

The Influence of Negative Thinking on Violent Behavior

Guido Fare Olivares Gavino¹, Grisi Bernardo Santiago², María Susana Roque Marroquín³, Jackeline Roxana Huamán Fernández⁴, Carlos Augusto Zerga Morante⁵, Carlos Alberto Jochatoma Roque⁶, Lino Andrés Huamán Gutiérrez⁷, Elva Luz Castañeda Alvarado⁸, Franklin Elder Abanto Chávez⁹, Bernardo Cespedes Panduro¹⁰

Abstract

The thought of the human being works in negative and positive, if the person takes the polarity of the negative thought, it can become a very dangerous action, even more so if it is related to the sentimental, because it invades his mind with questions and inadequate subjective answers, these thoughts Negatives disable correct decisions, change the mood and limit productivity. The mind can be the best friend as well as the worst enemy, if we cannot manage thoughts, one of the consequences can be criminal behavior; for this it is vital to exercise thought control through; polarity of thought, negative thought, positive thought, violent behavior. A documentary study was carried out, the documentary analysis technique was applied and the instrument used was the bibliographic record. Precisely on the basis of the bibliographic search, the objective was to analyze the state of the art about the influence of negative thinking on violent behavior.

Keywords: *Polarity, thought, behavior, crime, mind.*

1. Introduction

When reviewing the existing literature, they consider that the thinking of the human being works in negative and positive. According to Ruiz et al., (2016) negative thinking is usually the first to appear, with aversive functions. An example of negative thinking could be, that of a man when he receives a phone call from a friend indicating that his partner is having lunch with another woman, without confirming that it may be a co-worker or a relative, if the person takes the direction of the negative thought it can become a very dangerous action, even more so if it is related to the sentimental, because it invades your mind with questions such as Who will you be with? Who will it be? These negative thoughts disable the right decisions, change mood, limit productivity, as Clark (2018) mentions that they are unpleasant mental illustrations that become toxic that allow you to maintain control of your out of tune mind. According to Beck (1967, cited in Victoria-Álvarez et al., 2019; Sonya et al., 2022) they are those that manifest themselves routinely in people, oriented towards negative ideas spontaneously altering the idea of a response to a real situation. For example, when a lady sees her husband arrive from work and observes that he comes with a neighbor,

¹ Escuela de Posgrado de la Policía Nacional del Perú, Email: golivares@escpograpnp.com

² Universidad César Vallejo, Perú, Email: gbernardo@ucvvirtual.edu.pe

³ Escuela de Posgrado de la Policía Nacional del Perú, Email: susanadircri@yahoo.es

⁴ Universidad Peruana de Ciencias Aplicadas, Lima, Perú, Email: PCISJHUA@upc.edu.pe

⁵ Escuela de Posgrado de la Policía Nacional del Perú, Email: czerga@escpograpnp.com

⁶ Universidad Privada de Huancayo Franklin Roosevelt, Huancayo, Perú, Email: carlos_arqueologo@yahoo.com

⁷ Universidad César Vallejo, Perú, Email: linohg@ucvvirtual.edu.pe

⁸ Universidad Peruana de Ciencias Aplicadas, Dirección de Investigación, Lima, Perú, Email: pcmaecas@upc.edu.pe

⁹ Universidad Nacional de Trujillo, Perú, Email: fabantoch@unitru.edu.pe

¹⁰ Universidad Privada del Norte, Lima, Perú, Email: bernardo.cespedes@upn.edu.pe

the husband enters her house and receives a blow from the wife and the husband asks, "What's wrong?" the wife begins with the question, Where do you come from?, Why do you come with the neighbor? And the husband replies that he found himself at the whereabouts by chance and that there is nothing wrong. But the wife already hit, well a simple blow does not hurt but there are people who by this negative thought kill, disfigure the face, burn their partner. In this example you can see how changing thoughts in a factual situation also changes emotions. Behaviors and emotions also arise from thoughts not only from people's reactions to their environment (Orellana Manrique et al., 2014, cited by Ikeshoji, and Terçariol, 2020). Violence has no gender; it can be emissions of men or women.

Taking the previous example, if the man takes the direction of positive thinking, he will say that probably the one who accompanies his partner is a relative. Now the question is who pieces like that?, it is a bit difficult but not impossible. Positive thoughts are mental attitudes that aim to optimally and healthily highlight our being, it also tends to emphasize and maximize our health (Mata, et al., 2019; Weni et al., 2022). In thought there is only accelerator pedal, there is no brake or clutch what is touched will go faster. Taking into account what was mentioned by Sigmund Freud that the behavior of people determines thoughts, depressed memories and desires, in his theory about painful experiences are purified of consciousness and become part of unconsciousness, from this perspective can flow in behavior. "The construction of the concept of unconscious represents an achievement, since it is equivalent to the elaboration of an instrument that allows generating new and useful thoughts that could not be expressed without it" (Bassols, 2010, p.198; St. Wardah et al., 2022). Regarding violent behavior, Villafaña (2022) refers that it occurs in an extreme way, over time they can have unpleasant consequences for their environment, the persistence over time of any behavior through the use of physical, economic, political or psychic force. The characteristic of violent behavior goes from a biological and psychological point of view since there is no violence if there is no intention to harm, it can not be described as violent to something that has been done by a non-human being, nature has endowed the human being with a regulator of aggressive behavior in the front of the human brain called consciousness as the seat of his ability to think and feel (Martinez, 2017). Freely expressing that we are aggressive by nature does not imply accepting that by nature we are potentially dangerous violent, causing evil. Generally speaking, aggressive conduct harms the rights and freedoms of others where actions and conduct are considered crimes, for example causing injury or injury to people including rape and sexual assault. Analyzing this type of crime is complicated because there is no standard definition.

In this sense, the problem starts from the question: What are the states of the art of negative thinking in violent behavior? The collection of information will allow other researchers to understand bibliographic sources and continue the work done to determine the relevance of the polarity of thought in criminal and violent behavior, from a structured and professional perspective, from a bibliographic search. Based on the problem, the research consistent with the main objective is described to analyze the state of the art of negative thinking in violent behavior.

2. Literature review

It is necessary to emphasize that the usual methodology of the search for the state of the art focuses on the three phases; The first being to appreciate one or more pages of the file, a preview of a physical or virtual document where each page begins and ends. The second phase of deciding on the document is focused on the capacity for action and decision in order to catalyze information regarding the polarity of violent thought and behavior. The third phase, proceed with the registration of the information, refers to the content of all those citations and bibliographic references that support the research is mentioned: author, year, title and place. The files that deal with the topic, implicit or explicit, are recorded, the

quality of the data is the responsibility of the researcher. Consequently, scientific writing is supported by knowledge that is verifiable, reliable and clearly for the reader (Ishtiaq, 2019). "The methodology plays an organizing role, it is based on techniques as steps on the way to the idea of reality" (Olivares et al., 2023, p.305). So that the methodology as a set of strategies used, is supported by the column of documentary research used, product of the collection, writing, analysis and synthesis of sources closest to the subject, the writing went through three phases: (a) appreciate the document; (b) decide on the document and (c) proceed with the registration of the information. According to Baena (2017) knowledge is "a human ability through which a subject that knows and an object to know are related" (p.25). This type of study responds considerably to the logic and common sense relevant in the objective description.

3. Method and Materials

Polarity of thought

In the polarity of thought the perception of people revolve around two opposite poles flow disagreements and ways of interpreting reality. Misconducted thoughts affect the behavior of the human being, it is undoubted how the form of thought implies our way of feeling, deciding and acting, therefore our behavior will be conditioned in this triangulation described. "People's behavior is largely mediated by cognitive processes, by their way of thinking and seeing reality" (Guardiola, 2012, cited in Mendoza et al., 2016, pp.165-166). On many occasions people distort objective reality, because that is where violence lies. For his part, Olivares (2019) points out that violence is an act contrary to the right of another, an act committed by someone to kill, injure or harm him. Thoughts are manifested through positive and negative polarity these are determined by feelings before a posture or circumstances, the spark of ignition of the human mind is the thought, it is said: "you are what you think" a simple saying, but very accurate. As Pastor (2014) says, the most frequent psychological alterations in people that generate physical violence in the relationship of couples, present cognitive biases linked to erroneous beliefs and distorted ideas.

Irrational thoughts under the cognitive behavioral model that proposes them are the cause of behavior and emotions (Ruiz and Lujan, 1991). Thought has a positive and negative polarity, that is, it has continuity because it is an electromagnetic wave. According to Sigman (2016) proposes to know our mind, understand us as we are to have a better decision.

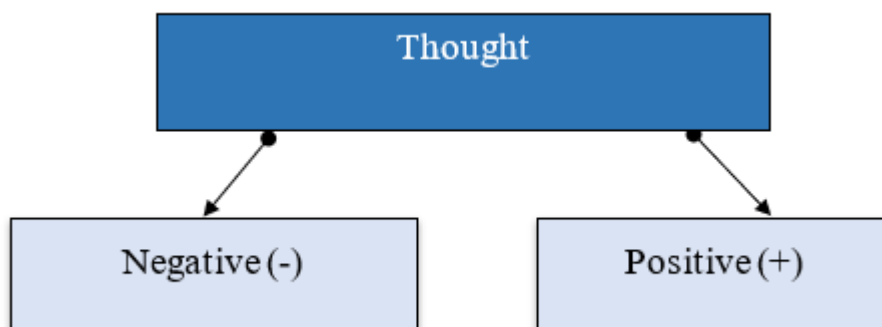


Figure 1. In the polarity of thought, the positive (+) affects the quality of life.

Negative thinking

These negative thoughts are not adequate or realistic, they can generate significant changes in our emotions, called by expert's cognitive distortions, "this thought not only deactivates the procedures of reason, but also, as in a domino effect, the basic precepts on which there is a peaceful existence intellectually speaking" (Serrano, 2017, P.10; Mardi et al., 2022). Negative thoughts are only subjective assumptions that we make according to our

perception, if this is linked to the sentimental determines stressful life events in the biological, psychological and social entity (Biopsychosocial).

When a person thinks negatively, he is not in the best conditions: (a) he is tense and irritable; (b) is unable to control itself; (c) fails to concentrate; (d) you feel paralyzed; (e) allows himself to be invaded by panic; (f) is particularly unfriendly to his family from breakfast; (g) will go to work and behave with his colleagues in the same way (García, 2016, p.19).

Gender violence over time has been described as a problem, the aggressors are still the same women violated by their partner only determined by the condition of being a woman and men violated by their partner who do not denounce the beliefs and customs that maintain said relationship, the distorted negative thought can be a promoter of this discomfort that is active in all societies where it is evidenced ill-treatment, physical aggression, constant arguments; verbal, economic and sexual, caused by couples. As Loinaz (2014) says, negative thoughts contribute to gender violence, the aggressor promotes certain aspects, distorts or distorts situations therefore reacts violently. In this sense, the negative thoughts that we allow into our mind affect our actions and results. On the other hand, negative thoughts have characteristics such as: (a) they are unconscious; (b) are unquestionable; (c) are blocked and counterproductive; (d) promotes negative emotional reactions; (e) are maladaptive; (f) are repetitive; (g) undermines value. Beck (1979) considers that people's behavior and affection are determined by their way of thinking.

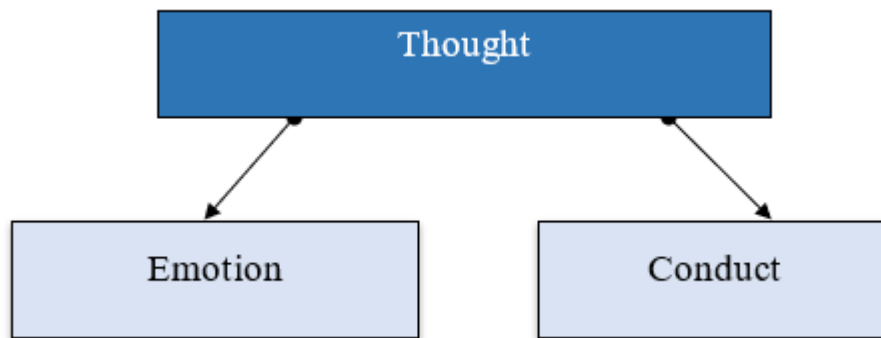


Figure 2: Thoughts relate to emotions and behaviors (Beck, 1979)

However, there can be misunderstandings, which cause severe problems where there are no real reasons (Sonna, 2018). Negative thoughts acquire triggering aversive functions (Gil-Luciano et al., 2019; Muthmainnah et al., 2022). Similarly, Iáñez-Tarin and Manzanera-Escartí (2014) mention that negative thoughts arise from beliefs or ideas that appear as truths in people closed from reality, creating a feeling of anger.

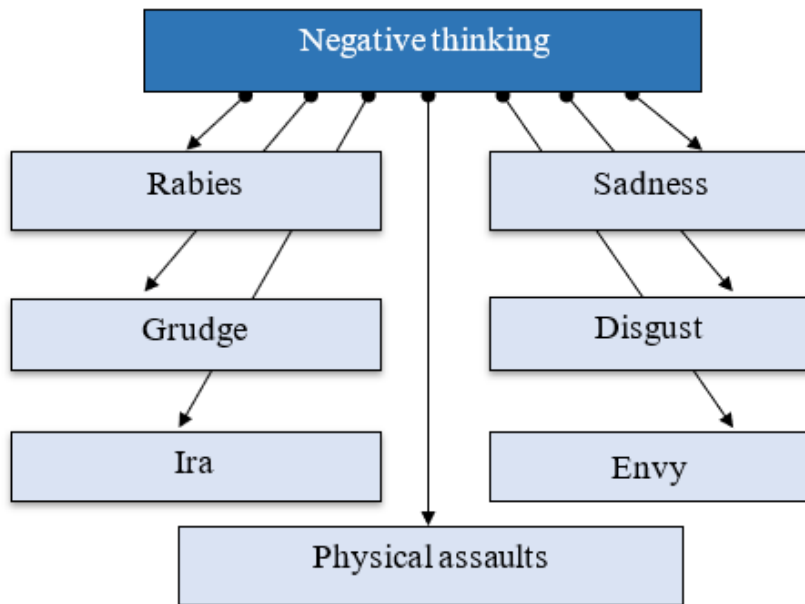


Figure 3. The negative thoughts that we allow into our mind affect our actions and results.

Positive thinking

The positive qualities of thought implies the quality of the human being (García, 2016; Abdul-Hussain et al., 2022). Positive thinking is part of the nature of the human being indisputable key to living in society, develops creativity, increases satisfaction, increases intellectual and physical resources. "The construction of the necessary conditions to live a full life to achieve optimal human functioning" (Domínguez and Cruz, 2017, p.662). Having mental health is the best means for individual and social progress as an important category of quality of life. Béjar (2014) deduces that learning to develop the power of the mind can achieve inner peace and is favorably synchronized to success to health and happiness. Positive thinking requires self-education, the human being builds or destroys his life the affirmations are repeated again and again in the mind the key is the driving force of the interior, own powers to control violent behavior.

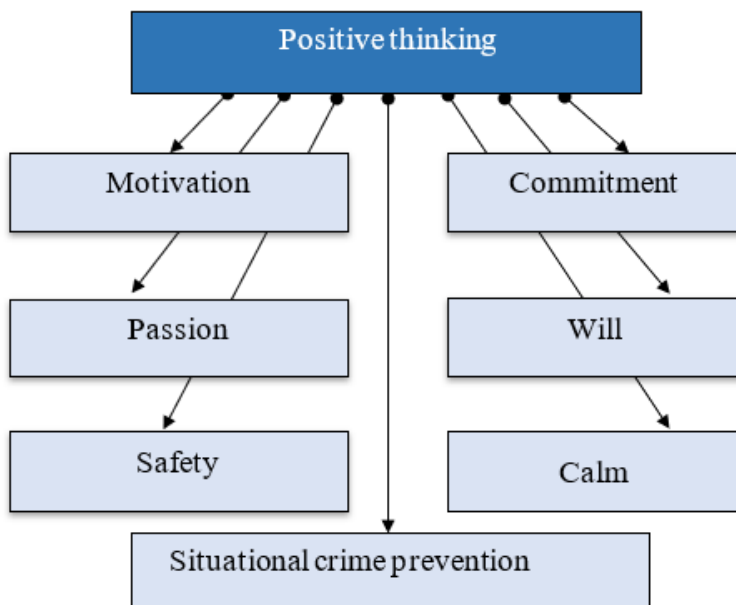


Figure 4. Positive thinking starts from the internal dialogue that comes from logic and reason, destined to be good citizens.

Idleness attracts negative thoughts so the mind must be kept busy, I emphasize not worried, it is the best discipline because it involves attention, concentration and interest and positive thinking flows. In this sense, positive thinking is associated with a better mood, adequate self-control and infers professional success (Ávila and Chaves, 2019; Eti et al., 2022). It is important to fine-tune the internal balance through controlling the polarity of thought two sides of the same coin, positive thinking is like having the proper tire pressure of a vehicle to maintain good steering. Positive thinking is a lifestyle as we think we behave. It involves positively reframing positive thinking and positive attitudes that guide good actions (Park et al., 2013; Pakorn et al., 2022). Our brain records everything we think as a hard drive if we keep positive thoughts of that our mind will be full, that's why we open what we think. Jiménez (2014) expresses that positive thinking increases empathy in the human being, with the purpose of living adequately in the reality of the unique and unrepeatable person.

Violent behavior

All violence constitutes an antisocial act, which involves different patterns of behavior such as aggression, a gradual phenomenon that is sustained over time escalating to clearer tests. Violent behavior such as physical punishment or psychological abuse creates stressful possibilities for family members (Martínez, 2020)

These deviations of conduct range from acts legally defined as criminal, such as violence, theft or vandalism, to a variety of non-criminal behaviours, such as aggression, fighting, arrogance and, in general, a serious violation of the rules at home and at school (Kazdin, 1988; Erickson, 1992 cited in Gaeta & Galvanovskis, 2011, p.48).

As indicated in the previous quote, violent behavior before the stimuli of negative thinking is normalized, if the environment does not sanction this type of action, in addition today this type of behavior is observed more frequently in social networks. Cuevas (2003) considers that violent behavior manifests itself against social norms and rules.

For its part, Valdivia-Devia et al., (2021) states that "in recent years research on violence generated within the family nucleus has occupied an increasingly important position in the research agenda in criminology, politics and public health" (p.45). Research on violence is a need that fundamentally affects society. Violence shows cognitive biases as a way to solve conflicts (Echeburúa, 2019).

Violence is a condition that can be in the subject, as an endogenous factor; that from his personality characteristics he can generate in him certain types of behaviors, with specific needs to satisfy; as a feeling of power, of dominating and even causing pain, derived from their affective indifference (Padilla, 2018, p.20).

Pérez (2022) indicate that violent behavior can be the result of an inadequate process of negative thinking, psychic incapacity or bad patterns of behavior involuntarily implanted in childhood so that victims demand immediate attention. Bandura (1999, cited in Gómez and Narváez, 2019) explains how it is that despite knowing what is correct, one acts incorrectly proposes four types of cognitive mechanisms that he justifies because he has committed violent behavior these mechanisms are: (a) acceptance of his behavior that he does not perceive as immoral; (b) minimizes the damage caused; (c) minimizes the consequences of its wrongdoings; (d) how to view victims by despising and blaming themselves for what is done to them.

4. Discussion

Regarding the influence of negative thinking on violent behavior, they are distorted that distance us from reality, as Clark (2018) mentions, they are unpleasant mental illustrations that become toxic that allow you to maintain control of your mind out of tune. Avoiding these negative thoughts that are installed in the mind as a reality, is not automatic, it implies training to overcome the negative thoughts that appear, as obstacles that arise along the

way. As Echeburúa says, (2019) violence shows cognitive biases as a way to solve conflicts. Since we are not guilty of some negative thoughts appearing, we must be aware that both negative thinking and positive thinking are two polar opposites. According to Gil-Luciano et al., (2019) negative thoughts acquire triggering aversive functions. Negative thoughts are subjective assumptions according to our perception, if this is linked to the sentimental determines stressful life events in the biological, psychological and social entity (Biopsychosocial). The human being feels physical pain, also psychic pain trapped in his negative thoughts, unfortunately it is the way of functioning of the mind of the human being. As Clark (2018) says, they are unpleasant mental illustrations that become toxic that allow you to maintain control of your out of tune mind. In this regard, Lynne (2019) refers that as soon as negative thinking reaches the mind it must be recognized and replaced and thus the mind will learn to think positively. Positive thinking is part of the nature of the human being to live in society.

5. Conclusion

In conclusion, the literature review allowed us to respond to the objective set out on the influence of negative thinking on violent behavior; The three phases of this drafting were decisive; Appreciate one or more pages of the file, decide on the document and proceed with the registration of the information, of all those citations and bibliographic references that support the research. Learning to have positive thoughts produces changes in lifestyle, allows you to grow professionally and socially; On the other hand, it could prevent violent behavior. Negative thoughts are subjective assumptions that linked to the sentimental determines a violent behavior, as soon as the negative thought comes to the mind recognize it and replace it with something productive. Additionally, it is recommended to continue with the review of the state of the art and expand the search criteria from the perspective of other disciplines related to the influence of negative thinking on violent behavior, do not leave aside relevant information, analyzing violent behavior is complicated because there is no standard definition. Finally, it is important to indicate that the contributions of the literature review have implications on the polarity of thought and violent behavior, therefore, it is important that from various areas of science it is investigated how negative thoughts affect criminal behavior and how positive thoughts affect the quality of life.

6. Summary

The thinking of the human being works in negative and positive, if the person takes the polarity of negative thinking it can become a very dangerous action, even more so if it is related to the sentimental, because it invades your mind with questions and inadequate subjective answers, these negative thoughts disable the correct decisions, change the mood and limit productivity. The mind can be the best friend as well as the worst enemy, if we can not manage thoughts, one of the consequences may be criminal behavior, for this it is vital to exercise control of thought through; Polarity of thought, negative thinking, positive thinking, violent behavior. A documentary study was carried out, the documentary analysis technique was applied and the instrument used was the bibliographic record. Precisely on the basis of the bibliographic search, the objective was to analyze the state of the art about the influence of negative thinking on violent behavior.

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