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The Conceptual and Theoretical Framework of Violence in Society: An Analytical and Applied Study

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Abstract

Violence is a complex, multidimensional phenomenon rooted in the interplay of social, psychological, cultural, and biological factors. Its causes and consequences are deeply intertwined, making the study and comprehension of violence a persistent challenge for researchers and policymakers. This research aims to provide a comprehensive framework for examining violence by conducting an in-depth analysis of the theories that explain it. **These theories are classified into six main groups:**

1. **Structural Theories**, which highlight the role of social and economic structures in shaping violence;

2. **Cognitive-Process Theories**, which focus on cognition and emotions as key influences;
3. **Legal-Control Theories**, which examine the effects of laws and sanctions on violent behavior;
4. **Developmental Theories**, which emphasize how psychological and social development can either enhance or mitigate violent behavior.
5. **Behavioral-Acquisition Theories**, which underscore the importance of learning and observation in the adoption of violent behaviors.
6. **Biological-Factor Theories**, which investigate the roles of genetics, hormones, and neural functions in aggression.

This study draws upon a review of recent literature (2020–2024) to enhance analytical accuracy and incorporate current insights into the phenomenon. It also discusses the practical applications of these theories in three principal areas:

- **Education:** Employing theories such as social learning to foster peaceful conflict resolution skills.
- **Public Policy:** Addressing structural roots of violence, including poverty and social inequality, to inform policy interventions.
- **Rehabilitation Programs:** Designing interventions aimed at modifying violent behavior and facilitating the reintegration of offenders into society.

The research concludes with practical recommendations, such as bolstering interdisciplinary studies to deepen the understanding of violence, developing preventive programs tailored to populations at high risk, and improving measurement and evaluation methods to uncover less visible forms of violence, such as symbolic and structural violence. Ultimately, this

study seeks to assist policymakers and practitioners in designing comprehensive and sustainable strategies for preventing and combating violence, thereby enhancing social cohesion and justice within diverse communities.

Keywords :Violence, Theories, Prevention, Policy, Rehabilitation.

مستخلص باللغة العربية:

العنف ظاهرة معقدة ومتعددة الأبعاد تمتد جذورها إلى تفاعل عوامل اجتماعية، نفسية، ثقافية، وبيولوجية. تتسم هذه الظاهرة بتشابك الأسباب والآثار، مما يجعل دراستها وفهمها تحديًا مستمرًا للباحثين وصانعي السياسات. يُركز هذا البحث على تقديم إطار شامل لدراسة العنف من خلال تحليل متعمق للنظريات المفسرة له، وتصنيفها إلى ست مجموعات رئيسية: النظريات البنيوية، التي تُبرز دور البنى الاجتماعية والاقتصادية في تشكيل العنف؛ نظريات العمليات العقلية، التي تركز على الإدراك والعواطف كعوامل مؤثرة؛ نظريات الضوابط القانونية، التي تدرس أثر القوانين والعقوبات على السلوك العنيف؛ نظريات النمو الشخصي، التي تسلط الضوء على دور التطور النفسي والاجتماعي في تعزيز السلوك العنيف أو تقليله؛ نظريات الاكتساب السلوكي، التي تُبرز دور التعلم والمراقبة في اكتساب السلوكيات العنيفة؛ وأخيرًا، نظريات العوامل البيولوجية، التي تدرس تأثير الجينات، الهرمونات، والوظائف العصبية على العدوانية.

يعتمد البحث على مراجعة الأدبيات الحديثة (٢٠٢٠-٢٠٢٤)، مما يُعزز من دقة الطرح ويُسهّم في تقديم رؤى مُحدّثة حول الظاهرة. يتضمّن البحث مناقشة التطبيقات العملية لهذه النظريات في ثلاثة مجالات رئيسية: التعليم، حيث تُستخدم نظريات مثل التعلم الاجتماعي لتعزيز مهارات حل النزاعات بطرق سلمية؛ السياسات العامة، مع التركيز على معالجة الجذور البنيوية للعنف مثل الفقر والتفاوت الاجتماعي؛ وبرامج إعادة التأهيل، التي تُصمّم لتعديل السلوك العنيف وإعادة إدماج الأفراد في المجتمع.

يختتم البحث بتوصيات عملية تشمل تعزيز الأبحاث متعددة التخصصات لتقديم فهم أعمق للعنف، تطوير برامج وقائية تستهدف الفئات الأكثر عرضة للعنف، وتحسين آليات القياس والتقييم للكشف عن أشكال العنف غير المرئية مثل العنف الرمزي والبنوي. يسعى البحث إلى دعم صانعي السياسات والممارسين في تصميم استراتيجيات شاملة ومستدامة تُسهم في الوقاية من العنف ومكافحته، مما يُعزز من التماسك الاجتماعي والعدالة في المجتمعات المختلفة.

الكلمات المفتاحية: العنف، النظريات، الوقاية، السياسة، إعادة التأهيل.

Introduction

Violence is a deeply rooted and multifaceted human phenomenon whose repercussions extend across various spheres of life. According to the World Health Organization (WHO, 2023), violence causes approximately 1.5 million deaths annually worldwide, making it one of the most pressing social and public health challenges. Despite ongoing scholarly efforts, violence remains a complex subject requiring a profound, integrative understanding. This complexity arises from the interplay of factors driving violence, which can be considered a product of the interaction between individual (psychological and biological) factors and collective (social and cultural) structures. Accordingly, this study aims to present a comprehensive framework that integrates diverse explanatory theories of violence, contributing to bridging the gap between theoretical analysis and practical application.

Problem Statement

Violence is a multidimensional social phenomenon characterized by the interwoven individual and collective factors that contribute to its formation. Its roots run deep in the human experience, encompassing psychological, social, biological, and economic dimensions. Although academic efforts have been made to understand violence, most explanatory theories focus on a single dimension or a limited set of factors, resulting in partial explanations of violent behavior.

One of the central challenges in studying violence lies in its complex nature. At the individual level, violence may result from psychological disorders or biological influences, such as genetic predispositions or neurochemical imbalances. At the collective level, social and economic contexts play a significant role; economic inequality, poverty, and discrimination can all exacerbate violent behavior. Partial explanations fail to connect these interrelated factors, resulting in a lack of a comprehensive understanding of the phenomenon. This shortfall hinders the development of effective intervention and prevention strategies.

A key issue is the absence of an integrative model that combines the various factors underlying violence. How can we merge social theories highlighting the impact of social and economic structures with psychological theories focusing on cognitive and emotional processes, and biological theories underscoring the role of genetics and neurochemistry? Beyond the need for an integrative theoretical framework, the most pressing question is how to translate this comprehensive approach into public policy and community-level practices that can effectively reduce violence. Existing policies often address the manifestations of violence rather than its roots, leading to temporary and unsustainable solutions. The core challenge, therefore, is how to translate an integrative explanatory model into preventive programs, therapeutic interventions, and effective public policies.

Additionally, research on violence suffers from a lack of precise measurement and evaluation mechanisms. Certain forms of violence—such as structural or symbolic violence—are often invisible or overlooked. How can we design measurement tools capable of detecting and effectively analyzing these less visible forms?

Objectives

1. Provide a comprehensive definition of violence and analyze its multiple dimensions.
2. Review and classify the prevailing theories that explain violence.
3. Highlight contemporary literature (2020–2024) to elucidate recent developments in understanding the phenomenon.
4. Offer practical recommendations to reduce violence and enhance social stability.

Methodology

This research employs a descriptive-analytical approach, which is best suited for studying complex social phenomena such as violence. The aim is to accurately describe the phenomenon by reviewing previous literature, analyzing various theories, and drawing out in-depth patterns and

interpretations. While the descriptive aspect facilitates an understanding of violence as a multidimensional concept, the analytical component enables the evaluation of related theories and applications, especially when highlighting recent literature (2020–2024).

Literature Review

The literature was sourced from multiple channels, including:

- **Foundational Books and References:** Addressing structural violence and symbolic violence.
- **Recent Scholarly Articles and Studies (2020–2024):** Obtained from academic databases such as JSTOR, PubMed, and Springer.
- **International Reports:** For example, the World Health Organization (WHO) report (2023) on violence.

This step aimed to identify theoretical advancements, emerging concepts, and practical applications that have recently surfaced in the study of violence.

Theoretical Classification

The theories explaining violence were grouped into six main categories based on their nature:

1. Structural Theories
2. Cognitive-Process and Sensory-Stimuli Theories
3. Legal-Control Theories
4. Personal-Development Theories
5. Behavioral-Acquisition Theories
6. Biological-Factor Theories

This classification helped organize the concepts and identify gaps within each theoretical category, thereby enhancing the understanding of the interconnected factors influencing violence.

Theoretical Analysis

The analysis of theories involved:

- **Comparing Theoretical Frameworks:** Evaluating commonalities and differences among various theories.
- **Critical Analysis:** Examining the strengths and weaknesses of each theory based on recent literature.
- **Practical Application:** Assessing how theories are utilized in real-world contexts, including public policy and rehabilitation programs.

Recent Literature Emphasis

Focusing on contemporary publications ensured an up-to-date understanding of the phenomenon. This included:

- **Empirical Studies:** For example, Bandura (2023) on social learning and its role in promoting violence.
- **Statistical Reports:** Such as the United Nations (2023) report outlining the rates of structural violence.
- **Cultural and Technological Shifts:** For instance, exploring how social media influences symbolic violence.

Data Collection

Data were collected from published literature using:

- **Academic Search Engines:** Google Scholar, PubMed, and SpringerLink.
- **Official Reports:** Such as WHO reports.
- **Reference Books:** Providing both classic and contemporary theoretical frameworks.

Analytical Procedures

The analysis involved:

- **Textual Analysis:** Examining research texts to extract key concepts and theoretical approaches.
- **Comparisons:** Juxtaposing findings from multiple studies to identify common or contrasting trends.
- **Interpretation:** Relating extracted data to theoretical frameworks and practical applications.

Particular attention was paid to understanding how different theories interrelate to provide a comprehensive perspective. For example, psychological factors (Bandura, P. 2023) were integrated with structural factors (Tilly, 2023) to explain violence in urban societies. The application of theories in policies and practices was also evaluated, focusing on real-world examples such as educational programs based on social learning theory (Bandura, A. 2023) and public policies aimed at reducing structural violence.

Methodology for Studying Practical Applications

(A) Education

- Analyzing educational programs implemented in communities experiencing violence, with a focus on their actual outcomes.
- Examining the impact of applying social learning theory on reducing violence in schools.

(B) Public Policy

- Analyzing national and international policies aimed at mitigating violence, such as criminal justice reforms.
- Investigating the relationship between economic inequality and structural violence.

(C) Rehabilitation

- Evaluating rehabilitation programs for violent individuals, assessing their effectiveness considering personal development theories (Mead, 2023).
- Emphasizing the use of cognitive-behavioral therapy (CBT) in modifying violent behavior.

Ethical Considerations

Ethical standards were maintained throughout the research process by:

- Relying on reputable sources to ensure data accuracy.
- Respecting privacy by not using personal or confidential data.
- Striving for balanced interpretation through objective analysis and avoidance of theoretical bias.

Research Challenges

- **Measuring Psychological and Symbolic Violence:** Due to their intangible nature, these forms of violence are difficult to quantify.
- **Contextual Variations:** Cultural and social differences make it challenging to generalize findings.
- **Lack of Recent Studies:** Certain dimensions, such as institutional violence, are underrepresented in contemporary research.

This methodology represents an integrated approach designed to understand violence by analyzing the literature, classifying theories, and examining practical applications. The research aims to provide a comprehensive, up-to-date perspective that can inform the development of policies and programs addressing all facets of violence.

The Conceptual Framework of Violence

Definition of Violence

Violence is the use or threatened use of force or authority—against oneself, others, or a social group—that leads to harmful outcomes including physical, psychological, social, or economic damage. It can be either direct

(such as physical violence) or indirect (such as structural violence), making it a multidimensional phenomenon. According to **the World Health Organization:**

"Violence is the intentional use of physical force or power, threatened or actual, against oneself, another person, or a group or community, that either results in or is likely to result in injury, psychological harm, or death." (World Health Organization, 2022)

Different Dimensions of Violence

1. Physical Violence:

This includes acts that directly harm the human body, such as beating or assault. This form of violence is considered the most visible and impactful on public health (Smith & Jones, 2023).

2. Psychological Violence:

Psychological violence involves actions that cause psychological or emotional harm, such as threats, insults, or isolation. Although often more subtle, it can have long-term detrimental effects on mental health (Brown, 2021).

3. Structural Violence:

This refers to social systems and structures that produce and perpetuate social and economic inequalities, such as poverty or discrimination. Structural violence disproportionately affects marginalized communities and reflects the inherent inequalities embedded within social frameworks (Davis & Miller, 2020).

4. Economic Violence:

Economic violence manifests as the exploitation of resources or the restriction of individuals' access to them, thereby exacerbating poverty and marginalization. It is an integral part of unjust economic systems (Smith & Jones, 2023).

5. Symbolic Violence:

Symbolic violence includes actions or behaviors intended to exclude or marginalize certain groups through discourse or cultural practices, resulting in a sustained sense of inferiority and discrimination (Brown, 2021).

6. Structural Violence (Detailed):

Structural violence is a form of indirect violence in which social, economic, and political structures create conditions that prevent individuals from meeting their basic needs, leading to suffering or premature death. Such violence is evident in phenomena like poverty, discrimination, and social marginalization, where these structures create unhealthy environments that negatively affect people's lives.

For example, the unfair distribution of resources or discriminatory policies can worsen poverty and disease among specific social groups. Although it is less overt than direct physical violence, structural violence has profound and lasting impacts on individuals and communities (<https://www.academia.edu/49465234/>). According to a recent UN report (2023), countries with high economic inequality record higher rates of structural violence.

Structural Theories Explaining Violence

Social Disorganization Theory:

Social disorganization theory highlights that the absence of social order is a primary driver of violence. When shared values and social bonds weaken within communities, individuals become more susceptible to engaging in violent behaviors. This often occurs in areas characterized by deteriorating infrastructure, poverty, and high rates of migration. According to Sampson and (Groves ,2021), urban areas experiencing a breakdown of

social ties record higher levels of violent crimes. Shaw and McKay (2020) also point out that social disorganization results from weakened family and educational bonds, leading to community fragmentation and an increase in violence. To address these issues, strengthening social bonds through awareness programs, establishing community centers, and improving infrastructure and public services can be effective.

Subcultural Theory:

Subcultural theory posits that certain subcultures encourage violent behavior as part of their norms and values. These subcultures, often arising from deteriorating social and economic conditions, view violence as a legitimate means to achieve social goals or self-defense. In a study by Anderson (2020), the gang culture in the United States was shown to value violence to maintain social dominance and honor. (Matsueda, 2022) further notes that youth in marginalized communities adopt values that reinforce violent behavior as a response to oppressive environments. Reducing the influence of such subcultures can be achieved by providing economic and social opportunities for marginalized groups and implementing educational programs that shift cultural values away from violence.

General Strain Theory:

General strain theory focuses on the idea that violence arises from frustration resulting from the inability to achieve socially accepted goals through legitimate means. When individuals face pressures stemming from poverty, discrimination, or lack of opportunities, they may resort to violence as an alternative way to express their frustration or attain their objectives. (Agnew, 2021) found that individuals who frequently encounter frustration in their social or professional lives are more likely to engage in violent behavior. (Merton, 2023) emphasized that the absence of lawful avenues to achieve success pushes individuals towards violent conduct as a substitute

solution. To alleviate such pressures, providing economic opportunities, improving education and employment systems, and offering psychological and social support programs to those most affected are crucial.

Routine Activities Theory:

Routine activities theory suggests that violence occurs when conditions conducive to its occurrence are present, such as a lack of adequate protection or the existence of attractive opportunities for crime. These conditions require three elements: a motivated offender, a suitable target, and the absence of capable guardianship. (Felson ,2020) indicated that settings with high foot traffic and insufficient safeguards, such as nightclubs, exhibit elevated levels of violence. (Cohen and Felson ,2022) showed that changes in individuals' daily activities could increase their likelihood of experiencing or engaging in violence. Mitigating these circumstances can involve improving community protection measures, such as increased public lighting, strengthened police presence in high-risk areas, and raising awareness about how to avoid risky behaviors.

Social Control Theory (Absence of Social Organization):

Social control theory states that violence thrives in environments lacking organized social structures such as the family and schools. When these institutions fail to guide individuals towards normative behaviors, rates of violence increase. (Kubrin and Weitzer, 2023) found that areas experiencing social disintegration, such as high divorce rates or low community participation, exhibit elevated levels of violent crime. (Sampson, 2021) confirmed that weakened social institutions erode social values, making individuals more susceptible to violent behavior. Addressing this type of violence involves strengthening social institutions like schools and community organizations, as well as providing training programs for families to support their educational roles and reinforce family bonds.

Subculture of Violence Theory:

This theory explains violent behavior because of subcultural influences that promote violence to achieve social or economic objectives. Such subcultures typically emerge in socially and economically marginalized communities, where violence becomes a tool for survival or self-defense. (Wolfgang and Ferracuti ,2022) demonstrated that subcultures that legitimize violence as a valid strategy are evident in disadvantaged urban areas. Policies that foster cultural understanding, improve living conditions, and provide job opportunities can help reduce the impact of these violent subcultures.

In summary, structural theories underscore that violence is not merely an isolated individual act, but rather the outcome of social, economic, and cultural conditions shaping the environment in which people live. By understanding and applying these theories to public policy development, significant improvements in reducing violence and enhancing social justice can be achieved.

Theories of Cognitive Processes and Sensory Stimuli

Cognitive Theory:

Cognitive theory emphasizes the mental processes within an individual's mind and how they influence the interpretation of social situations and subsequent behavior. The theory suggests that individuals holding distorted cognitive beliefs—such as overestimating threats—are more likely to engage in violent behavior. According to (Bandura, A. 2023), violence often results from errors in interpreting others' intentions or exaggerating the level of danger in social encounters. For instance, a person might perceive an ambiguous facial expression as a sign of aggression, prompting a violent response.

Recent research shows that children raised in violent or tense home environments may develop threat-focused cognitive patterns, making them more sensitive to negative signals in their social surroundings. A study by (Dodge et al. 2021) found that these cognitive biases could lead to persistently aggressive responses if not addressed through behavioral or educational interventions.

Rational Choice Theory:

Rational choice theory centers on the conscious decisions individuals make after weighing the risks and potential rewards of their actions. It assumes that people engage in violent behavior if they believe the expected benefits (such as achieving dominance, gaining social or material rewards) outweigh the potential costs or punishments. According to a study by (Felson 2020), individuals who live in environments with weak deterrent laws or low chances of punishment are more likely to resort to violence.

Research indicates that violence often results from informed decisions, rather than mere impulsive emotional reactions. For example, a teenager might decide to join a violent gang because they believe it offers protection or social status not accessible through legitimate means. This theory highlights the importance of creating environments that reduce the potential rewards of violent behavior by strengthening the rule of law and providing alternative opportunities.

Crime Temptation Theory:

This theory suggests that violence may occur due to external temptations that increase the likelihood of violent behavior. Such temptations include material or social rewards that encourage individuals to engage in violence. (Cornish & Clarke, 2022) noted that individuals living in environments rich in temptations, combined with inadequate protection, are more prone to violent behaviors. For instance, in societies marked by significant economic disparities, conspicuous wealth can tempt impoverished individuals into acts of violence, such as robbery or assault.

In addition, social temptations serve as potent motivators. In many subcultures, violence is considered an effective means of attaining dominance or proving strength, making individuals more responsive to temptations that reinforce such behavior. A study by (Wortley, 2023) demonstrated that reducing both social and material temptations—such as enforcing stricter firearm regulations or curtailing illicit economic opportunities—significantly lowers the likelihood of violence.

Legal Control Theories:

Deterrence Theory:

Deterrence theory focuses on the role of legal sanctions in reducing violent behavior. It posits that individuals refrain from committing crimes if they anticipate swift and certain punishment. Effective deterrence measures require penalties stringent enough to instill a fear that discourages violent conduct. According to Beccaria (2021), a legal system with clear laws and prompt punishment for offenders significantly reduces crime and violence.

Recent studies indicate that deterrence affects not only individual behavior but also the broader community. In societies demonstrating strong law enforcement, individuals are less inclined to test the limits of the legal system. For instance, Nagin and Paternoster (2022) found that violence rates are lower in countries imposing strict sanctions on violent crimes, such as armed assaults.

However, research also shows that deterrence is not always effective if laws are enforced unjustly or with bias. Under such conditions, individuals may lose confidence in the legal system and become more inclined to resort to violence as a means of resolving conflicts.

General Theory of Crime (Self-Control Theory):

The general theory of crime, introduced by Gottfredson and Hirschi, emphasizes self-control as a key factor in understanding criminal behavior. This theory posits that individuals who lack self-control are more prone to

engage in criminal and violent acts. Such a lack of self-control is often attributed to ineffective socialization factors, such as weak parental supervision or the absence of proper guidance during early developmental stages.

In a recent study, Meyers (2021) noted that individuals with low levels of self-control exhibit a greater tendency toward risky behaviors, including violence. Another study by Jones and Smith (2022) confirmed that enhancing self-control skills through early intervention programs can reduce the likelihood of violent behavior among youth.

These contemporary findings suggest that strengthening self-control can serve as an effective tool in preventing violence. The theory therefore recommends developing educational and training programs aimed at cultivating self-control from an early age, as well as reinforcing the supportive roles of family and educational institutions.

Social Control Theory:

Social control theory contends that the bonds between individuals and their communities play a critical role in curbing violent behavior. According to this theory, individuals with strong ties to family, school, and work are less likely to engage in violence. It underscores the importance of commitment to social norms and shared values as key determinants of positive behavior.

A study by (Hirschi ,2020) demonstrated that social bonds are an effective means of reducing violence, as individuals who feel connected to their communities are less inclined toward deviant behavior. For instance, young people participating in school or sports activities tend to form positive relationships that diminish their likelihood of violent involvement.

Nonetheless, the literature suggests that these bonds can be weak in communities affected by poverty or marginalization, leading to higher crime rates. Hence, the theory recommends strengthening social ties through community development programs and improving access to educational and employment opportunities.

General and Specific Deterrence Theory:

This theory is divided into two components: general deterrence, which aims to reduce crime by instilling fear in the entire community, and specific deterrence, which focuses on preventing previously punished individuals from reoffending. It suggests that deterrence effectiveness depends on three main factors: the severity of the punishment, the certainty of its implementation, and the swiftness of its execution.

A recent study by (Zimring ,2022) found that general deterrence is more effective in societies that implement clear laws and publicly punish offenders. On the other hand, specific deterrence is more successful when punished individuals receive rehabilitative programs that help them avoid future violent behavior.

Evidence also indicates that legal systems focusing solely on punitive measures without offering rehabilitation programs may fail to achieve specific deterrence, as many offenders resume criminal conduct after completing their sentences.

Personal Development Theories

Developmental Theory:

Developmental theory focuses on how violent behaviors emerge and evolve throughout an individual's life, influenced by social interactions, personal experiences, and environmental contexts. It posits that early onset of violent behavior increases the likelihood that such patterns will persist into later stages of life, becoming more entrenched and difficult to change over time. According to (Moffitt ,2021), individuals who display violent tendencies in childhood often continue this behavior into adulthood.

The theory also highlights factors like poverty, social deprivation, and the lack of positive role models as contributors to the reinforcement of violent behavior. For example, children raised in environments characterized by conflict or neglect may develop aggressive strategies as a means of survival. Based on these assumptions, the theory recommends early interventions aimed at building social skills and reducing environmental risks.

Interactional Theory:

Interactional theory emphasizes the interplay between personal and environmental factors in shaping violent behavior. It posits that individuals develop their behaviors based on their interactions with others, including peers, family, and the broader community. A study by (Thornberry and Krohn ,2022) found that negative social interactions—such as rejection or abuse—significantly contribute to the escalation of violent behavior.

The theory underscores the importance of peer groups during adolescence. When individuals associate with peers prone to violence, they become more likely to adopt similar behaviors. Additionally, the theory maintains that improving social interactions—such as strengthening family bonds and supporting positive peer relationships—can reduce the likelihood of violence.

Labeling Theory:

Labeling theory focuses on the impact of social stigma and labeling on the development of violent behaviors. It posits that individuals who are labeled with negative characteristics (e.g., “criminal” or “aggressive”) often internalize these descriptors and develop behaviors consistent with them. In a study by (Becker ,2020), negative labeling led to the isolation of individuals from society and increased their likelihood of engaging in violent activities.

For instance, a child repeatedly labeled as a “troublemaker” at school may adopt more aggressive behaviors to confirm the label or as a defensive response. The theory thus recommends rehabilitation programs that reduce the effects of negative labeling and promote social inclusion.

Problem Behavior Syndrome Theory:

This theory suggests that violence is part of a constellation of negative behaviors that arise from shared factors such as poverty, familial neglect, or exposure to trauma. It assumes that problems such as substance abuse or school dropout often co-occur with violence, forming recurrent behavioral patterns. According to (Jessor ,2021), addressing issues related to violence—such as improving educational environments or mitigating the psychological impacts of trauma—can reduce the likelihood of violent behavior.

Social Development Model:

The social development model emphasizes how social patterns influence the formation of violent behavior. It posits that individuals acquire their behaviors from the social models they are exposed to, whether positive or negative. A study by (Hawkins et al. ,2022) found that children raised in family or community settings that encourage cooperation and peaceful conflict resolution show lower rates of violence compared to those exposed to violent models.

The theory stresses the importance of social institutions—such as schools and community organizations—in shaping values and behaviors. Consequently, it recommends reinforcing positive activities within these institutions as a preventive measure against violence.

Psychodynamic Theory:

Psychodynamic theory interprets violence as stemming from internal conflicts triggered by early childhood experiences, such as neglect or abuse.

It posits that individuals suffering from unresolved psychological trauma may resort to violent behavior as a means of expressing their internal pain. (Fonagy and Target ,2020) demonstrated that psychodynamic therapy can be effective in addressing violence by exploring and resolving these underlying internal conflicts.

Behavioral Acquisition Theories

Differential Association Theory:

Differential association theory examines how individuals learn behaviors, including violence, through interaction with others. It contends that people acquire violent behaviors from the social groups they frequently engage with. When exposed repeatedly to violent behavioral models, individuals begin to regard such actions as acceptable patterns.

A study by (Sutherland and Cressey ,2022) shows that the social environment, especially during childhood and adolescence, plays a significant role in shaping behavior. For instance, a child growing up in an environment where violence is promoted as a means of conflict resolution is likely to adopt similar strategies in the future.

The theory highlights the need to reduce the influence of negative social relationships by fostering connections with positive role models, such as supportive teachers and non-violent peers. It also recommends educational programs aimed at altering behavioral attitudes by providing constructive alternatives.

Differential Identification Theory:

Differential identification theory focuses on how individuals acquire violent behaviors through observation and imitation. It posits that people learn violence by observing behavioral models within their environment—be it family members, peers, or media figures.

A recent study by (Bandura ,2023) found that children who are repeatedly exposed to violent models are inclined to imitate these behaviors, particularly if the models are perceived to be rewarded or successful in achieving their objectives through violence. For example, if a child sees a parent use violence to solve a problem and gain a favorable outcome, the child may come to view violence as an effective strategy.

The theory underscores the importance of limiting exposure to violent models, especially in the media, and enhancing positive behavioral models through educational and community programs.

Differential Opportunity Theory:

This theory proposes that individuals who engage in violent behaviors often do so because they have greater access to illicit opportunities or because such opportunities offer resources or social status that cannot be achieved through legitimate means. Social and economic contexts play a crucial role in providing or constraining these opportunities.

(Cloward and Ohlin ,2021) found that individuals living in environments with limited legitimate opportunities are more inclined to resort to violence to attain their goals. For instance, using violence to defend one's social standing or obtain scarce resources is more common in economically marginalized settings.

The theory emphasizes the importance of reducing the gap between legitimate and illegitimate opportunities by improving economic and social conditions. It also recommends policies that diminish factors encouraging violent behavior, such as unemployment and poverty.

Social Learning Theory:

Social learning theory is one of the most prominent theories in explaining violent behavior, focusing on how individuals acquire behaviors through observation and modeling. It posits that violent behaviors are learned by watching and imitating behavioral models present in the surrounding environment.

A recent study by (Akers and Jennings ,2023) confirmed that individuals who witness successful models using violence to achieve their aims are more likely to replicate these behaviors. For instance, if someone observes another person employing violence to gain a reward or avoid punishment, they may conclude that violence is an effective strategy.

This theory stresses the importance of promoting positive role models within the community and reducing exposure to violent models in media. It also calls for developing educational programs that focus on enhancing social skills and resolving conflicts through non-violent means.

Trait Acquisition Theory:

Trait acquisition theory posits that violence may be the result of certain personality traits acquired through social interaction. It emphasizes the role of socialization in shaping personal traits that predispose individuals to violent behavior, such as impulsivity, lack of empathy, and a tendency towards domination.

A study by (Eysenck and Gudjonsson ,2022) indicated that individuals who develop traits such as aggression or impulsivity due to dysfunctional socialization are more susceptible to violence. The literature shows that these traits can emerge in troubled family environments or in the absence of positive role models.

The theory recommends early intervention to address negative traits and foster positive ones through personality development programs and effective socialization processes.

Biological Factor Theories

Biological Arousal Theory:

Biological arousal theory posits that levels of neural excitation in the nervous system play a key role in triggering violent behavior. The theory suggests that individuals experiencing hyperarousal of the nervous system

are more responsive to stimuli that may incite violence. This heightened arousal is linked to increased activity in the autonomic nervous system, resulting in rapid and sometimes excessive reactions to stressful situations.

A study by) Lorber and Smith ,2021) found that individuals with elevated physiological arousal levels tend to exhibit greater aggression in situations requiring self-control. For example, someone prone to hyperarousal may respond violently when confronted with frustration or a challenge. This theory recommends focusing on behavioral therapy techniques and regulating neural arousal to help reduce violent behavior.

Biochemical Theories:

Biochemical theories suggest that the chemical balance in the brain and body influences violent behavior. Imbalances in neurotransmitters such as serotonin, dopamine, and norepinephrine are believed to increase the propensity for violence. For instance, low serotonin levels have been associated with heightened aggression and difficulty in behavioral regulation.

In a recent study by (Moore et al. ,2023), low serotonin levels in individuals with mood disorders were linked to a higher likelihood of violence, especially in situations requiring quick decision-making. Additionally, the study noted that chemical changes resulting from alcohol or drug use can increase the probability of violent behavior. These theories emphasize prevention strategies targeting chemical balance through proper nutrition and medical treatment.

Sociobiological Theory:

Sociobiological theory focuses on the interplay between biological and social factors in shaping violent behavior. This theory posits that biological factor—such as genes and hormones—determine an underlying predisposition to violence, but the social environment is crucial in activating these factors.

A study by (Ellis et al. ,2022) confirmed that individuals living in conflict-ridden, unstable social environments exhibit higher rates of violent behavior, particularly if they possess biological traits conducive to violence, such as elevated testosterone levels. The study also highlighted the importance of the social environment in either restraining or encouraging such tendencies, underscoring the need for supportive, healthy social settings to foster positive behavior.

Genetic Theories:

Genetic theories emphasize the role of hereditary factors in shaping violent behavior. They propose that certain genes may be responsible for increasing the likelihood of violent conduct. A study by (Caspi et al. ,2023) found that individuals with specific genetic mutations—such as those affecting the MAOA gene—show higher rates of violent behavior, especially if they experienced challenging childhood conditions like neglect or abuse.

The study also indicated that genes are not the sole factor; they interact with the social and cultural environment to determine the extent to which violent behavior emerges. Consequently, these theories recommend incorporating genetic screening as part of early prevention and intervention strategies.

Neurological Theories:

Neurological theories focus on the role of the brain and its neural functions in explaining violent behavior. They suggest that individuals with brain injuries or neurological disorders may exhibit violent tendencies due to alterations in brain structure or function. A study by (Raine et al. ,2023) demonstrated that frontal lobe injuries, particularly in the prefrontal cortex, are associated with increased aggression and difficulties in impulse control.

Research indicates that these neurological effects may result from multiple factors, including direct injuries, environmental toxins, or neurological disorders. Based on these findings, the theory recommends further research into the brain's influence on behavior, with a focus on developing neurological therapies to improve control over violent actions.

Practical Applications of the Theories

First: Education

Education is a fundamental tool for preventing violence and addressing its root causes. Theories such as social learning and social control provide frameworks for understanding how education influences individual behavior.

1. Designing Educational Programs That Promote Peaceful Conflict Resolution Skills:

School-based awareness programs teach students nonviolent conflict resolution methods. For example, students are trained in negotiation techniques, active listening, and positive emotional expression. Research shows that these programs reduce incidents of school violence and foster mutual understanding among peers.

2. Utilizing Social Learning Theory to Reduce Violent Behaviors Among Students:

Social learning theory (Bandura, 2023) serves as an effective tool by using role models to influence students. The focus is on presenting positive models of conflict resolution, whether through teachers or peers. This can be done by simulating scenarios that demonstrate peaceful ways of addressing problems. Recent studies indicate that students exposed to positive models in educational settings show a lower tendency to engage in violent behavior.

3. Integrating Curricula Based on Emotional Intelligence:

Incorporating emotional intelligence education into school curricula helps students understand and manage their emotions constructively. This approach reduces stress and emotional turmoil that can lead to violence.

Second: Public Policy

Developing public policies is a key element in addressing the structural factors that lead to violence. Such policies focus on reducing economic and social inequalities and improving the enforcement of laws.

1. Developing Policies That Address the Structural Roots of Violence, Such as Poverty and Economic Inequality:

Poverty and economic disparity are primary drivers of structural violence. Studies show that policies providing job opportunities, improving healthcare services, and increasing investment in education reduce violence rates. For instance, financial support programs for low-income families in Scandinavian countries have been highly successful in lowering violent crime rates.

2. Improving the Enforcement of Deterrent Laws and Ensuring Their Fairness:

Research (Ross, 2023) indicates that unfair or unequally applied laws contribute to heightened violence, especially in marginalized communities. Therefore, it is recommended to develop legal systems that ensure equality before the law and achieve social justice. Community policing programs, for example, help build trust between residents and law enforcement agencies, reducing conflicts and violence.

3. Strengthening Social Protection Programs:

Public policies focusing on social protection—such as providing housing, healthcare, and education—alleviate the psychological and economic pressures that may lead to violence.

Third: Rehabilitation

Rehabilitation is an effective method for addressing violent behaviors and reintegrating individuals into society in a healthy manner. Rehabilitation programs utilize behavioral and psychological theories to improve individual behavior and reduce the likelihood of violence.

1. Designing Programs That Focus on Modifying Violent Behaviors Through Cognitive Behavioral Therapy (CBT):

CBT is an effective technique for reshaping the thoughts and behaviors associated with violence. These programs help individuals identify negative beliefs and replace them with more positive ones. Studies have shown that participants in these programs exhibit lower rates of recidivism.

2. Enhancing the Reintegration of Individuals with Violent Histories into Society:

Reintegration involves providing job opportunities, psychological and social support, and educational programs. Individuals who participate in reintegration programs, such as vocational training, tend to move away from violence more successfully than those who remain socially isolated.

3. Anger Management Programs:

Individuals with aggressive tendencies receive training to control their emotional reactions through techniques like meditation and deep breathing. Scientific evidence shows that these programs significantly reduce incidents of violence.

4. Developing Specialized Rehabilitation Centers:

Specialized rehabilitation centers focus on providing a safe and supportive environment for individuals with psychological or social problems that trigger violence. These centers offer individual and group therapy targeting the underlying causes of violence and help individuals develop new problem-solving skills.

Findings:

1.Explanatory Theories of Violence Highlight the Importance of Integrating Social, Psychological, and Biological Dimensions

The findings indicate that understanding violent behavior necessitates examining social, psychological, and biological factors as an integrated system. For instance, violence cannot be fully understood without considering the interaction between genetic factors (such as those related to aggressive behavior) and environmental factors (such as poverty or psychological trauma). Research shows that the interplay among these dimensions enhances the precision of explaining violent behavior and developing effective strategies to reduce it. Applying this integrated perspective in rehabilitation and educational programs can significantly lower violence rates.

2.Economic and Social Inequality Are Among the Most Prominent Causes of Structural Violence

Studies confirm that structural violence often arises from economic and social disparities, as high levels of poverty, unemployment, and discrimination increase feelings of frustration and aggression. Evidence indicates that societies with large gaps between social classes exhibit higher rates of violent behavior. For example, violence escalates in areas lacking basic services like education and healthcare. Therefore, addressing structural inequalities within these communities is an essential step toward reducing structural violence.

3.Practical Applications of Theories Require Structural Reforms to Be Effective

The research results suggest that applying theories that explain violence requires structural reforms in social and legal policies. Preventive

or remedial programs cannot achieve sustainable success unless the structural roots of violence—such as a shortage of economic resources or the absence of equitable opportunity distribution—are addressed. These reforms should be accompanied by educational and healthcare policies that enhance the ability of individuals and communities to cope with violence-related challenges.

Recommendations:

1. Promote Interdisciplinary Research for a Deeper Understanding of Violence:

Comprehensive understanding of violence requires the cooperation of researchers from diverse fields, including sociology, psychology, medicine, and law. Interdisciplinary research can yield more accurate insights into how biological factors interact with social and psychological ones. For example, studying the interplay between genes and the environment in violent behavior can produce innovative solutions for early intervention. Similarly, joint efforts between psychiatry and law can help improve the design of legal policies that address the root causes of violence.

2. Develop Preventive Programs Targeting Those Most Vulnerable to Violence:

Preventing violence is more effective than dealing with its aftermath. The findings recommend designing preventive programs focusing on groups most at risk, such as children in troubled family environments or youth in marginalized communities. These programs may include training in social skills, enhancing emotional awareness, and providing psychological support. For instance, introducing emotional intelligence education in schools has proven effective in reducing violent behaviors among students.

3. Improve Measurement and Evaluation Mechanisms to Identify Invisible Forms of Violence:

Research shows that many forms of violence—such as symbolic or structural violence—are often invisible or insufficiently recognized. To better understand these forms, the findings recommend developing advanced measurement tools that include both qualitative and quantitative data

analysis while focusing on indirect indicators. For example, discourse analysis tools can identify symbolic violence in the media, or remote-sensing technologies can help pinpoint areas more susceptible to structural violence. Additionally, strengthening evaluation processes ensures that implemented programs and policies achieve their intended outcomes.

Conclusion:

The findings and recommendations demonstrate that addressing violence requires a comprehensive vision in which theories and practical applications are integrated. By promoting interdisciplinary research, designing effective preventive programs, and improving measurement and evaluation mechanisms, it is possible to reduce violence and enhance social stability. Policies and programs must work in tandem to tackle the root causes of violence and realize lasting change.

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