almost in every change**. They may also be called: **permanent opponents, adversaries, rivals or antagonists**. Along the change execution, four minority groups of opponents are expected to emerge, they are:

a. **A Statistical Minority Group**

This group appears almost in every statistical analysis. The statistical theory claims that almost always, over a minimal number of subjects, in all cases, with all types of population and events, regardless the issue or the subject, a group of opponents, eventually will appear.

b. An Ideological Minority Group

Similar to the previous paragraph here also, within most populations an ideological opposition will always be found. Their main point is to be against, or to oppose any or every act or proposition.

c. A Minority Group of the Present Regime Supporters

Frequently people prefer to continue the current situation because they have many known and unknown invested interests in the present state. In many cases they prefer leaving these concerns hidden and uncovered, because of personal reasons.

d. A Minority Group of those who Fear and Hate a Changes

Almost always, individuals who are hesitant and afraid from the coming change appear and express loud and clear their worries and fears.

Despite the relatively small size of the above groups, they represent a large variety of worries.   But, due to their variety they deserve different treatments.

3.2 The Fading Out of Ideological Disputes as Promoters of Violent

For many years, all along the 20th Century, local and global arenas were filled with ideological and political disputes. Most of the discourses were about Social, Political and Economic affairs. The historical demarcating line presents the difference between the two major political-economic ideologies —Capitalism and Socialism. Almost the whole world was divided between these two ideologies with additional group of about thirty nations preferred to stay neutral and indifferent.

At the turn of the century, many of the differences which for years had separated between nations faded away. Most Western-type Liberal Democratic nations, set up political-economic regimes that incorporated most positive ideas and practices, taken from both sides of the political map. It appears,

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therefore, that this tendency of creating grand coalitions rather than returning to the old coalition-opposition system is going to be the main road in the future. This development will push the extremists of both sides to look for more spectacular performances. Thus, it is assumed that resulting from the political system reformation and reorganization, extremists of both sides will intensify and expand their activity. Violent activities and street disorders will become an important instrument for proclaiming their policy wishes.

Such a social atmosphere is and will be a very supporting environment for attracting some of the individuals, prior defined as change opponents or genuine antagonists. Many members of this group, usually are noisy, angry, and looking for the public eye.

In most cases they provide the ideology required for justifying violence and terror activity. They are also those who seek the Media attention and those who run to provide justification.

3.3 A Deeper Integrative Insight into the Terrorists' Soul and Spirit

This, maybe is the less-explored or the less-comprehended aspects of violence and terrorism. Although it was important in the past, when most activities were initiated and led by logical and ideological reasons and drives, they are even more critical at the 21st Century. At present, at the Post-modern era, most people act and behave due to their inspirations, wishes and desires. The do very little because they need or forced to do. They are emancipated and free and they want to feel like that and to materialize this liberty. The main driving forces, that act effectively in those conditions, therefore, are internal motivating jests, spiritual stimulators and deep warm soul-searching calls. For studying these disciplines and exploring their mysteries one should employee touchy social disciplines, like Psychology, rather than using rational or logical approaches to decision-making. **At present**, due to many reasons, mainly affluence, **people tend to make their choices in accordance with their feelings and emotions rather than because of rational reasons**. The same rule also works with regard to violence and terror activities. Terrorists, criminals and villains, in the Post-modern era, run also their businesses much because of excitement and internal satisfaction rather than because of concrete needs or a specific request. Little successes are expected for those who try rationally to convince felons to do or not to do a crime. Thus, it is assumed that a significant share of the trouble may be resolved, when and if the treating approach and the curing practices will be changed and redesigned according to the changing conditions.

The problem regarding these people is even more intrigued and complicated. Not only that they think differently, they are motivated differently, by different hidden forces and in search of different types of satisfaction. And, the social workers, or civil servant who try to help them and resolve some of their difficulties are not trained and prepared to provide a treatment that suit them.

From the little we know today it is clear that a significant part of a person's thoughts and decisions are originated and initiated in his/her inner-self. After many years of brain and mind research, much still, is unknown. For example, the whole complex of dating mating and copulating, love and hatred, sympathy and apathy, after so many years of study, is still almost incomprehensible. For promoting **the inner-self**

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research, we have suggested, some years ago, to use practices taken from **Physics' Quantum Theory**, which studies moves of very tiny particles inside the Atom's nucleus (Avny, 2022). It makes sense using this theory since it also studies the nature of the particles, whether are they pieces of Mass or Energy. Apparently, it seems that in the future, as people get more personal freedom, prefer being at home, alone or with their families, more attention should be given for studying "touchy subjects" such as psychology, behaviorism, leading and moving people and experiencing good and satisfying life. Economics, Political studies and politics, rarely help in bad times. As this is our recommendation for the general public, undoubtfully this is the right way to go for initiating a proper solution for the Violent and Terror phenomenon.

3.4 The Rise of Free & Sporadic Violent and Terror Activity Types

> *"Power and violence are opposites; where the one rules absolutely, the other is absent.*
> *Violence appears where power is in jeopardy, but left to its own course it ends in power's*
> *disappearance."* (Hannah Arendt, Wikipedia)

The social transformation, from a well-organized almost rigid social construct towards a loose, unformal and relaxed social organization, causes minority groups, that later became hatcheries for violence and terror movements, to change also their mode of operation. Whereas in the 20th Century most disorder and riot activities were initiated, designed and carried out by well-organized violent groups, at the Post-modern 21st Century they have been changed and became more and more individualistic and sporadic one. The general sense of freedom and liberty drives plotters to seek singularity and personal satisfaction. The extreme Muslim terrorists (shahids) also hope to be personally compensated at Paradise, by having seven private beauties. The general sense of freedom also inspires terrorists, knowing it or not. At present they prefer to act alone, free and uncontrolled. As a result, it is much more complicated to maintain some kind of communication and other types of relationships with these minority groups of villains and terrorists.

4. What Could Be Done for Down-sizing Violence

> *"The end may justify the means as long as there is*
> *something that justifies the end."* (Leon Trotsky)

The fight against Violence and Terror activities is a long tiresome undertaking. The struggle to completely eradicate them will require time and money, but even more patience, decisiveness and determination. It is a long-lasting battle and therefore, it requires embracing a creative and sophisticated strategy. For finishing the job one year is too short while five years seem to be too long. In any case, we have to suggest an implementation strategy, because of the belief that an unapplicable idea, even the most exciting one, is in real life, almost valueless. Moreover, changing many of the implementation practices is also desired since the Post-modern era have changed and continue to change many of traditional conducts and practices. It may be confusing or even ironic, but the extra, additional freedom, which could be received at present in many countries, requires and demands more

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behavior instructions and more rules and regulations. The current increase of personal freedom due to affluence, the growing feeling of liberty, because of technological advancements and the relative sense of running the world, that some politicians like to spread out, all these almost positive developments, immediate require a more effective government's control. All who understand a little about advanced technology understand and already know, **higher and more sophisticated technological systems require better and more effective control and monitoring techniques for guiding and direct it**. Bicycles are a helpful example. A regular ordinary pair is almost free from regulation. Whereas, an electric one needs an owners' permission and a traffic license. Thus, undoubtfully, widening the technological horizon in the future, will force the enacting of a strict escort of human instructions and limitations.

While presenting this work we also decide to propose a reformed strategy for implementing its recommendations. Most public and governmental agencies carry out and implement their policies by running a traditional organizational framework divided into offices, departments, sections etc. This bureaucratic model, which maybe acted nice in the past, do not suffice any more at present.

4.1 The Project Model as the Mode of Operations

We recommend to introduce for practical use **the Project Model—the preferred model for running a case, effectively, economically and in due time**. This mode of operation is usually used in the Private Sector and in the Military, for implementing, running and managing large missions. These recommendations rest on the Author's long and vast experience of running different types of public projects. When the situation is so serious it is advisable to concentrate sources and energies and to focus on a given concrete goal, where the results could be measured and evaluated. Using other practices, commonly used in traditional Public Administration, are frequently less effective and less helpful.

4.2 Gathering the Relevant Information

The first step in designing the project should be defining the goal and first of all, deciding about the concrete group of subjects, or the relevant population. It is very complicated and may be also very sensitive because of all the reservations escorting profiling people. Nevertheless, we recommend to try to execute such a profiling at school years. Every community should decide about the proper age or class. Although it is an important information, since it is the basic data for further actions, it can also be executed by **self-fulfilling questionnaires**, which will be fulfilled by the subjects. In general, it is assumed that these questionnaires will provide reliable information on the target group, the character and nature of its members and what type of treatment or therapy they need. We have to emphasis again and again that, even if the submitted data will be biased, even if it is subjective rather than objective, even than it is better, from what we know today—since we know very little about our youngsters, school graduates and of course school's drop-outs. **Partly knowing is almost always better than not knowing and little or small healing is nobler that ignorance**. Below is presented a proposal for the type of a **questionnaire** required.

Five Measures for the proposed Questionnaire.

1) Gender—a Male or a Female

2) Character—an Active or a Passive person

3) Nature—on the range from Optimist to Pessimist

4) **Behavior**—Oriented on People or Mission, or both;

5) Disposition—an Extrovert, an Introvert or between them

Even if this model is less-acceptable, every community is allowed to authored its own type or mode of data collection, provided it is effective and reliable for providing the opening information required for further therapy.

4.3 A Proposed Framework for Inner-self Therapy

> *"An abnormal reaction to an abnormal situation is normal behavior."*
>
> (Viktor Frankl)

After gathering the required information, a more concrete program should be prepared and concrete candidates for every part of the treatment should be selected. We claim again and again, we do not pretend to know or to point out on a given part or sector of the population. We do it because **we believe that "everyone is equal before the law" even if he or she differs in many other fields**. That is the right and the just interpretation of the Equality value. The right and the just meaning of that proclamation is that a group of different individuals should get different types of therapy, according to the information inferred from the basic questionnaire. The guiding course of action should be **"everyone should be treated in accordance with his/her strengths and weaknesses"** rather than equally. A heavy person should learn to lose weight while his/her skinny counterpart should learn to properly eat. **Community's ability and will to evaluate a person in accordance with his/her true needs and wishes**, subject to a given conditions, **is the fair understanding of the Equality value**.

The list or the framework proposed below is just an example for building a program for helping people with questionable personal quality. It should assist them growing and developing their abilities and personality, so that they will better be able to struggle with todays uncontrolled freedom and streets' anarchy. The list contains six steps. It started with building the **Individual's Inner-self** and ended with teaching him/her to be a positive member of the community, **Sharing actively Social Rights and Commitments**. It is quite understandable that every agency or therapist can and may change or improve the proposed list, the point is only that **something has to be done. Only by doing things could be cured**. Below is the list of the six therapeutic steps.

Step One—Reveling and Building the Individual's Inner-self

Step Two—Pursuing the "Meaning for life" as Life's Goal

Step Three—Endorsing Collaboration and Togetherness

Step Four—Developing and Empowering the Self-esteem

Step Five—Recognizing and Accepting Social Heterogeneity

Step Six—Sharing actively Social Rights and Commitments

Some may argue that our argument is not fair. A small minority disobeys the law and we force the majority to seek therapy. Unfortunately, we disagree. Too many cases of anarchy and disorder occur and lead to Violent and Terror activity. We have just to quote **Robbert Kennedy** for supporting our claim. "**No wrongs have ever been righted by riots and civil disorders… an uncontrolled or uncontrollable mob is only the voice of madness, not the voice of the people**".

5. Conclusion

> *"Social justice cannot be attained by violence.*
>
> *Violence kills what it intends to create."* (Pope John Paul II)

This essay discusses a very painful subject—Violence and Terror activities, which accompanies humankind from the early days of written history. Many dreadful catastrophes occurred because of this unexplainable and unhuman madness. However, the author tends to assume that due to this madness longevity while being an indispensable part of humankind, something should be changed in struggling against them. Murderers, Villains and Terrorists are, in fact sick people. They are the creatures, the descendants or the offspring of infantile, immature, insecure and undeveloped personality. Frequently they suffer from a very low self-esteem, mental disorder and exaggerated exhibitionism. With these weak or sick capacities, it is quite difficulty to find for them a proper place in civilized society. They tend therefore, to be radical, individualists and egotists.

As a practical solution for current troubles most countries had organized special professional Police or Military units for fighting and eradicating this unbearable disturbance for normal life. We totally agree that understanding the phenomenon, its history and roots does not allow us to accept it or suffer because of it. However, it does not suffice to stop present events, we also have to think about the future. For that reason, the Author suggests a program for threat at the coming days. As said, it was in assumes that criminal Violence and Terror expand as a result of three reasons: (1) The termination of political debates due to the political parties' deterioration, (2) A wrong interpretation of the 21st Century Post-modern chaotic order, and (3) A erroneous feeling on equity, that evokes from envy and anger, which leads to seek wrong places and events. **Most villains and terrorists assume that because of thousand reasons, they are right and they deserve to be compensated for their past sufferings**. As nobody understand them, they are allowed to impose their own order on society.

Without going into further discussions, we are ready to admit that nowadays situation is quite severe and dangerous. Thus, we propose here some modes and practices for identifying the issue and threat it. The first step, however is to recognize the issue and its dangerous effect on society. Once the authorities will make the first step the solution will follow quick after. As Violence and Terrorism are proactive initiatives, so should be public reaction—imaginative, brave, smart and decisive. Almost every initiative is justified for eradicating this trouble-making danger. Democracy guardians should be strong, smart and resourceful when they stand to defend it. Words, shouts, moralizing and preaching can do very little in this matter.

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