

The Academic Journal of St Clements Education Group

# VERITAS

Volume 16 No. 3

October 2025

ISSN 2307-2806



**Kawthoolei: A Nation Forged  
in the Crucible of War**

**Federalism in Practice:  
Assessing Local Governance  
and Development Outcomes  
in Somalia's Federal  
Member States**

**Malaysian Housing Policy:  
Prospects and Obstacles of  
National Vision 2020**

**Psychosociological Face of  
Divorce in Modern Society:  
Causes, Consequences and  
Social Effects**

**Strengthening Zanzibar's  
Innovation Ecosystem:  
Addressing Stakeholder  
Concerns for Sustainable  
Growth: A Case of Zanzibar**

**How Policies and Procedures  
Safeguard Supply Chains  
from Corruption and Fraud**

**Multiple Variable Analysis of  
Psychiatric Spouse Diagnoses in  
Substance Use Disorders:  
Clinical and Psychosocial  
Indicators**

**The Relationship between  
Psychological Capital (Hope,  
Resilience, Self-Efficacy) and  
Performance in the Workplace**

**The Importance of Leadership  
and Communication in Supply  
Chain Management**

**Natural Resource Management  
in the Buddhist Era: Historical  
Practices and Contemporary  
Implementations**

**Important disclaimer**

The publishers, authors and editors are not responsible for the results of any actions on the basis of information in this work, nor for any errors or omissions. The publishers, authors and editors expressly disclaim all and any liability to any person, whether a purchaser of this publication or not, in respect of anything and the consequences of anything, done or omitted to be done by any such person in reliance, in whole or part, on the contents of this publication. The views expressed in this work are not necessarily the official or unanimous view of the office bearers of the St Clements Education Group.

**Copyright**

© St Clements Education Group

All rights are reserved. No part of this publication shall be reproduced, stored in or introduced into a retrieval system, or transmitted in any form or by any means (including but not limited to electronic, mechanical, photocopying or otherwise) without the prior written permission of the copyright holder. Please contact [admin@stclements.edu](mailto:admin@stclements.edu) if you require permission.

**VERITAS\*** is the official Academic Journal of the St Clements Education Group

**St Clements Institute (Cambodia)** [www.stclements.edu.kh](http://www.stclements.edu.kh)

**SCPU (Switzerland)** [www.scusuisse.ch](http://www.scusuisse.ch)

**St Clements University Higher Education School (Niue)** [www.stclements.edu.nu](http://www.stclements.edu.nu)

**St Clements University (Somalia)** [www.stclements.edu.so](http://www.stclements.edu.so)

**St Clements University (T&C)** [www.stclements.edu](http://www.stclements.edu)

**École Supérieure Universitaire St Clements & Commonwealth (Benin)**

**REGISTERED OFFICE:** Box 1208, Suites A201 & A202 (upstairs),  
Regent Village East, Grace Bay, Providenciales  
TURKS & CAICOS ISLANDS - British West Indies  
Reg. No. E 14905

Web Site: [www.stclements.edu](http://www.stclements.edu)  
Email: [admin@stclements.edu](mailto:admin@stclements.edu)

**EDITORIAL TEAM:** Editor: Mr Adrian Williams

**CONTRIBUTIONS:** Contributions should be forwarded to Mr Adrian Williams at  
[admin@stclements.edu](mailto:admin@stclements.edu)

We accept:      Lead Articles  
                      Short Papers  
                      Summaries of Dissertations & Research Reports  
                      Notes  
                      Book Reviews  
                      Letters to the Editor

*Please note the Notes to Contributors* at the back of this edition

**COPYRIGHT:** The contents of this Journal are covered by normal copyright conditions. Portions of the text may be quoted providing that the Journal No., author's name, the title of the article and the page number are given.

**LANGUAGE POLICY:**

*Veritas* is an English Language publication and the Editorial Board aims to ensure that contributors use grammatically correct and idiomatically appropriate English language. However, for many of our contributors English is a second and even third language and from time to time a strict language policy is modified to ensure that good articles are not excluded simply because they do not meet the highest English standards. We also hold it to be important that material be not over edited, providing its message is considered to be clear to the majority of our readers. The general objective that *Veritas* is to create conditions whereby all informed persons are able to contribute to the ongoing debates, regardless of their English language competence and their lack of familiarity with accepted journal protocols.

---

\**Veritas* is Latin for truth, reality.

# VERITAS

THE ACADEMIC JOURNAL OF ST CLEMENTS EDUCATION GROUP – ISSN 2307-2806

Volume 16 No. 3

October 2025



Photo: <https://www.computerhistory.org/timeline/1995/#>

## IN THIS ISSUE

**Malaysian Housing Policy: Prospects and Obstacles of National Vision 2020**

– Andrew C. Ezeanya

**Kawthoolei: A Nation Forged in the Crucible of War** – Mark Dee

**Strengthening Zanzibar's Innovation Ecosystem: Addressing Stakeholder Concerns for Sustainable Growth: A Case of Zanzibar** – Omar Juma Ali

**Multiple Variable Analysis of Psychiatric Spouse Diagnoses in Substance Use Disorders: Clinical and Psychosocial Indicators** – Ocak Korhan Ozduru

**The Importance of Leadership and Communication in Supply Chain Management**  
– Sanet Jacobs

**Federalism in Practice: Assessing Local Governance and Development Outcomes in Somalia's Federal Member States** – Sharif Sheikh Amin

**Psychosociological Face of Divorce in Modern Society: Causes, Consequences and Social Effects** – Kursat Sahin Yildirim

**How Policies and Procedures Safeguard Supply Chains from Corruption and Fraud**  
– Abraham Daniel Bosman Grobler

**The Relationship between Psychological Capital (Hope, Resilience, Self-Efficacy) and Performance in the Workplace** – Yesim Sirakaya

**Natural Resource Management in the Buddhist Era: Historical Practices and Contemporary Implementations** – Yubaraj Kandel

# MALAYSIAN HOUSING POLICY: PROSPECTS AND OBSTACLES OF NATIONAL VISION 2020

Andrew C. Ezeanya\*

## Abstract

The introduction to the paper attempts a scientific definition of the major issues in the discourse. The paper, however, shall articulate and examine Malaysia's housing development strategies with reference to demographic, political, economic and social trends. Housing and social services continue to be a priority of Malaysia's government programs aimed at improving the quality of life and contributing towards the formation of a caring society. In this respect, in the seventh plan period, various programs for the development of housing were implemented in urban and rural areas. Also, during the eighth plan period, the objective of the housing development will be to increase accessibility to adequate, affordable and good quality houses for all income groups. In this regard, several measures were taken by the government to accelerate the implementation of housing program. Housing programs were undertaken by both the public and private sectors and continued to be implemented based on human settlement concept, whereby housing estates were provided with communal and recreational facilities. The paper shall identify different action plans, policies and programs and evaluate proactive measures with regards to urbanization master plans, national housing policy and comprehensive national and town planning policies vis-à-vis several relevant action plans that are consistent with the vision 2020 Development Program. Malaysia has provided the necessary physical and social infrastructure for the implementation of the Habitat Agenda, which includes the Zero-Squatter policy, and Integrated Peoples Housing. The paper shall evaluate the development and progress of this policy, identify the impediments, and posit practical ways of facilitating development plans in the region.

**Keywords:** *Malaysia Housing Policy Issues*

## Introduction

Over the years, Malaysia's housing programs have focused on the eradication of poverty and restructuring of society through integration of the various ethnic communities. The government has provided a settlement policy to keep pace with Malaysia's rapid economic growth- "to eradicate hard-core poverty, to bring a better quality of life to her people and to conserve her forest eco-system for future generations" (Malaysia 2020 1988). As such; the role of private sector developers became more significant and resulted in the formation of a consultative committee on housing and construction between public and private sectors. Over the last three decades, the scope of

development prospects undertaken by developers has increased from encompassing traditional housing projects to condominiums, townships, towering commercial complexes, shopping malls, state-of-art golf courses, hospitals, theme parks and industrial estates. As the population increased, housing programs in urban areas were further accelerated with emphasis given to low-cost housing in subsequent Malaysia plans. (REHDA Bulletin: 2004)

**Vision 2020 is an idea introduced in 1998 by the Prime Minister, Dr. Mohathir Mohamad.**

The vision portrays an ambitious master plan, which forecasts that Malaysia would qualify as one of the fully developed nations by 2020. The present literacy level is about 83 per cent of the total population in Malaysia- slightly more than that of South Africa. Compared to that of other developed countries like the United Kingdom, Canada, Australia, and New Zealand (above 95 per cent), the gap is small. This high literacy level has given the Prime Minister confidence to lay emphasis on the vision so that it will become a reality. The Prime Minister noted, "When this vision was first made known, there was some uncertainty whether the people in this country would accept it. It is obvious now that vision 2020 has become the focus of attention of the whole country including academicians; administrators, politicians and even people in the villages now talk about vision 2020". (Abdul Hamid 1991).

## Methods

Content analysis and evaluation approaches are adopted and used to accumulate and analyze reliable and valid evidence on Malaysia's housing policy issues. The research laid emphasis on collection, analysis and appraisal of plans, policies, and programs that are related to vision 2020. Secondary data was collected from books, existing records and published works in form of annual reports, Government documents and conference papers.

## Trends Affecting Malaysia's Housing Policy

Demographic improvements in Malaysia's health services have been able to decrease death rates and increasing life expectancy at birth and reduction of infant and toddler mortality\ rates thereby enhancing population growth that are creating accommodation problems. Demography concerns with the study of the statistics of births, deaths, disease etc, as illustrating the condition of life in communities (Oxford English Reference Dictionary 1995) Malaysia has a population

of 23.27 million according to national census conducted in 2000 as against 18,38 million in 1991 (Population Distribution: Putajaya 2001). Malaysia is further employing condominium-housing structure to achieve a juxtaposed settlement pattern that well accommodates all its racial groups as indivisible multi-ethnic society. Public policy affects the decisions and actions the government makes that have a widespread impact on the population. The vision of Malaysia Government is directed towards providing balanced and harmonious community living through the production of affordable and quality housing for the people that include the participation of private sector developers in its development plans. It is this strategy of a mutually supporting working relationship between the public and private sectors that will propel Malaysia to the next quantum leap of development and progress. Economics relate to production, development and management of material wealth (American Heritage Dictionary 1996). With the collapse of commodity prices and the economic slowdown that followed in the mid 1980's the Government intensified efforts to boost the failing economy through promoting capital-intensive and export oriented industries as well as the relaxation of regulation for foreign purchasers. As the economy began to bounce back in the early 90's, a period which saw a growing maturity in terms of new building concepts and quality, the private developers were successful in implementing and achieving the targeted units of low-cost houses on the basis that no ethnic group would experience any sense of absolute deprivation, as middle-income class would find accommodation, so would the low-income earners and high-income group.

Malaysia's first Housing Plan was implemented in 1966 with the initial objective being to provide housing as a component of social services. World Power Dictionary describe social as living in an organized group or community, (World Power Dictionary 2002). The Second, Third, Fourth and Fifth Plans were meant to improve Malaysia's socio-economy especially in poverty alleviation and the restructuring of society. It was during this time that the first formal and structured housing programs were undertaken to provide low-cost housing to meet the needs of the poor. With parallel advancement in the telecommunications and modern transport systems, the growth of urban and rural boundaries have expanded dramatically such that property developments are no longer centralized in one specific area, New townships have emerged that did not exist before. Nonetheless, the outcome of housing policy at local and national level in Malaysia does contribute towards rural integration, harmony and peace for its population as well as enhancing its Republic unity. As a result, tourism and foreign investments have flourished and multiplied over the years.

## **Housing Development in Malaysia and Social Services**

Housing and social services continue to be a priority of Malaysia's development programs aimed at improving the quality of life and contributing towards a caring society.

The Sixth and Seven Malaysia Plans are intended to provide balanced and equitable development for Malaysia. During the seventh plan period; various programs for the development of housing were implemented in the urban and rural areas. The overall performance of the housing programs was encouraging with achievement surpassing the plan target. This is because both the public and the private sectors undertook various housing projects. While the private sector focused more on overall market demand, the public sector continue to provide houses for sale or rent to the low-income group and public sector employees. Housing programs continued to be implemented based on the human settlement concept, whereby housing estates were provided with communal and recreational facilities. The implementation of other social services programs, like services in the local authorities, fire and rescue services, library services, information and broadcasting, sports and culture as well as family and community development contributed towards improving the general welfare of the people and creating a well informed and caring society.

In the eight-plan period, the objectives of the housing development programs are tailored to increase accessibility to adequate, affordable and quality houses for all income groups. Priority will continue to be given to the development of low-and low medium-cost houses. Both the public and the private sectors will intensify their efforts in the implementation of the housing programs to meet increasing demand. The provision of other social services will be continued and expanded with a view towards improving the quality of life, inculcating positive values and encouraging self-reliance.

During the plan period, a total of 800, 000 units of houses were planned for construction to meet housing needs. A total of 859, 480 units or 107.4 per cent of the plan target was completed. The private sector targeted to build 570,000 units but completed 737,856 units or 129.4 per cent of the target. However, the distribution based on the type of houses was not in line with the target set whereby the private sector mainly built medium-and high cost houses. This was reflected by the completion of a total of 554,458 units of medium-and high-cost houses or 291.8 per cent of the plan target. In the area of Low-Cost housing category, the performance of both the public and private sectors was encouraging with a total of 190,597 units completed or 95.3 per cent of the target. Of this, 129,598 units were constructed by the private sector with the balance by the public sector including State Governments and State Economic Development Corporations (SEDCs). In an effort to increase the quality of low-cost houses,

new designs with a floor area of 60 square meters incorporating three bedrooms as well as washing and drying areas especially in high-rise buildings were introduced. In the Low-Medium cost category, a total of 72,582 units or 20.7 per cent of the target set was achieved. The low performance was due to cautious investment decisions by housing developers.

The government undertook several measures to accelerate implementation of housing program particularly Low-cost housing. These included the extension of the Low-Cost Housing Revolving Funds (LCHRF) to the private sector to implement new projects, establishing of Syarikat Perumahan Negara Malaysia Berhad in 1997 meaning in English “Malaysia National Housing Company” and introduction of a new pricing scheme. SPNB was established with a capital of RM 2.0 billion to increase the supply of houses costing RM150, 000 and below, through the bridging of finance to housing developers. The number of Medium-and high-Cost houses built by the private sector far exceeded the plan target. The medium-cost category is 187.5 per cent and the high-cost category is 435.3 per cent of their respective targets. Consequently, at the end of June 1999, the overall number of unsold residential properties was estimated at 93,500 units. To help reduce the stock overhang, the Government and the Real Estate and Housing Developers Association of Malaysia (REHDA) launched several home ownership campaigns.

The first Home Ownership campaign was launched in 12 December 1998, for duration of one month and second home ownership campaigns included exemption of stamp duties as well as minimum price discount of 5.0 per cent for properties costing RM100,000 or less, and 10 per cent for properties costing above RM100, 000. Financial institutions also offered incentives such as higher margin of finance up to 95 per cent, waiver of processing fees and increase loan tenure up to 30 years. Legal fees were also lowered for sales and purchase as well as loan agreements. As at 30 June 2000, the number of unsold residential properties was reduced to an estimated 45,500 units including 9,700 units of condominiums and apartments.

### **Housing Development in Rural Areas.**

As part of the efforts to provide better housing and leaving conditions to the rural people, several housing programs continued to be implemented in the rural areas, namely, the site and services, Traditional Village Regrouping as well as Rehabilitation of Dilapidated Houses Programs. Of the 12,000 units targeted for implementation under the Sites and Services Program only 3,603 units were completed due to land issue and high cost incurred by the State governments. Under the Traditional Village Regrouping Programs, a total of 39 Villages was regrouped, benefiting 3,615 families. In addition, under the Rehabilitation of Dilapidated Housing Program, a total of 13,232 units were

constructed, benefiting about 47,000 people (Eight Mal. Plans 2001-2005). Below and overleaf, the work presented different building

### **Structures in Malaysia namely: condominium, apartment and bungalow.**

**Figure 1.**

**View of Condominiums in Malaysia**



Condominium building occupy large space of land with beautiful landscaping-- layout garden, roads that include trees and flowers planted on the tracks, external and internal car park, recreational space facilities as well as swimming pool, tennis court, squash, indoor badminton, hall gyms, 24 hour security guards etc Condominium is built up to 23-24 level or more and each level have a block of flats and each flats has 1 master bedroom and 2 bedrooms and a dining hall, kitchen, two-toilet system. Some condominiums are built in such a way that from 01---07 level is car park and from 0-7 to 0-23 upwards are block of flats and each block contain up to 12 flats. Some condominium is expected to house up to 500 to 1000 families at a stretch.

**Figure 2.**

**View of an Apartment in Malaysia**



Some apartments building also have beautiful landscaping --lay out gardens and roads, trees and flowers planted on the tracks, swimming pool recreational space facilities, internal and external car park, two to three bedrooms and a dining hall, kitchen and toilet facilities. The pattern of housing plan and

development in Malaysia can be compared with any developed countries.

The facilities found in a condominium or apartments are also found in a bungalow building. In fact, there is no difference in terms of amenities. Indeed, up till today, construction is an ongoing activity in Malaysia. These activities mostly involve clearing new sites and building houses.

Malaysia bungalow has well layout garden and roads and it contains 5 bedrooms, 4 baths, 2 utilities and domestic maid rooms. Also, it had spacious living and dining areas with separate television room. The government provides spacious empty land area, badminton court and swimming pool.

**Figure 3.**

**View of a Bungalow**



**Evaluation**

As demographic, political, economic and social trends affects housing generally. So a number of policies noted inter-alia: provision of infrastructure, the regulation of land and housing development, the organization of the construction and material industry, and involvement of construction sector in housing production, all have direct bearing on Housing production and outcomes. Malaysia has taken proactive measures by introducing Urban Master Plan, National Housing Policy, more comprehensive national town and country planning policies and several relevant actions plans that are consistent with National Vision 2020 Development Program.

In consonant with the Vision 2020, and in support of the goals to provide the necessary physical and social infrastructure for the implementation of Habitat Agenda, Malaysia has introduced her own programs aimed at providing shelter for all. This includes the Zero Squatter Policy and Integrated People’s Housing Program for Squatter Resettlement, where a total of 51,800 units of Low Cost Flats are to be built by the year 2005 in large cities. These 3-bed-room housing units are to be rented out at a low monthly rate. Social facilities like community halls and libraries are also provided to improve the quality of life. In designing and providing for such facilities, consultations were

held with the target groups to ensure that their needs are met adequately.

To provide affordable housing for the poor, soft housing loans are offered, to encourage Home Ownership for Low-Income Groups, the government is increasing its role to build more houses for sale at subsidized price, to supplement private sector efforts. The private sector will play a major role in providing “Low-Medium Cost” houses at affordable prices.

Malaysia is non discriminatory in their efforts to provide shelter for all, even legal migrant workers are provided with comfortable shelter by their employers. Female heading household and poor families are given priority in government-aided schemes.

In reinforcing her policy on public private partnership, Malaysia promotes corporate involvement in the implementation of the Habitat Agenda. The corporate sector has been actively involved in programs and initiatives such as the National recycling program, the pilot project on Local Agenda 21, the business council for Sustainable Development, Malaysia have committed themselves to the practice of clean technology. The corporate sector is also involved in public education among local communities, schools and nature education centers to increase awareness of environmental issues (Ong Ka Tin: 2001).

**Progress**

Malaysia have achieved a measure of success in her efforts to provide shelter for all and sustainable urban environment. This was made possible by the joint efforts of all concerned – government, local authorities, financial institutions, the private sector and the target group themselves. In this regard, Malaysia has made a form and clear commitment to build needed infrastructure, both social and physical infrastructure. In the context of the Habitat Agenda, the provision of infrastructure such as housing and social facilities will promote social well-being for all and ensure equitable urban development. Given the fact that the cost of building infrastructure is very high and many Malaysians cannot possibly build all the infrastructures by themselves, reliable government subsidy is required, this reiterate the importance of establishing an infrastructure development including housing of which Malaysia had provided the adequate funds to finance and realize the social policies and programs of the Habitat Agenda.

Above all, the incidence of poverty in Malaysia has decreased from 8.7 per cent in 1995 to 7.5 percent in 1999. The incidence of hardcore poor decreased from 2.1 per cent in 1995 to 1.4 percent in 1999. The eight Malaysia Plan aims to reduce the incidence of hardcore poverty to 0.5 per cent and general poverty to 5.5 per cent by the 2005. Health promotion and disease control continued to be accorded high priority, leading to significant improvements in the population as evidenced by the increasing life expectancy at birth and

reduction of infant and toddler mortality rates. Population control-Malaysia population increased at an annual rate of 2.4 per cent during the period 1996-2000, to 23.27 million in 2000. The rate of population growth continued to slowdown with the decline fertility rate as the country progressed towards a developed nation status. The proportions of the population living in urban area continue to increase from 55.1 per cent in 1995 to 81.8 per cent in 2000, growing at an average rate of 4.8 per cent. Legislation and policies Malaysia's Development plans; policies and legislation have incorporated important natural resources, conservation and sustainable used issues since the mid 1970's. Policy initiatives have addresses biodiversity, air pollution, protection of wildlife and plants and wetlands. (Malaysia NGO Forum 2003).

### **Prospects**

Towards a Malaysia of excellence, glory and distinction the Government priority is national unity; the government continues to promote peace, prosperity and harmony among all Malaysians. No group will be neglected or left behind and that each citizen has a stake in nation building. For that the government will continue to implement economic growth strategies to achieve vision 2020 by enhancing national competitiveness, foster a business friendly environment and pursue prudent fiscal management, explore new sources of wealth and income by realizing the potential of rural areas. Eradicate poverty; continue to develop low-cost housing and enhance healthcare facilities. Upgrade and empower national education.

### **Obstacles**

The major problem of Malaysia residential housing policy is that it has lost its traditional form of identity. The existing housing programs and consequent development do not acknowledge or respect the existing tradition; instead they adopt a Western concept, which is essentially foreign to the Southeast Asia landscape. Due to a chronic and severe housing shortage, government planning and development agencies have sponsored many housing programs; however, since their goal is simply to augment housing supply with a minimum concern for social tradition and environmental issues as a part of the country's Vision 2020, this process has caused unnecessary site clearance of a large number of trees, existing villages and rain forest for the urban development. Though recognizing the tremendous gains made in reducing poverty, urban poverty and income inequality are worsening and new forms of poverty are emerging. Despite the presence of good policies and laws, the environment continues to deteriorate and urban centers suffer from pollution. The delay in the preparation and gazette of Local Plans is a major constraint causing many development projects to be executed sporadically, resulting in conflicts of land use. Regarding demographic dynamics and sustainability: There has been little research on the linkage between demographic dynamics and sustainable development,

and much less on the impacts of rapid population growth and distribution on environmental degradation natural resources, conservation and sustainable used issues since the mid 1970's. Policy initiatives have addresses biodiversity, air pollution, protection of wildlife and plants and wetlands. (Malaysia NGO Forum 2003).

### **Conclusion**

Housing development in Malaysia is spreading from the capital city to other parts of the state. The pace of development is very high and always ahead of development plans. As a matter of fact the government development program is tending towards achieving developed nation status in 2020. Consequent upon this, everyone of her citizens is expected to be housed in a modern building with all the amenities Malaysia has an organization and administrative machinery to achieving Vision 2020 such as a disciplined and dedicated civil service, a dynamic and adventurous private sector and well-trained and experienced professionals.

They have gone a long way in their housing development plan. The participation of the private and public sector have made housing for the people realistic. The housing policy of Malaysia is in line with government agenda "Adequate shelter for all". The primary objective of Malaysia's housing policy is to ensure that all her citizens, particularly the low-income groups, have access to adequate and decent shelter. It is the government resolves to supply houses for the rural population through programs such as funding home improvement projects. The private sector construction industry has been able to supply houses at market prices for medium income and high-income groups and Malaysia believed that housing provision should be a vehicle to achieving viable and sustainable human units of settlements that not only address the physical need for shelter but also the national need for social, cultural and ethnic integration.

Demographic improvements have played a prominent role in providing the statistical inputs for planning and formulation of the government development plans in Malaysia. The stability in governance becomes a big factor in achieving these Plans, policies and programs including allocation of resources to various components of the federation; with the pace of Malaysia's housing plans and development, Vision 2020 will be realistic.

### **References**

- Abdul Hamid (1991). Malaysia's Vision 2020 Kuala Lumpur: Pelanduk Publication Ltd: 1-2.
- Dato Seri Ong Ka Tin (2001) Paper presented at the Special Session of the General Assembly for an overall view and appraisal of the implementation of the outcome of the United Nations Conference on Human Settlement (Habitat 11).

Eight Malaysia Plan (2001-2005) Printed by Percetakan Nasional Malaysia Berhad. Kuala Lumpur. (2001), 501-504.

Mahathir Mohamad (1988) in Ahmed Sansui Hassan: 1991). The Search for Sustainable Housing Development. School of Housing Building and Planning, University Sains Penang Malaysia: 1-2

Malaysia NGO Forum For Rio+10. Agenda 21: (2003). Reviewing Implementation in Malaysia. NGO Perspectives for advancing sustainable Development in Malaysia. 12.

Pearsall Judy and Trumble Bill, (1995). Edited, The Oxford Dictionary. Oxford University Press, New York 379.

Reader's Digest. World Power Dictionary (2002). Improve your English. As You Build Your Vocabulary. Published by the Reader's Digest Association. Far East.2002 Limited, Hong Kong.

REHDA (2004). History OF Housing and National Real Estates and Housing developers of Malaysia Bulletin.

The American Heritage Dictionary of the English Language. (1996). Third Edition. Houghton Mifflin Company New York. 583.

## About the Author



*\*Andrew C. Ezeanya is a married man with kids. He is a teacher and a researcher by profession, licensed to teach in Canada. He holds a Bachelor's degree in education B.SC (B.ED) obtained from the University of Nigeria Nsukka. He has also obtained a Bachelor's degree and a Master's degree in Political Science from Nnamdi Azikiwe University Awka in Nigeria. Andrew has a Master of Arts in Criminology from the University of Malaya, Kuala Lumpur Malaysia and has also received a Malaysia Language Certificate called Bahasa Melayu (BM). In 2006, he received Ontario College of Teachers License, and also, in 2009, received additional qualification courses in Canadian Law from the University of Toronto. Andrew Ezeanya currently teaches at the Dufferin-Peel Catholic District School Board in Ontario, Canada.*

*He may be reached at [andrewzeanya@yahoo.co.uk](mailto:andrewzeanya@yahoo.co.uk).*

# KAWTHOOLEI: A NATION FORGED IN THE CRUCIBLE OF WAR

Dr Mark Dee\*

The Karen people's struggle for self-determination in Myanmar is one of the world's longest-running civil wars, a conflict rooted in decades of unmet promises and persistent state-sponsored violence. While the international community often refers to the "Karen people," the name "Kawthoolei" holds profound significance for the Karen themselves. For over 70 years, Kawthoolei—meaning "land without darkness" or "land without evil" in the S'gaw Karen language—has been the enduring symbol of their aspiration for an independent or autonomous state.

The establishment of Kawthoolei is not a singular event but a deep-rooted aspiration, a testament to an unwavering spirit in the face of immense suffering and oppression.

## The Genesis of a Dream: Pre-Independence Hopes and Betrayals

The concept of Kawthoolei predates Myanmar's independence from British colonial rule. During the colonial era, the British often favored ethnic minorities, including the Karen, over the Burman majority, particularly due to the Karen's loyalty during World War II. This preferential treatment fostered hope among the Karen for a distinct political entity upon Burma's independence. The British government's failure to establish a separate state for the Karen people after World War II led to a significant sense of betrayal among the Karen, who believed prior commitments had been made.

Karen leaders, primarily through the Karen National Union (KNU), founded in 1947, sought guarantees for their autonomy. They advocated for a separate Karen State, believing their distinct identity, culture, and historical grievances warranted self-governance. However, these aspirations clashed with the Burman-dominated independence movement's vision of a unitary state.

Promises made by pre-independence Burmese leaders regarding a federal union, which might have accommodated Karen aspirations, quickly eroded after independence in January 1948. Mistrust simmered, fueled by communal violence and a growing sense among the Karen that their rights and safety were not assured within the new Union of Burma. In response, the Karen National Defense Organization (KNDO), the KNU's armed wing, was formed to protect Karen communities.



*A photo taken in 2014, Former guerrilla fighters Saw Noe, 95, and Saw Tun Thein, 86, served the British.*



*Young Karen soldiers who once fought alongside the British during World War II.*



*2nd Burma Rifles, Gallantry Award recipients, including: middle row, third left: Captain W. D. Griffiths of 3 Column. Middle row, centre: Lieut-Col. P. C. Buchanan, Adjutant and middle row, third right: Captain Saw Chit Kyin of 1 Column. All three men were awarded the Military Cross for their efforts in 1943.*



## The Spark of War and the Proclamation of Kawthoolei

The simmering tensions erupted into a full-scale civil conflict in early 1949. The KNDO, initially a defensive force, engaged in skirmishes that escalated into widespread armed rebellion. By June 1949, with

fighting raging and the government attempting to suppress the Karen movement, the KNU, in an emergency meeting in Toungoo, officially declared the establishment of the Kawthoolei government.

This pivotal moment, commemorated annually on June 14th as Kawthoolei Day, marked the formalization of their political ambitions and the beginning of one of the world's longest-running civil wars.

The KNU's initial aim was a fully independent Kawthoolei, a complete separation from the Union of Burma. This maximalist demand was born from a profound sense of alienation and a belief that their very survival as a distinct people depended on self-rule. The Karen leadership, famously articulated by their revered leader Saw Ba U Gyi, adopted four enduring principles:

"Surrender is out of the question."

"The recognition of the Karen country must be completed."

"We shall retain our arms."

"We shall decide our own political destiny."

These principles have served as the bedrock of the Karen revolution for over seven decades, defining their commitment to a self-determined future.

### **A Seventy-Year Struggle: Conflict and Shifting Strategies**

For decades, the Karen armed struggle, primarily led by the Karen National Liberation Army (KNLA)—the KNU's military wing—engaged in a relentless guerrilla war against the Myanmar military, known as the Tatmadaw. The conflict has been marked by brutal military campaigns, including "Four Cuts" operations aimed at severing ties between the KNLA and civilian populations, forced displacement, widespread human rights abuses, and massive refugee flows into neighboring Thailand.

Despite severe setbacks, including the fall of their long-held headquarters at Manerplaw in 1995, the KNU maintained a significant presence and a de facto administration in large parts of southeastern Myanmar. They established parallel governance structures, including schools, hospitals, and judicial systems, demonstrating their capacity for self-rule even during intense conflict.

While the aspiration for an independent Kawthoolei remained strong, by 1976, the KNU gradually shifted its political objective towards a federal system within Myanmar. This pragmatism recognized the changing political landscape and the immense cost of an outright secessionist struggle. The focus became the establishment of a democratic federal union where self-determining states, including Kawthoolei, could coexist with guaranteed democratic rights for all ethnic groups.

### **The Geography of Aspiration: Areas Claimed and Administered**

The territorial claims of Kawthoolei broadly correspond to the modern-day Kayin State (formerly Karen State) and significant portions of neighboring regions, including Mon State, Tanintharyi Region, Bago Region, and parts of Ayeyarwady Region. The KNU has historically divided these claimed areas into seven administrative districts, each overseen by a brigade of the KNLA. In later days, the 8th province was incorporated into the Kawthoolei state because the revolution began in the Ayeyarwady (Hteehtasway) region, where the majority of the Mo Hti or Ayeyarwady Karen people reside.

These districts, while varying in the degree of KNU control, represent the historical and cultural homeland of the Karen people. For many years, the KNU effectively operated as a shadow government in these border regions, providing essential services that the central government failed to deliver. The KNU's administration covered various sectors, from agriculture and justice to defense, demonstrating a functional governance structure despite ongoing conflict.

Since the 2021 military coup in Myanmar, the dynamics of the conflict have shifted dramatically. The KNU, aligning with the broader Spring Revolution and People's Defense Forces (PDFs) against the military junta, has seen a significant expansion of its de facto control. Areas previously contested or dominated by external forces, particularly in Kayin State, are now largely under KNU administration. This presents both opportunities and challenges, requiring the KNU to scale up its administrative capacities to govern a vastly expanded population.





### **The Kawthoolei Army: Origins and Evolution**

The Karen people's struggle for self-determination is inextricably linked to the history of the Kawthoolei Army, the military wing of the Karen national movement. While the term "Kawthoolei Army" can sometimes refer to the broader armed forces, its most prominent and enduring manifestation is the Karen National Liberation Army (KNLA).

#### **The Origins: A Need for Defense**

The roots of the Kawthoolei Army trace back to the volatile period immediately preceding and following Burma's independence in 1948. The Karen, a significant ethnic minority, harbored deep anxieties about their future in a Burman-dominated state. Promises of a separate Karen state or meaningful autonomy seemed to evaporate with independence.

Communal tensions escalated into widespread violence, particularly in the Irrawaddy Delta, where many Karen communities resided. In response to this growing threat, the KNU ordered the establishment of local Karen defense militias in July 1947, which came to be known as the KNDO. The primary objective of the KNDO was to defend Karen civilians from increasing communal violence as the British forces withdrew. Many KNDO members were former soldiers who had served in the British Burma Army, bringing valuable military experience.

#### **The Formal Establishment of the KNLA**

The KNDO's formation was a defensive measure, but the political climate rapidly deteriorated. The KNU's demands for an independent Karen state were rejected by the newly independent Burmese government. On January 30, 1949, the government outlawed the KNU, effectively pushing the Karen leadership toward a full-scale armed struggle.

The conflict officially began on January 31, 1949, when the KNU declared war on the central government. In the ensuing chaos, significant portions of the

Burmese army's Karen Rifles and even a regiment of the Kachin Rifles deserted to join the Karen forces. This influx of trained soldiers and arms led to a significant reorganization of the KNU's military wing.

While the KNDO continued to exist, the KNLA emerged as the formal, centralized military force of the KNU. By May 20, 1949, the KNU declared the state of Kawthoolei and reorganized its military forces under the umbrella of the "Kawthoolei Armed Forces," with the KNLA as its core. This formalized the military arm of their self-declared state.

The Kawthoolei Army, through its various iterations and most notably as the KNLA, has fought for over 70 years for fundamental reasons:

**Self-Determination:** The Karen people's aspiration for an independent or, later, autonomous state within a federal Myanmar.

**Protection from Persecution:** The immediate impetus was the need to defend against communal violence and state-sponsored oppression.

**Response to Broken Promises:** The failure of the post-independence Burmese government to honor pre-independence agreements regarding ethnic autonomy.

For generations, the Kawthoolei Army has been the embodiment of Karen resilience, their armed struggle a determined effort to secure a future where their rights and dignity are recognized in their homeland.

#### **The Re-Establishment of Kawthoolei Army (KTLA) and General Nerdah Bo Mya**

The ongoing civil conflict in Myanmar has seen the emergence of numerous armed groups. Among the more recent additions is the Kawthoolei Army (KTLA), a splinter group that broke away from the KNU and KNLA. The establishment of the KTLA is closely tied to the figure of General Nerdah Bo Mya and internal divisions within the Karen resistance.

#### **The Architect of KTLA: General Nerdah Bo Mya**

General Nerdah Bo Mya is a prominent and often controversial figure in the Karen struggle. He is the son of the revered late General Bo Mya, who served as the President of the KNU for many years and was a legendary leader in the Karen resistance.

Born near Manerplaw, the KNU's former headquarters, Nerdah Bo Mya received some education abroad before returning to the Thai-Myanmar border to join the armed struggle. He rose through the ranks of the KNU's military wing, eventually becoming the Commander-in-Chief of the KNDO. He has also recently been awarded an honorary Doctor of University from IQY University and St Clements University.



*Gen. Nerdah Bo Mya, Chief of Staff of KTLA.*



*Gen. Bo Mya, the late President of the KNU.*

### **The Genesis of KTLA: A Rift in the Ranks**

The KTLA was officially founded on July 17, 2022, by General Nerdah Bo Mya. This formation was a significant split from the KNU, stemming from a profound disagreement and breakdown in trust following an incident in 2021.

The crucial event involved the alleged killing of 25 unarmed men by KNDO troops under General Nerdah Bo Mya's command in the Myawaddy area of southern Karen State. These men were reportedly suspected of being military spies. The KNU (Karen National Union) launched an investigation into the killings, demonstrating its commitment to upholding humanitarian law and accountability. This approach contrasts sharply with the State Administration Council (SAC) or the Burmese military junta, which frequently shows disregard for the lives of civilians, including women and children. Despite the wartime context and the threat posed by spies, General Nerdah Bo Mya reportedly refused to cooperate with the investigation. He was subsequently dismissed from his KNDO position by the KNU in early 2022.

### **Reasons for the Establishment: Disagreement and Autonomy**

General Nerdah Bo Mya and his followers viewed the KNU's actions as disrespect for the autonomy of their military wing and a betrayal of their commitment to fighting the military junta. They argued that the KNU's

investigation undermined the broader resistance movement and that the alleged victims were indeed enemy spies who posed a threat.

### **The establishment of the KTLA was driven by several interconnected reasons:**

**Rejection of KNU Authority:** It represented a clear rejection of the KNU's civilian authority over its military wings and a perceived lack of respect for military leadership during a time of intense conflict.

**Differing Operational Philosophies:** There were likely underlying differences in strategy and tactics against the Myanmar military. General Nerdah Bo Mya has cultivated a more aggressive, firebrand image, attracting younger fighters eager for confrontation with the junta.

**Autonomy and "True" Revolution:** Supporters of KTLA believe it represents a more authentic or uncompromising continuation of the Karen revolution, free from what they perceive as the KNU's compromises or bureaucratic processes.

**Personal and Familial Legacy:** As the son of General Bo Mya, Nerdah Bo Mya carries a significant legacy within the Karen movement. The formation of KTLA can also be seen as an assertion of his leadership and a continuation of his family's role in the armed struggle.

While the KTLA states its primary goal is to fight the military junta and achieve a self-determined Kawthoolei, its emergence has unfortunately also led to internal clashes with KNU/KNLA forces in certain areas. This internal conflict within the Karen resistance adds another layer of complexity to Myanmar's already multifaceted civil war, even as both groups are ultimately fighting the same primary enemy.

### **Kawthoolei: A Karen Dream on the Horizon**

The establishment of Kawthoolei, a symbol of Karen self-determination, is an ongoing and complex process. The Karen National Union (KNU) has announced its intention to formally establish the Kawthoolei government, potentially by 2025 or early 2026. This proposed government is envisioned as a constituent state within a future federal democratic union in Myanmar.

The KNU plans for this government to be a "KNU Plus" coalition, designed to be inclusive of all resistance forces, not solely the Karen people. However, this vision is complicated by the fact that General Nerdah and other Karen leaders had already established the Kawthoolei Army (KTLA) and a separate Kawthoolei Government on July 17, 2022 as an independent country.

The ultimate decision regarding their future rests with the Karen people. They face a pivotal choice: whether to be governed by the KNU Kawthoolei Government

within a future federal democratic union in Myanmar, or by the KTLA Kawthoolei Government as an independent nation.

The journey toward Kawthoolei is a powerful testament to resilience and identity. After more than 70 years of war, marked by immense suffering and sacrifice, the Karen people's vision of Kawthoolei remains a beacon of hope. They seek a future where their cultural heritage and political aspirations are not only recognized but thrive within a truly democratic and federal Myanmar or as an independent nation.

The current efforts to formally establish the Kawthoolei government represent a crucial step toward realizing this long-cherished dream.

### Resources:

Aljazeera (2014), Myanmar's forgotten WWII heroes, retrieved from: <https://www.aljazeera.com/features/2014/7/12/myanmar-forgotten-wwii-heroes> (Accessed December 7, 2014).

Burma Link (2015). Karen Major General Nerdah Bo Mya?: The Government Is Playing the Game?, Retrieved from: <https://www.burmalibrary.org/en/karen-major-general-nerdah-bo-mya-the-government-is-playing-the-game?hl=en-US>, (Accessed March 17, 2016).

Dr. Saw Alywn (2023). A Childhood Place Not Yet Exist, Retrieved from: <https://www.kawthoolei.institute/thoughts-on-the-nation/a-childhood-place-not-yet-exist?hl=en-US>, (Accessed June 2023).

Ethan Teekah, Britannica (2024). Karen People, Retrieved from: <https://www.britannica.com/topic/Karen>, (Accessed April 16, 2024).

Fortify Rights (2024). Ethnic Armed Leaders Who Confessed to Massacre Removed from Posts, Retrieved from: [https://www.fortifyrights.org/our\\_impact/imp-my-2022-01-19/?hl=en-US](https://www.fortifyrights.org/our_impact/imp-my-2022-01-19/?hl=en-US), (Accessed January 19, 2022).

Frontier (2022). We must not become fascists': KNU split exposes debate over tactics, Retrieved from: <https://www.frontiermyanmar.net/en/we-must-not-become-fascists-knu-split-exposes-debate-over-tactics/?hl=en-US>, (Accessed September 8, 2022).

Hsu/ Iris (NP News). (2024). Thai Government revokes citizenship of Nerdah Mya, son of former KNU leader. Retrieved from: <https://npnewsmm.com/news/65cc84b35ca51c675b5a0393?hl=en-US>, (Accessed February 14, 2024).

Karen Information Center (2023). Karen villagers calls on conflict between KTLA and KNU to be resolved by meeting high-level leaders of both sides, Retrieved from: <https://www.bnionline.net/en/news/karen-villagers-calls-conflict-between-ktla-and-knu-resolved-meeting-high-level-leaders-both?hl=en-US>, (Accessed February 22, 2023).

Karen Information Center (2024). KNDO Chief Urges Karen People to Support Establishment of Karen State, Retrieved from: <https://www.bnionline.net/en/news/kndo-chief-urges-karen-people-support-establishment-karen-state?hl=en-US>, (Accessed July 17, 2024).

Kawthoolei Map and with Provinces, Retrieved from: <https://www.facebook.com/photo/?fbid=119121186931796&set=pb.100066981368881.-2207520000>

KHRG (2024). Mergui-Tavoy District Short Update: Militarisation and fighting causing fear, travel restrictions, and livelihood challenges in Ler K'Saw Township (January 2024), Retrieved from: <https://reliefweb.int/report/myanmar/mergui-tavoy-district-short-update-militarisation-and-fighting-causing-fear-travel-restrictions-and-livelihood-challenges-ler-ksaw-township-january-2024-enkarenmy?hl=en-US>, (Accessed October 24, 2024).

Lorcan Lovett and Ko David (2024). Myanmar's rebels see unity as key to victory over weakened military rulers, Retrieved from: <https://www.aljazeera.com/features/2024/2/3/myanmar-s-rebels-see-unity-as-key-to-victory-over-weakened-military-rulers?hl=en-US#:~:text=But%20there%20is%20a%20paradox,in%20the%20war%20against%20the> (Published On 3 Feb 2024).

Leslie Howney (2012). Chindit Chasing, Operation Longcloth 1943, Pictures retrieved from: <https://www.chinditslongcloth1943.com/burma-rifle-citations.html>

Map of Kawthoolei, self-designed on Google Maps. Myanmar map, retrieved from Google Maps.

Myanmar Now (2022). 'We have strong and solid policies, so we can withstand this falling out', Retrieved from: <https://myanmar-now.org/en/news/we-have-strong-and-solid-policies-so-we-can-withstand-this-falling-out/?tztc=1>, (Accessed July 22, 2022).

Su Mon (2024). Between cooperation and competition: The struggle of resistance groups in Myanmar, Region: Asia Pacific, Category: Analysis, Retrieved from: <https://acleddata.com/2024/11/26/between-cooperation-and-competition-the-struggle-of-resistance-groups-in-myanmar/?hl=en-S#:~:text=From%20the%20growth%20of%20the,of%20at%20least%2080%20towns> (Accessed November 26, 2024).

Uppsala Conflict Data Program (UCDP) (1975), Government of Myanmar (Burma) – KNUP, Retrieved from: [https://ucdp.uu.se/additionalinfo/427/4?hl=en-US#:~:text=Their%20arrival%20led%20to%20the,\(Karen%20National%20Liberation%20Army.\)](https://ucdp.uu.se/additionalinfo/427/4?hl=en-US#:~:text=Their%20arrival%20led%20to%20the,(Karen%20National%20Liberation%20Army.)) (Accessed November 1975).

Wikipedia (2025). Karen National Liberation Army, Retrieved from: [https://en.m.wikipedia.org/wiki/Karen\\_National\\_Liberation\\_Army?hl=en-US](https://en.m.wikipedia.org/wiki/Karen_National_Liberation_Army?hl=en-US), (Accessed June 13, 2025).

### About the Author



*\*Dr Mark Dee holds a BBA (Finance and Banking), and MBA (Marketing Management), He has recently been awarded an honorary Doctor of the University from IQY University and a Doctor of the University Degree in Public Administration from St Clements University.*

*He is currently working as the Minister of Education & Economy for the Government of Kawthoolei, (Ancestral Land of the Karen People of Burma). Previously, he worked as a corporate entrepreneur manager and chief officer in several leading companies in Thailand for over 3 decades.*

*He also has worked as an English, math, and Recreation Teacher for 7 years to educate Southeast Asian refugee students, preparing them for the American secondary school system. He can be reached at [sawmakudee@gmail.com](mailto:sawmakudee@gmail.com)*

# STRENGTHENING ZANZIBAR'S INNOVATION ECOSYSTEM: ADDRESSING STAKEHOLDER CONCERNS FOR SUSTAINABLE GROWTH: A CASE OF ZANZIBAR

Dr Omar Juma Ali\*

*(Doctor of Philosophy, St Clements University Turks & Caicos Islands - British West Indies)*

*This is another summary from the paper written for the recently awarded St Clements University Doctor of Philosophy (Ph.D) degree and published as part of the St Clements University Professorial Diplomate Program.*

*The complete version of this summarised article is available at:*

<http://www.stclements.edu/Articles/Zanzibar.pdf>

## Introduction

Innovation plays a pivotal role in the growth and development of economies, particularly in regions such as Zanzibar, where there is a concerted effort to diversify industries and enhance technological capabilities. As economies around the world move towards digitalization, countries like Zanzibar seek to harness innovation as a means to drive economic growth, technological advancement, and entrepreneurship. Innovation programs in Zanzibar were introduced to address local challenges and provide opportunities for individuals and communities to participate in the modern economy. These programs are intended to empower communities, create job opportunities, and stimulate entrepreneurship, thus fostering socio-economic development. However, despite the potential of these programs, several challenges have emerged, with stakeholders expressing concerns about their effectiveness and sustainability.

The role of innovation in Zanzibar's socio-economic transformation is crucial. According to a study by Juma (2023), innovation in Zanzibar is expected to contribute significantly to the diversification of the economy and the development of new industries. However, the reality on the ground, as highlighted by recent field data from a survey conducted in September 2024, reveals both opportunities and obstacles. While innovation programs are designed to foster economic growth and technological advancement, the lack of sufficient financial resources, technical support, and poor coordination among stakeholders presents substantial barriers to success. As noted by researchers such as Mwadini (2022), funding gaps and technical constraints remain critical challenges that limit the impact of these programs. The lack of synergy between different stakeholders involved in innovation also leads to inefficiencies, undermining the potential of innovation programs in Zanzibar.

Zanzibar has the potential to become a hub for innovation within East Africa, and its economy stands to benefit greatly from an inclusive and well-supported innovation ecosystem. According to the Zanzibar Ministry of Economic Development (2024), innovation could be a key driver in addressing the region's reliance on traditional industries such as agriculture and fishing. However, the existing innovation programs face significant hurdles that must be addressed for Zanzibar to realize its full potential. These challenges, which range from financial limitations to lack of technical expertise, need to be thoroughly examined to understand their root causes and identify actionable solutions. This study aimed to explore the nature of these challenges by examining the concerns raised by stakeholders and reviewing the effectiveness of current programs.

This research provided data-driven insights into the key areas that require intervention and offer recommendations to improve the effectiveness and sustainability of innovation programs in Zanzibar. By investigating these concerns and reviewing the structure of innovation programs, this study aimed to contribute to the development of policies that would help enhance the local innovation ecosystem, promote sustainable growth, and empower communities to thrive in a modern economy.

## Problem statement

Innovation programs in Zanzibar have faced a variety of challenges that undermine their ability to achieve long-term success and impact. One of the key issues highlighted by stakeholders is insufficient funding, which stands as a major obstacle to the growth and sustainability of these programs. Data collected from respondents indicates that stakeholders identify lack of funding as the primary concern. Without adequate financial resources, innovation programs are unable to meet their objectives, expand their reach, or provide the necessary tools and support to participants. This funding gap has a direct impact on the ability of innovation initiatives to foster meaningful change within Zanzibar's economy.

In addition to funding issues, lack of technical support has been another recurring problem. Innovation requires expertise, mentorship, and guidance from qualified professionals, but many programs in Zanzibar

have not been able to provide this critical support. Tungaraza (2022) indicates that participants often find themselves without the technical resources or expertise necessary to navigate complex challenges, stifling their capacity to innovate effectively. This lack of support not only hinders the growth of individual participants but also limits the overall impact of innovation programs on the community at large.

Another major concern is poor coordination among stakeholders involved in innovation programs. Inadequate coordination is a critical challenge. Multiple organizations and agencies are often involved in implementing innovation initiatives, yet there is a lack of alignment between their efforts. This fragmented approach leads to inefficiencies, missed opportunities for collaboration, and duplication of efforts. As a result, the full potential of innovation programs remains untapped, and resources are not optimally utilized. Additionally, ineffectiveness of these programs in addressing local needs. While innovation programs are designed to foster growth, many do not align with the specific challenges faced by Zanzibar's local communities, limiting their relevance and impact Mbwana (2021).

The general objective of the study was to strengthening Zanzibar's innovation Ecosystem, addressing stakeholders concerns for sustainability. The specific objectives of the study were: to identify Types of Innovation Programs currently operational in Zanzibar, to assess Social Impacts of innovation programs in Zanzibar, to evaluate Economic Benefits generated by innovation programs in Zanzibar and to gather Stakeholder Perceptions involved in or impacted by innovation programs in Zanzibar.

### Scope of the study

This study focuses on the challenges and opportunities of innovation programs in Zanzibar, specifically addressing issues related to funding, technical support, and coordination. It examines the perspectives of key stakeholders, including program managers, entrepreneurs, and government officials, within the context of technological development and economic diversification. The research is limited to Zanzibar, focused on two main islands, Unguja and Pemba, with a population of approximately 1.6 million covering data collected from 2023 to 2024. The study excludes innovation programs outside the technology and entrepreneurship sectors and does not extend to other regions of Tanzania or East Africa.

### Methods of study

This study used a mixed-methods approach, combining both qualitative and quantitative research methods. A structured survey was administered to 150 stakeholders, including program managers, entrepreneurs, and government officials, to gather quantitative data on challenges and concerns related to innovation programs in Zanzibar. In-depth interviews with key stakeholders

provided qualitative insights into their experiences and perspectives. Additionally, document reviews of relevant reports and policy documents supplemented the data, offering a broader context of innovation efforts. The data collected were analyzed using descriptive statistics for the survey responses and thematic coding for interview transcripts to identify key themes.

### Main Concerns and Criticisms of Innovation Programs in Zanzibar

The study's findings reveal several concerns raised by stakeholders regarding innovation programs in Zanzibar. **Insufficient funding** emerged as the most significant challenge, with 41.6% of respondents identifying it as the primary issue hindering the sustainability and expansion of these programs. Without adequate financial resources, innovation programs struggle to provide necessary support, expand their initiatives, and sustain their operations.

Another critical finding is the **lack of technical support**, which 24.9% of respondents noted as a major challenge. This lack of technical expertise severely limits the ability of innovation programs to offer participants the guidance, tools, and resources needed to develop viable solutions. Furthermore, respondents indicated that the absence of technical support contributes to participants' inability to achieve the desired outcomes, thereby compromising the success of innovation programs.

A further concern highlighted in the findings is **poor coordination** among stakeholders. According to 16.9% of respondents, there is a lack of effective communication and collaboration between the various organizations involved in the implementation of innovation programs. This lack of coordination creates gaps in the delivery of services and reduces the overall efficiency of innovation initiatives. Additionally, 16.6% of stakeholders raised concerns regarding the **ineffectiveness of programs in meeting local needs**. Many of the existing programs do not adequately address the specific challenges faced by the local community, leading to a disconnect between program goals and the needs of the people they are meant to serve.

A significant number of respondents (22%) raised concerns about the inadequate infrastructure to support innovation programs. This includes the lack of physical resources such as dedicated innovation hubs, laboratories, or technology centers, as well as poor access to reliable internet and technological tools. Without the proper infrastructure, innovation programs face difficulties in providing participants with the environment needed to develop, test, and scale their innovations. This infrastructure gap hinders the overall effectiveness and reach of the programs.

Another concern identified by 14.3% of respondents is the lack of inclusivity within innovation programs. Many innovation initiatives primarily target a narrow group of individuals, often excluding marginalized groups such as women, youth, and people from rural areas. This limited inclusivity restricts the diversity of ideas and solutions generated within these programs and prevents the broader population from benefiting from opportunities created by innovation efforts. Inclusivity is seen as a key factor for fostering a more equitable and sustainable innovation ecosystem.

**Inadequate Monitoring and Evaluation was another issue observed by the stakeholders:** According to 13.0% of respondents, another pressing issue is the lack of comprehensive monitoring and evaluation (M&E) systems for innovation programs. Many of the programs in Zanzibar do not have effective frameworks in place to track progress, assess outcomes, or measure the impact of their initiatives. Without robust M&E mechanisms, it is difficult to determine whether programs are achieving their intended goals, identify areas for improvement, or make data-driven decisions for future program design. This leads to inefficiencies and wasted resources, as programs may continue without the necessary adjustments based on real-time performance data.

## Conclusion

The findings from this study underscore the critical challenges facing innovation programs in Zanzibar. Insufficient funding, lack of technical support, poor coordination, and the failure to meet local needs are all significant barriers to the success of these programs. Without addressing these challenges, the potential of innovation programs to foster economic growth and technological advancement in Zanzibar will remain limited. However, by identifying these concerns and understanding their impact, stakeholders can begin to develop strategies to overcome these barriers and create a more effective innovation ecosystem.

Innovation is an essential driver of economic development, and Zanzibar has the potential to cultivate a thriving innovation ecosystem. To realize this potential, however, it is necessary to address the concerns raised by stakeholders and implement comprehensive solutions. This study has provided valuable insights into the challenges facing innovation programs in Zanzibar and highlighted the need for targeted interventions to enhance the effectiveness and sustainability of these initiatives.

## Recommendations

Based on the findings of this study, several recommendations can be made to enhance the effectiveness and sustainability of innovation programs in Zanzibar. First, **increased funding** is essential to ensure the continuity and growth of innovation programs. Financial support is necessary to provide the resources and infrastructure needed to scale these

initiatives and support the participants effectively. Second, **technical support** should be prioritized to ensure that participants have access to the expertise and resources needed to succeed. Providing mentorship and guidance from experts can significantly improve the outcomes of innovation initiatives.

Additionally, **better coordination** among stakeholders is crucial. Establishing clear communication channels and fostering collaboration will help optimize the use of resources, reduce duplication of efforts, and enhance the impact of innovation programs. Furthermore, innovation programs must be tailored to meet the specific **local needs** of the Zanzibar community. This can be achieved through more targeted program design and by involving local stakeholders in the planning and implementation process.

Finally, establishing stronger **monitoring and evaluation systems** will help assess the effectiveness of innovation programs over time. Continuous evaluation will allow for adjustments and improvements, ensuring that programs remain relevant and responsive to changing needs. By implementing these recommendations, Zanzibar can strengthen its innovation ecosystem and drive sustainable economic development.

## REFERENCES

- Juma, S. (2023). Innovation and Economic Diversification in Zanzibar. Zanzibar University Press.
- Khamis, H. (2023). Coordination Challenges in Zanzibar's Innovation Ecosystem. Zanzibar Journal of Development Studies.
- Mbwana, S. (2021). Financial Constraints and Innovation Programs in Zanzibar. Zanzibar Development Journal.
- Mosi, F. (2024). Aligning Innovation with Local Needs in Zanzibar. Zanzibar Economic Review.
- Mwadini, H. (2022). Barriers to Innovation: Understanding Funding and Technical Support Gaps in Zanzibar. Zanzibar Economic Review.
- Tungaraza, I. (2022). Technical Support as a Key to Innovation Success in Zanzibar. Journal of East African Innovation.
- Zanzibar Ministry of Economic Development. (2024). Annual Report on Innovation Programs in Zanzibar. Government of Zanzibar.

## About the Author



*\*Dr Omar Juma Ali is a Tanzanian Zanzibar expert in Project Planning and Management with a Bachelor of Arts in Political Science and Public Administration from the University of Dar es Salaam, a Master of Science in Project Planning, Monitoring, and Evaluation from the Institute of Rural Development Planning (IRDP) in Dodoma, and a Ph.D. in Project Management from St Clements University. He currently works as the **Research Coordinator** at the Department of Research and Development in the Planning Commission under the Ministry of Finance and Planning in Zanzibar. Dr Omar has held various leadership and strategic positions, including Head of the Planning Division at the Ministry of Information, Culture, Youth, and Sports in Zanzibar, District Administration Secretary (DAS) in Chake Chake District (TAMISEMI-Pemba), Programme Manager at HelpAge International (UK), Zanzibar Programme Coordinator and Temporary Programme Officer at Youth Challenge International (Canada-Zanzibar), and Coordinator of the Kindergarten Program in Pemba Zone at CARTAS of Germany-Zanzibar. He has also worked as a consultant specializing in youth development, strategic planning, policy formulation, and environmental conservation. Dr Omar is fluent in both Kiswahili and English. You can reach him via email at [omijuali\\_2006@yahoo.com](mailto:omijuali_2006@yahoo.com).*

# MULTIPLE VARIABLE ANALYSIS OF PSYCHIATRIC SPOUSE DIAGNOSES IN SUBSTANCE USE DISORDERS: CLINICAL AND PSYCHOSOCIAL INDICATORS

Dr Ocak Korhan Ozduru\*

*This is a summary from the thesis paper written for the St Clements University - Turkish Language Division - Doctor of Clinical Psychology.*

*The complete version of this summarised article is available at:*

<http://www.stclements.edu/Articles/Psychosocial.pdf>

## Abstract

This study aims to examine the distribution of psychiatric spouse diagnoses in individuals diagnosed with substance use disorder, the relationships between these diagnoses and the effects of psychosocial variables on substance use. The data obtained from 225 individuals receiving services in psychiatry centers in Istanbul and Izmir provinces were analyzed using Beck Depression Scale, Diagnostic Forms based on DSM-5 criteria and impulsivity tests. Findings show that depression, attention deficit and impulse -based disorders are accompanied by high rates in individuals with substance use disorder. Regression analyzes significantly predicate the use of substance use of age, gender and depression; Factor analyzes showed that spouse's diagnoses are clustered in two main dimensions based on mood -based and impulsivity. The study contributes to the development of a holistic clinical model that enables the evaluation of substance use disorders at the individual and social level. It also sheds light on the strategies of intervention and prevention by revealing the role of family structure, education level and the role of socioeconomic factors in the addiction process.

**Keywords:** *Clinical psychology, depression, factor analysis, impulse, psychosocial variables, regression, spouse diagnoses, substance use disorder.*

## Introduction

Substance use disorders (MKB) are a versatile public health problem that deeply affects not only the physical and mental health of the individual, but also familial functionality, social harmony and productivity. According to the World Health Organization (WHO, 2019), MKB is a psychiatric picture that seriously disrupts the quality of life and seriously disrupting the quality of life. In recent years, the use of substances cannot be explained only with an individual preference or biological tendency; Psychological fragility,

traumatic experiences and socioeconomic factors have shown that it is decisive in the formation and maintenance of addiction (Khantzian, 1997; Volkow Et al., 2016). Psychiatry and Clinical Psychology Literature shows that the MKB often is accompanied by psychopathological spouse diagnoses such as depression, anxiety disorders, attention deficit and impulse. In particular, depression and attention deficit/hyperactivity disorder (ADHD) are among the risk factors that increase substance use; It can cause individuals to use matter as a means of coping (Turner et al., 2006; Becker et al., 2011). This complicates the treatment processes and increases the risk of recurrence. In addition, societies such as age, gender, education level, unemployment and social exclusion play an important role in substance use tendencies (Galea et al., 2004; Unodc, 2022). Factors such as family communication problems, childhood traumas and attachment patterns can also be decisive in the behavior of the individual (Luthar & Latendresse, 2005; Mikulincer & Shaver, 2007). In this context, the necessity of holistic models in which the evaluation of substance use disorders is not only biological or behavioral, but also psychological and social components are handled together. This study conducted in the field of clinical psychology analyzes the relationships between individuals' psychiatric diagnosis and substance use levels and examines the effects of sociodemographic variables with multiple variable analysis techniques. In this way, it is aimed to develop more effective treatment plans for substance use disorders and to contribute to protective mental health practices.

## Methodology

This research is a quantitative study based on descriptive and relational screening model. The aim is to determine the distribution of psychiatric spouse diagnoses in individuals diagnosed with substance use disorder and to evaluate the relationship between these diagnoses through the level of substance use through multiple variable statistical analyzes. The sample of the study consists of 225 adult individuals who apply to the psychiatric centers in Istanbul and Izmir provinces and are diagnosed with substance use disorder according to DSM-5 criteria. The age of the participants varies between 18 and 55; In the sample, different age, gender, education level and occupational groups are represented in a balanced way. Participation is based on a voluntary basis; The approval of the Ethics Committee and informed consent forms were

taken. The following standard measurement tools were used in the data collection process:

Beck Depression Scale (BDO): It was used to measure the depressive symptoms of the participants.

DSM-5 Clinical Evaluation Forms based on diagnostic criteria: It is the basic tool for diagnostic classification and determination of spouse diagnoses.

Barratt impulsivity scale (BIS-11): It was applied to measure impulsive behavior tendencies.

Semi -structured Demographic Information Form: It includes variables such as age, gender, education level, occupational status and family structure of the participants.

The data were collected by one -to -one applications in mental health centers, and measurements were made by psychiatrists and clinical psychologists. All measurements were applied under standard conditions and to ensure that the participants are evaluated in a comfortable environment. The data obtained were analyzed using SPSS 26.0 statistical program. The analysis techniques used are summarized below:

Descriptive Statistics: Summarizing demographic properties and clinical findings with frequency and average values.

Correlation Analysis (Pearson): Investigation of relationships between psychological variables and substance use level.

Multiple and hierarchical regression analyzes: Testing the predictive effect of psychopathological and societies on substance use level.

Opening Factor Analysis (EFA): Determination of structural patterns of psychopathological diagnoses.

Anova and T-tests: Analysis of significant differences between demographic groups.

The level of significance in all analyzes is accepted as  $p < .05$ . In addition, impact size and model conformity values have been reported.

### **Theoretical Frame**

Substance use disorders are a versatile mental health problem that disrupts the biopsychosocial functioning of the individual. The discipline of clinical psychology is not only with individual preference or biological predisposition; It proposes to evaluate with psychopathological patterns, developmental processes and social context. In this context, work; It is based on a holistic theoretical infrastructure shaped on the axis of psychodynamic, cognitive behavioral and attachment theories. Psychodynamic theory argues that the individual's early traumas, internal conflicts and breaks in self -structuring are the basis of addiction

behavior. According to Khantzian's "self -spraying hypothesis", the individual uses matter to suppress psychological suffering (Khantzian, 1997). Traumatic experiences, emotional neglect and inadequate attachment experiences stand out as the main factors that prepare the ground for addiction. The attachment theory argues that the attachment styles developed in childhood determine the way to deal with stress and establish relationships. In individuals with insecure attachment patterns, especially the fear of abandonment and the sense of internal emptiness can trigger substance use (Mikulincer & Shaver, 2007; Schindler & Sack, 2015).

Cognitive behavioral theory explains substance use through impaired non -functional thought patterns and deterioration in coping skills. According to this model, the use of substances provides temporary relief in the individual, but reinforces the dependence cycle in the long term (Beck et al., 1993). Cognitive features such as impulse, attention deficit and sensitivity to the reward system are effective in maintaining addiction behavior (Verdejo-García et al., 2008). Finally, the biopsychosocial model treats substance use as a situation caused by the interaction of biological predisposition, psychological fragility and social environmental factors (Engel, 1977). In this study, the inclusion of social factors such as psychopathological disorders, sociodemographic structures, family relations and social exclusion is based on this multidimensional model.

These theoretical foundations are based on interpretation in the data analysis of the research and contribute to clinical directions in terms of treatment models.

### **Argument**

The findings in this study show that substance use disorder is not only an individual tendency or biological -based disease, but instead is a complex structure shaped by psychopathological patterns, socioeconomic conditions, family structure and interaction of the cultural environment. In particular, the significant prediction of substance use of depression and impulse levels is directly parallel to the "self-spraying hypothesis" and Verdejo-García et al. (2008). The "mood-based" and "impulsive-behavioral" psychopathological clusters determined in the factor analysis support the validity of transdiagnostic approaches (Krueger, 1999; Kotov et al., 2017) and emphasizes the importance of dimensional models instead of diagnostic-based interventions. This reveals that case formulations in clinical psychology can be more functional than classical diagnostic systems. In addition, the findings of the study have shown that the social context in which the individual is in - for example, education level, unemployment, family structure and social exclusion experiences - has played a decisive role in substance use behavior. This finding supports the approach of Room (2005) as a result of structural inequalities. The conflicts experienced by

individuals in stigmatization, labeling and identity construction processes suggest that substance use can be interpreted not only as symptoms but also as a social response. Qualitative findings have made the effect of the individual's subjective experiences, emotional fragility and internal conflicts on addiction behavior. This confirms the validity of psychodynamic and attachment -based theories in the field once again (Mikulincer & Shaver, 2007). As a result, this research reveals that individual, psychopathological and structural variables should be analyzed together in understanding substance use disorders; It proposes an interdisciplinary approach to both academic literature and clinical practices.

## Findings

In this section, the distribution of psychiatric spousal diagnoses in individuals diagnosed with substance use disorder, the relationships with psychological and demographic variables and the folding effects of these variables on the level of substance use are presented.

### 1. Descriptive findings

67 %of 225 individuals participating in the study are male and 33 %are female. The average age of the participants is 28.6 (ss = 6.9). When the education level is examined, it is seen that the majority of the participants have high school and six education levels. 58 %of the participants have a history of psychiatric diagnosis in their families, and 71 %reported a traumatic life in childhood.

### 2. Psychological Variables and Substance Use

Beck depression scale scores indicate moderate and high level of depressive symptoms in 63 %of the participants. The impulsivity scores measured by BIS-11 were above the general average. In addition, positive significant relationships were found between attention deficit and impulse and frequency of substance use ( $r = .42, p < .001$ ).

### 3. Correlation Analysis

Correlation analyzes have shown that there are significant and positive relationships between depression ( $r = .48$ ), impulse ( $r = .51$ ) and attention deficit ( $r = .37$ ) levels and the frequency of substance use ( $p < .01$ ).

### 4. Regression Analysis Results

In multiple regression analysis, depression level ( $\beta = .34, p < .001$ ), impulse ( $\beta = .39, p < .001$ ) and age ( $\beta = -.18, p < .05$ ) were determined as significant predictors of substance use level. The model is generally significant ( $R^2 = .41, F(3, 221) = 18.76, p < .001$ ). In hierarchical regression analysis, psychological variables have higher explanation power compared to demographic variables ( $\Delta R^2 = .23$ ).

## 5. Factor Analysis Results

It has been determined that spouse diagnoses were collected under two basic factors according to the explanatory factor analysis: mood-based disorders (depression, bipolar disorder) and behavioral-discourse disorders (ADHD, Antisocial tendencies). KMO value .82; Bartlett test is significant ( $p < .001$ ), which shows that the factor structure is appropriate.

## 6. Differences by demographic variables

As a result of ANOVA and T-test analyzes, it was found that the level of substance use in male participants was significantly higher than women ( $T = 3.41, p < .01$ ), and the frequency of substance use in individuals with high school and six education levels was higher ( $F(2, 222) = 4.63, p < .01$ ).

## 7. Semi -structured interview themes

According to qualitative data analysis, the most frequently emphasized themes are as follows:

Emotional fragility and self-informlessness.

Traumatic childhood experiences and attachment problems.

Social Tag and exclusion.

Internal conflicts and search for identity in the process of quitting the matter.

## Discussion and Comment

In this study, the structure of psychiatric spouse diagnoses in individuals diagnosed with substance use disorder and their relationship with psychosocial variables were examined by multi -variable statistical analyzes. Findings are not limited to an individual preference or biological tendency; It reveals that it is a multi -layered process shaped by the interaction of psychopathological and sociodemographic factors. One of the most remarkable findings is that in the majority of the participants, diagnoses such as depression, attention deficit and impulse accompany substance use. This supports the phenomenon of "spouse diagnosis ilan previously emphasized in the literature (Grant et al., 2004; Volkow et al., 2016). In particular, the accompanying of depression as a means of coping of substance use is compatible with Khantzian's (1997) "Self-Medication Hypothesis". In multiple regression analysis, a significant prediction of depression and impulse levels of substance use shows that addiction behavior is closely related to mood regulation and impulse control disorders. This finding supports the addictive neuropsychological modeling of Verdejo-García et al. (2008). Furthermore, the fact that the age variable predicts negative substance use shows that young individuals are in a higher risk group and emphasizes the need for early intervention. As a result of factor analysis, the cluster of spouses in two

dimensions as “mood-based” and “impulsive-discretionary” disorders, Krueger (1999) and Kotov et al. (2017) coincides with the transdiagnostic psychopathology models presented by researchers. This distinction reveals the importance of customized approaches based on symptom clusters in treatment planning. Socioeconomically, meaningful relationship between low education level and unemployment with the frequency of substance use, Room (2005) and Galea et al. (2004). These findings show that drug addiction is not only an individual but also a structural problem, and that permanent solutions cannot be developed unless social inequalities are struggled. Themes such as emotional fragility, traumatic childhood experiences, social exclusion and loss of identity, which are obtained in semi-structured interviews, show that addiction should be addressed in the psychosocial context beyond the clinical assessment. The individual's view that the individual should be understood not only as a clinical case, but also in his own story and environmental context supports the holistic clinical psychology approach. As a result, this study strongly demonstrates that individual, psychological and social factors should be handled together in the evaluation of substance use disorders and intervention plans. The findings will contribute to both individual level of treatment practices and the shaping of community-based preventive policies.

## Conclusion

This study examined the distribution of psychiatric spouse diagnoses in individuals with substance use disorder, the relations between these diagnoses and the effects of sociodemographic factors with multi-variable statistical methods. The findings show that substance use disorders are not only at the individual level, but also a multidimensional problem intertwined with psychopathological and structural factors. Significantly predicting the level of substance use of psychological variables such as depression, impulsivity and attention deficit, reveals emotional and cognitive fragility that is under the basis of addiction behavior. In addition, factor analysis indicates that psychiatric diagnoses can be grouped in two dimensions based on mood and impulsivity, indicating that diagnostic systems should be rethinking with transdiagnostic models. Demographic findings reveal that especially low education level, young age and male sex are risk factors; It shows that socioeconomic disadvantages fueled addictive behavior. This shows that intervention strategies against substance use should be not only clinical but also on social policy-based.

Recommendations for practitioners:

Co-diagnosis screening should be included in clinical assessments and treatment planning should be privatized according to the individual's psychopathological profile.

In psychotherapeutic interventions, depression and impulse-oriented approaches, especially cognitive behavioral therapy and emotional regulation skills should be prioritized.

Family-based therapy approaches should be expanded; The individual's past attachment patterns and family relationships should be included in the evaluation.

Suggestions for Policy Developers and Social Workers:

Preventive public health policies should be developed to reduce socioeconomic inequalities.

Social campaigns that will prevent the stigmatization of individuals using substances and the projects of re-acquiring to society should be supported.

School and society-based early intervention programs for the young age group should be expanded.

Recommendations for Academic Research:

In future research, causal relationships should be examined in more depth by using longitudinal designs.

Repeating of the study with samples from different cities and socioeconomic structures will increase the generalizability of the findings.

The neuropsychological dimension of psychopathologies accompanying substance use should be examined in more detail.

In this context, the study proposes a multi-disciplined analysis model that contributes not only to clinical psychology but also to social work, psychiatry and public policy. Any intervention to be developed against substance use can only be effective with a holistic approach based on understanding with both psychological and social position.

## References

- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). <https://doi.org/10.1176/appi.books.9780890425596>
- Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1993). *Cognitive therapy of depression*. Guilford Press.
- Becker, S. J., Curry, J. F., & Yang, C. (2011). Longitudinal association between depression and substance use in adolescents: A systematic review and meta-analysis. *Addictive Behaviors*, 36(9), 979–986. <https://doi.org/10.1016/j.addbeh.2011.03.016>
- Engel, G. L. (1977). The need for a new medical model: A challenge for biomedicine. *Science*, 196(4286), 129–136. <https://doi.org/10.1126/science.847460>
- Galea, S., Nandi, A., & Vlahov, D. (2004). The social epidemiology of substance use. *Epidemiologic Reviews*, 26(1), 36–52. <https://doi.org/10.1093/epirev/mxh007>

Grant, B. F., Stinson, F. S., Dawson, D. A., Chou, S. P., Ruan, W. J., & Pickering, R. P. (2004). Co-occurrence of 12-month alcohol and drug use disorders and personality disorders in the United States: Results from the National Epidemiologic Survey on Alcohol and Related Conditions. *Archives of General Psychiatry*, 61(4), 361–368. <https://doi.org/10.1001/archpsyc.61.4.361>

Khantzian, E. J. (1997). The self-medication hypothesis of substance use disorders: A reconsideration and recent applications. *Harvard Review of Psychiatry*, 4(5), 231–244. <https://doi.org/10.3109/10673229709030550>

Kotov, R., Krueger, R. F., & Watson, D. (2017). A hierarchical taxonomy of psychopathology (HiTOP): A dimensional alternative to traditional nosologies. *Journal of Abnormal Psychology*, 126(4), 454–477. <https://doi.org/10.1037/abn0000258>

Krueger, R. F. (1999). The structure of common mental disorders. *Archives of General Psychiatry*, 56(10), 921–926. <https://doi.org/10.1001/archpsyc.56.10.921>

Luthar, S. S., & Latendresse, S. J. (2005). Children of the affluent: Challenges to well-being. *Current Directions in Psychological Science*, 14(1), 49–53. <https://doi.org/10.1111/j.0963-7214.2005.00333.x>

Mikulincer, M., & Shaver, P. R. (2007). *Attachment in adulthood: Structure, dynamics, and change*. Guilford Press.

Room, R. (2005). Stigma, social inequality and alcohol and drug use. *Drug and Alcohol Review*, 24(2), 143–155. <https://doi.org/10.1080/09595230500102434>

Sinha, R. (2008). Chronic stress, drug use, and vulnerability to addiction. *Annals of the New York Academy of Sciences*, 1141(1), 105–130. <https://doi.org/10.1196/annals.1441.030>

Turner, R. J., Lloyd, D. A., & Taylor, J. (2006). Physical disability and mental health: An epidemiology of psychiatric and substance disorders. *Rehabilitation Psychology*, 51(3), 214–223. <https://doi.org/10.1037/0090-5550.51.3.214>

United Nations Office on Drugs and Crime. (2022). *World drug report 2022*. <https://www.unodc.org/unodc/en/data-and-analysis/world-drug-report-2022.html>

Verdejo-García, A., Lawrence, A. J., & Clark, L. (2008). Impulsivity as a vulnerability marker for substance-use disorders: Review of findings from high-risk research, problem gamblers and genetic association studies. *Neuroscience & Biobehavioral Reviews*, 32(4), 777–810. <https://doi.org/10.1016/j.neubiorev.2007.11.003>

Volkow, N. D., Koob, G. F., & McLellan, A. T. (2016). Neurobiologic advances from the brain disease model of addiction. *New England Journal of Medicine*, 374(4), 363–371. <https://doi.org/10.1056/NEJMra1511480>

## About the Author



*\*Dr Ocak Korhan Özduru is a graduate of the Integrated Ph.D. Program in Clinical Psychology at St Clements University. He spent many years of his professional career working internationally as a computer engineer. During a time when artificial intelligence was not yet widespread, he led numerous innovative projects such as the "Talking Car," "Robotic Wheelchair for the Disabled," "Baby Stroller That Stops in Danger," "Directional Glove for the Visually Impaired," and "Autonomous Information Systems." With 12 registered patents, Özduru has drawn significant attention for his contributions. He later shifted his focus to the field of human brain and behavior and shaped his education accordingly.*

*In addition to his background in computer engineering, he did a Clinical Psychology Doctor at the University of St Clements, he completed a Bachelor's degree in Sociology and furthered his studies in Ireland in Physiology and Human Anatomy, Biology and Behavioral Psychology, as well as Human Nutrition and Food Safety. He also completed a certificate program at Harvard University titled "Fundamentals of Neuroscience, Part 3: The Brain," earning the title of Psycho-Sociologist. In 2016, he established a center called Potential in Sakarya, through which he helps individuals realize their potential while also continuing to train professionals and organize seminars. Combining EFT, NLP, and hypnosis techniques, Özduru has developed original methods such as Submental and ElectroEFT, which he uses to guide clients, institutions, and students.*

*He is also a student in the Child Development Program at Istanbul University. As a recognized author, Özduru has written several books, including "Bu mudur? Budur!", "Değişimle Randevu," and "Submental." In addition to his personal website [www.korhanozduru.com](http://www.korhanozduru.com), he has published hundreds of articles in various newspapers and continues to raise public awareness through his weekly television program titled "Bence with Korhan Özduru."*

*You can contact him at: [ocak@korhanozduru.com](mailto:ocak@korhanozduru.com)*

*Orcid ID: 0009-0000-3844-8917*

# THE IMPORTANCE OF LEADERSHIP AND COMMUNICATION IN SUPPLY CHAIN MANAGEMENT

Dr Sanet Jacobs\*

Why are leadership and communication important in Supply Chain Management to reduce total cost of ownership?

The significance of meaningful, accurate, and timely communication, as well as visible leadership, cannot be underestimated or overlooked. It is essential to consider and implement the following guidelines in a Supply Chain Management team.

## Communication

- Regular, meaningful, effective, and potent communication about the combined cost and defect reduction methodology and tools is crucial for ensuring buy-in and management of change. The content and context of the cost and defect reduction methodology are crucial for effective communication.
- To empower people to act on the vision, the team can eliminate obstacles to change by changing systems that significantly hinder the vision.
- To determine and debate confrontations, potential confrontations, and major favourable circumstances.
- The Company's competitive advantage, total cost of ownership, and employee opportunities should be conveyed through a compelling supply management vision for the future.
- To use every possible method to advocate for the new vision and strategies. Good examples of communication to be effective are road shows, brown paper exercises, screensavers, word-of-mouth, train-the-trainer, and attending business process meetings and town halls to share information.
- To ensure everyone is reached so that the questions listed hereafter can be answered:
  - What needs to be communicated?
  - To whom and by whom should it be communicated?
  - Where?
  - When is the most suitable time to distribute information?
  - What steps will be taken to disseminate the information and collect feedback?
  - What communication resources are already available in The Company?
  - How will leaders know when their teams have finished their work?
- Consistent sharing of information and accomplishments allows for insight into the stories and quick wins.

## Leadership

- The leaders must continually train on total cost of ownership methodologies and mechanisms to form a guiding coalition.
- Executive sponsorship, consolidated administration, and company-wide support are vital to achieving total cost of ownership and defect reduction.
- Visibility of the methodologies and strategies is to hold senior leaders responsible and accountable for reducing the total cost of ownership (visible leadership).
- The Supply Management leadership must provide early warning signs for removing barriers.
- Use a comprehensive, enterprise-wide approach to maximize economies of scale, prevent duplication, and ensure standards remain consistent.
- Review the current operating model and create guidelines for future requirements that consider both internal and external options, while placing value, risk, and speed in proportion.
- Employees and service providers must be recognized as partners.

In a nutshell, it is crucial to have two key enablers: effective communication and visible leadership are essential to ensuring success in reducing the total cost of ownership.

## About the Author



*\*Dr Sanet Jacobs is a Dedicated Executive Management Professional with 30 years of industry experience, including 15 years in senior leadership positions, with a versatile background across diverse industries such as Petrochemical and Coal, Base Metal, and Platinum Mining [PGM]. She holds a Bachelor of Commerce Honours; Northwest University, a Master of Commerce in Business Economics; UNISA, a Doctor of Philosophy in Business Management; UNEM and recently received a Doctor of Business Administration with SCPU. Email: [salibertas@mweb.co.za](mailto:salibertas@mweb.co.za)*

# FEDERALISM IN PRACTICE: ASSESSING LOCAL GOVERNANCE AND DEVELOPMENT OUTCOMES IN SOMALIA'S FEDERAL MEMBER STATES

Dr Sharif Sheikh Amin\*

(Ph.D Department of Political Science - St Clements University)

*This is a summary from the paper written for the recently awarded St Clements University Doctor of Philosophy (Ph.D) degree.*

*The complete version of this summarised article is available at:*

<http://stclements.edu/grad/gradsharif.pdf>

## Abstract

Somalia's transition to federalism was intended to decentralize power, promote stability, and enable equitable development. Yet more than a decade later, its federal system exhibits wide disparities in governance and service delivery across Federal Member States (FMS). This paper examines how federalism has shaped subnational development outcomes in three FMS—Puntland, Jubaland, and South West State—using a comparative case study approach. Drawing on government reports, donor data, and semi-structured interviews with state officials, the study analyzes institutional capacity, intergovernmental relations, and public service performance. Findings reveal a persistent gap between formal federal principles and practical governance realities: while Puntland demonstrates relative institutional maturity, South West suffers from weak administrative capacity and donor dependence, and Jubaland falls somewhere in between. The paper argues that uneven institutional development and unclear fiscal arrangements undermine the goals of federalism. It concludes with policy recommendations to strengthen intergovernmental coordination, build local capacity, and align donor support with domestic development plans. The findings contribute to broader debates on federalism in fragile states and the challenges of post-conflict state-building in the Global South.

**Keywords:** *Federalism; Somalia; State-building; Local governance; Post-conflict development; Decentralization*

## 1. Introduction

Somalia's adoption of a federal constitution in 2012 marked a significant shift in its governance trajectory. While the federal model was envisioned as a means to decentralize power, reconcile diverse clan interests, and enhance local development, its implementation has been fraught with challenges. This paper investigates how federalism has shaped governance and development across three Federal Member States (FMS)—Puntland, Jubaland, and South West State—drawing on field interviews, policy documents, and development indicators. It addresses the question: how does federalism influence development outcomes in Somalia's fragile political environment?

## 2. Literature Review and Conceptual Framework

This section reviews theoretical and empirical literature on federalism, particularly its application in post-conflict and fragile contexts. Federalism is often promoted as a conflict-resolution mechanism and a governance model that enhances state responsiveness. However, evidence from countries like Iraq, Nigeria, and South Sudan shows that federalism can also exacerbate divisions. In Somalia, literature is divided: some scholars argue that federalism is essential for managing clan diversity, while others see it as institutionalizing fragmentation.

## 3. Methodology

This paper adopts a qualitative comparative case study approach. The selection of Puntland, Jubaland, and South West State represents variation in institutional capacity, historical autonomy, and federal relations. Data was collected through document analysis (national and state-level development plans, donor reports) and semi-structured interviews with officials in each FMS. Key indicators analyzed include public service delivery (health, education), budget autonomy, and intergovernmental coordination.

## 4. Case Study Findings

Puntland, with its early history of autonomy, exhibits relatively higher institutional capacity, coordinated planning, and predictable budget management. Jubaland has made progress but faces contested

governance and federal interference. South West State remains heavily dependent on federal and donor support, with weak administrative systems and limited service delivery reach. The variation reflects not only institutional maturity but also donor engagement patterns and political alignment with Mogadishu.

## 5. Comparative Discussion

The comparative analysis of Puntland, Jubaland, and South West State reveals a clear pattern: federalism in Somalia operates within a highly asymmetrical and often politicized context. Puntland's relative institutional maturity can be linked to a longer history of semi-autonomous governance, clearer administrative structures, and consistent external support. In contrast, South West State struggles with both administrative fragility and political fragmentation. These findings suggest that the Somali federal model—while promising in theory—suffers from poor implementation, unclear fiscal frameworks, and elite bargaining.

## 6. Conclusion and Recommendations

This paper has shown that while federalism in Somalia aims to enable localized governance and equitable development, in practice it has resulted in uneven state performance and institutional fragmentation. To move forward, the Somali government and its partners must: (1) clarify fiscal arrangements, (2) invest in state-level capacity building, and (3) better coordinate donor support. Future research should examine citizen perceptions of federalism and long-term impacts on national integration and stability.

## References

- Bradbury, Mark. 2008. *\*Becoming Somaliland\**. London: Progressio.
- Hagmann, Tobias, and Markus V. Hoehne. 2009. "Failures of the State Failure Debate: Evidence from the Somali Territories." *\*Journal of Modern African Studies\** 47(1): 43–76.
- Menkhaus, Ken. 2018. "Elite Bargains and Political Deals in Somalia." London: Stabilisation Unit.
- Puntland State Government. 2021. *\*Puntland Development Plan IV (2020–2024)\**. Garowe: Ministry of Planning and International Cooperation.
- Somali Ministry of Planning. 2020. *\*NDP-9: Ninth National Development Plan 2020–2024\**. Mogadishu: MoPIED.
- UNDP Somalia. 2022. *\*Local Governance and Decentralization Report\**. Mogadishu: UNDP.
- Watts, Ronald L. 2008. *\*Comparing Federal Systems\**. Montreal: McGill-Queen's University Press.

World Bank 2021. *\*Somalia Federalism and Service Delivery Assessment\**. Washington, DC: World

## About the Author



*\*Dr Sharif Sheikh Amin in 1986-1990 earned a B.A. degree in English major/History minor, from Somali National University. This was followed in 2017-2020 by a B.A. degree in Political Science, concentrating on International Relations, from Mogadishu University. He also earned a Certificate in Law Enforcement, Indianapolis Marion County Sheriff's/Police Academy, in 2007 with emphasis on; US legal system, Criminal Justice, criminology, law enforcement administration, Indiana. USA. Dr Sharif Sheikh Amin was recently awarded his Ph.D from St Clements University in 2025.*

*He may be reached at [senioradvisor.spf@gmail.com](mailto:senioradvisor.spf@gmail.com).*

# PSYCHOSOCIOLOGICAL FACE OF DIVORCE IN MODERN SOCIETY: CAUSES, CONSEQUENCES AND SOCIAL EFFECTS

**Professor Dr Kursat Sahin Yildirim\***

*St Clements University - Alumni Member*

## **Abstract**

This study aims to examine the psychological and sociological dimensions of the phenomenon of divorce in modern society. The increase in the divorce is not limited to the dissolution of inter-individual relations; It also triggers the transformation of the social structure. In the study, the main causes of divorce include individual expectation changes, economic independence, communication problems and the transformation of social norms. In addition, the psychological effects of divorce in the individual-depression, loneliness, post-trauma stress and emotional and developmental consequences on children are also mentioned. From a sociological point of view, it was found that divorce shook confidence in the family institution, spread restructured family models and contributes to social dissolution. The article aims to analyze the multi-layered consequences of divorce both at the individual and social level and to develop suggestions for future social policy and family counseling practices.

**Key Words:** *Family Structure, Divorce, Effects on Children, Modern Society, Psychosocology, Social Transformation.*

## **Introduction**

Divorce is a complex process that directly affects not only the private lives of individuals, but also the family institution, one of the basic building blocks of society. In the sociological context, this dissolution in the family structure; While it is considered as a result of social norms, cultural values and economic variables, divorce in the psychological level; It manifests itself as a deep break that shook the mental integrity, the perception of identity and interpersonal relations of individuals. While divorce in traditional societies is a rare and exceptional situation, there has been a remarkable rise in the divorce rates with increasing individualization, women's participation in the labor force, increase in education level and spreading communication technologies. This rise is not only a result of individual unhappiness, but also an indication of social transformation. Psychologically, the divorce process can lead to intense emotional reactions such as depression, anxiety, anger, guilt and loneliness in individuals; Sociological divorce, gender roles, evolution of family structure and social policy requirements are evaluated in a wider context. In addition, the effects of divorce on children,

developmental psychology and pedagogically form a separate field of study. This study, taking the phenomenon of divorce both at the individual and social level; It aims to analyze the causes, consequences and psychosocial effects in this process from a holistic perspective. At the same time, the reflections of divorce on children and the attitude of the society to divorced individuals will be examined and the function of intervention and support mechanisms will be discussed.

## **Methodology**

This study was conducted based on one of the qualitative research patterns (literature screening), one of the qualitative research patterns. In the study, national and international academic resources, which deals with the psychological and sociological aspects of the phenomenon of divorce in modern society, are systematically scanned. The literature screening method offers a descriptive approach aiming to evaluate the existing information and to determine the current trends in the field (Yildirim & Şimşek, 2021). As data sources, the articles, books and reports between 2000-2024, which can be accessed from Google Scholar, TUBITAK ULAKBIM, JSTOR, Scienedirect and Web of Science databases, were examined. The selected sources consist of studies covering the psychological effects of divorce on the individual (e.g. depression, anxiety, and loneliness), domestic relations, the development of children, the transformation of social norms and the changes in family structure. In the selection of resources, refereed magazines were published and original and referenced works were preferred. The data were evaluated by thematic analysis method. The reasons for the phenomenon of divorce, individual consequences and social effects are determined as the main themes; Content analysis was performed by classifying sub-concepts (for example, economic independence, communication problems, individualization, norm change) under each theme. The findings obtained through this method aim to provide a theoretical and practical framework to understand the multifaceted effects of divorce at the individual and society level.

## **Literature Review**

Divorce, sociology and psychology are one of the common interests of the disciplines and have become a versatile phenomenon that affects the dynamics of the social structure, not only an individual decision. Social

values that have changed since the second half of the 20th century, the rise of individualization, the increase in women's participation in labor and the transformation of the meaning imposed on marriage caused the divorce rates to rise globally (Amato, 2010; Giddens, 1992). In the literature regarding the causes of divorce, the following factors stand out: Communication problems, unfaithful, economic problems, emotional neglect, expectation of expectation between spouses and the search for individual freedom (Karney & Bradbury, 1995; Gürkan, 2018). Especially in postmodern society structures, the individual's desire to realize self-realization makes the sustainability of relations difficult and the ways of leaving marriage find a more legitimate ground (Beck & Beck-Gernsheim, 2001). The effects of psychological divorce on the individual are quite comprehensive. After divorce, trauma, anxiety disorders, depression, loneliness and low self-esteem are observed (Hetherington & Kelly, 2002; Kalmijn & Monden, 2006). In particular, the emotional and economic risks experienced by women and children after divorce are frequently emphasized in the literature (Demo & Fine, 2010). For children, divorce, attachment problems, decrease in academic performance, behavioral disorders and difficulty in social relations can have negative consequences (Kelly & Emery, 2003). However, some studies do not always have devastating effects on children; It also argues that leaving a conflicting marriage environment can be healthier for the child (Amato & Afifi, 2006). In the sociological context, the social effects of divorce have become increasingly visible. Divorce causes the restructuring of not only individuals, but also family system, social support networks and social norms. Results such as the increase of single-parent families, the transformation of domestic roles and the stretching of gender norms are among the structural effects of divorce (Cherlin, 2004; Aysan & Özben, 2012). In general, the literature shows that divorce is a multidimensional process and has a structure that reflects and transforms individual-society interaction. In this context, the phenomenon of divorce is not only a legal process; It also reveals that it should be considered as a cultural, psychological and sociological phenomenon.

### **Argument**

The basic argument of this study is that the phenomenon of divorce in modern society is not only an inter-individual legal and emotional decomposition, but also a reflection of a comprehensive psychosocial transformation. In this context, divorce leads to breaks in the inner world of the individual, while at the same time causes redefining the family structure, stretching of social norms and changing the relationship patterns. The ideology of individualization of modernity accelerated the dissolution of the traditional family structure; Marriage has become a choice, not a necessity. With this transformation, expectations from marriage increased and emotional satisfaction, psychological harmony and freedom has come to the

fore. This reduces the sustainability of marriages and positions divorce as a means of solution of individual dissatisfaction. The divorce process creates deep psychological effects on individuals; Depression leads to consequences such as loss of self-confidence and loneliness. At the same time, there are risks such as emotional uncertainty, attachment problems and academic incompatibility for children (Hetherington & Kelly, 2002). In the social level, the increasing divorce rates damage the perception of legitimacy on the family institution; With the proliferation of single-parent families, it necessitates new regulations on social services and education policies (Karataş & Çelik, 2020).

### **Finding**

The findings of this study reveal that divorce is a multi-layered and multidimensional psychosocial phenomenon. Analysis based on literature screening is not only an emotional dissolution between individuals; It also shows that family, children and the social structure bring about the transformation. The findings are collected in five main themes: psychological foundations, sociological dynamics, effects on children, social reflections and support mechanisms. Long-term emotional exhaustion in marriages stands out as one of the main psychological reasons for divorce. Research shows that lack of communication between couples, lack of empathy and emotional disconnection leads to the end of marriages by reducing marriage satisfaction (Karney & Bradbury, 1995). It has been stated that individuals with non-secure connection in terms of attachment styles have difficulty in establishing emotional proximity in long-term relationships and this situation causes alienation among couples (Fraley & Shaver, 2000). It is often seen that traumatic experiences are behind the divorce decision. Factors such as deception, physical and psychological violence, neglect are opening deep wounds in the individual; Especially in women, it leads to psychopathological symptoms such as post-traumatic stress disorder, low self-esteem and depression. In addition, it has been reported that anxiety disorders have become widespread in individuals living in chronic conflict environment (Amato, 2010). Domestic conflicts in childhood, parental modeling and lack of safe attachment directly affect individuals' marriage relations in future life. It has been shown that individuals who grow up in a divorced or conflicting family have a lower level of confidence in their marriages and look at marriage more negatively (Amato & Booth, 1997).

In addition, the fact that individuals who experience lack of love in childhood exhibit excessively dependent or excessive-distance attitudes to their partners do increases the risk of divorce. The economic and social independence of women in modern society has been an important factor that facilitates the divorce decision. The questioning of traditional roles, the tendency of women not to tolerate the inequalities in marriage, and the process of individualization forces the

sustainability of marriages. The increase in the capacity of women to survive alone has led to the normalization of out-of-marriage forms of marriage, which has no longer a mandatory social norm. In the literature, it is emphasized that divorce rates in big cities are much higher than rural areas. The freedom of individual movement offered by urban life, the cultural dissolution and the intense stress environment causes marriages to become more fragile. Modern life, where solidarity between individuals decreases and extended family structures are broken down, can cause the problems in marriage to remain unresolved. Today, social media and popular culture fuel the myth of impatience and “ideal relationship”.

The defining of relationships through “instant satisfaction”, not labor, directs individuals to give up relationships quickly. Divorce in the media is often presented with positive themes such as “gain of freedom” or “rebirth”; This carries the perception of divorce to a more normalized ground. The effects of divorce on children vary according to the age, development level and the nature of the inter-parent relationship. Fall in school success, inward closure, anger fits and behavioral problems are the most common symptoms. Divorce, especially for children in adolescence, can cause identity confusion and incompatibility in friendly relationships. Children tend to internalize conflicts between parents during the divorce process. This may create conflicts of guilt, feeling responsible and loyalty. Furthermore, the indecision of children about which parent will spend more time with the feeling of belonging damage the sense of belonging. Research shows that common parental models and healthy communication play a critical role in reducing the negative effects of divorce (Lebow & Newcomb Pill, 2007). Access to psychological counseling services allows the child to maintain his healthy bond with both parents; This supports emotional development. The phenomenon of divorce questions the traditional “core family” model; Restructured family forms (single parent, wife parent, step morn) become more common. This also feeds prejudices against divorced individuals in society.

Social stigmatization, especially for women, leads to more severe consequences; Weakens social support networks. Women become more fragile after divorce both economically and socially; The chances of re-marrying decreases and child care responsibility remains mostly on women. In men, emotional loneliness and identity crisis can be experienced with the change of social roles. It is recommended to make psychological evaluations compulsory in divorce processes; These assessments facilitate the definition of psychosocial risks of both children and individuals. It is emphasized that family policies should be arranged in a way that is not individual-centered, but with a multi-actor and social justice (Demir & Kaya, 2020). Individual therapy, double therapy and family therapies, which are presented before and after divorce processes, allow them to evacuate emotional loads and to build healthy decision-making processes. Counseling

processes contribute positively both in the solution of conflicts between couples and in the adaptation processes of children. Family members, friends environment, business environment and social service institutions; It plays a supportive role in the re-social adaptation of divorced individuals. Community centers and non-governmental organizations provide consultancy and guidance services, especially for economic disadvantaged individuals. Social awareness campaigns prevent divorce from being perceived as “social failure”; It aims to transfer to society that divorce is a healthy process that can be managed in a healthy way. The inclusion of responsible representations in the media helps to develop social consciousness that will prevent the damage to children in this process.

## Conclusion

Divorce is one of the most shocking transition processes in the individual's life and is not only the end of a relationship between spouses. This process can lead to a crisis that tests the psychological strength of individuals, while for children, developmental breaks and uncertainties in a sense of belonging. At the same time, divorce is a sociological phenomenon that causes society to redefine the family structure. As revealed in this study; The reasons for the divorce are beyond the emotional breaks and communication problems between individuals and are related to multi-layered dynamics such as gender roles, cultural expectations, economic independence and individualization. The strengthening of the position of women in social life, the alienation of modern life and the impact of social media on relations, sometimes make divorce a choice and sometimes make a necessity. The effects of divorce on children should be considered as an intervention area in itself. In particular, common custody practices, child-friendly divorce processes and psychoeducational studies for parents are vital in terms of minimizing the negative effects. The prejudices developed by the society for divorced individuals cause these people to experience social isolation and increase their psychological burdens. In particular, women have to cope with both social and economic pressures. Men are lonely because they cannot express their emotions and they are experiencing identity chaos. It is necessary to increase the support services after divorce, to expand consultancy systems and to provide a more inclusive structure of family policies. The social awareness of the healthy management of the divorce through media and education should be increased. As a result, divorce is not an end; It is the first step of a new beginning when managed healthy. Societies need to stop seeing this breakage of individuals as a “failure”, and redefine it in the light of psychological and sociological realities. Because the real issue is not the existence of divorce but how this process is experienced and how it is managed.

## Resources

- Amato, P. R. (2010). Research on divorce: Continuing trends and new developments. *Journal of Marriage and Family*, 72(3), 650–666.  
<https://doi.org/10.1111/j.1741-3737.2010.00723.x>
- Amato, P. R., & Afifi, T. D. (2006). Feeling caught between parents: Adult children's relations with parents and subjective well-being. *Journal of Marriage and Family*, 68(1), 222–235.
- Amato, P. R., & Booth, A. (1997). *A generation at risk: Growing up in an era of family upheaval*. Harvard University Press.
- Aysan, F., & Özben, Ş. (2012). Boşanmanın kadın ve çocuk üzerindeki psikososyal etkileri. *Sosyal Politika Çalışmaları Dergisi*, 11(1), 87–105.
- Beck, U., & Beck-Gernsheim, E. (2001). *Individualization: Institutionalized individualism and its social and political consequences*. SAGE Publications.
- Cancian, M., & Meyer, D. R. (2004). Alternative measures of economic success among divorced women. *Family Relations*, 53(3), 262–271.
- Cherlin, A. J. (2004). The deinstitutionalization of American marriage. *Journal of Marriage and Family*, 66(4), 848–861.
- Conger, R. D., Elder, G. H., Lorenz, F. O., Conger, K. J., Simons, R. L., & Whitbeck, L. B. (1990). Linking economic hardship to marital quality and instability. *Journal of Marriage and Family*, 52(3), 643–656.
- Demo, D. H., & Fine, M. A. (2010). *Beyond the average divorce*. SAGE Publications.
- Dew, J. (2009). The association between consumer debt and the likelihood of divorce. *Journal of Family and Economic Issues*, 30(4), 449–458.  
<https://doi.org/10.1007/s10834-009-9166-0>
- Fraley, R. C., & Shaver, P. R. (2000). Adult romantic attachment: Theoretical developments, emerging controversies, and unanswered questions. *Review of General Psychology*, 4(2), 132–154.
- Giddens, A. (1992). *The transformation of intimacy: Sexuality, love, and eroticism in modern societies*. Stanford University Press.
- Gürkan, U. (2018). Boşanma olgusunun psikolojik ve sosyal boyutları. *Türk Psikolojik Danışma ve Rehberlik Dergisi*, 6(50), 55–70.
- Hetherington, E. M., & Kelly, J. (2002). For better or for worse: Divorce reconsidered. W. W. Norton & Company.
- Kagıtcıbaşı, C. (2005). Yeni insan ve insanlar: Kültürel psikolojiye giriş. Evrim Yayınevi.
- Kalmijn, M., & Monden, C. W. (2006). Are the negative effects of divorce on well-being dependent on marital quality? *Journal of Marriage and Family*, 68(5), 1197–1213.
- Karataş, Z., & Çelik, B. (2020). Boşanmanın çocuklar üzerindeki etkileri: Güncel araştırmaların analizi. *Çocuk ve Gençlik Ruh Sağlığı Dergisi*, 27(1), 23–34.  
<https://doi.org/10.4274/cgrs.2020.134>
- Karney, B. R., & Bradbury, T. N. (1995). The longitudinal course of marital quality and stability: A review of theory, methods, and research. *Psychological Bulletin*, 118(1), 3–34.
- Kelly, J. B., & Emery, R. E. (2003). Children's adjustment following divorce: Risk and resilience perspectives. *Family Relations*, 52(4), 352–362.
- Lebow, J. L., & Newcomb Rekart, K. (2007). Integrative family therapy for high-conflict divorce with disputes over child custody and visitation. *Family Process*, 46(1), 79–91.
- Mahoney, A., Pargament, K. I., Murray-Swank, A., & Murray-Swank, N. (2001). Religion and the sanctification of family relationships. *Review of Religious Research*, 43(2), 124–142.
- Smock, P. J., Manning, W. D., & Gupta, S. (1999). The effect of marriage and divorce on women's economic well-being. *American Sociological Review*, 64(6), 794–812.
- Toprak, B. (2017). Türkiye'de kadın olmak: Boşanma ve toplumsal algılar. *Toplum ve Bilim*, 139, 41–67.
- Turkle, S. (2011). *Alone together: Why we expect more from technology and less from each other*. Basic Books.
- White, L., & Rogers, S. J. (2000). Economic circumstances and family outcomes: A review of the 1990s. *Journal of Marriage and the Family*, 62(4), 1035–1051.
- Wolfinger, N. H. (2005). *Understanding the divorce cycle: The children of divorce in their own marriages*. Cambridge University Press.
- Yıldırım, A., & Şimşek, H. (2021). *Sosyal bilimlerde nitel araştırma yöntemleri* (12. Baskı). Seçkin Yayıncılık.

## About the Author



*\*Prof. Dr Kursat Sahin Yildirimer is a graduate of the Department of Sociology. After completing his undergraduate studies, he earned a Master's degree in Family Counseling with a thesis titled "The Impact of the Family on Marriage Choices." He then completed his second Master's degree with a thesis on "Bipolar Disorder," specializing in Clinical Psychology.*

*Prof. Dr Yildirimer began his academic career by completing his Doctoral dissertation in Clinical Psychology on "Psychological Factors of Suicide." He also received his Doctor of Letters degree in Social Psychology from St Clements University.*

*Prof. Dr Yildirimer, who deepened his expertise in Clinical Psychology, served as an Associate Professor in the Department of Clinical Psychology at St Clements University, where his academic achievements led him to the rank of Professor in Psychology. Prof. Dr Kursat Sahin Yildirimer is an Alumni Member of the Department of Psychology at St Clements University.*

*Prof. Dr Yildirimer is a respected academician who has published over 100 scientific articles at the international level.*

*He is also the author of the following books:*

*"Psychological Factors of Suicide"*

*"Your Child Grows and Changes"*

*"The Child Within Us"*

*"Crime and Guilt"*

*"The Relationship Between Family Structure and Crime: The Trap of Desire: Sexual Drive and Infidelity"*

*"The Societal Criminal Changed My World"*

*With his extensive knowledge in the fields of Clinical Psychology, Social Psychology and Family Counseling, he continues to make significant contributions both in the academic world and in the applied field.*

*Communication: [kursatsahinyildirimer@gmail.com](mailto:kursatsahinyildirimer@gmail.com)*

*Orcid ID: 0000-0001-5896-2956*

# WHY SHOULD EVERY BUSINESS CARRY OUT PEP AND SANCTION SCREENING OF THEIR SUPPLIERS?

**Dr Abraham Daniel Bosman Grobler\***

*(Ph.D Business Management, DBA Supply Chain Management)*

Although global consumer confidence has already suffered a much sharper decline than during the run-up to previous global recessions, the reasons for ensuring that a business conducts PEP and Sanction screening of suppliers they deal with, are increasing. The global economy is growing slower than expected, but this does not prevent companies from dealing with corrupt directors of the supplier they deal with.

Politically Exposed Person or otherwise referred to as PEP screening is conducted on an individual, normally a director of a company who is in a position of power, against international watchlists, including sanction lists to determine their risk score.

Sanction screening is conducted on companies or individuals, against an ever-changing watchlist of businesses, organisations, individuals, and government agencies to protect against fraud and illicit activity.

Why is PEP and sanction screening important? Corruption is an ever-growing global problem and there are various reasons why companies should conduct PEP and sanction screening on their suppliers namely:

- To ensure that a company protects its reputation, its revenue, and its capital.
- Fraud prevention for it is politically aimed at stopping activities such as bribery, corruption and money laundering.
- PEPs are high-risk suppliers with a higher degree of opportunity to acquire money or assets through illegal practices such as bribery or money laundering.
- Reduce the company's risk of financial exposure.
- It further reduces the company's risk to deal with money launderers and supports AML policies.
- It reduces the opportunity to fund terrorism.
- It upholds international and national laws.
- It protects human rights.
- It helps to identify and prevent financial crimes.

When conducting vetting on an individual or a company, it is sometimes the least expected individual or company that has some links to an illicit action.

Companies can no longer do business with suppliers without understanding their exposure, as high-risk suppliers could cause irreparable damage to a company's reputation and could pose a great financial risk. It is worth every cent to conduct such a check on an individual or business before awarding any significant business to these entities.

## About the Author



*\*Dr Abraham Daniel Bosman Grobler has more than 33 Years of Supply Chain Experience and has excellent Negotiation and Strategic Decision-making Skills. He is currently Managing Director of Prochain Best Practice Supply Chain Solutions (Pty) Ltd. He has recently received his Doctor of Business Administration in Supply Chain Management from SCPU. He also holds an MBA (with Distinction); Queen's University of Brighton, California, USA and a Doctor of Philosophy in Business Management; UNEM, USA. Email: [awie.grobler@prochain.co.za](mailto:awie.grobler@prochain.co.za)*

# THE RELATIONSHIP BETWEEN PSYCHOLOGICAL CAPITAL (HOPE, RESILIENCE, SELF-EFFICACY) AND PERFORMANCE IN THE WORKPLACE

Assoc. Prof. Yesim Sirakaya\*

*St Clements University - Department Head of Labor Economics and Industrial Relations*

## Abstract

This study aims to evaluate the relationship between hope, durability and self-efficacy, which is the three main components of psychological capital in the workplace in a theoretical framework. In this study conducted by literature screening method, the definitions, development processes and reflections of the relevant concepts in the organizational context are discussed in detail. As a result of the investigations, it was seen that psychological capital has direct and indirect effects on employee performance, and this effect became more pronounced especially in the work environments where uncertainty and stress are intense. Hope, the individual's motivation for the target; self-efficacy, strengthening the belief in accomplishing tasks; Durability represents the recovery capacity in moments of crisis. The findings in the literature show that these components make positive contributions not only to individual goodness, but also to job satisfaction, task performance, organizational commitment and innovative behaviors. The results of the study reveal the importance of strategies for the development of psychological capital in human resources policies and offer a theoretical basis for future empirical research.

**Keywords:** *Durability, employee performance, hope, labor psychology, positive organizational behavior, psychological capital, self-efficacy.*

## Introduction

In today's business world, employees are not only expected to have technical knowledge and duty competence, but also to rapidly adapt to changing conditions, cope with uncertainty and protect their internal motivation. In this context, the role of individuals' psychological resources on organizational performance is becoming more and more important. In particular, the reflection of positive psychological features on business life directly affects not only individual success, but also the sustainable competitiveness of institutions. In this context, the concept of "Psychological Capital" offers a structural framework that centers employees' lives with positive mental structures and has a strong place in the organizational literature. Psychological capital is mainly related to the ability of the individual to develop resistance to the difficulties he faces in business life, to preserve his belief in success and to produce alternative ways to achieve his goals.

Components such as hope, self-efficacy and durability are the cornerstones that make up the psychological strength of the individual. These components are related not only to individual goodness, but also with outputs such as task performance, problem solving skills and organizational commitment. Studies in the literature reveal that these concepts have significant relationships with direct measurable performance indicators. However, what makes psychological capital valuable is not only measurability; it can also develop, it is a resource that is open to education and intervention. Traditional factors that affect business performance - for example experience, knowledge level, technical skills - have been prioritized for many years. However, recent research shows that the confidence (self-efficacy) of the individual (self-efficacy) and the level of hope and the endurance of the crisis are as critical as technical skills. These psychological sources not only facilitate the cope of the individual with difficulties, but also support their commitment, productivity and innovation capacity. Individuals with strong psychological capital can progress in stressful situations, maintain their target-oriented behavior and contribute without losing their internal motivation. This study aims to examine the effects of these structures on employee performance in a theoretical framework by taking the three basic components of psychological capital, hope, self-efficacy and durability. In the light of empirical and theoretical studies in the literature, the dynamic structure of the interaction between psychological capital and performance will be discussed; The importance of this structure in terms of organizational practices and human resources management will be evaluated. Thus, it is aimed to contribute to the academic literature and to develop suggestions that can lead to organizational practices.

## Methodology

This study is a qualitative study based on literature screening that examines the relationship between hope, endurance and self-efficacy, which is the components of psychological capital in the workplace, on the theoretical level. The aim is to systematically evaluate the current academic knowledge, to explain the relationships between these variables and to bring together current scientific findings in this field. The literature screening method has been preferred as an appropriate method to reach the previous studies on research, to evaluate the theoretical approaches and to

conduct comparative analysis between the findings. In the study, a comprehensive literature was realized in national and international academic databases (Google Scholar, APA PSYCINFO, Web of Science, Web of Science, SCOPUS and ULAKBIM) within the framework of key concepts such as "psychological capital", "employee performance", "self-efficacy", "hope", "durability", "positive organizational behavior" and "business psychology". During the screening process, scientific articles, books, commodities and systematic reviews in the refereed journals have been published in the last 15 years. In particular, the psychological capital model developed by Luthans et al. (2007) and empirical studies related to this model have been evaluated as a priority. In order to ensure the validity of the study during the selection of the source, only scientific basis, methodologically consistent and directly related publications are included. A total of more than 60 original studies have been examined and nearly 30 publications have been analyzed in detail, which directly deals with the psychological capital and performance relationship. In the classification of the findings, the thematic analysis approach was used and the findings in the literature were presented separately for each psychological capital component. This methodological approach both provides the theoretical depth and allows to evaluate the relationship between psychological capital and working performance as multidimensional. This literature -based compilation study aims to prepare the ground for future empirical research by providing a qualitative synthesis. It also aims to provide a strategic perspective of how organizations can improve psychological capital in human resources practices.

## **Literature Review**

Target focus and strategic flexibility are important determinants of employee performance, and these competencies are directly associated with the level of hope. Hopeful individuals not only set a target, but also revitalize alternative ways to this goal in your mind and manage the process by changing strategy when necessary. The literature reveals that employees with high hope levels are more creative, resistant and productive (Rego, Marques, Leal, & Sousa, 2010). In addition, it has been reported that hopeful individuals are more successful in problem solving and decision -making processes and thus increasing their capacity to maintain their performance (Snyder, 2002). This shows that hopeful employees make a positive contribution not only to individual but also to team performance. Durability is related to its capacity to cope with stressful situations, to maintain rapid recovery after crises and to maintain motivation. Organizational change, uncertainty, time pressure and workload, such as stress resources such as organizational change, high -resistance to burnout is likely to survive (Jackson, Firkko, & Edenborough, 2007). Especially in times of crisis, the ability to maintain performance shows how critical the durability is for organizational success. Luthans et. (2006) stated that durability in

psychological capital plays a decisive role in protecting the motivation of employees and combating difficulties. In the literature, it is emphasized that individuals with high durability have higher labor satisfaction and organizational commitment, and thus fulfill their duties more effectively (Youssef & Luthans, 2007). Self-efficacy expresses his belief that the individual can successfully complete a task and this belief is decisive on the level of work motivation and effort. Employees with high self-efficacy perception prefer to take responsibility instead of avoiding difficult tasks, learn from their mistakes and focus on the possibility of success (Bandura, 1997). Luthans et al. (2005) shows that individuals with high self-efficacy are more determined in their work, that their task completion skills are more advanced and that this situation reflects directly to performance. Self-efficacy also supports the individual's more independent and creative behavior by reducing the need for routing especially in uncertain tasks. Although psychological capital components can affect performance separately, the holistic structure of this concept deepens the effect on performance. Meta-Analytic studies show that individuals with high PSYCAP levels exhibit not only higher task performance, but also more powerful contextual behaviors (help, responsibility, etc.) (Avey, Reichard, Luthans, & Mhatre, 2011). Studies in different sectors show that the impact of psychological capital is more pronounced in the service sector and that the self-efficacy component plays a more dominant role in more task-oriented works such as production (Luthans et al., 2008). In addition, factors such as leadership style, organizational support perception and job satisfaction have both intermediary and changing effects on this relationship (Walumbwa, Luthans, Avey, & Oke, 2011). In this context, it is understood that psychological capital should be seen not only at the individual level but as a strategic resource at an organizational level.

## **Argument**

The traditional understanding of performance has largely based its employee success on concrete indicators such as knowledge, skills and experience. However, the literature of modern business psychology clearly reveals that performance is too much dimensional to be explained only by technical competences. In this context, psychological capital should be considered as a powerful internal resource that affects employees' behaviors, attitudes and productivity. In the literature, strong relationships between positive psychological structures such as hope, durability and self-efficacy and performance have been identified; However, these relations should be evaluated not only in the statistical context, but also in terms of organizational dynamism and individual coping strategies. The main argument of this study is that psychological capital components do not only support and shaped employee performance. Hope allows the individual to maintain target focus under uncertainty conditions. Self-efficacy makes it easier for the individual to manage his workload by reinforcing

his belief that he can succeed even in complex tasks. Durability, on the other hand, allows the individual to maintain the psychological integrity of the organizational stress, change processes or crisis. These features directly increase productivity, as well as reducing burnout levels, increasing job satisfaction and commitment. Therefore, psychological capital is not only the key to individual psychological goodness, but also to sustainable performance. The basic argument put forward in this context is: "The hope, endurance and self-efficacy components of psychological capital significantly increase the quantitative and qualitative aspects of working performance by strengthening the internal motivation of the individual." This argument coincides not only with the theories of positive organizational behavior, but also with the needs of the flexibility, durability and emotional balance that contemporary business life needs. For this reason, institutions that develop psychological capital not only increase employee welfare, but also build a sustainable labor force that provides competitive advantage.

## **Finding**

The effects of psychological capital on individual and organizational level have started to be handled in a multidimensional way in the literature of labor psychology in recent years. Although components such as hope, durability and self-efficacy are defined as internal resources at the individual level, the impact of these elements on performance is largely shaped by organizational environment and business culture. As well as individual benefits that are frequently emphasized in the literature, how these resources respond in the organizational environment are decisive in terms of performance. For example, it is seen that individuals with high levels of hope are more active in determining new goals and managing uncertainty. However, this individual advantage is closely related not only to the effort of the individual, but also to the way the organization copes with uncertainty. Otherwise, hopeful individuals are likely to be disappointed in the long run. This is an important indicator of how psychological capital integrates with the organizational system. The impact of hope on performance becomes more prominent, especially in project -based, target -oriented sectors. Sturification is not only about cope with stress, but also about the desire to recover and again after the failures encountered in business life. However, it should be remembered that there are limits of individual resistance. Whether the institution is supportive is among the main factors that affect the sustainability of durability. In the literature, there are findings that durability is not sufficient alone and that it contributes to performance when it is fed with organizational support (Youssef & Luthans, 2007). Self-efficacy is directly related to the task. If an employee believes that he can do a job, he makes more effort and makes less mistakes. However, this belief is not only fed not only individual talent, but also from previous experiences and environmental feedback. In institutions that do not offer qualified feedback or ignore skills, self-efficacy

may weaken over time. In this respect, organizational structures should be supportive as well as supporting the performance of high self-efficacy employees (Bandura, 1997). The contribution of psychological capital components to performance is a process that includes a contextual and mutual interaction, not stagnant, but contextual interaction. In this process, environmental factors such as the nature of the individual, the nature of the work, the approach of the manager, the organizational climate and psychological security are effective. In this context, the relationship between psychological capital and performance should be considered as a constant linear relationship, but as an interactive dynamic.

## **Conclusion**

The concept of psychological capital has become one of the most valuable building blocks of modern organizational psychology in terms of understanding and developing the individual resources of employees. This study clearly reveals that positive psychological structures such as literature screening, hope, self-efficacy and durability are closely related to employee performance. The findings in the literature show that these three components increase both psychological strength at the individual level and make significant contributions to outputs such as performance, commitment and motivation at the organizational level. Especially in uncertainty, stress and change environments, it is concluded that individuals with high psychological capital are more resistant, target -oriented and productive. In this context, the theoretical contribution of the study is that the concept of psychological capital is carried out beyond classical performance indicators and emphasizes that performance becomes sustainable not only through external incentives, but also by internal psychological resources. In addition, by focusing on the interactions of structures such as hope, durability and self-efficacy with each other, it represents an important approach that this study offers to the literature, not a static, but a dynamic and open process. In addition to the measurability of psychological capital, the emphasis on development can deepen the future theoretical debates. In the context of suggestions for practitioners, professionals working in the fields of human resources management, leadership and organizational development have significant responsibilities. Institutions should offer not only technical trainings, but also training, coaching and support programs to strengthen the psychological capital of employees. Career planning and targeting processes can be restructured to increase the level of hope; Success experiences and feedback systems can be developed for self-efficacy; In order to increase durability, stress management, emotional endurance training and supportive leadership styles can be adopted. Applications that encourage positivity in organizational culture will contribute to the establishment and sustainable of psychological capital. Among the proposed orientations for future research, there is a need for longitudinal studies that can reveal the long -

term effects of psychological capital. In addition, increasing the comparative studies that are still limited in the literature will contribute to understanding how PSYCAP differs, especially in collectivist and individualist societies. In the relationship between psychological capital and performance, the intermediary or regulatory role - for example, the leadership style, organizational justice, psychological security - more in -depth examination is also among the orientations that will enrich the research area. On the other hand, research on the functionality of psychological capital in today's business world where digitalization is accelerated, remote work and digital interaction environments will be valuable in terms of how this concept interacts with current dynamics. As a result, psychological capital is both an internal resource that increases the welfare of the individual and an investment area that serves the strategic success of the organization. This study based on literature screening aims to present both theoretical depth and practical orientation by revealing the multidimensional relationship of structures such as hope, self-efficacy and durability in the theoretical level.

## References

- Avey, J. B., Luthans, F., Smith, R. M., & Palmer, N. F. (2010). Impact of positive psychological capital on employee well-being over time. *Journal of Occupational Health Psychology, 15*(1), 17–28.  
<https://doi.org/10.1037/a0016998>
- Avey, J. B., Reichard, R. J., Luthans, F., & Mhatre, K. H. (2011). Meta-analysis of the impact of positive psychological capital on employee attitudes, behaviors, and performance. *Human Resource Development Quarterly, 22*(2), 127–152.  
<https://doi.org/10.1002/hrdq.20070>
- Bandura, A. (1997). *Self-efficacy: The exercise of control*. W.H. Freeman.
- Jackson, D., Firtko, A., & Edenborough, M. (2007). Personal resilience as a strategy for surviving and thriving in the face of workplace adversity: A literature review. *Journal of Advanced Nursing, 60*(1), 1–9.  
<https://doi.org/10.1111/j.1365-2648.2007.04412.x>
- Luthans, F., Avolio, B. J., Avey, J. B., & Norman, S. M. (2007). Positive psychological capital: Measurement and relationship with performance and satisfaction. *Personnel Psychology, 60*(3), 541–572.  
<https://doi.org/10.1111/j.1744-6570.2007.00083.x>
- Luthans, F., Youssef, C. M., & Avolio, B. J. (2007). *Psychological capital: Developing the human competitive edge*. Oxford University Press.
- Rego, A., Marques, C., Leal, S., & Sousa, F. (2010). Optimism predicting employees' creativity: The mediating role of positive affect and the positivity ratio. *European Journal of Work and Organizational Psychology, 19*(2), 223–244.  
<https://doi.org/10.1080/13594320902806489>
- Snyder, C. R. (2002). Hope theory: Rainbows in the mind. *Psychological Inquiry, 13*(4), 249–275.  
[https://doi.org/10.1207/S15327965PLI1304\\_01](https://doi.org/10.1207/S15327965PLI1304_01)
- Walumbwa, F. O., Luthans, F., Avey, J. B., & Oke, A. (2011). Authentically leading groups: The mediating role of collective psychological capital and trust. *Journal of Organizational Behavior, 32*(1), 4–24.  
<https://doi.org/10.1002/job.653>
- Youssef, C. M., & Luthans, F. (2007). Positive organizational behavior in the workplace: The impact of hope, optimism, and resilience. *Journal of Management, 33*(5), 774–800.  
<https://doi.org/10.1177/0149206307305562>

## About the Author



*\*Associate Professor Yesim Sirakaya is the Head of the Department of Labour Economics and Industrial Relations at St. Clements University. Address: Turkish Coast Guard Command – Ankara, Turkey.*

*Assoc. Prof. Sirakaya graduated from the Department of Business Administration. She completed her master's degree in Public Administration with a thesis titled "Marine Pollution in Turkey and Measures to Be Taken". She earned her Ph.D. in Industrial and Organizational Psychology at St. Clements University with the dissertation "The Impact of Employee Engagement on Organizational Innovation", and was later awarded the title Doctor of Letters in the field of Social Psychology.*

*Currently, Associate Professor Sirakaya serves as the Head of the Department of Labour Economics and Industrial Relations at St. Clements University. She has authored more than 40 scientific articles published internationally and is also the author of the following books:*

- *The Impact of Employee Participation on Organizational Innovation*
- *Leadership Styles of Narcissistic Managers*
- *A Handbook for Working Mothers*
- *Unheard Screams: A Roadmap for Women Under Psychological Abuse*

*You can contact her via email at:*  
[yesimsirakaya8282@gmail.com](mailto:yesimsirakaya8282@gmail.com)

*Orcid ID: 0009-0004-2558-8194*

# NATURAL RESOURCE MANAGEMENT IN THE BUDDHIST ERA: HISTORICAL PRACTICES AND CONTEMPORARY IMPLEMENTATIONS

Yubaraj Kandel\*

Ph.D. Scholar, Lumbini Buddhist University, Nepal

## Abstract

Among Nepal's ancient civilizations, the Shakya-era civilization is considered a sophisticated one that flourished in the Terai region. Not only in the Shakya Republic, developed by the ancestors of Gautama Buddha, but also in the contemporary Koliya kingdom, a similar level of civilization had developed at that time. The evolution of the Shakya kings, which began from forests and riverbanks, along with the life practices based on water, land, and forests in Kapilavastu and the Koliya kingdom, are evident both before and after Gautama Buddha's lifetime. After Siddhartha Gautama attained enlightenment, he emphasized the importance of rivers, land, and forests, giving many discourses to his followers on their wise use and conservation. The people of the Koliya and Kapilavastu kingdoms, along with their neighbors, adopted a nature-focused way of life, deeply influenced by Buddha's philosophy.

After Buddha's Mahaparinirvana (death), repeated invasions by neighboring states led to the destruction of the Kapilavastu kingdom. Although its people left their homeland to save their lives, the traditions they practiced have, in some form, been preserved in this region. Buddhist-era traditions are still prevalent in the area from Kapilavastu to Ramagrama. Among these, the importance of gardens and trees, forest conservation, and water resource utilization continue to guide the community even today.

This article analyzes the key traditions regarding natural resource conservation and utilization during the Shakya era, how these traditions are currently practiced, and their present significance. This article will help in understanding, listing, and elaborating on the practices of intangible cultural heritage from the Buddhist period.

**Keywords:** *Nature, Forest, Buddha, Shakya Republic, Culture*

## Background

Among Nepal's major ancient civilizations, the Shakya civilization, which flourished in the Terai region of present-day Lumbini Province of Nepal, is considered a magnificent one. Known as the Buddhist-era civilization, the Shakya civilization developed in what is now Kapilavastu district of Nepal. Scholars and Buddhist texts indicate that the Kapilavastu state,

which practiced a distinct political and social system as the Shakya Republic, extended to the Rohini River in the east, the Aciravati River in the west, Shravasti of the Kosala kingdom in the southwest, the Malla kingdom in the southeast, and the Himalayas in the north (Varma, 1996; Bidari, 2003).

According to the Majjhima Nikaya, the Kosala kingdom was to the west and south of the Kapilavastu state, and the Malla republic was to the southeast. To the north, this state extended up to the Himalayas. Buddhist texts such as the Ambatha Sutta of the Digha Nikaya, along with Sumangalavilasini, Saundarananda, Lalitavistara, and Jataka tales, indicate that this kingdom was located in the southern part of the Himalayas, near the Bhagirathi River (present-day Banganga), and in a forest area of Sal (sore robusta) trees. Bhuvan Lal Pradhan states that around 563 BCE, when Lord Buddha was born, the Kapilavastu Republic, though small, was prosperous and cultured. At that time, to its east was another small Shakya republic, Koliya. The Rohini River separated these two Shakya states. Although the governing system in the Janapadas of that time was republican, the elected head of state was still called 'Raja' (King). The Janapadas of Kapilavastu and Koliya Shakyas, like Vaishali of the Licchavis and Pawa and Kushinagar of the Mallas, were democratic republics. Their chief executives were elected (Pradhan, 2045 B.S.).

Yogi Naraharinath explained the origin of the Shakya dynasty and kingdom, stating, "Shākavrikṣaparicchannaṃ vāsaṃ yasmin prachakrire. Tasmādikṣvākuvaṃśyā hi bhuvī śākya itī smṛtāḥ" ("Because they made their home surrounded by Sal trees, the descendants of the Ikshvaku dynasty are known on Earth as Shakyas") (Yogi, 2077 B.S.). According to most Buddhist texts and scholars, the Shakya Republic had a connection to Kashi or Saketa. They say that King Ikshvaku of Saketa (also referred to as Okkaka) was forced to remarry after the untimely death of his first queen, who had borne him five daughters and four sons. His second wife, Queen Jayanti, soon gave birth to a son named Jayantu. She pressured the king to make her son the heir. As a result, the king, under duress, was compelled to exile his nine children—four sons named Ulkamukha, Karakandu, Hathinika, and Siniputra, and five daughters named Priya, Supriya, Ananda, Vijita, and Vijitasena (Bidari, 2003: 59; Bidari, 1995: 54).

Accepting their unjust exile, the princes and princesses left Saketa and traveled towards the Himalayas, eventually arriving on the banks of the river now known as Ban ganga (at the time called Bhagirathi). When they reached the area, which was home to the hermitage of Rishi (sage) Kapil, they sought shelter and advice. Rishi Kapil granted them permission to stay and showed them a suitable place to settle.

Following Rishi Kapil's counsel, the princes and princesses began clearing the Shakavrikshas (Sal trees) to establish a settlement. Over time, this settlement evolved from a beautiful town into a city-state. Many scholars believe that because they saw this city as being built from Kapil's clay or land, they named it Kapilavastu. To preserve the purity of their bloodline, they took counsel from Rishi Kapil and decided that all of them, except the eldest princess Priya, would marry their siblings. In this way, they bore many children (Rockhill, 1884: 12).

Many suggest that they were called Shakyas by the impressed local communities after they cleared a forest of Sal trees (Shakavrikshas) and established a prosperous kingdom. In addition, some scholars argue that they were called Shakyas because they came from Saketa, with the name evolving from Saketa to Sakyeta to Shakya. Overall, the reasons for being called Shakya are said to be: establishing a kingdom by clearing a forest of Sal trees, being called "capable" (Shakya) by their father, coming from Saketa, and founding the state with the blessing of Rishi Kapil (Rijal, 1996: 21–22).

Siddhartha was born to the Shakya ruler Suddhodana and Maya Devi in the beautiful grove of Lumbini on the full moon day of Baisakh in 563 BCE. The family and social environment of Kapilavastu was his first school. Even as a prince, he held a profound, factual view of the world, beings, life, and experiences. He was constantly deep in thought with the desire to destroy the root of life, the world, and suffering (Pradhan, 2045 B.S.).

When he was 29, Siddhartha gave up his life of luxury and left his family behind to search for knowledge. After six years he adopted the Middle Way and attained Buddhahood (enlightenment) in Bodh Gaya. His first disciples, the group of five ascetics—Asita, Kondanna, Vappa, Bhaddiya, and Mallika—to whom he delivered his first sermon in Sarnath, were from Kapilavastu. After attaining enlightenment, Gautama Buddha returned to Kapilavastu four times. Influenced by the Buddha, many people from the Koliya and Kapilavastu kingdoms adopted Buddhism and became monks.

The Pali Tipitaka describes the society and civilization of the Buddhist era. The society depicted is one that had been continuously developing since the Vedic period. Most of the customs and traditions of the Buddhist era had been in practice since before the time of the Buddha. Some traditions were products of that

society itself (Paudyal, 2080 B.S.). A study of Buddhist texts reveals that the Shakya Republic was agrarian and nature-friendly, an influence that is evident even in the Buddha's discourses. A nature-oriented life, agriculture, animal husbandry, and forest and water conservation were already prevalent in Kapilavastu society even before they became part of Buddhist philosophy. After Buddha's Mahaparinirvana, repeated invasions by King Vidudabha of Kosala caused the Kapilavastu kingdom to fall apart. Its citizens scattered to save their lives. By the seventh century CE, the Kapilavastu kingdom had turned into a deserted forest. With the residents of Kapilavastu scattered, the society and civilization of Kapilavastu disintegrated. After the fall of the Kapilavastu kingdom and the flight of many Shakya descendants, only a limited number of people remained in the region. These were the people who continued to practice the Buddha-era civilization in their way of life.

Even today, many Buddha-era traditions and life practices are prevalent in and around Kapilavastu. Numerous nature-related practices within the society of the indigenous Tharu people in this region have been passed down as a continuation of the Shakya era. This article will primarily discuss the Buddhist-era practices related to trees, forests, and water resources and their continued existence. This article will provide a basis for understanding, documenting, and benefiting from this prominent intangible heritage.

### **Objectives of the Study**

The main objective of this study is to illuminate the practices related to nature adopted by the people in the ancient Shakya Republic and after Siddhartha Gautama attained Buddhahood (enlightenment), and in what forms these practices continue to exist in the region today.

### **Literature Review**

Prominent Buddhist texts such as Lalita Vistara, Jataka Tales, Therigatha, and Theragatha mention a great deal about Buddhist-era civilization. Based on these texts and archaeological studies, many books and research papers have been written about Buddhist civilization. Many scholars have written books and articles about Buddhist-era society, Buddhism, and the Kapilavastu kingdom. Some of these are discussed in this article.

Rasa Bihari Lal's (1958) "Indian Culture in the Jataka Period" provides extensive information about the culture, traditions, and practices of the Shakya period. This book analyzes, based on the Jataka tales, the similarities between Buddhist and Vedic cultures and how Vedic culture influenced Buddhist culture. Studying this book reveals that in the Buddhist period, rivers, river ghats, roads, and resting places were considered common property, and everyone had the right to use them.

Dr. Bhagchandra Jain Bhaskar's (1972) book, "History of Buddhist Culture," primarily focuses on the evolution of Buddhism and various Buddhist sects.

However, it also mentions many aspects of Buddhist-era traditions and art. The book notes that in the Buddhist period, animals, trees, plants, mountains, and other objects were carved into art. Even today, this artistic style can be observed in structures and house walls built by locals in the greater Lumbini region.

Dr. Madan Mohan Singh's (1972) book, "Buddhist Society and Religion," is a major source providing detailed information about Buddhist-era civilization. This book describes the main features of the Buddha's era, including a list of contemporary historical events, varnas and castes, slavery, marriage, courtesans, food and drink, clothing and ornaments, folk festivals, education, major religious sects, ascetic life, and Jain and Buddhist monastic orders. The author meticulously explains how Vedic religion, Brahmanical religion, and folk religions influenced the society of that time. The book mentions the prevalence of sacrifice, snake worship, and tree worship in the Buddhist period, and that the state prioritized forests and water resources.

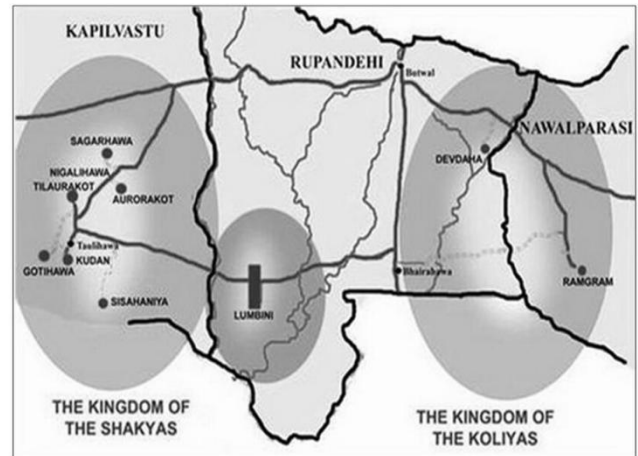
The renowned Buddhist scholar and researcher Rahul Sankrityayan's (1953) book "Buddhist Culture" elaborately describes the development of Buddhist culture in the Indian subcontinent. He states that Buddhist civilization originated from Kapilavastu and was spread worldwide by emperors like Ashoka, Harshavardhan, and other Buddhist scholars. This book describes how the prosperous Buddhist civilization was devastated by the encroachment of Aryan civilization.

Geetu Giri's (2008) "The Sacred Complex of Lumbini" primarily focuses on the past and present condition of the Lumbini area, but it also discusses the history of the Buddhist era. Her study provides general information on how the Shakyas were born, how the Kapilavastu kingdom was established, and the physical conditions of the Lumbini region at that time. Although the author provides a good analysis in this research-oriented book on how the heritage sites around Lumbini contribute to tourism, she does not elaborate much on the prevailing customs and traditions.

Bhuwan Lal Pradhan's (2045 B.S.) book "Buddhism in Nepal" mentions many aspects from the establishment of the Shakya Republic in Kapilavastu to its destruction. This book describes the origin and development of the Shakya dynasty, as well as the life of Buddha, Buddhist philosophy, and its impact in Nepal. Based on various Buddhist texts and historical facts, the author discusses Buddhist-era customs, way of life, agriculture, and enterprises. According to him, the ancient Shakya Republic was very beautiful and developed. His book also states that the Shakya way of life was largely influenced by the Aryan way of life.

Umakanta Paudyal (2080 B.S.) wrote the book "Buddhist-Era Society" based on the Pali Tipitaka. This book provides a detailed description of Buddhist-era states, state systems, Buddha and his religious doctrines, the monastic order, Buddhist religious sects, the caste system, culture, slaves, women, and

livelihoods. In the book, the author discusses the main components of Buddhist-era culture such as food, clothing, etiquette, folk beliefs, and rituals. Within these topics, there are indications of how life was sustained in the Buddhist period using natural resources. Similarly, it discusses how agriculture and animal husbandry were practiced in the Buddhist era, and what tools and methods were used.



## Methodology

This study was conducted using both primary and secondary sources. For primary data, direct conversations and observations with local residents were carried out through fieldwork in various areas of Rupandehi and Kapilavastu districts of Nepal to prepare this article. As for secondary sources, historical materials published about Buddha, Buddhist traditions, and Kapilavastu, along with Buddhist texts and materials published by the Lumbini Development Trust and Nepal Government, were studied and used as the basis for this article. This article was prepared by qualitatively analyzing the factual information obtained from this research.

## Analysis and Explanation

### 1. Management of Lumbini Grove

Lumbini, the birthplace of Lord Gautama Buddha, is a center of faith for Buddhists worldwide. It is also a major religious, historical, and important tourist site in Nepal. In 563 BCE, while Queen Mayadevi of Kapilavastu was traveling to her maternal home in Devdaha, Shakyamuni Buddha was born at this very spot. The Buddha referred to this grove, situated between the Koliya and Kapilavastu kingdoms, as a forest that Buddhist followers should visit at least once in their lifetime.

This site, covered with trees like Sal, which thrive in the Terai's heat, along with various fruit trees, was a place where rulers and their families from both kingdoms (who were also bound by marital relations) would come for forest excursions. It was developed and preserved as a beautiful garden or grove, and is mentioned by various names such as Lumbini Kanana,

Lumbini Batika, Lumbini Upavana, Lumbini Kittlavana, and Pratimokshavana. This grove, located on the banks of the Telar River, densely covered with Salmali trees, jointly owned by Kapilavastu and Ramagrama, and adorned with colorful flowers, does not have a consistent naming convention (Gautam, 2020).

Buddhist texts indicate that the Lumbini grove was managed jointly by the citizens of the Koliya and Shakya republics. The practice of states jointly constructing and managing gardens for mutual benefit gradually seems to have been adopted by communities as well. The epic poem "Siddhartha Charitam" by Acharya Buddhaghosa also mentions that the Shakya Republic had many beautiful gardens in Kapilavastu and Lumbini (Upadhyay, 2021). The second chapter of the seventh canto of the epic describes the beauty of the gardens in Kapilavastu where Prince Siddhartha wandered. It states that upon seeing that garden, where vines hung from trees everywhere, cuckoos sang in sweet and soft voices, and bumblebees hummed around the flowers, Prince Siddhartha regarded the entire garden as a kind of music hall. That canto describes how plants like Keshar, mango, and Ashoka enhanced the beauty of the garden.

Even now, large gardens can be seen in the Terai region of Nepal, in areas inhabited by indigenous Tharu and Madhesi communities. These gardens, often built in locations convenient for two villages, are used as places for resting in the cool shade, holding community gatherings, and discussions. A popular legend in the Rohini region recounts that when Prince Siddhartha was traveling from Kapilavastu to Devdaha for his wedding, his in-laws arranged for the wedding procession to rest in a garden. Even today, in the rural areas of Rupandehi, Nawalparasi, and Kapilavastu, it is customary for wedding processions to first be received and welcomed in a garden upon entering a village, before proceeding to the bride's house. This can be seen as a continuation of the Buddha-era civilization.

### **Sal-Bhanjika Ceremony and Sal Forest**

The Sal tree (*Shorea robusta*), which grows from the Terai plains to the Mahabharat mountain range, is considered to be of special importance by both Hindu and Buddhist followers. Buddhist texts mention that Mayadevi held onto a branch of a Sal (Ashoka) tree while giving birth to Siddhartha Gautama (Bidari, 1999). The Sal tree held particular significance in Shakya-era society. According to the Pali Nikaya, citizens in the Koliya and Kapilavastu kingdoms would go to the Sal forest on specific dates to pick Sal flowers and celebrate a festival. This festival was called Sal-Bhanjika.

According to Panini, this festival was prevalent in ancient India. The Sal-Bhanjikotsava was celebrated with special enthusiasm in the Magadha country and its neighboring states. The Jataka Nidana-Katha describes Sal-Bhanjika as follows: "There is a Sal forest between

Kapilavastu and Devdaha, over which both cities have rights. It is called the Lumbini forest. All the Sal trees are full of flowers from top to bottom. Birds leap on the branches of the trees, and bumblebees hum among the flowers. At first glance, that forest looks like the dance hall of some magnificent king." The "Avadana-Shataka" also mentions Sal-Bhanjika: "Once, when Lord Buddha was residing in the Jetavana Vihara of Sravasti, thousands of people gathered in Sravasti to celebrate the Sal-Bhanjika ceremony. The Sal flowers they brought piled up to form a hill. People moved about joyfully, having fun, and they celebrated a grand festival" (Singh, 1972: 86).

After the Sal trees in the forest sprout new leaves, their beauty increases. When in full bloom, the Sal trees appear entirely white with flowers. In the Terai, after the Sal trees bloom, Samayamai and Sansari Mai are worshipped. Between Chaitra and Baisakh (March-April/May), depending on the location, on either the new moon or the fourteenth day of the lunar fortnight, people go to the Sal forest and worship the goddess under a Sal tree (Ghimire, 1995.). The existing tradition of worshipping in the Sal forest to ensure the well-being of the forest, prevent problems for animals and birds, keep the forest safe, prevent wildfires, and ensure good rainfall, appears to be a continuation of the Shakya-era Sal-Bhanjika festival. This festival reflects the close relationship between the indigenous Tharu people and the forest. Although the custom of worshipping Sansari Mai, Vanadevi (Forest Goddess), or Samay Mai also exists among communities other than the Tharus in the Terai, the Tharu communities living near forests have preserved this culture particularly well. Denser Tharu settlements, where Tharu culture is well-preserved, are often surrounded by more Sal forests. This also clarifies the close connection between their way of life and the Sal forest.

### **Forest Conservation**

Since the Koliya and Shakya kingdoms were established from forests, trees and forests held a high status during the Buddhist era. According to Buddhist texts, including the Jataka Tales, there was a prevalent practice of worshipping trees in Buddhist-era society. People would worship and make vows to trees, believing them to be the abodes of deities, apsaras, nagas, and spirits, in hopes of gaining offspring, fame, and wealth. The Buddha stated that a good person who plants trees, builds parks, bridges, and ponds is worthy of going to heaven (Vanaropa Sutta). For a long time after the Buddha's Mahaparinirvana, there was no tradition of worshipping Buddha statues; instead, people worshipped the Bodhi tree as a symbol of the Buddha.

The Buddha and trees are very strongly connected. The Buddha was born under an Ashoka tree (also mentioned as Sal or Peepal in some texts) in the beautiful Sal forest between the Kapilavastu and Koliya kingdoms, which was known as Lumbini Upavana. After renouncing worldly life, the Buddha

spent most of his time in forests in search of enlightenment. It was under the Bodhi tree (Peepal) in Bodh Gaya that he attained enlightenment. According to the Mahaparinirvana Sutta, the Buddha stayed under that very tree for seven consecutive days after attaining enlightenment. He also delivered his first sermon in a forest located in Sarnath. Buddhist literature mentions that throughout his life, the Buddha imparted his teachings while sitting under trees in various forests. Finally, the Buddha achieved Mahaparinirvana under a Sal tree in Kushinagar (Gosling, 2001).

The Buddha is found to have given great importance to all living beings. In the Vanaropa Sutta of the Samyutta Nikaya, planting trees, creating gardens, and building bridges and wells are mentioned as paths to attaining heaven. The great importance the Buddha gave to forests is also evident from the Mahavagga Pali of the Vinaya Pitaka. Non-violence is the main essence of Buddhist philosophy. The Buddha emphasized that harm should not be inflicted not only on living beings but also on vegetation. In the Patimokkha Pali of the Samyutta Nikaya, cutting down trees by monks is considered a Parajika offense (a major offense leading to expulsion from the monastic order). Similarly, in the Pacittiya, destroying trees and plants without reason is considered an offense. In the Mahavagga Pali, rules for the Vassavasa (rainy retreat) were established to prevent harm to growing plants.

Various Buddhist literary works, including the Tipitaka, Jataka Tales, and Attakatha, mention many types of forests. The Buddha often stayed in Amravana, Amalaka Vana, and Aranyavana during his travels. The Mahavagga Pali of the Vinaya Pitaka mentions numerous such forests. Among these, the forests directly associated with the Buddha's life are as follows (Bidari, 1996):

1. Jetavana: Located in Sravasti, the Buddha spent his twenty-first to forty-fifth rainy seasons (Varsavasa) here. It was in this forest that the Buddha delivered the Lakshana Sutta and 70 suttas of the Majjhima Nikaya.
2. Nigrodharama (Nigrodha Vana): Situated in Kapilavastu, this forest is where the Buddha met his father upon returning to Kapilavastu after attaining enlightenment. The Buddha spent his fifteenth Varsavasa here. Five suttas from the Majjhima Nikaya were taught in this forest. The famous Chinese traveler Xuanzang mentioned this forest in his travelogue in the 7th century CE.
3. Mahavana: There were three famous Mahavanas (great forests) in those times: in Vaishali, Uruvela, and Kapilavastu. Among these, the Kapilavastu Mahavana extended from the Himalayas to Vaishali.
4. Lumbini Vana: The Buddha referred to this forest, located between the Koliya and Kapilavastu kingdoms, as a forest that Buddhist followers should visit at least once in their lifetime.

Until the mid-20th century, when only Tharus inhabited Nawalparasi, Rupandehi, and Kapilavastu, the Nigrodharama, Mahavana, and Lumbini Vana still existed. As migration of other ethnic groups to the Terai increased, these forests gradually fragmented. Even now, the Amrauti forest in the Panditpur area, the Devdaha forest in the Devdaha area, the Gaidahawa and Rudrapur forests in the Lumbini area, and the forest along the Banganga River in the Kapilavastu area remain dense.

### **Irrigation and Canal Systems**

According to Kautilya's Arthashastra, for the irrigation of land, kings should build large dams on rivers and collect rainwater in vast reservoirs. If the subjects wish to undertake such works themselves, the king should provide land for the reservoir, routes for canals, and timber as needed. Practices consistent with Kautilya's recommendations are found in the Shakyas republics. The Mahasusima Jataka mentions people walking with spades and baskets in hand to strengthen dams. Similarly, the Panditavagga of the Dhammapada and the Therigatha describe people building ponds and diverting water through canals for irrigation, from which it can be easily inferred that the state and its citizens prioritized reservoirs.

Since the kingdoms where the Buddha wandered were located in flat plains, agricultural work was relatively easier compared to the hills. Farming was done by clearing small areas of forest near fertile riverbanks and along forest edges where wild animals caused less trouble. In the hills, farming was practiced in riverine basins. Good yields were achieved on these lands through irrigation by damming rivers. At that time, settlements in the hills were sparse. As most areas were covered by forests, wild animals like monkeys, porcupines, and deer would frequently damage crops in the hills. The menace of animals was particularly high during harvest season. Therefore, hill farmers would build huts in their fields and live there to protect their crops. To scare away wild animals, they would light fires at various spots at night. Crops planted near rivers would sometimes be washed away by floods. Such disasters occasionally occurred not only during the monsoon but also during the winter harvest, and all efforts would go to waste. Since the very basis of livelihood was destroyed, such situations became a great source of sorrow for farmers (Paudyal, 2023).

In most places, irrigation depended on rainfall. However, fields near streams were irrigated by damming the stream. Canals were built to supply water to desired fields. Canal construction involved digging at higher elevations and filling and leveling lower areas. Once the land was level, ditches were dug, and wooden sluices were placed at necessary points to create canals. Apart from artificial ponds owned by individuals, other natural lakes were considered public property. Everyone had equal rights to the water from such lakes. Water from large lakes with a natural source would

irrigate lower fields nearby. Canals were dug from the lake to transport water to the fields. The main canal was common property, and its construction and maintenance were carried out collaboratively by everyone. Subsidiary canals were drawn from the main canal to supply water to individual fields. During droughts, when water levels in rivers and lakes were low, water distribution was done on a rotational basis. Not getting water according to one's turn would lead to crop desiccation, so violating the turn was not considered good practice.

The Rohini River, flowing between the Shakya and Koliya kingdoms, irrigated fields in both states. During the intense heat of May, with no rainfall, irrigating the wilting crops with water from the Rohini River was the only option for both kingdoms. Since there was not enough water in the Rohini River to suffice both parties, there was fierce competition for water. Although the Shakyas and Koliyas maintained cordial relations through marital exchanges, disputes over water often led to verbal altercations and sometimes even physical fights. As the conflicts escalated, there was a possibility of armed conflict (Paudyal, 2023).

On one occasion in May, a dispute between the Shakyas of Kapilavastu and the Koliyas over taking water from the Rohini River for irrigation nearly escalated into war. At that crucial moment, the Buddha arrived at the scene. To make both parties understand the harm caused by fighting, the Buddha narrated the Phandana, Daddabha, Latukika, and Rukkhadhamma Jatakas right there. He also told the Battaka Jataka to make them realize that any action disrupting the unity between them would lead to the destruction of both. Through the illustrations of these five Jatakas, he drew their attention to the fact that disputes benefit no one and, on the contrary, lead to the potential ruin of both, thus calming their anger. The Attadanda Sutta was explained at this time (Pradhan, 1988).

The Buddhist-era practices related to reservoir construction and river water distribution can still be observed in Rupandehi, Nawalparasi, and Kapilavastu districts today. Buddhamangal Lake and Nandan Lake in Nawalparasi, and Targauli Dah are believed to have been used as lakes during the Buddha's time, and the water collected there is still used for irrigation. Devdaha or Pushkarini Dah in Rupandehi, where Gautama Buddha is believed to have bathed, irrigates the village of Ghodaha. In the heart of the ancient Kapilavastu kingdom, water from the Banganga River is used to create Nepal's famous Jagdishpur Reservoir, which irrigates areas around Taulihawa and Tilaurakot. Two dams built on the Tinau River have created Asia's largest community irrigation system, irrigating the northern parts of Rupandehi. In the present-day areas that were part of the ancient Koliya kingdom, hundreds of reservoirs and river dams have been constructed using indigenous knowledge and skills for irrigation. The current practices of water collection and distribution by communities do not appear different from those mentioned in Buddhist texts.

## Conclusion

Studies of various Buddhist texts, historical materials, and scholarly articles reveal that the Shakya-era civilization was highly prosperous and sophisticated. After Siddhartha Gautama, born into the Shakya clan, attained Buddhahood, his philosophy was promoted and followed in the Shakya Republic and other kingdoms. In the Shakya civilization, which developed in close proximity to rivers and forests, people lived their traditional lives by utilizing, conserving, and respecting water, land, and forests.

The collective management and use of gardens/groves, tree worship, forest conservation, and the preservation and utilization of rivers and lakes were all emphasized during the Shakya era. After the fall of the Kapilavastu Republic and the dispersal of the Shakyas, the Shakya civilization in the region was devastated. However, those people who remained preserved many traditions related to natural resources from the Shakya period. These very Shakya-era traditions and practices continue to be a part of the life traditions of the indigenous inhabitants around Kapilavastu even today. The conservation of forests and gardens, and the preservation of rivers and lakes, are existing practices seen as a continuation of Shakya-era civilization. If these traditions can be nurtured and their practices continued, it will significantly contribute to natural resource conservation, cultural preservation, and tourism.

## Works Cited

Bidari, Basant. "Forests and Trees Associated with Lord Buddha." *Ancient Nepal*, no. 139, Department of Archaeology, 1996.

---. "The Nativity Trees of Prince Siddhartha." *Ancient Nepal*, no. 142, Department of Archaeology, 1999.

Fuhrer, A. *Antiquities of the Buddha's Birth Place in the Nepalese Terai*. Indological Book House, 1972.

Gautam, Badri Narayan. "Vishva Shantiko Muhana Lumbini: Prachinata ra Bikash" [Lumbini, the Source of World Peace: Antiquity and Development]. *Historical Journal*, vol. 12, no. 1, 2020.

Ghimire, Debendra. *Tharu: Adibasi Nepali* [Tharu: Indigenous Nepali]. Gomadevi Chapagain (Publisher), 1995.

Giri, Gitu. *Sacred Complex of Lumbini*. 2008.

Gosling, D.L. *Religion and Ecology in India and Southeast Asia*. Routledge, 2001.

Jain Bhaskar, Bhagchandra. *Bauddha Sanskritika Itihas* [History of Buddhist Culture]. Alok Prakashan, 1972.

Lal, Rasbihari. *Jataka Kalin Bharatiya Sanskriti* [Indian Culture During the Jataka Period]. Bihar Rashtrabhasha Parishad, 1958.

Landon, P. *Nepal Vol. I*. Constable & Co., 1928.

Mishra, Tara Nanda. "Evolution of Buddhism and Archaeological Excavations in Lumbini." *Ancient Nepal Journal of the Department of Archaeology*, no. 155, June 2004.

Paudyal, Umakanta. *Buddhakalin Samaj* [Buddhist Era Society]. FinePrint Books, 2023.

Pradhan, Bhuvan Lal. *Nepal ma Bauddha Dharma* [Buddhism in Nepal]. Nepal Rajakiya Prajna Pratisthan, 1988, pp. 35–40.

Rijal, Babu Krishna. *Hundred Years of Archaeological Research in Lumbini Kapilvastu and Devdaha*. S.K. International Publishing House, 1996.

Rockhill, W. Woodville. *Life of the Buddha*. Trübner & Co., 1884.

Sankrityayan, Rahul. *Bauddha Sanskriti* [Buddhist Culture]. Adhuni Pustak Pasal, 1953.

Singh, Madan Mohan. *Buddhakalin Samaj aur Dharma* [Buddhist Society and Religion]. Bihar Hindi Granth Akademi, 1972.

Upadhyay, Gopiraman Anu. *Siddharthacharitam*. Lumbini Buddhist University, 2023.

Varma, Jagmohan, translator. *Chini Yatri Fahianka Yatra Vivaran* [Travelogue of Chinese Traveler Faxian]. National Book Trust, 1996.

Yogi, Naraharinath. *Hamro Desh Darshan* [Our Country Tour]. Pallav Publication, 2020.

## About the Author



**\*Yubaraj Kandel**, a lecturer and writer of *Population, Environment, and Development, based in Lumbini, Nepal*. As a dedicated Buddhist environmental and tourism activist, Yubaraj has significantly shaped discourse in the Lumbini area, with over 1,250 articles on environment, tourism, and heritage published in both national and international media and journals. Academically, Yubaraj is exceptionally well-rounded, holding a BSc in Ecology, a BEd, an LLB, an MA in Population Studies, and a Masters in General Management. You can connect with Yubaraj at [yrkandel@gmail.com](mailto:yrkandel@gmail.com).

## St Clements Education Group – E-Journal *Veritas*

### NOTES TO CONTRIBUTORS

Editor: Mr Adrian Williams

Contributions should be forwarded to Mr Adrian Williams at [admin@stclements.edu](mailto:admin@stclements.edu)

Contributors may contact the editors for advice on publication if they wish – email above. Otherwise the following guidelines are offered:

### CONTRIBUTIONS

The Journal takes the following:

- Short articles and essays 1500 - 2500 words\*
- Research Reports
- Notes
- Letters to the Editor re published articles
- Book Reviews

**\*IMPORTANT:** Articles greater than the stipulated size limit will be published in the St Clements E-Library and a summary of the article will be required to be provided to the editor for inclusion in the '*Veritas*' E-Journal. A link to the full article for those wishing to read more than the summary will be available within the E-Journal publication.

### AUTHOR'S DETAILS

New authors are asked to submit the following with their paper:

- Details of their academic qualifications
- Their current place of work – title, address
- A head and shoulders photograph of themselves
- Their email address

### SUBMISSION

All articles must be submitted by email

### FORMAT

Contributors are asked to observe the following format where possible:

**Title:** 14pt Times Roman Font

**Name:** Author's name and brief biography together with a head and shoulders photo

**Body:** 10pt Times Roman Font for text

9pt Times Roman Font for tables

**References in text:** In the text ALL quotations must have quotation marks and a reference, e.g.

*James said 'all dogs are brown' (James, 2002)*

**Reference List:** List in **author's surnames alphabetically**

We observe the Harvard format, i.e.

- For a book: P.Jones (2001): Water Management, Raven Press, London.
- Journal reference: W.Smith (1998): 'Lemon Growing', *The Journal of Agriculture*, V.45-2, p.10.
- Reference to work listed directly preceding: *ibid*, p.20
- Newspapers: *The Star*, 3 September 1986
- Report: Australian Bushfire Commission Annual Report, 1997, p.71
- Unpublished thesis: M.Broad, "The Utility of Cross Referencing", M.Ed. Thesis, St Clements University 1999

**Note:** Any contributions received that do not meet the required criteria, as stated above, will be returned to the author until the correct format is achieved and only then will it be considered for publication.