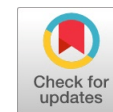


# Curbing Criminal and Violent Acts: Essential in Promoting Well-being of Individuals and Communities

Radhika Kapur



**Abstract:** *The individuals, belonging to all communities, categories and socio-economic backgrounds get subjected to various types of criminal and violent acts. These have unfavourable on physical and psychological health conditions of victims. The research studies have indicated that women and girls are experiencing these acts more as compared to their male counterparts. Furthermore, the victims get overwhelmed by the psychological problems of anxiety and depression as a consequence of experiencing these acts. The individuals, belonging to some of the rural households give preference to male children. On the other hand, they do not appreciate the birth of girls, hence, girls get subjected to different types of criminal and violent acts. Within homes, educational institutions, employment settings, and different types of public places, the feelings of anger and frustration are regarded as major causes that give rise to these acts. Hence, in order to promote well-being and goodwill, it is necessary for individuals to be well-equipped in terms of measures, which are necessary in curbing these acts. All types of measures are required to be put into operation in a positive manner. The individuals will be able to contribute efficiently in curbing these acts, when they will form positive viewpoints in terms of all individuals, treat others with respect and courtesy and possess an approachable nature and an amiable attitude. Therefore, it is well-understood, curbing criminal and violent acts is essential in promoting well-being of individuals and communities. The main concepts that are taken into account in this research paper are, effects of criminal and violent acts, measures to be implemented in curbing criminal and violent acts and consequences of curbing criminal and violent acts.*

**Keywords:** *Communities, Criminal and Violent Acts, Curbing, Goodwill, Health Problems, Individuals, Psychological Problems, Well-being*

## I. INTRODUCTION

In India, more than 70 percent of the population resides within rural communities. In these communities, more preference is given to male children. It is believed that male children are assets. They will render an important contribution in promoting well-being and goodwill of their families. On the other hand, girls are treated as liabilities. It is believed that they will make demands and will not yield any returns on investment (Brouhard, 2019).

They are trained in terms of household responsibilities as, they are required to get married and go to marital homes. Hence, they are discouraged from getting enrolled in educational institutions and participation in various types of activities, i.e. economic and political. Furthermore, women and girls get subjected to various types of criminal and violent acts. These are, verbal abuse, physical abuse, emotional abuse, sexual harassment, dowry harassment, grievous hurt, discriminatory treatment, neglect and mistreatment, rape, acid attacks, women trafficking, child marriage, and female foeticide and female infanticide. These have unfavourable effects on the physical and psychological health and well-being of victims. Therefore, it is necessary to eliminate these acts in all communities. The prevalence of various types of criminal and violent acts are common among rural communities and economically weaker sections of the society. They need to appreciate the birth of girls. They need to reinforce the viewpoint that girls can also render an important contribution in promoting family and community well-being (Chapter – 3, n.d.). Hence, they need to provide equal rights and opportunities to girls as compared to their male counterparts. The communication processes needs to be implemented with girls in a polite and decent manner [1]. The girls need to be encouraged towards acquisition of education, getting engaged in employment opportunities, participation in various activities, i.e. social, economic, cultural, religious and political and so forth. In this manner, girls and women will be provided with opportunities to acquire empowerment. As a consequence, they will render an important contribution in leading to progression of girls. Furthermore, they will eliminate the criminal and violent acts. Therefore, in order to promote enhancement of their overall standards of living, one needs to eliminate all forms of criminal and violent acts.

## A. Effects of Criminal and Violent Acts

It is unfortunate to note that in all communities, throughout the country, there is prevalence of different types of criminal and violent acts. The victims of these acts get affected, both from physical as well as psychological perspectives. As a consequence, individuals experience various types of setbacks within the course of putting into operation various tasks and activities (Atal, Naik, & Das, 2013). The main reason being, their mind-sets do not get stimulated towards implementation of tasks and activities. Therefore, it is well-understood, effects of criminal and violent acts are unfavourable [2].

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These are, leading to a decline in motivation levels; being overwhelmed by dilemmas and challenging situations; staying in seclusion; not generating awareness regarding job duties and methodologies; experiencing health problems and illnesses and being overwhelmed by psychological problems. These are stated as follows:

### B. Leading to a Decline in Motivation Levels

It is apparently understood that in order to carry out various types of tasks and activities in a well-ordered manner, it is necessary to be well-informed in terms of job duties and methodologies. Furthermore, it is necessary to lead to up-gradation of motivation and concentration levels towards putting into operation various tasks and activities (Chaudhary, 2013). On the other hand, when individuals get subjected to various types of criminal and violent acts, there will be decline in motivation levels. The main reason being, one's analytical, problem-solving and critical-thinking skills get impeded and there are occurrences of obstacles. Furthermore, the effects are unfavourable to such an extent that their mind-sets do not get stimulated towards implementation of tasks and activities. Therefore, leading to a decline in motivation levels is regarded as one of the critical effects of criminal and violent acts [3].

### C. Being Overwhelmed by Dilemmas and Challenging Situations

As a consequence of being subjected to various types of criminal and violent acts, the individuals get overwhelmed by various types of dilemmas and challenging situations. These are in terms of social problems of poverty, illiteracy, gender inequality and unemployment, job duties, responsibilities, methodologies, procedures, techniques, approaches, work pressure, unawareness in terms of various factors, lack of implementation of time-management skills, lack of problem-solving, analytical and critical-thinking skills, scarcity of financial, human, technical, material and information resources, lack of infrastructure, amenities and facilities and so forth. As a consequence, one will not be able to contribute efficiently in generating desired outcomes. Furthermore, this has unfavourable effects on health conditions as well, physically and psychologically. Therefore, being overwhelmed by dilemmas and challenging situations is one of the disadvantageous effects of criminal and violent acts.

## II. STAYING IN SECLUSION

It is apparently understood that in order to excel, it is necessary for individuals to augment information in terms of various subjects and concepts; exchange different types of ideas and viewpoints; obtain answers to all questions and clarify all types of doubts. Furthermore, the individuals are required to make use of polite language and decent words; treat others with respect and courtesy; make provision of factual information; depict the traits of helpfulness and co-operation and possess an approachable nature and an amiable attitude. Furthermore, being subjected to different types of criminal and violent acts will compel the individuals to reside in seclusion. In other words, they keep to themselves and do not take pleasure in implementing effective communication processes with family members, relatives, friends, classmates, colleagues, educators, employers, supervisors

and neighbours. Therefore, staying in seclusion is an adverse effect of criminal and violent acts.

### A. Not Generating Awareness Regarding Job Duties and Methodologies

When individuals are being subjected to various types of criminal and violent acts within personal and professional lives, they do not generate awareness in terms of job duties and methodologies. The main reason being, their mind-sets do not get stimulated towards implementation of tasks and activities. As a consequence, there is a decline in motivation and concentration levels towards putting into operation various types of job duties and utilization of methodologies. The main reason being, the individuals get overwhelmed by the feelings of apprehensiveness and vulnerability. They are overwhelmed by setbacks and do not take pleasure in working and dealing with others. As a consequence, within various types of professional settings as well, i.e. educational institutions of all levels and various types of employment settings, they prefer to carry out job duties on an individual basis. Therefore, not generating awareness regarding job duties and methodologies is an unfavourable effect of criminal and violent acts.

### B. Experiencing Health Problems and Illnesses

The victims experience various types of health problems and illnesses as a consequence of being subjected to various types of criminal and violent acts. The physical abuse, acid attacks, rape, sexual harassment, domestic violence and grievous hurt are the criminal and violent acts that enable the victims of experience various types of health problems and illnesses. Some of these are, pain in the joints, high blood pressure, low blood pressure, wounds, injuries, scars, headaches, backaches, stomach-aches, fever, nausea and so forth. The victims are required to make visits to medical and health care centres. Furthermore, they are overwhelmed by the psychological problems of anger, stress, anxiety, frustration and depression. As a consequence, individuals will have to obtain counselling and guidance facilities in order to recuperate. The individuals get overwhelmed on a comprehensive basis, when they are required to bear expenses for acquiring medical and health care facilities. Therefore, experiencing health problems and illnesses is a severe effect of criminal and violent acts.

### C. Being Overwhelmed by Psychological Problems

The individuals get overwhelmed by the psychological problems of anger, stress, anxiety, frustration and depression. As a consequence, individuals will have to experience number of factors, which would be unfavourable to them. Some of these are, leading to a decline in motivation levels; not being able to concentrate on various tasks and activities; being overwhelmed by different types of dilemmas and challenging situations; staying in seclusion; not willing to communicate with others within and outside the homes; not generating awareness regarding job duties and methodologies; experiencing various types of health problems and illnesses; being overwhelmed by stressful situations;

feeling angry and frustrated and experiencing anxiety disorders. All these factors give rise to impediments within the course of progression of individuals and communities. Hence, it is well-understood, experiencing different types of psychological problems are disadvantageous on a comprehensive basis. Therefore, being overwhelmed by psychological problems is a detrimental effect of criminal and violent acts.

#### **D. Measures to be Implemented in Curbing Criminal and Violent Acts**

In India, in all communities, throughout the country, there have been prevalence of various types of criminal and violent acts. The men and women get subjected to these acts. These are experienced within homes, educational institutions of all levels, employment settings and various types of public places. These have unfavourable effects on the health and well-being of the individuals. In other words, they get effected, both physically as well as psychologically. Furthermore, these are regarded as impediments within the course of progression of individuals, communities and nation as a whole. The prevalence of social problems of poverty, backwardness, illiteracy, unemployment, homelessness and gender inequality are major causes that have enabled the individuals to get subjected to these acts (Are Our Homes making our Children Sick, 2019). The individuals, belonging to all communities, categories and socio-economic backgrounds have one of the major goals of bringing about improvements in their overall quality of lives [4]. When they are wholeheartedly committed towards achievement of this goal, they are required to augment information in terms of factor that all individuals need to be treated with respect. Therefore, they need to be well-informed in terms of measures to be implemented in curbing criminal and violent acts. These are stated as follows:

### **III. CONSIDERING GIRLS EQUAL TO MALE COUNTERPARTS**

The individuals, belonging to rural communities and economically weaker sections of the society need to appreciate the birth of girls. They need to reinforce the viewpoint that girls can also render an important contribution in promoting family and community well-being. Hence, they need to provide equal rights and opportunities to girls as compared to their male counterparts. The communication processes needs to be implemented with girls in a polite and decent manner. One needs to put emphasis on leading to up-gradation of motivation and concentration levels among girls. In addition, the girls need to be encouraged towards acquisition of education, getting engaged in employment opportunities, participation in various activities, i.e. social, economic, cultural, religious and political and so forth. In this manner, girls and women will be provided with opportunities to acquire empowerment. As a consequence, they will render an important contribution in leading to progression of girls and women. Furthermore, they will eliminate different types of criminal and violent acts and reinforce morality and ethics. Therefore, considering girls equal to male counterparts is regarded as one of the indispensable measures to be implemented in curbing criminal and violent acts.

#### **A. Providing them Equal Rights and Opportunities**

The girls need to be provided with equal rights and opportunities as compared to their male counterparts. These

are in terms of acquisition of education through getting enrolled in educational institutions of all levels; getting engaged in various types of employment opportunities, suitable to them; participation in various activities, i.e. social, economic, cultural, religious and political; promoting good health and well-being, physically and psychologically; acquiring empowerment opportunities and transferring from one place to another within same or other regions. Furthermore, communication processes needs to take place in such a manner that girls feel encouraged. As a consequence of acquiring equal rights and opportunities, the mind-sets of the girls will be stimulated towards doing well in one's job duties and generating desired outcomes. In this manner, they will lead to up-gradation of motivation and concentration levels among girls. In addition, the girls need to be imparted information in terms of the factor that they need to utilize their educational qualifications, competencies and abilities in promoting well-being and goodwill of family and community members. Therefore, providing them equal rights and opportunities is one of the significant measures to be implemented in curbing criminal and violent acts.

#### **B. Implementing Effective Communication Processes**

The family and community members need to implement effective communication processes with girls. This is regarded as the key in augmenting information in terms of various subjects and concepts; exchanging different types of ideas and viewpoints; obtaining answers to all questions and clarifying all types of doubts. The individuals are required to be well-informed in terms of communication ethics, i.e. making use of polite language and decent words; treating others with respect and courtesy; making provision of factual information and possessing an approachable nature and an amiable attitude. Furthermore, in order to develop mutual understanding, it is necessary to depict the traits of helpfulness and co-operation. The communication processes needs to be implemented with girls in a polite and decent manner in both personal and professional lives. In this manner, one will put emphasis on leading to up-gradation of motivation and concentration levels among girls towards implementation of different types of tasks and activities. Furthermore, these are facilitating in honing listening skills. In addition, these skills are facilitating in providing solutions to different types of problems. Therefore, implementing effective communication processes is an expedient measure to be implemented in curbing criminal and violent acts.

### **IV. PROVIDING SOLUTIONS TO PROBLEMS**

Within one's lives in both personal and professional spheres, there are occurrences of problems in terms of various factors, i.e. job duties, responsibilities, methodologies, procedures, techniques, approaches, work pressure, unawareness in terms of various factors, lack of implementation of time-management skills, lack of problem-solving, analytical and critical-thinking skills, scarcity of financial, human, technical, material and information resources, lack of infrastructure, amenities and facilities and so forth.



These are experienced in a major or minor form. These normally give rise to impediments within the course of putting into operation various types of job duties and responsibilities. The family members, relatives, friends, educators, supervisors, employers, classmates, colleagues and neighbours need to acquire an understanding of the causes of problems. Generating information regarding causes will be facilitating in making provision of effective solutions. Furthermore, honing analytical, critical-thinking and problem-solving skills are considered vital. In addition, listening skills are facilitating in providing solutions to different types of problems. Both the individuals or all the group members need to put emphasis on leading to up-gradation of communication and listening skills. Therefore, providing solutions to problems is an eminent measure to be implemented in curbing criminal and violent acts.

### A. Treating Girls with Respect and Courtesy

The honing of communication skills and interactive abilities are regarded as the key in strengthening respectfulness and courteousness. The individuals are required to be well-informed in terms of communication ethics, i.e. making use of polite language and decent words; forming positive viewpoint in terms of girls; reinforcing a constructive approach; making provision of factual information and possessing an approachable nature and an amiable attitude. Furthermore, in order to develop mutual understanding, it is necessary to depict the traits of helpfulness and co-operation. This is essential on the part of all individuals.

The communication processes needs to be implemented with girls in a polite and decent manner in both personal and professional lives. In this manner, one will contribute significantly in reinforcing the traits of respectfulness and courteousness. As a consequence, the mind-sets of the girls will be stimulated towards putting into operation different types of tasks and activities. Furthermore, the girls will cope with various types of stressful situations in an effective manner and incur the feelings of pleasure and contentment. Therefore, treating girls with respect and courtesy is a renowned measure to be implemented in curbing criminal and violent acts.

### B. Providing them Education

The individuals, belonging to all communities, categories and socio-economic backgrounds have recognized the meaning and significance of education. They have formed the viewpoint that education not only imparts information in terms of academic concepts and lesson plans, but also in terms of ways that are necessary in emerging into moral and ethical human beings and productive citizens of the country. The girls need to be encouraged towards getting enrolled in educational institutions of all levels and acquiring education. In this manner, they will contribute efficiently in leading to up-gradation of competencies, abilities and aptitude. The girls need to be imparted information in terms of the factor that they need to reinforce the traits of morality, ethics, diligence and conscientiousness. These would be facilitating in doing well in one's job duties and generating desired outcomes. Furthermore, one will render an important contribution in overcoming all types of setbacks. Hence, family members need to encourage girls towards getting enrolled in schools and acquiring education. As a

consequence, girls will be provided with equal treatment as their male counterparts. Therefore, providing them education is a productive measure to be implemented in curbing criminal and violent acts.

### C. Encouraging Participation in Various Activities

Within all communities throughout the country, social, cultural, religious, economic and political activities are important. The family and community members need to encourage the participation of girls in all types of activities. As a consequence, they will augment information in terms of various types of subjects and concepts; lead to up-gradation of motivation and concentration levels towards implementation of tasks and activities; hone confidence levels; cope with various types of dilemmas and challenging situations in an effective manner and carry out job duties successfully. Furthermore, they will put into operation various types of job duties, which are essential in bringing about improvements in their overall standards of living.

When one puts into practice job duties satisfactorily and acquires appreciation and reverence, it is apparently understood that they will not be subjected to criminal and violent acts. The individuals in this manner are able to reinforce the viewpoint that girls are equally capable as compared to their male counterparts. Furthermore, they will render an important contribution in promoting family and community well-being. Therefore, encouraging participation in various activities is a prominent measure to be implemented in curbing criminal and violent acts.

## V. PROMOTING EMPOWERMENT OPPORTUNITIES

In promoting empowerment opportunities among girls, there are various factors that need to be taken into account, i.e. communicating with them in an effective manner; treating girls with respect and courtesy; encouraging girls to acquire education through getting enrolled in educational institutions of all levels; getting them engaged in various types of employment opportunities, suitable to them; encouraging participation in various activities, i.e. social, economic, cultural, religious and political; promoting good health and well-being, physically and psychologically; encouraging them to transfer from one place to another within same or other regions; not pressurising them in terms of household responsibilities; allowing them to make own decisions; leading to up-gradation of their personality traits and creating an amiable and pleasant environment within and outside homes. Furthermore, interaction needs to take place in such a manner that girls feel encouraged and motivated. As a consequence of acquiring equal rights and opportunities, the mind-sets of the girls will be stimulated towards doing well in one's job duties and generating desired outcomes. In this manner, they will acquire empowerment opportunities. Therefore, promoting empowerment opportunities is a vital measure to be implemented in curbing criminal and violent acts.



### A. Allowing them to Make Own Decisions

The implementation of decision-making processes is regarded as an integral part of the personal and professional lives of the individuals. Throughout the lives of the individuals, they need to make decisions in terms of number of factors, i.e. education, employment opportunities, careers, settlement, housing, property, assets, and so forth. Within the course of putting into operation decision-making processes, analysis needs be conducted in terms of various types of options and alternatives that are available. After the analysis is conducted, selection is made of the most suitable and worthwhile option or alternative. The family members within natal and marital homes are required to make provision of rights to girls to make their own decisions. The girls may obtain ideas and suggestions from family members, particularly when they are overwhelmed by different types of dilemmas and challenging situations. Furthermore, they will make selection of those occupations and fields, where they would render an important contribution in promoting family and community well-being. As a consequence, there will not be any room for any types of criminal and violent acts. Therefore, allowing them to make own decisions is a crucial measure to be implemented in curbing criminal and violent acts.

### B. Promoting Health and Well-being

As a consequence of reinforcing the viewpoint that girls can also render an important contribution in promoting family and community well-being, family members provide equal rights and opportunities to girls as compared to their male counterparts. Furthermore, they render an important contribution in promoting good health and well-being from physical as well as psychological perspectives. For this purpose, emphasis is put on all the factors, i.e. diet and nutrition; exercise and physical activities; yoga and meditation; obtaining medical check-ups on regular basis; promoting cleanliness; coping with psychological problems in an effective manner; possessing the abilities to work under stress; forming positive viewpoints regarding various factors; reinforcing a constructive approach; forming an effective social circle, comprising of family and community members and alleviating loneliness. The acknowledgement and implementation of all these factors will contribute efficiently in promoting good health and well-being, physically as well as psychologically. In this manner, communication processes will be implemented effectively and criminal and violent acts will be curbed. As a consequence, girls will be motivated and incur the feelings of pleasure and contentment. Therefore, promoting health and well-being is a useful measure to be implemented in curbing criminal and violent acts.

### C. Leading to Up-gradation of their Personality Traits

Leading to up-gradation of one's personality traits is important in order to excel in one's lives. The family members within natal and marital homes are required to put emphasis on implementation of all factors, which are necessary in enhancement of personality traits. Some of these factors are, focusing on diet and nutrition; getting engaged in exercises and physical activities; practicing the techniques of yoga and meditation; obtaining medical check-ups on regular basis; treating various types of health problems and illnesses;

managing body weight; promoting cleanliness within and outside the homes; coping with psychological problems of anger, stress, anxiety, frustration and depression in an effective manner; forming an effective social circle, comprising of family and community members; alleviating loneliness; inculcating the traits of morality, ethics, diligence and conscientiousness and possessing an approachable nature and an amiable attitude. Throughout the lives of individuals, they need to promote enhancement of all these factors. As a consequence, they will deal with family and community members in such a manner that criminal and violent acts will be curbed. Therefore, leading to up-gradation of one's personality traits is an advantageous measure to be implemented in curbing criminal and violent acts.

### D. Creating an Amiable Environment

Creating an amiable environment is regarded as one of the fundamental ways of curbing criminal and violent acts. Amiable and pleasant environmental conditions need to be created within and outside the homes. Throughout the lives of individuals, they need to augment information in terms of factors, which are necessary in creating an amiable environment. The different types of factors are, forming positive viewpoints in terms of all individuals; implementing effective communication processes with all the members within and outside the homes; treating other members with respect and courtesy; inculcating the traits of morality, ethics, diligence and conscientiousness; being well-informed in terms of job duties and responsibilities; being well-versed in terms of methodologies and procedures; coping with psychological problems of anger, stress, anxiety, frustration and depression in an effective manner; forming an effective social circle, comprising of family and community members; alleviating loneliness; depicting the traits of helpfulness and co-operation and possessing an approachable nature and an amiable attitude. As a consequence, there will not be any room for any types of criminal and violent acts. Therefore, creating an amiable environment is a noteworthy measure to be implemented in curbing criminal and violent acts.

## VI. CONSEQUENCES OF CURBING CRIMINAL AND VIOLENT ACTS

Within personal and professional lives of the individuals, when family members, relatives, friends, neighbours, educators, classmates, supervisors, employers and colleagues treat them with respect and courtesy, they are able to benefit in number of ways. There are number of tasks and activities, which are put into operation on an individual basis, whereas, there are others, which are carried out through working in co-ordination with other members. Hence, in order to be successful, it is of utmost significance to be well-versed in terms of traits of morality and ethics. In all spheres, when criminal and violent acts will be curbed, individuals will render an important contribution in achievement of desired goals and objectives. Furthermore, they will receive support and assistance from others in carrying out their job duties in a well-organized manner. Therefore, it is indispensable to curb these acts.

Consequences of curbing criminal and violent acts are stated as follows:

1. Forming positive viewpoints in terms of all individuals.
2. Reinforcing a constructive approach.
3. Implementing effective communication processes with all the members within and outside the homes.
4. Treating other members with respect and courtesy.
5. Making wise and productive decisions.
6. Inculcating analytical, critical-thinking and problem-solving skills.
7. Inculcating the traits of morality, ethics, diligence and conscientiousness.
8. Being well-informed in terms of job duties and responsibilities.
9. Being well-versed in terms of methodologies and procedures.
10. Utilizing modern, scientific and innovative methods and materials.
11. Leading to up-gradation of motivation and concentration levels.
12. Coping with psychological problems of anger, stress, anxiety, frustration and depression in an effective manner.
13. Forming an effective social circle, comprising of family and community members.
14. Alleviating loneliness.
15. Depicting the traits of helpfulness and co-operation.
16. Reinforcing the traits of efficiency, honesty and truthfulness.
17. Possessing an approachable nature and an amiable attitude.
18. Promoting enhancement of overall personality traits.
19. Creating an amiable and pleasant environment within and outside the homes.
20. Leading to up-gradation of overall standards of living.

### VII. CONCLUSION

Criminal and violent acts are prevalent in all communities throughout the country. Effects of criminal and violent acts are, leading to a decline in motivation levels; being overwhelmed by dilemmas and challenging situations; staying in seclusion; not generating awareness regarding job duties and methodologies; experiencing health problems and illnesses and being overwhelmed by psychological problems. Measures to be implemented in curbing criminal and violent acts are, considering girls equal to male counterparts, providing them equal rights and opportunities, implementing effective communication processes, providing solutions to problems, treating girls with respect and courtesy, providing them education, encouraging participation in various activities, promoting empowerment opportunities, allowing them to make own decisions, promoting health and well-being, leading to up-gradation of their personality traits and creating an amiable environment. Furthermore, one needs to understand consequences of curbing criminal and violent acts. Finally, it can be stated, curbing criminal and violent acts reinforces well-being and goodwill.

### DECLARATION STATEMENT

I must verify the accuracy of the following information as the article's author.

- **Conflicts of Interest/ Competing Interests:** Based on my understanding, this article has no conflicts of interest.

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