

PSYCHOLOGY OF WARS

PSY451A – Psychology of adjustment

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Why war ?

- We're made up of selfish genes which demand to be replicated

Evolutionary psychologists sometimes suggest that it's natural for human groups to wage war because we're made up of selfish genes which demand to be replicated. Everyone wants to preserve their resources and hence fight to preserve their resources.

- Association with a group to find one's self and to portray its soundness

'Moral exclusion' happens when we withdraw moral and human rights to other groups, and deny them respect and justice. Moral standards are only applied to members of our own group. We exclude members of other groups from our 'moral community,' and it becomes all too easy for us to exploit, oppress, and even kill them.

- Hatred against other nations, races, religions and ideologies

On an individual level, one of the positive effects of war is that it makes people feel more alive, more alert and awake.

Psychological effects of war

- War has a catastrophic effect on the health and well being of nations.

War has a devastating effect on country and nations. Apart from people and resources, everything is ruined, economy growth value etc.

- Anxiety & depression are the major effects of warfare

In a research conducted on soldiers and their families of Afghanistan, it was found that 67.7% shown signs of depressions and symptoms of anxiety in 72.2%.

- 'Post traumatic stress disorder' is seen in men involved in wars directly or indirectly

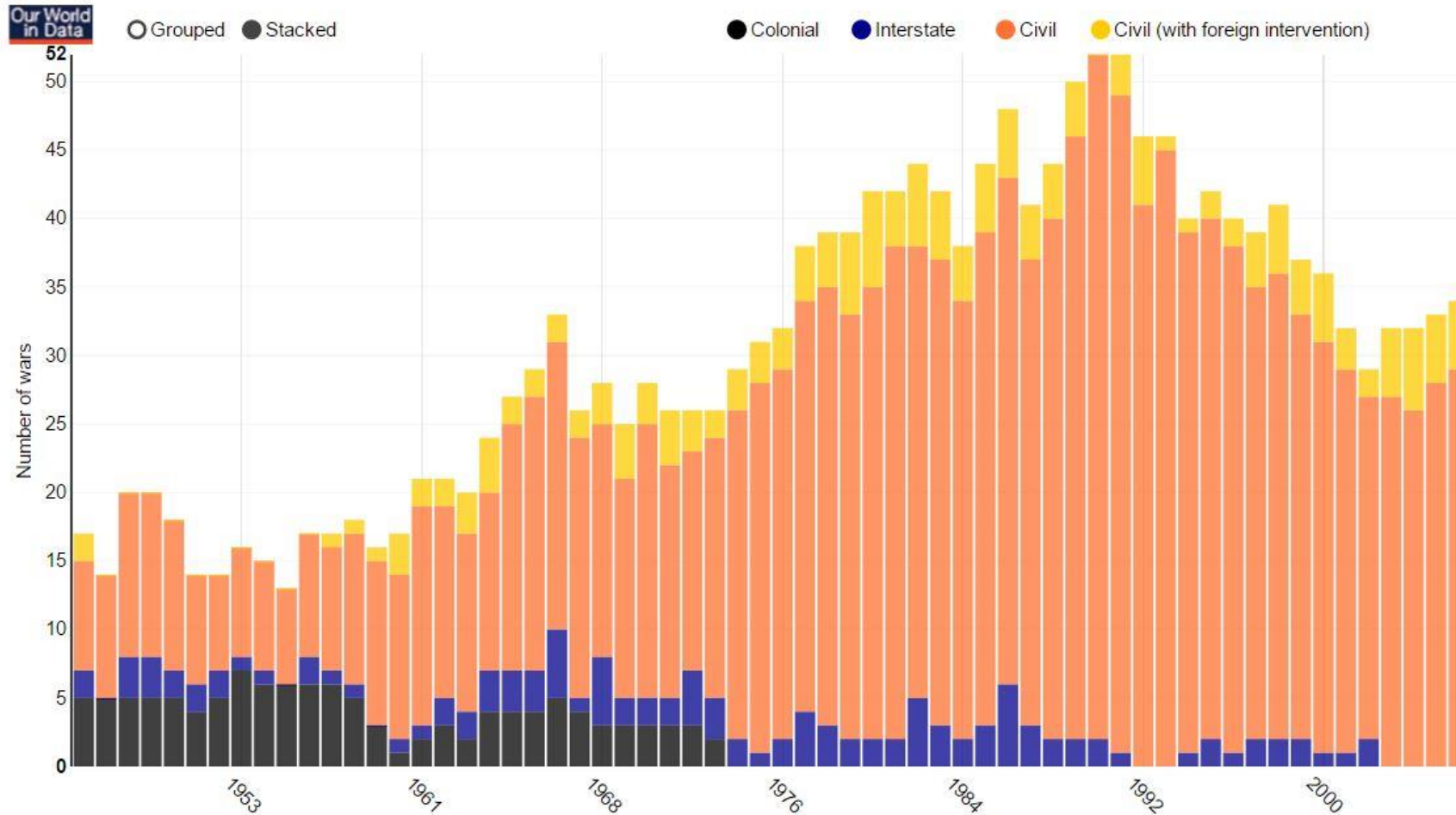
In the same research, 42% people were shown that they suffer from PTSD

- Hallucination is commonly seen in people who serve in wars.

The disabled and women had a poorer mental health status, and there was a significant relationship between the mental health status and traumatic events.

The Better Angels of Our Nature

🔗 Number of state-based armed conflicts by type, 1946-2007 – Max Roser⁴



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Data sources: Human Security Project (PRIO data)

Citations

- An article on “The psychology of war” by Dr Steve Taylor, Leeds Beckett University, UK
- Our World In Data – “War and Peace after 1945” by Max Roser, University of Oxford
- Grossman. *On Killing: The Psychological Cost Of Learning To Kill In War And Society*.
- Wikipedia page: https://en.wikipedia.org/wiki/Psychological_warfare
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1472271/>

THANK YOU