

PSYCHOANALYTIC APPROACH TO “VIOLENCE”

I would like to elaborate why you have seen the words “violence and bullying” in counselling newsletters since the beginning of the academic year. These notions are supposed to be discussed on the streets, school, society and home all the time, because the more we speak of these notions, the closer we will get to the solution.

The word “violence” comes from Arabic, which originally means tough, hard, tribulation, excruciating, whereas it is mostly used for motion, intensity, force dissidents, speed or excess in Turkish. In Latin, it conveys the meaning of two words: life and force.



The word “violence” also echoes with danger. Violence is a danger for those who are exposed to it, or the inkling of danger calls for violence, a classic chicken egg situation. However, we know for sure that the combination of force and danger causes “ANXIETY.”

Being a basic instinct, it may appear in various destructive forms, but it is a keystone to our psychology since the first years of our existence. An organism carries anxiety due to the feeling of vulnerability (indigence of a new born).

The anxiety of the lack of pacifier or milk turns into different anxieties during puberty. The fears of not being popular and ignored, exclusion, failure and humiliation might increase the level of anxiety in individuals during puberty since they are bombarded with hormones. With anxiety, quick temper and different kinds of violence might appear, as we have pointed out in our previous articles. The common trait of such situations is to be threatening or involve some kind of menace.

To conclude, we see that the psychoanalytic approach to violence grows in our psychology since birth, with an inkling of existential perspective. Yet, I mean that psychoanalysis is the ego structuring (I do not mean the word “ego,” which is overused today), namely balancing the desires of subconscious and the social rules of conscious. It can deal with anxiety and danger to maintain a healthy psychology by ensuring the structuring of ego in cooperation with family, school and community.

Mine Gülses
Guidance and Psychological Counselor

Graph 1: The affects of violence

<http://www.hurriyet.com.tr/avrupa/neredeyse-her-sinifta-bir-iki-cocuk-istismar-kurbani-oluyor-40223499> taken from

Graph 2: Decorative pattern

<https://gr.depositphotos.com/vector-images/eau-%CF%86%CF%8C%CF%81%CF%84%CE%B5.html?sh=492cbdc3c068288b7489b6c9dd855dda> taken from