

PEACE PSYCHOLOGY

Dr. Kiran Garg
Assistant Professor
B.ED Department Digamber
Jain College
Baraut (Baghpat)India.

Prof. Vijay Jaiswal
Professor
Education Department
Ch. Charan Singh University,
Meerut (UP) India

Abstract

The Golden Rule, often expressed as treating others the way you want to be treated, is a universal ethical principle that transcends individual relationships to shape interactions across nations, cultures, races, genders, religions, and socioeconomic contexts, Known as the *Ethic of Reciprocity*, this principle is embedded in the moral teachings of many cultural, religious, and philosophical traditions around the world. In the context of **Peace Psychology**, this principle provides a foundation for promoting peace through four interconnected pillars: **Research, Education, Practice, and Advocacy**. These can be remembered as the four C's of peace-making – “**Contact, Cooperation, Communication, and Conciliation.**”

This paper explores a comprehensive framework for peace by outlining four essential tasks: constructing equity, fostering consistency, building harmony, and reconciling past trauma while addressing current conflict. Core values underpinning these efforts include “**spirituality, justice, compassion, dialogue, active nonviolence**”, and a deep sense of kinship with the Earth. Peace-building involves a process of preparation, engagement, clear communication, and ongoing evaluation. By adhering to these principles, individuals and communities can foster environments where mutual respect, healing, and understanding prevail. Additionally, faith-based values such as **forgiveness, prayer, repentance, and hope** are integral to the process of reconciliation and sustainable peace. Through these interconnected approaches, Peace Psychology offers both a roadmap and a deeper understanding of creating and maintaining peace at both personal and societal levels.

Key Words:-

Peace Psychology, Research, Education, Communication, Justice, Spirituality

Introduction:-

Peace psychology is the study of the psychological components of violence, conflict, peace, and the prevention of conflict post-violence. Some important facets of peace psychology are – Research, Education, Practice, and Advocacy. Peace psychology strives to engender justice, equality, and respect for the dignity and rights of both people and nations. Peace of mind, referred to as inner calm, is an internal resplendence. When you have mental peace, you may experience — a certain calmness inside you, a self-compassion, unflustered with daily concerns, ready to peruse things life has to offer you. Experiencing inner peace can elevate your sense of happiness and fulfillment often despite the trials you may be facing in your life. Force cannot give, or take away peace; peace is a mental condition. Peace is not the absence of conflict; it is the ability to handle conflict peacefully. To manage yourself, use your brain, to manage others, use your heart.

Golden Rule:-

“People should in their life Blessed with friends who are “Mirrors and Shadows”! Mirrors don’t lie, and shadows never leave. So much the heart is happy mind is free. Pray is the bridge between panic and peace. Or whatever happens in life, be good to people. The best thing to leave behind anxiety factors is to be good to individuals. So, be optimistic, cut people slack, invest in yourself, and believe in your gut. Guide your time on this planet with an open heart. Dare, don’t allow others to spoil your day. Participate in activities that give you happiness and satisfaction. Be of service to humanity. Your enthusiasm sets a tone of positivity around you.

The golden rule is considered a fundamental ethic that calls for peaceful interaction. It can be expressed in many ways, for example, “Treat others as you would like to be treated”.

The golden rules of effective human relations are often interpreted as guiding how we should act. In practice, their more significant function may be psychological, serving to make us aware of our daily self-centeredness and the neglect of our effects on others. The principle additionally emphasizes our obligation to consider those around us who merit similar regard. Actions for a peaceful world include educating yourself about peace, saying no to violence, practicing understanding and solidarity, embracing inclusion and diversity, protesting inequality and discrimination, and following reliable news sources, among others.

Pillars of Peace:-

“Peace comes from within. Do not seek it without” – Buddha.

“Peace education seeks to foster social and relational harmony, economic equity, and political justice, which are frequently undermined by wars and various forms of violent conflict, adversely affecting human well-being. Spiritual and religious figures, including the saints of Dayalbagh, Agna, Buddha, Jesus, and the Dalai Lama, have associated peace with love. In the last 20 years, peace psychology has established a distinct knowledge base, along with its perspectives, concepts, and methodologies. As a result, peace psychologists are now well-equipped to advance theories that enhance our understanding of significant threats to human security while promoting practices that support human well-being and survival, grounded in the foundations of peace.

Research:-

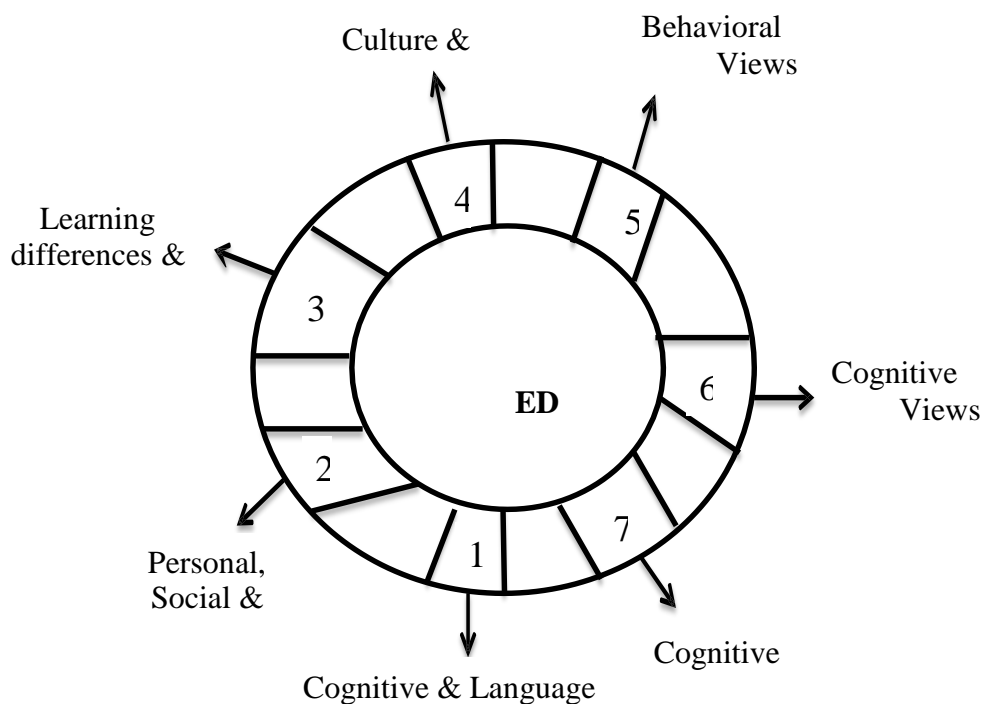
Peace psychology research is a subfield of psychology that studies the psychological aspects of peace, conflict, and violence. Research in this field can be analytical or normative in orientations-

- Analytical Research – Research on Peace
- Normative Research – Research for Peace

Peace psychology research can be conducted at various levels of analysis, including individuals, groups, social organizations and institutions, state and state systems, and collective security systems. Research in peace psychology can also involve the interaction between researchers and participants. Peace research is the interdisciplinary study of the causes of violence, including wars, and the conditions necessary for peace. There are many reasons why peace studies are important. They help us understand the causes of conflicts and how to prevent them.

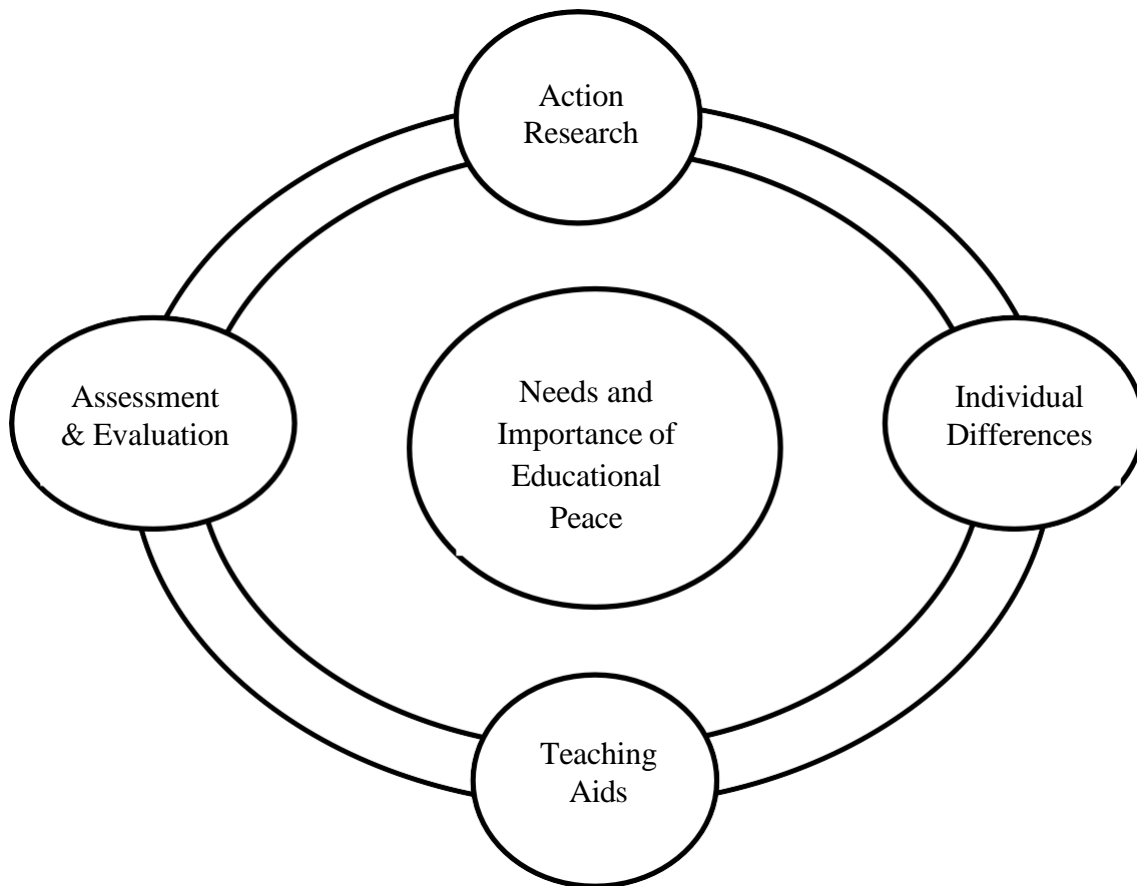
Education:-

Education for peace is holistic. Education and peace are positively correlated and education can be a powerful tool to promote peace. We cannot achieve lasting peace without education. Education plays a significant role in the psychological and cognitive advancement of communities. Initiatives focused on education for peace aim to cultivate the knowledge, skills, attitudes, and values that create a culture of peace.



Peace Education involves the structured cultivation of values, knowledge, attitudes, skills, and behaviors that are vital for living harmoniously with oneself, with others, and with the natural environment.

The focus for National Education Day 2024 is anticipated to be on fostering inclusive and high-quality education. It highlights the importance of providing education that enables students to acquire the skills and knowledge necessary to succeed in a dynamic environment. The four levels of Education and peace psychology are:



It enables communities to acquire skills like meditation and fosters positive behavioral changes in individuals. Comprehending the "How" holds equal significance to grasping the "What." Consequently, the teaching and learning strategies that correspond with the objectives of peace education are comprehensive, participatory, collaborative, experiential, and focused on human values.

Practice and Peace Education:-

There is no way to peace, peace is the way. If you want peace, remove "I" and "Me". When you remove these, you remove ego. When you remove ego, you remove hatred. When you remove hatred, you have peace within. Transforming and manufacturing for a better tomorrow, every individual has to be filled with peace for both physical and mental health. There is no way to peace, peace is the way. If you want peace, remove "I" and "Me". When you remove these, you remove ego. When you remove ego, you remove hatred. When you remove hatred, you have peace within. To transform and build a better tomorrow, every individual has to be filled with peace for both physical and mental health. Nurture in the family first, both by the father and mother and then at school.

Peace psychology is the study of how people think, feel, and act in violent situations, and how to prevent and reduce violence. It also aims to promote fairness, respect, and dignity for all. “Some tips for finding peace of mind include-

- Accepting what you can’t change
- Practicing mindfulness meditation
- Practicing forgiveness
- Making time for yourself
- Keeping a journal
- Spending time in nature

There are many ways to practice peace, including reflection, critical thinking and analysis, decision-making, imagination, communication, conflict resolution, empathy, and group building. It can be said that Peace is our gift to each other.

Advocacy of Peace Psychology:-

Advocacy is also about helping people. There are three types of advocacy – self, group, and systems advocacy. They are united by principles such as clarity, flexibility, and transparency. Advocacy is a powerful tool for promoting peace. The practice of peace education is an opportunity to promote the total welfare of students, advocate for their justice and equitable treatment of youth, and encourage individual and social responsibilities for educators and learners.

There are seven lamps of advocacy-

- The Lamp of Honesty
- The Lamp of Industry
- The Lamp of Eloquence
- The Lamp of Fellowship
- The Lamp of Courage
- The Lamp of Wit
- The Lamp of Judgement

Five elements of successful advocacy are-

- Attitude and Emotions
- Determination
- Creating a paper trail
- Flexibility
- Knowledge

Oftentimes, it is recommended that these objectives be SMART – that is, Specific, Measurable, Achievable, Relevant, and Time-bound. It is about youth coming together and helping each other to understand how to carry out efforts toward achieving a culture of peace. So, Advocacy is the process of informing and assisting decision-makers. Only with good information good decisions can be made for peace.

Conclusion-

“Peace is possible – think it, plan it, do it.”

Peace is the highest happiness, and by being in balance and harmony with ourselves, we can welcome it in our lives. Moreover, it emphasizes a state of both physical and psychological well-being. As you can notice, everything is interconnected. Peace is an inner calmness of spirit resulting from an inner confidence in God. Peace is precious because around the world so many conflicts and disasters make world peace impossible.

Peace has always been one of humanity’s highest values—along with honesty, loyalty, love, sympathy, truth, kindness, and more. Peace psychology is a specialized area within the field of psychology that seeks to develop theories and practices to prevent violence and conflict and mitigate their effects on society.

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