



Causes of Violent Behavior in Individuals and Others: A Qualitative Exploration

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ABSTRACT

The qualitative study Exploring Causes of Violent Behaviors in Self vs. Others examine how violent behavior manifests in one's own behavior and in the opinions of persons who have witnessed or experienced violent behavior. The study investigated self-vs.-other violent behavior causes and variables. Participants were selected based on these criteria: 18–25 years old, enrolled in BS, MSc, and M.Phil. programs, and violent behavior screening using a violence & aggression support questionnaire. The interview lasted 30 minutes. This study investigated the reasons for violent conduct in violent people and in those who see or experience violence. Research expert approved research procedure before data collection, and ethics were followed throughout the investigation. The Islamia University of Bahawalpur performed face-to-face, one-on-one interviews until saturation, and 7 participants were included. Participant confidentiality and informed consent were ensured before research. All ethics were considered during study and reporting. To eliminate response uncertainty, all interviews were audio recorded, and field notes were taken. After transcription in Nvivo (20), the data were coded, classified, and organized into themes and subthemes. This study's Nvivo 20-extracted findings were 5 major themes and subthemes. Each theme is expanded using responder quotes and literature support. All participants met research sample criteria. Interpretative phenomenological analysis revealed five main themes with subthemes. Themes include emotional reactivity, destructive behavior, peer influence, physiological causes, and cognitive factors. All these topics reflected participant experiences. Emotionally reactive and physiological elements were blamed for aggressive tendencies, along with peer influence, cognitive factors, and destructive actions. Further studies can examine violent behaviors on a broader sample and test interventions.

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1. Introduction

In adults defining by violence and aggression and it could be by bodily or vocally expressed. Intention is clear or physical harm will have sustained. Public health issues may require intrusion and a range of constitutional military counting mental health care, corporeal secondary and primary and communal services or illegal justice process or structure (El-Serag & Thurston, 2020). The groups for confront to persons and wider humankind present by violent behaviors and decrease overheads comprise life contentment and unfortunate psychological and corporeal health. As assortment of behavior and proceedings which could harm in result and can hurt or injured to another individual. In exacting destructive and aggressive statement with

parentages might be central to misconducts in youngsters (Lambert & Cashwell, 2004). Another inconstant is personal self acceptance and self esteem. Some earlier exploration have been evaluated association among university students as well as scholars negotiating issues representing the youths that shows violence in university too has extra undesirable connection among educators has subordinate level of university self-concept (Andreou, 2000) and in some belongings for forbidden through aristocracies Socio-metric status silage. This was exposed about violent youths usually embrace more undesirable arrogance to experts like forces that regulate university along with instructors (Adair, Dixon, Moore, & Sutherland, 2000). Although violent behavior forecast aggressive behaviors significance for identify variable which manipulate the expansion of violent attitudes and behaviors. Researchers contain describe that the convinced attitude or behavior could function as a peacekeeper to the dissimilar predictor.

Turn out to be intimately correlated at the same time as associated and both give emphasis to collision for the conduct situation to the societal surroundings on. Aggressive behaviors and unfair treatment (Estevez, Musitu, & Herrero, 2005). Boulard and Leclercq (2020) it is advisable note with the purpose of one are supposed to as an alternative speak of depressive disposition in such circumstance. Consequently, or emotional reactions as seeing that hopelessness and be repeatedly attributed toward the uncomplicated actuality with the intention of girls be additional affecting in addition to further immediate to affiliation turbulence in numerous study designed for occurrence (Rudolph, 2008). Stressors possibly will be anxiety underprivileged wellbeing, reduced relationships through their relatives, discipline otherwise peers. Yet if gentleman in addition to feminine youth understanding the identical stressors, Hankin, Mermelstein, and Roesch (2007) have revealed with the intention of the dispense in the direction of that and be at variance or this in revolve, resources they act in response in a different way to them as glowing. Distinctiveness expansion and greater than ever self sufficiency be seeing that interpretative stage within the juvenile existence sequence by. According in the direction of a lessons by means of with the intention of examine adolescent boys and girl's revelation to unconstructive being proceedings, merely various stressors description designed for the inconsistency with depressive symptom for youngsters. This could be predominantly obvious in the container of ancestor's stressors, which could be the mainly habitually associated to girls.

1.1. Violent Behavior

Behaviors occur in cycles like first of all due to conflict and tension and destruction of property. There are many factors which increase high risk of violent behavior in which previous aggressive or violent behavior physical or sexual abuse, in community exposure to violence, victim of bullying, genetically factor, alcohol or drug use, unemployment, marital relationship or breakup, head injury. Many people may show aggression or do violent behavior like physical violence, swearing and harsh language or loud speaking, breakout something which could be very important for other person. Physical aggression might be intended to cause serious harm refers to violence in extreme level. All types of violence have psychological aspect. In psychological violence withholding information and disinformation and rude or threatening behavior. Example of this type of violence may include isolation from others or insult or harassment. In psychological violence there are many effects like post traumatic stress disorder and depression and anxiety or substance use disorder as well as sleeping issues and eating problem and suicidal attempts. Verbal elements which may include psychological violence like negligence and ignorance are threatening conduct which lacks physical violence.

2. Review of Literature

In the correctional literature, attitudes toward violence are hypothesized to be dynamic causal risk factors for violent behavior and, accordingly, attitudes are often targeted in interventions aimed at reducing violence and assessed to estimate and monitor changes in risk of violent offending (Douglas, Guy, & Hart, 2009). Consistent with theoretical hypothesis and clinical practice there is evidence that attitudes toward violence are associated with violent behavior. Polaschek, Collie, and Walkey (2004) found that attitudes towards violence were associated with violent behavior in a sample of male inmates. As early as the 1980s, externalizing behaviors were associated with suicide. In the early study by Apter et al. (1995), youth diagnosed with conduct disorder has higher suicide potential than their same age counterparts diagnosed with major depression. Violence and aggression present a range of challenges to individuals and wider society; costs include reduced life satisfaction and poor mental and physical health (Jayasinghe, Selvanathan, & Selvanathan, 2021). The UK national

Institute for health and care excellence public recommendations and pathways for the management of violence and aggression in adults defining them as a range of behaviors or actions that can result in harm, hurt or injury to another person, regardless of whether the violence or aggression is physically or verbally expressed. Physical harm is sustained. In the past researcher find that near about forty percent of youngsters on peak hazard for developed obsession have record about violent behaviors (Hutton, Parker, Bowe, & Ford, 2012). As well as study also find that hazard factor which create violent behavior surrounded by individuals through untimely neurosis together with antagonistic consequence illegal integrity contribution and fewer learning, substance use by Ioffe and Szegedy (2015). Past study illustrate that the exploit for consistent utensils for the evaluation of violent behaviors and hazard among the juvenile experience and current beginning of neurosis (Purcell et al., 2012). And study from psychiatric in patients through psychological wellbeing & essence utilize disorder initiate that the individuals could competent for appraise and acquire hazard about potential aggression through diagnostic exactitude correspondent for well deliberate unfriendliness hazard inference utensils.

Pelizza et al. (2021), self-evaluation for violent hazard have not evaluate among population of youngster's untimely neurosis whom they might have been further symptom for ineffectiveness or fewer approaching keen on the determinants for violent behaviors for there were in the condition of sickness. Some interviews which were semi structured was known as sips that used to diagnosed or observe prodromal indications for neurosis (McGlashan, Walsh, & Woods, 2010), and other study find that items which were used as p.i for sips at the approximately the way which was exposed violent ideation when youngsters' were talk about for their extraordinary deliberation contented or delusion although equivalent individual deprived for violent ideation while as openly (Brucato et al., 2018). Past researchers suggest about violent behaviors that in the early neurosis or psychosis could be identified for intention means (Hoptman, 2015). Recent expanismabouteis agenda for provide and give facilitation to distribute conduct to youngsters with in 5 years for commencement about neurosis which do not affect. On the foundation of longitudinal comparison, they established that begging the age of 13 over and done and that the strictness of depressive symptom worsen considerably supplementary for girl's anguish from demeanor disorder than for other group for girls and boys. Establish bidirectional relations by Wiesner (2003) that all the way through youth for girls with in cooperation violent behavior predict succeeding gloominess and despair predict increase in Successive misbehavior. Regarding the manifestation of negligence in both masculinity groups and intercontinental study like the intercontinental study on study on self. Reported wrongdoing, shows that momentous difference stays behind (Marshall, Neissl, & Markina, 2019), womanly youth frequently alternative initial to vocal cruelty and belongings offense while male adolescents turn further speedily towards physical violence. Blood relation (Stewart, Hart, Gibson, & Fisher, 2014) converse to contaminated maleness in whom they linkage with subordinate intensity of hopelessness furthermore apprehension. Nevertheless and since (Gilbert, 2007) work few study encompass moreover revealed forfewadolescent man who did not felt predictable through overriding peer could come across for their own selves at shortcoming. Inside revolve could be show the way to obedience or the manifestation for depressive symptom. Typical study looks more intimately at the impression of male based depression. They encompass revealed that it is potential for man to be antagonistic violent destructive and maltreatment by Phillips (2007) at the same time as also anguish from precise symptom of despair related to masculinity role stress and embracement or annoyance by Cavanagh, Wilson, Kavanagh, and Caputi (2017) which is rarely explore in study.

Subsequent cluster experimental fully developed model in performance non aggressive behaviors by means of toys, doll and subject in the organize collection have no revelation to the model. Partially the family in the investigational circumstances pragmatic same gender model or partially view model of the contradictory gender. Subject is access for quantity of derivatives as healthy or non imitative belligerence performs in new fangled, widespread circumstances in the nonattendance of model (Bandura, Ross, & Ross, 1961). Berman and Cocco (1998) & Rothschild, Dimson, Storaasli, and Clapp (1997) preceding study in this meadow encompass listen cautiously intended for the nearly everyone division on the contribution wedged involving disorderly behavior and violent behaviors and criminal acts. Windle and Windle (1995) to appointment small amounts of community base study have investigate the link between traits disorder & violent behavior and cross sectional study have

option that disruptive avoidant, average, exaggerated, self-absorbed and suspicious and passive aggressive or schizotypal and personality disorders may be associated with violent behavior among adults in the group of people. Violent can revenue and variability to procedures which might articulated substantially and linked vocally and nonverbal. Strengths mention for exciting form to violence like beating & assassination (Beaver, Nedelec, Schwartz, & Connolly, 2014) contends the hominoid violent may have progressed a method for occurrence converting position or influence pyramid and dispiriting violent behavior from opponents and depressing companion from sensual adultery. Dishion, Patterson, and Kavanagh (1992) intimate environment and the close organization where enlargement will have formed. Dishion et al establish prototypical of compulsion which surprises with the domestic performs commencement for initial juvenile.

Correspondingly Farmer et al. (2015) evaluated affect and uttering behaviors in assemblage for 533 learners throughout the evolution to central conservatory or originate the behaviors were accompanying with intimidation. Though proceeding lesson focus on the enduring undesirable possessions of university violence (Farrington & Ttofi, 2011) only insufficient educations have scrutinized the enduring undesirable significances in additional feature by seeing defensive issues such a university accessory and reasoning appliances (Anderson & Bushman, 2002). D. C. Smith and Sandhu (2004) optimistic in university framework also donate to endorse optimistic opinions. To demonstrate the opinion (Stoddard et al., 2020) inspect intensities to attachment or intimidation behavior in illustration for 517 preadolescents and originate the learners at inferior stage for intimidation described complex levels of college bounding and dullyopinions. Furthermore, optimistic environment at university could avert expansion negative arrogances particularly who are associated to violent behaviors amongst researchers (Dessel, 2010). Insufficient lesson in which the violent behavior devours been measured as forecaster of instability of youngster who obligate for the purpose that they will at extraordinary risk for the expressive and psychosomatic and university complication at little & extensive period (Vanderbilt & Augustyn, 2010). With esteem to domestic families in preceding studies the company of undesirable rudiments in the operative of the domestic organism with violent adolescents was remained established with recurrent domestic struggles and an absence of a sensation of sentimental combination amongst the associates (Cerezo, Sánchez, Ruiz, & Arenal, 2015).

2.1. Objectives of the Study

1. To explore what are potential causes of violent behavior of people who are violent?
2. To explore potential causes of violent behavior by people who observe or experience violence.

2.2. Research Questions

1. What are potential causes of violent behavior in self?
2. What are potential causes of violent behavior in others?

3. Research Methodology

This study was design to explore the Causes of Violent Behavior in Self vs. Others. Qualitative exploratory research design was chosen for the study. Interpretative phenomenological analysis was select for this study to gain in-depth understanding of experiences. Interpretative Phenomenological analysis by Cresswell (2013) which give direct insight and clarity about the same phenomenon. Every individual has different experience about phenomenon. This study was exploring responses individually. So semi-structured interviews were conducted to gather data for the problem statement. Semi-structured interviews were conducted face to face in the Islamia University of Bahawalpur. for screening violence & aggression support from article Exploring the factors causing Aggression & Violence among students and its impact on social attitude) by Muhammad Mushtaq & Muhammad Munir Kayani. Use saturation points when no new codes occur in the data participants were recruited. Participants were reached on the basis of researcher's knowledge. Purposive sampling technique was used to methodology their participants. Purposive sampling technique was accompanied by essential research objectives, forming criteria, selecting participants deliberately. Engaging participants, accumulating and scrutinizing data, and drawing assumptions in alignment with the study's objectives. Cresswell (2013) suggests existence determined in recognizing participants that strength provide comprehension into your research

question. Purposeful sampling includes selecting participants because you consider that they influence contribute approximately to your analysis.

A purposive sampling method used in research to select individuals built on specific determined standards or characteristics. This sampling procedure permits researchers to concentration in study participants who have certain qualities or experience that are appropriate to the research objectives. Data were collected through Semi-Structured Interviews. The data collected through semi-structured interviews from the students who were currently enrolled in the Islamia University of Bahawalpur. Duration of interview was 30 minutes. Step by step data were analyzed by following (IPA) Interpretative Phenomenological Analysis. Following steps were used, collecting data, analyze the data and then writing up the study, re-read transcript, initial notation and develop emergent themes and then search connection across themes. PA recognizes the individuality of human experience by accepting distinction between them (F. Smith & Smith, 1997). Nvivo 20 was used for data analysis. Following the guidelines of Guba and Lincoln (1994) the trustworthiness and authenticity of data were ensured. Four criteria as credibility, transferability, and dependability were incorporated to preserve constancy.

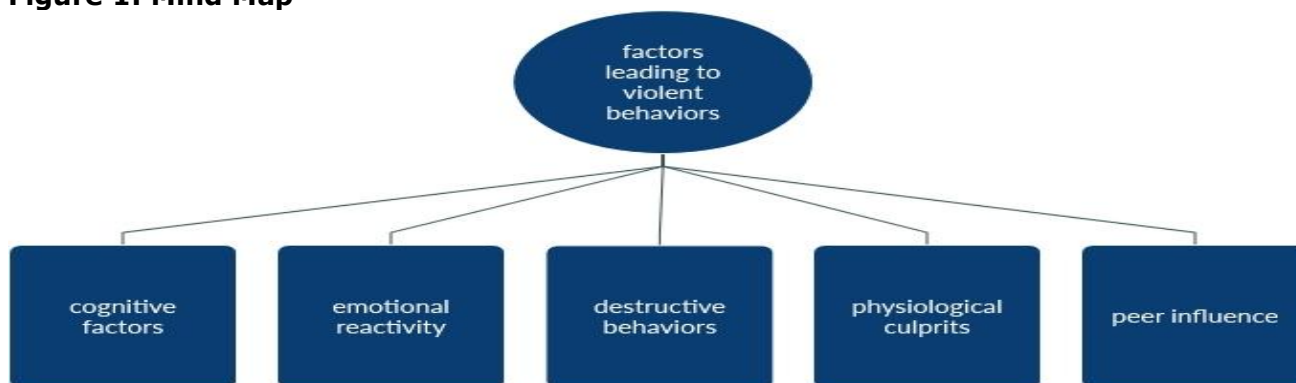
3.1. Ethical Consideration

The researcher selected the Islamia University of Bahawalpur, age group was 18-25 in which boys and girls both were include. Field notes were also to gain in-depth understanding or responses of participants. They were informed about that they can voluntarily participate in this study and have right to withdraw at any time. Participants were not disturbed because the time of interview was convenient for the study participants. Protect their identity while while analyzing their responses. information which was given by participants it was assured that it was used in this research and will not use in any other purpose

4. Findings & Discussion

This section states the findings of this study which was extracted from the data with the help of Nvivo 20 in the form of 5 core themes and subthemes. Each of these themes is elaborated in their respective portions along with verbatim from respondents and literature support. All included participants have followed the sample criteria of this study. With their particular five core themes with their respective sub-themes are (1) Emotional Reactivity in which sub-themes included (2) Destructive Behavior (3) Peer influence (4) Physiological Culprits (5) Cognitive Factor.

Figure 1: Mind Map



Generally knowledgeable behaviors through peers have been previous as indication for victorious psychosocial adaption. Considerable involvement in between gender difference and physical attack and fighting amongst adolescence may also raise violent behaviors (McGlashan, Walsh, & Woods, 2010; Sousa, Correia, Ramos, Fraga, & Barros, 2010). Develop countries also show considerable difference which exist in boy and girl adolescence (Pickett et al., 2005).

4.1. Description of Themes

Five foremost themes were emerging by interpretive phenomenological analysis in which sub-themes be also incorporated. With their particular five core themes with their respective

sub-themes are (1) Emotional Reactivity in which sub-themes included (2) Destructive Behavior (3) Peer influence (4) Physiological Culprits (5) Cognitive Factor.

Theme 1 Emotional Reactivity

After respondent's responses it is suggest that a person should have control over him or herself but not so much he or she harms him or herself or others. Environment also affects the human being so it can be shown in the back ground. Mostly other people you are valuing them but they used you for their own means or they talked whey they need it as well as don't too get angry about these things that you have no value in front of them. (R5: M) "*mujhy tashaddaud krny pr ya cheez uksaati hy k myri jaaiz zaruriyaat ko bhi ghr waly puri na kryn*".¹ In some situation the habit of a person is such that they get angry over the smallest thing and become hyper as emotionally they shows their behavior and attack on other people for no reason and beat them or snatch anything. The participants in this study experienced the change in self physically and mentally for violent behaviors in others or in self. When someone doing something wrong then violent behaviors occur emotionally like as if there is one thing so other one did it but not for particular purpose. Participant frequently reported that (R2:M) "*insane py environment effect krta hy k wo is trhan k violent behavior show krwaay or phr is trhan bht zeada gussa ata hy jb koi bat na sun rha h ya mujhy value na dy rha ho jb k may dusron ko value dn*". Statement or words and conversation which do not relate with thoughts and emotions or gossip which leads violence. Tiredness, load of work, un-necessary satisfaction and irritating behavior stress of something loud speak and to be alone in these factors individual show violent behavior.

Emotions have a great impact on personality in which individual mentally and physically involved in different situations and they perform different behaviors as like in critical situation or in university students in classroom if there are many issues during class then youngsters involve in that situation and most of time they beat one another sometime for relationships and sometime they show fragile ego. Most of the people jump to the conclusion without any think of pros and cons in particular situation and very impulsive (Parker & Asher, 1987).

Theme 2 Destructive Behaviors

In this theme a destructive behavior that the young adults have more concerned with their futures and violent behaviors that they act in different situations or in crowd and many other places for particular purpose. It was observed that the age and some of them marital status has major factor for their violent behaviors. Some participants were hopelessness for their optimistic behaviors on the other hand some participants were worried about their nature and impact of violent behaviors for self and for others. (R1:M) "*Myra to zeada try a hota hy k may Kisi ko kuch ni khti apny andar kurti rehti hon, apny apko nuqsan phnchaya ya kuch utha k phynka or tor dyti hon*". Nothing excites to upto a normal level when doing certain actions when I don't say anything to anyone. Participant's further response that she keeps doing it inside herself and she tell to other you didn't vandalize anything like that. One participant expressed problem as (R3: F) "*may apny apko namukammal mehsoos krti hon. Myra apny opar control ni hota. Negative thoughts ko handle krna ni ata or mazed pryshani may rehti hon*". This theme related to participant's perceptions about their mentality and behaviors that he can't control and have lack of self-control for his own self for their negative thoughts and emotional sensitivity or mood swings as well as binge eating disorder. Mostly participants argued that they avoid taking responsibility and avoiding social interaction. Participant feels violence for their own self. Further mostly participant's response that violent behavior shows and they act as a masochistic behavior and they harm for own self and others and their thoughts are like to harm others and intention to damage which could be emotionally and due mental illness and other different reasons and urge to participate in violent for no any purpose and reason.

Furthermore, this theme is related to domestic violence in which most of the behaviors occur due to parental issues and sibling relationship and domestic issues like low income and relationship with parents and with their siblings as well. Skinner (1957), a mind is a vocal reaction that specify it's reinforced and destructive behavior occur at far above the ground & reliable when strengthen of mands was dependent on vicious behavior. In study which was

¹ R= Respondent, M= Male, 23=Age
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create using self-reported experience for violent behavior in self vs. others was clearly represent neglect and ignorance and value others or irritating behaviors and conversation (Goldman, 2003). Some people don't want if others will interfere in others personal life or in personal affairs or in their work further it was reported that not obey order and failure to satisfy or don not meet legitimate needs may cause violence and there are many factors in which genetically inheritance, mental illness, substance use, physiological culprits, anger outburst, destructive behaviors etc are most common factors which may cause violence for own self and for others.

Theme 3 Peer Influence

This theme basically related to the feelings or perceptions regarding peer relationship arouse as much interest and attention or concern as the topic of peer influence. Parents and teachers worry over the deleterious effects of expanding peer influence. (R3: F) "*na-insaafi mujhy tashaddud krny py majboor krti hy*". Large sums are expended to protect youth from their peer and to counteract their onward powers. It is important to have a clear understanding of what peer influence represents how it manifests and the circumstances in which it is most likely to be realized. Peers cooperate well. Known role in expansion of sustainable purchaser uniqueness and distressing their acquaintances recycle behavior. Though it's moreover implicit that the adolescence might endeavor to manipulate their parents and viewing them that the approach in implementation of the innovative user skill or information and attitude a progression predictable as quash and equal user socialization. (R5: M) "*Myra dost myri bat kisi or k sath share kry ya share kr rha ho or mujhy pta chl jay to may kuch utha k marun ga ya tor dn ga jo b hath lgi*". Aforesaid in the university surrounding student might be uncovered to information on new elevated tech harvest connected with some form of in sequence technology like Smartphone, social media, and computer software and for this creation type it would be consistent to envision that children may persuade their parents' choice to superior coverage than their parents so professed proficiency on the utilization topic. Peer influence could be positive and negative it occurs when you do something when you accept and valued to your friends. If they will stay with their friends then the confidence will be built up. It not always goes against your will. family might challenge to the authority their parents and performance them to the technique in the espousal for new customer skill and acquaintance and attitude and a purchaser socialization Ekstrom, Tansuhaj, and Foxman (1987) and in same way turn around denote that the authority of adolescence on parents.

Theme 4 Physiological Culprits

In this sub-theme participant respond that violent behaviors are strange and a person should have control over himself or others it is environmental factor affects the human being so it can be shown in the background. Some people themselves as soon as some one's inheritance is found in someone's upbringing. (R1: M) "*kuch log khud bhe genetically ya kisi k andar warasat may mila hota hy ya behavior ya kisi ki parwrish e aysi hoti hy ya aysy halaat dykhy hoty hyn is liay tashaddud krny waly rwaey kiay jaty hyn*". Bad habit also harmful for mind and health and social life shows negative impression on others violent behaviors occur due to family history if in the family background these violent behaviors exist then thoughts and behaviors will occur. Some people express violent behavior by fighting, swearing, blaming and shutting down the conversation. Physiological culprits may be change due to changes in the physiological circumstances and the domain that correspond to axon have completely process in to difference form (Song, Chen, Fiket, Alexander, & Chan, 2007).

Theme 5 Cognitive Factors

Mostly people whom you are valuing them but they are using you for their own means or sources for personal work as well as they have talked when they need it otherwise do not give attention and it urge to participate with violence. (R1: M) "*choti c bat par gussa a jata hy, hyper ho jata hon, jismani tashaddud tk bhi pohnch jata hon jysy k bal nochna, tor phor krna*". The situation or the habit of a person is such that they get angry over the smallest thin and become hyper. Showing off and behavior violently and some people become violent to the extent that even reach physical violence, hair scratching and vandalizing things and making a lot of noise. When something went wrong then violent behaviors create even if in public or in

showed that violent behaviour is negatively associated to adolescent etc. violence is behavioral trait that relates to forceful action or way with intentions to take over. It leads to be critical or damaging, hostile and is frequently provoked by frustration. Violence has many influence and factors and a result of many environmental and personal factors. In sum the final result of violent behaviour create serious challenges leads too many other criticisms.

5.1. Limitations

This study has some limitations. current study ought to tackle these issues and the finding of this study can't be generalized on whole population because the sample size was small in this way it can't be suffice to elaborate data on a larger scale. Even though findings of this study is exceedingly valuable though it has limitations. Some interviews were very short. Most of the existing research focuses on the adult age group and given this limited research and information about causes of violent behaviors in self vs. others need research as qualitatively and further more on psychological research and awareness in university level and further and different age group. due to lack of time and resources we did not quantify. Individual research is possible on every theme. It will important and focus on research about mental health and emotional reactivity as well as physiological culprits and factors which lead to cause violent behaviors this limited research which was reviewed that there is substantiation that demonstrate need for early intervention and further research lying on this topic specially for adults. Research also need to understand what are the main factors which are interconnected with violent behaviors for self harm and for others and what are the specific risk that help to individual when interventions may be needed to implement and research also need to better understand for view on violence with in an environmental structure.

5.2. Implications

This research deal with cognitive factors physiological culprits, and peer influence, destructive behaviors, emotional reactivity. The cognitive factors play an important role in violence behavior for oneself and others. For biological and physiological factors highlights the culprits in violent behavior, such as brain injuries, substance use, hormonal imbalances. These conclusions have important implications and for peer influence, prevention and early intervention & emotional regulation this research could be significant factor in violent behavior. The conclusion recommends that peoples who engage in violence against themselves or other should be held answerable for their actions and confident to seek help to address the underlying cause of their behavior. In this regard, prevention and quick involvement for this study provide significant insights into the early caution and risk factors for violence in individuals. These judgments could notify the development of avoidance and early intrusion strategies to recognize and carry individual who may be at risk of engaging in violent behavior before it escalates. The research highlights the importance of providing mental health support for individual who exhibit violence. This research has legal implication, mainly in cases where individual engage in violence against other and may have broader social and cultural implications with regard to the way violence is supposed and treated in the society.

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