

# What Is Peace and Where Does It Begin

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## Abstract

Peace is defined as a state of harmony that requires both the absence of conflict and the presence of justice, equity, and dignity. Peacebuilding, a term often used in the context of conflict resolution and international relations, involves establishing social, political, and economic conditions for sustained peace. It encompasses elements such as governance, economic equity, and social reconciliation. Peacebuilding is a continuous societal process that starts at home, where ethical values, communication, and emotional understanding are nurtured. Factors influencing peace at home include emotional stability, effective communication, and fairness, while challenges arise from stress, economic pressures, and social inequalities. Strengthening peace at home involves promoting understanding, gender equality, peace education, and addressing systemic issues such as poverty and discrimination. Ultimately, peace originates from homes, with families fostering values that contribute to broader societal and world peace.

**Keywords:** peace, building, home, society, world

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## 1. Introduction

According to Galtung (1969), peace is a condition of harmony characterised by the absence of conflict, violence, and terror as well as the existence of justice, equity, and human dignity. It is not simply the lack of conflict that is referred to as "negative peace." The existence of societal structures and institutions that promote fairness and collaboration is also referred to as "positive peace."

Peace should be viewed as both a state and a process. Only when people and cultures are free from oppression, fear, and desire can there be true peace. It encompasses social justice, equality, and respect for human rights (Galtung,

1969).

**In other words, peace entails.**

- 1) Being peaceful and emotionally balanced is a sign of inner serenity.
- 2) Good relations inside and between communities are a sign of social peace.
- 3) World peace entails cooperation with other nations and the absence of war.

Justice, governance, and equality coexist in the Nordic nations, which are frequently cited as models of successful peace societies (Institute for Economics and Peace, 2023). According to basic psychology, a person who respects and loves family members can also respect and love others

outside the family in society. Therefore, home is a fundamental root of peace, and the mother, often the primary caregiver and emotional anchor in many families, plays a vital role in creating and promoting peace. Keeping these things in view, the following objectives were formulated to study peace beginnings.

## 2. Objectives and Methods

- 1) To understand the concept of peace and how to build peace.
- 2) To study factors responsible for creating peace at home and abroad.
- 3) To examine factors to overcome the challenges of peacebuilding.

This study explores various concepts and terms closely related to the study piece, beginning at home. I have gone through secondary sources of information and personal experiences, which have been combined to frame the methodology.

## 3. Results and Discussion

This secondary information-based study focused on how peace begins in the home. What are the factors that influence the creation of peace at home? What does building peace mean? Essential components of peacebuilding: factors that promote peace; building peace is difficult; it begins at home; and strengthening peacebuilding at home.

### Where does the tranquillity start?

“Peace begins at home” emphasises the family’s role as the smallest social unit from which world and societal peace originates. Values such as respect, empathy, tolerance, and nonviolence are initially instilled at home (UNESCO, 1999). According to Gandhi, true peace begins with individuals and then extends to the rest of the community via their families. Therefore, fostering domestic harmony is not just a

personal endeavour but a crucial contribution to building a stable, cohesive community.

### Home Is Where Peace Begins

In the family setting, where ethical values, interpersonal connections, and communication are nurtured, the process of promoting peace begins. The family, as the primary institution of socialisation, provides a warm and secure environment where children absorb behaviours and conventions that shape their attitudes toward others (Lederach, 1997).

- a. Learning about emotions: People who live in a peaceful environment feel safer and are better able to comprehend the emotions of others. Children learn to comprehend and manage their emotions calmly when they experience emotional stability and affection (Fromm, 1955).
- b. Effective Communication: Trust is developed and misconceptions are reduced when family members communicate openly. Talking things out rather than fighting teaches children how to handle conflict without losing their cool (Harris & Morrison, 2003).
- c. Sending Value: Moral and ethical values such as honesty, patience, forgiveness, and compassion are taught in homes and are essential for fostering interpersonal relationships (UNESCO, 1999).
- d. Fairness and Inclusion: Things are fair and courteous when men and women have equal rights and share domestic duties. According to UNICEF (2017), this type of inclusion reduces stress and discrimination.
- e. How to Act Peacefully: Children pick up skills by imitating the actions of others. Children raised by parents who exhibit compassion, kindness, and nonviolence are more likely to behave similarly in public (Lederach, 1997).

**Table 1.** The First Steps in Creating Peace at Home

Category	Factors	Clarification
Emotional	Compassion, love, and faith	Give people a sense of emotional stability and belonging (Fromm, 1955).
Social	Talk, equality, and taking part	Foster comprehension and collaboration among members (UNESCO, 1999).
Economic	Stability in finances and shared resources	Lessens stress and conflict about survival (WHO, 2020).
Cultural	Values of morality, faith, and tradition	Strengthens identity, cohesion, and appreciation for diversity (UNESCO, 2016).

<b>Educational</b>	Awareness, literacy, and emotional intelligence	Encourages tolerance and logical conflict resolution (Harris & Morrison, 2003).
<b>Psychological</b>	Mental health and self-control	Stops people from getting angry and having emotional breakdowns (UNICEF, 2017).

A variety of emotional, social, economic, and cultural elements influence how individuals engage with one another daily, and peace begins at home.

Therefore, the foundation of peacebuilding lies in the moral and emotional fortitude of families, which is supported by economic stability and education.

### What does “building peace” mean?

The long-term process of establishing the social, political, and economic circumstances necessary for peace to last is known as peacebuilding (United Nations, 1992). It focuses on repairing relationships, institutions, and societies rather than merely ending the war.

According to Lederach (1997), peacebuilding is a comprehensive strategy that involves settling disputes, establishing harmony, and transforming society. It entails creating structures that promote justice and inclusivity while preventing future violence.

### Essential Components of Peacebuilding:

- 1) Establishing sound governance, the rule of law, and voting rights are all components of political rebuilding.
- 2) Reducing poverty and ensuring equitable access to resources are two aspects of economic development.
- 3) Social reconciliation is the process of healing scars and building mutual trust between various groups.
- 4) Reforming the security sector includes disarmament, demobilisation, and reintegration (DDR) of fighters.
- 5) Teaching and awareness-building: advocating for human rights, tolerance, and peace education.
- 6) The goal of peacebuilding is to transform violent civilisations into peaceful ones (Lederach, 1997; Jeong, 2010).

**Table 2.** Things that Promote Peace

Category	Key Factors	Description
<b>Political</b>	Rule of law, good government, and democracy, with everyone having a say.	Establishes confidence in institutions and deters the misuse of authority (Boutros-Ghali, 1996).
<b>Economic</b>	Jobs, fair distribution of wealth, and lowering poverty.	Tackles the root causes of conflict and helps maintain stability (Collier & Hoeffer, 2004).
<b>Social</b>	Learning, fairness, and social inclusion.	Encourages comprehension, compassion, and harmonious coexistence (Jeong, 2010).
<b>Cultural</b>	Respect for diversity and intercultural dialogue.	Fosters tolerance and diminishes prejudice (UNESCO, 2016).
<b>Psychological</b>	Healing trauma, granting forgiveness, and fostering empathy.	Strengthens trust and relationships between people (Lederach, 1997).
<b>Environmental</b>	Sharing resources and keeping the environment in balance.	Lessens disputes regarding land, water, and climate effects (UNDP, 2020).

Several political, economic, social, and cultural elements interact to create the circumstances for lasting peace, and peacebuilding depends on these interactions.

Because it included political, social, and

psychological healing, the Truth and Healing Commission (TRC) was an effective tool for fostering peace in South Africa after apartheid (Jeong, 2010).

**Building peace is difficult, and it begins at**

## home.

Stress, violence, and emotional detachment can result from a variety of internal and external issues that disturb the tranquillity of the household.

a. Emotional and mental stress: Excessive levels of stress, rage, and ego conflicts can undermine trust and lead to issues within the family (WHO, 2020).

b. Economic Pressures: Unemployment, poverty, and unstable finances often lead to anxiety and conflict, which lowers the standard of family relationships (Collier & Hoeffler, 2004).

c. Gender-Based Discrimination and Social Inequality: According to UNICEF (2017), patriarchal views, domestic abuse, and the unfair treatment of women and children are significant barriers to household harmony.

d. Technological Isolation: People who spend too much time on social media and other devices are less likely to interact with one another in person, which has led to communication breakdown and emotional estrangement (UNESCO, 2016).

e. Cultural Decay: Generations find it more challenging to get along and respect one another when shared customs and moral guidance are lost (Harris & Morrison, 2003). Although peacebuilding is crucial, numerous issues can prevent society from achieving long-term peace.

f. Political Barriers: People are less inclined to trust government institutions when there is corruption, bad administration, and a lack of transparency (Boutros-Ghali, 1996). Anger and social unrest are caused when minority or marginalised groups are excluded (Paris, 2004).

g. Economic inequality: According to Collier and Hoeffler (2004), issues like high unemployment, poverty, and an unequal allocation of resources can fuel further conflict.

h. Social Fragmentation: Disparities in culture, religion, and ethnicity make mistrust between groups worse (Jeong, 2010). A lack of peace education perpetuates stereotypes and hatred.

i. External interference: According to Paris (2004), fragile peace processes are often undermined by foreign involvement, the arms trade, and geopolitical rivalry.

j. Environmental Stress: Competition for natural resources and climate change are contributing factors to violent conflict (UNDP, 2020).

## How to Strengthen Peacebuilding at Home

The following techniques can help families create and maintain a quiet home:

Get everyone to listen to and understand one another to promote open conversation (Lederach, 1997). Teach children to be emotionally intelligent by fostering problem-solving, patience, and empathy (Harris & Morrison, 2003). To ensure your financial stability, you should jointly prepare and share financial duties (WHO, 2020).

Promote gender equality by treating all family members equally in their roles (UNICEF, 2017).

Incorporate Peace Education: Every day, teach your family morality and peace (UNESCO, 2016). Preserve Work-Life Balance: To improve emotional bonds, spend time together (Fromm, 1955).

The following elements need to be considered to overcome the challenges of peacebuilding. To prevent people from being excluded, promote inclusive governance by ensuring that everyone has an equal opportunity to vote and by fortifying democratic institutions (Boutros-Ghali, 1996). Invest in Peace Education: In schools and community initiatives, teach children about peace and conflict resolution techniques (UNESCO, 2016). Address Economic Inequality: To reduce conflict brought on by poverty, provide jobs, social safety nets, and equitable resource allocation (Collier & Hoeffler, 2004). Encourage Dialogue and Reconciliation: Encourage forgiveness, truth-telling, and community-based reconciliation (Lederach, 1997). Encourage gender equality by empowering women to take an active role in peace processes; studies have shown that peace accords involving women have a longer lifespan (UNDP, 2020). Environmental Cooperation: Encourage initiatives for collaborative resource management and climate change adaptation to prevent environmental disputes (UNDP, 2020).

## 4. In Conclusion

“Peace begins at home” is a social truth, not only a catchphrase. Values like empathy, tolerance, and collaboration are developed in homes, where peace begins. Respectful and understanding families contribute to peace both domestically and internationally. As the sage Thich Nhat Hanh once observed, “There is no way to peace; peace itself is the way.”

Peace is the presence of justice, equality, and understanding in addition to the absence of

conflict. Addressing the underlying causes of violence and providing communities with the resources they require to resolve conflicts amicably are essential to fostering peace. Peace becomes self-sustaining when communities invest in effective governance, education, and a welcoming environment for all. According to Galtung (1969), peacebuilding transforms social structures from "violence and exploitation" to "cooperation and equity."

"There is no way to peace; peace itself is the way." Mahatma Gandhi.

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