Name: Ibifaa-Asimiea Jessica

Matric no: 17/sms12/002

Course Title: Sociology of Non-violent Change

Course Code: SJS312

Department; Social Justice

Level: 300level

QUESTION: IN NOT MORE THAN 3000 WORDS, DISCUSS THE TRADITIONAL METHODS OF RESOLVING CONFLICT IN A NON-VIOLENT WAY IN YOUR LOCAL COMMUNITY.

A conflict is a struggle or an opposition. If you and your best friend both fall in love with the same person, you will have to find some way to resolve the conflict. Conflict comes from the Latin word for striking, but it isn't always violent. Conflict can arise from opposing ideas. Conflict can come in different ways such as: Conflicting resources, Conflicting styles, Conflicting perceptions, Conflicting goals, Conflicting pressures, Conflicting roles, Different personal values, unpredictable policies. Conflict is a state of opposition, disagreement or incompatibility between two or more people or groups of people, which is sometimes characterized by physical violence.

Conflict can be experienced in various places such as home, school, work place, communities, states and countries etc. When there is a clash of interest, idea, value or action, conflict always results. Conflict can result as a reduction of one motivating stimulus which occurs as a rise in another stimulus.

Conflict is a part of life. Conflict is inevitable. Some people think that conflict is bad and should be avoided. We cannot avoid having conflicts. We have different viewpoints on issues and ideas. Our ideas will differ with other people’s viewpoints and this may result in conflict. In a larger context, if we look at what is happening around the world today, we will find out that the majority of the conflict occurs as a result of clash of interest or opposing positions on issues. Currently Iran is having a problem with international communities on the issue of its nuclear program. Iran believes that its project is for peaceful process while the international communities think that Iran has a hidden agenda to develop nuclear weapons. Handling and resolving conflict in a proper way are needed. Understanding how to manage or resolve conflict is very important. Conflict resolution skills are required for a wide range of positions across many job sectors. This requirement is based around the fact that conflict tends to reduce productivity and create a difficult work environment, leading to unwanted turnover in staff and reduced morale. Individuals who are able to resolve conflicts are often excellent mediators, rational, and able to manage difficult personalities from a place of empathy.

In the traditional African society, conflict may generally exist whenever or wherever incompatible events occurred and may result in win-lose character‖. The resolution, transformation and management of conflict may however produce win-win situation too. Truth is a covenant logo that disputants or parties in conflict must not miss. In contemporary African society, nobody cares about the truth. If Africans have to put the falling apart together, her original values must be revisited. Conflict is as natural as the concept of peace contrary to the global or universal conception. Africans have particular ways of conceptualizing conflict. Traditional definitions of conflict regard it as a struggle over values and claims to scarce status, power and resources in which the aims of the opponents are to neutralize, injure or eliminate their rivals. However, conflict may generally exist wherever or whenever incompatible activities occur and may result in win-lose character. The resolution, transformation and management of conflict may also produce a win-win situation.

**What Is Conflict Resolution?**

Conflict resolution is the process by which two or more parties reach a peaceful resolution to a dispute.There can be a variety of types of conflict: Conflict may occur between co-workers, or between supervisors and subordinates, or between service providers and their clients or customers and Conflict can also occur between groups, such as management and the labour force, or between whole departments. This can be done violently and non-violently

There are certain principles to non-violence according to Dr.Martin Luther King:

1. Nonviolence is a way of life for courageous people.
2. Nonviolence seeks to win friendship and understanding.
3. Nonviolence seeks to defeat injustice not people.
4. Nonviolence holds that suffering can educate and transform.
5. Nonviolence chooses love instead of hate.
6. Nonviolence believes that the universe is on the side of justice.

Non-violent conflict makes us feel responsible for our actions. When we express our needs clearly, we avoid projecting our feeling onto others. When we discuss opposing views on any issue, we communicate in a peaceful manner, focus on the issue and avoid any personal attack. We listen to the other side with sincerity, and voice our opinion if we disagree.

I come from rivers state, Degema local government. In my community when there’s conflict between two parties or between a person and the community, it is usually reported to the Omongapu also known as the elders who take the matter to the paramount ruler known as Amadabo who then summons the parties involved and hears the story from both sides and declares a judgment with help of the elders which would result to the ascertainment of justice and this process is called Gberakon. This is the most popular method of reolving conflict without violence in my community. Other ways include callling the parents of the parties and notable relations to come over for a meeting and looking for ways to resolve conflict but this is usually done for minor conflicts usually involving close family members or friends of the family. Punishments such as banning one from working on allocated fish farms and seizing of work equipment’s are usually assigned to guilty parties.

Conclusion:

Violence is an ill wind that blows nobody any good. Violence should not be used as a way to resolve conflict. It is a known fact that using violence will not yield a good result. Conflict cannot be avoided in our lives.

Parents should always adopt non-violent approach in resolving conflict at home. When violence is used in resolving conflict, children are the most vulnerable. Children are the tomorrow leaders and they should be educated on how to use non-violent techniques in resolving conflicts.

The following non-violent techniques: Non-violent communication, dialogue, mediation, forgiveness and reconciliation, should be properly applied in resolving conflict.

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