

## Negative Sociological and Psychological Effects of Spiritual Violence on Individuals

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**Abstract:** Spiritual violence is a complex and multidimensional phenomenon that deeply affects the psychological and social lives of individuals. This kind of violence can occur in both visible and invisible forms, with different manifestations at various dimensions and levels; it also often involves the abuse of religious or spiritual beliefs. The aim of the introduction is to provide a comprehensive definition of spiritual violence, its origins and the sociological negative effects it has on individuals. In this context, developing a deep sociological perspective on this phenomenon, which has the potential to cause spiritual injuries, can help to better understand the trauma experienced by individuals and to address this issue effectively. Spiritual violence not only affects individuals in their spiritual dimension, but also in their social, cultural and economic contexts, with profound implications and significant consequences. This makes it a multifaceted issue and a complex situation that needs to be addressed. A better understanding of these effects can facilitate a healthy contribution to social awareness processes and spiritual healing processes. This can have a positive impact on the social life and spiritual well-being of individuals. An in-depth study of this topic will create greater awareness towards the recognition of spiritual violence and contribute to the development of the ability of different social groups to cope with such situations. At the same time, increasing knowledge at both individual and societal levels is crucial for understanding the nature and dynamics of this phenomenon. When spiritual violence has such a profound impact on the lives of individuals, developing an understanding of it is of great importance not only for the victims but also at the societal level. In order to combat this kind of violence and to enable the spiritual and social healing of individuals who have had similar experiences, it is crucial to increase awareness and education on this issue.

**Keywords:** *Violence, emotional abuse, spiritual oppression, state of mind, spiritual injury.*

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## Introduction

Spiritual violence can be defined in detail as a complex concept that threatens the spiritual integrity of individuals, damages their spiritual aspects and negatively affects their mental health. This phenomenon has been shaped under the influence of complex dynamics such as norms, belief and value systems, especially within societies. This situation, which has an impact on the mental state of societies and individuals, generally emerges as a form of psychological violence shaped by social structures, religious groups, various ideologies and belief systems. Thus, by threatening the freedom of thought and action of individuals, it has the potential to damage their self-esteem and create an environment in which they may question their own identities. One of the determinants of spiritual violence is the abuse of spiritual values and the misuse of these values. This situation involves acts of abuse or exploitation against the heart and soul of individuals and is usually perpetrated by a specific authority figure. Abusers are skilled at manipulating individuals by skilfully using their deepest fears and anxieties. Manifestations of this type of violence can

cause deep and lasting wounds in the mental health of individuals and can become deeper and deeper over time, turning into a challenging, destructive and unbearable situation in the lives of individuals. Psychological states such as constantly feeling worthless, loneliness, helplessness and unhappiness are frequently observed symptoms in individuals who are exposed to such attacks. This situation creates a cycle on the victims, leading them into deeper loneliness and making their lives more difficult.

In addition, spiritual violence is closely linked to social norms and social power dynamics; more vulnerable and marginalised individuals, such as women, children and minority groups, tend to be more exposed to such forms of violence. The structural inequalities underlying this situation can combine with larger issues such as gender inequality to create a complex picture. Mechanisms of domination and control are often at the root of spiritual violence, and such forms of violence can exert spiritual pressure on individuals, pushing them into silence and thus

increasing their sense of isolation, leading them to disengage from social relationships. In terms of definitions and concepts, a detailed analysis of spiritual violence plays a critical role in understanding the complex interactions between social structures and individuals, and this phenomenon is too important to be reviewed. This issue not only threatens the inner peace of individuals, but also appears as an important issue that largely shook the general peace, social solidarity, creative potential and strength of the social structure. Understanding spiritual violence has a great necessity to eliminate such negative developments and to increase social health, especially in the future, it is an important issue in terms of the protection of human mental health and social tissue. Therefore, the identification, recognition and treatment of spiritual wounds is of great importance in order to ensure that the society becomes aware of this field and to protect the mental integrity of individuals, and is considered a critical step in terms of confrontation and healing processes of individuals. This is an issue that can significantly affect the collective peace of society as well as protecting the mental health of individuals. In this context, the understanding of the dynamics that make up spiritual violence will support individuals' desire to protect their mental integrity, as well as to support social awareness and make a significant contribution to making positive contributions to the social lives of individuals who have these experiences.

Spiritual violence is an extremely multifaceted phenomenon that creates deep, complex and negative effects on individuals' spiritual beliefs, values and identities. The basic elements of this type of violence include oppression, abuse and control mechanisms that occur in the spiritual and spiritual areas of individuals, and the social norms and structures that support these mechanisms reinforce this complex situation. Spiritual violence usually becomes apparent in a way that is intertwined with social, cultural and religious structures, and this situation can lead to significant traumas in individuals' lives, especially deep wounds in private spaces and social relationships. Such negative situations seep into individuals' daily lives, disrupt their spiritual balance and drag them into an environment where they do not feel safe. The effects of this type of violence that individuals are exposed to within the spiritual structure of society cause them to feel excluded, worthless and isolated, while at the same time causing them to initiate a deep questioning process regarding their own belief and value systems. This complex and challenging process may trigger a desire in some individuals to rediscover their spirituality; thus, individuals may seek a spiritual solution in light of the difficult experiences they have experienced. At the same time, they may also attempt to develop new beliefs and values during this process, which feeds their search for spiritual reconstruction. The experiences experienced by individuals who have been subjected to this type of violence in particular can significantly affect and determine the spiritual healing process. Generally, these individuals feel the need to seek a new balance in their inner world, sometimes by moving away from social norms and sometimes by breaking away from traditional belief systems. Achieving this balance is of great importance for their spiritual health, and further research at this point may help understand the difficulties and losses encountered in these coping processes. Thus, it will be possible to discover better ways to support these individuals, to strengthen them and to give them hope again. In conclusion, the issue of spiritual violence not only affects the spiritual experiences of individuals, but also deeply affects the

structure of society and social relations. While this situation reveals how individuals are affected by such experiences, it can also form the key to a collective consciousness and social transformation process.

Preventing such phenomena, deeply understanding the spiritual experiences of individuals will pave the way for social solidarity and real healing. Therefore, placing spiritual violence in a broader perspective will make it easier to take the necessary steps to develop support mechanisms against the difficulties experienced by individuals. Creating environments that allow individuals to cope with this situation is of great importance in terms of ensuring both psychological and spiritual healing. In addition, the spiritual wounds and losses that occur during this process directly affect the quality of life and inner peace of individuals; thus, the deep and temporary effects of spiritual violence are reflected in the social lives of individuals, causing the social dynamics to be shaped along with them. In order to overcome all these situations, it is extremely important for individuals to become more aware of their own internal processes and to use supportive mechanisms effectively during this process. Spiritual violence often manifests itself in more obvious, effective and deeply destructive ways in situations where individuals are directed and effectively controlled by a group or authority figure.

This type of process tends to narrow and limit individuals' worldviews by literally taking away their power and self-confidence that stem from their deep beliefs and personal values. In such a situation, the creation of spiritual and psychological climates where fear prevails instead of respect and punishment prevails instead of understanding gradually weakens and loses individuals' ability to question their own beliefs honestly and think critically. Such a negative impact leads individuals to lose their ability to question their inner world and beliefs, and this situation provides salvation for a spiritual blockage. This phenomenon, which threatens individuals' spiritual and emotional well-being, can deepen over time; it can become complicated and very difficult to get out of, while in addition, spiritual violence perpetrators can often resort to abusing individuals' search for spiritual and emotional support. This situation indirectly leads to the rooting of an extended sense of insecurity and loneliness; it can reinforce individuals' feeling completely helpless and hopeless. Under such pressures, individuals usually tend to feel their spiritual experiences worthless and unimportant and are forced to suppress their inner voices.

Over time, under the influence of strong external factors, individuals' own strengths and the ability to express their thoughts have been significantly weakened, while their ability to think independently has also been at risk of disappearing. The fear and uncertainty created by such spiritual pressure negatively affects individuals' processes of recognizing their own selves, and as a result, leads to a significant loss of self-confidence; sometimes this difficult process opens deep wounds not only in individuals' social life but also in their personal relationships, and causes emotional bonds to weaken. As a result, this inevitably leads to a disruption of spiritual balance and a decrease in hope for life. As individuals struggle to find solutions to their spiritual problems, they are dragged into an inner turmoil and feel hesitation and anxiety even in making the simplest decisions. This situation, on the one hand, affects their quality of life even more negatively, and on the other hand, causes the blockage they create in their spiritual world to

deepen day by day. When such a state of spiritual conflict and pressure is combined with the difficulties individuals encounter in their social and personal lives, it creates a deep impact and creates major obstacles for individuals to realize their own potential. In addition, such phenomena weaken not only the ties individuals have with themselves but also with their environment, and with the negative effects they create in social relationships, they create many new problems that cause them to become isolated and prevent them from understanding themselves. Therefore, it is an obvious fact that individuals must struggle not only not to lose their inner worlds but also to protect their social relationships in the face of these complex spiritual pressure situations; this situation is also extremely important in terms of protecting mental health.

As a result, the definition and characteristics of spiritual violence are of critical importance in order to understand the spiritual dynamics of individuals. The effects of this violence on the quality of life of individuals do not remain only in the spiritual dimension, but also inflict deep wounds in social and psychological terms, leaving permanent marks on the daily lives of individuals. Such phenomena occurring within the society can seriously hinder the spiritual development of individuals and have negative effects on social functioning and social balance. Therefore, understanding spiritual violence in the best way is a great necessity for both individuals and communities. Research and awareness studies to be conducted on this subject are of great importance for the individual and social spiritual health of individuals and societies. It becomes a social responsibility to conduct more studies on the problems caused by spiritual violence and to become aware of this issue. In addition, taking the necessary measures to identify and prevent this type of violence ensures social strengthening and individuals living a healthier spiritual life. Education, social support systems and psychological counseling services can make it easier for individuals to learn more about this issue and seek support. It should not be forgotten that people who experience spiritual violence need a support network to overcome their experiences, so increasing social awareness and creating mechanisms to meet the needs of individuals are of critical importance for this process to function healthily.

### **Types of Spiritual Violence**

Spiritual violence is a phenomenon that targets individuals' belief worlds and spiritual lives, and seriously affects their spiritual and mental health. Such a situation can significantly reduce the quality of life of individuals, and the problems that arise here can deeply shake not only individuals but also the social structure around them. Different types of spiritual violence can appear in many ways in terms of the methods they are applied and the people they affect, and this diversity reveals the complexity of the situation more clearly. Basically, this phenomenon can be classified into three main types: psychological, social and institutional spiritual violence. While psychological spiritual violence occurs through manipulations that negatively affect individuals' mental processes, victims can often face serious problems in their mental health due to the effects they are exposed to, without even being aware of this type of violence. This type of violence can seriously negatively affect individuals' sense of identity, self-esteem and general mood. Social spiritual violence creates damaging effects on individuals' beliefs and spiritual integrity by putting pressure on them through social norms and

values. Such pressures can cause individuals to feel isolated within society and experience serious conflicts regarding their beliefs. Police and other authoritarian institutions represent some of the most obvious examples of such practices.

*Institutional spiritual violence*, on the other hand, manifests itself in the form of systematic oppression and discrimination against individuals through official structures and organizations. This type of violence can often cause individuals to question their beliefs and lose their spiritual existence. At the same time, it weakens the solidarity within the community, causing individuals to feel more isolated and helpless. This complex situation emerges as a threat to the mental health of many people and is therefore an important issue that requires careful consideration. In particular, examining the effects of this situation in depth and determining the types of violence that individuals are exposed to are of critical importance in finding solutions to the problems experienced. In this context, increasing social awareness and raising sensitivity to these types of violence through accurate information plays a vital role in protecting the mental health of individuals. Institutional spiritual violence emerges as an extremely complex phenomenon that deeply affects many aspects of individuals' lives. This phenomenon mostly manifests itself in systematic or organizational contexts, and the dynamics it contains shape the spiritual experience of each individual. For example, the power dynamics, rigid dogmatic approaches and hierarchical structures that exist in the internal structures of religious organizations can control the spiritual spaces of individuals and create a widespread and established form of violence with this control mechanism. This type of violence not only restricts the freedom of individuals, but also prevents them from deeply questioning their beliefs, causing them to experience deep conflicts in their inner worlds, and can lead to spiritual trauma. While institutional authority directs the spiritual existence of individuals, it also creates an effective field that makes it difficult to question individual belief systems. This situation not only threatens the spiritual integrity of individuals; it also becomes a deep anxiety-provoking element, and these anxieties can negatively affect the psychological state of individuals over time. As a result, institutional spiritual violence is a serious problem that can have extremely negative effects on the psychological and emotional health of individuals, and being aware of this problem is of vital importance in developing solutions.

While *psychological spiritual violence* clearly expresses itself with direct and ruthless attacks on individuals' belief systems, the negative effects of this situation go much deeper. This type of violence can target individuals' spiritual and psychological integrity, leaving them in deep turmoil, and in the process, it reveals how devastating an effect it can have on individuals. Deep psychological pressures such as fear, threats and manipulation push individuals to question their own beliefs, and beyond this, it can trigger a process that leads to complete rejection of these beliefs. In the future, it can cause them to experience spiritual and mental problems; psychological spiritual violence is especially widely observed in sectoral or extreme religious groups. This situation begins with the individual being forced to feel outside of accepted social norms and teachings; thus, a deep sense of spiritual loneliness and helplessness is experienced. When a person experiences that their beliefs are being questioned, internal conflicts increase, and this leads to a significant loss of self-confidence. This pressure on their own values can cause significant changes and emotional difficulties in the individual's life, as well

as; This situation makes it difficult to develop healthy and satisfying relationships over time. At the same time, the individual who is the target of psychological spiritual violence may find himself in a great depression both spiritually and psychologically. During this process, personal development and social relationships are seriously affected, while the individual's motivation and expectations for life can also be dramatically shaken. Therefore, the effects of this type of violence affect not only the individual himself, but also the people around him, family members and friends, and this effect can even affect broader social dynamics over time.

*Social spiritual violence* actually occurs through various external pressures created through social norms and belief systems. This complex phenomenon emerges as a very challenging situation that negatively affects the dynamics of society and the quality of life of individuals. This type of violence directly affects the social lives of individuals, threatening many aspects of their lives. When individuals choose to deviate from the general views of society, they may often face the risk of being excluded or stigmatized. This situation of exclusion and stigmatization causes people to be disconnected from their social lives and thus to be left alone, thus limiting their opportunities to express themselves. Therefore, this type of violence significantly reduces the opportunities for individuals to defend and express themselves, increasing the social pressure on individuals. In addition, this type of violence targets individuals through beliefs, value systems and social disapproval, aiming to separate them from their social ties and isolate them. In this context, the situation of removing the individual from his/her social environment accelerates the processes of loneliness, damages the sense of trust and has serious consequences as it negatively affects the mood of the individuals. As a result, individuals face a serious feeling of loneliness in terms of being able to survive and express themselves, and this process becomes quite difficult and tiring. Individuals feel a strong longing for their own social relationships. At this point, the weakening of social relationships can negatively affect people's ability to express their self-identity comfortably and can open deep wounds and traumas in their individual identities. Over time, these wounds can negatively affect a person's psychological state and seriously weaken their self-confidence. As a result of the weakening of social ties, the quality of life of individuals decreases significantly, causing individuals to feel pessimistic about how they will find a place in society for the rest of their lives. This complex cycle makes it difficult for individuals to integrate into their social lives, paving the way for the breakdown of interpersonal relationships and the opening of deep wounds within the social structure. An endless sense of loneliness and helplessness makes it difficult for individuals to participate in society, and this situation threatens the integrity of the social structure. Overcoming such forms of violence, questioning the general structure and dynamics of society, and strengthening social support mechanisms so that individuals can feel safe and establish social relationships are of great importance. In summary, social spiritual violence poses a serious problem for the health of individuals and society, and in-depth analysis and studies are required to solve this problem.

As a result, all three types of spiritual violence deeply and negatively affect individuals' spiritual and social lives, significantly reducing their quality of life and thus negatively affecting their general happiness levels. In this context, being aware of such violence has the potential to actively help

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individuals protect their spiritual health, as well as contribute to their ability to act effectively within social solidarity. In order to ensure people's spiritual balance and peace, it is of great importance for them to clearly recognize such situations and deeply understand their consequences. In addition, increasing social awareness to prevent such violence is also a very important issue, because awareness can positively affect not only individuals but also communities. It is expected to contribute to the creation of a healthier, more harmonious and balanced society. In particular, being able to see these effects of spiritual violence will enable individuals to be much more sensitive and understanding towards each other. This will strengthen their social relationships, guide them in a positive direction and, at the same time, greatly help establish social peace. In short, every step taken in this regard is of great value not only for individuals but also for society in general; this requires the issue of mental violence to be questioned in depth and discussed further. In this way, individuals and communities can be enabled to cope with such negative situations more effectively. In this sense, the strategies they will develop can increase their ability to combat problems, which has the potential to positively affect the general well-being of society.

### **Sociological Effects of Spiritual Violence on Individuals**

Spiritual violence is a very complex phenomenon that has a deep, comprehensive and multifaceted effect on individuals' lives, and is almost always overlooked and poorly understood. This complex situation can leave very serious traces on individuals in terms of psychology, social and economic aspects. In terms of psychological effects, spiritual violence can lead to an extremely difficult experience, full of intense anxiety, deep depression, lack of self-confidence, spiritual traumas and complex internal conflicts. When an individual begins to question their own belief system, they can enter a deep internal conflict process in order to cope with this situation, which can put them under even more pressure. The great pressure that such violence creates on individuals' mental health not only damages individuals' self-perception, but also has negative effects on their social relationships, causing them to encounter many different problems and difficulties. Individuals' fear of being excluded from communities that they see as safe havens can worsen their mental health and take on a complex emotional structure, and this can turn into a deep and exhausting feeling that causes the individual to conflict with themselves. Social effects constitute an integral and vital part of spiritual violence, because the alienation felt from social norms and values can cause individuals to weaken, wear out and break down their social relationships. Breakdowns in relationships with family and friends intensify the individual's sense of social isolation, deepen the sense of loneliness and cause existential anxiety.

In addition, the weakening of the sense of solidarity and cooperation within the community can negatively affect social support systems and cause significant changes in individuals' social networks. All of these situations reduce the person's general quality of life and seriously threaten their survival skills throughout their life. From an economic perspective, spiritual violence can have an extremely negative impact on individuals' business life and financial situations; this can lead to many difficult processes. It has been shown that individuals' mental states can directly affect their work performance and interactions at work, leading to significant productivity losses in professional life. Such losses, combined with

a persistent feeling of stress and restlessness, have the potential to turn into serious economic losses; thus, they cause extremely negative effects on the individual's financial situation and daily needs. If they persist, individuals' living standards can decrease and financial problems can reach serious dimensions; thus, the individual's quality of life is threatened and this can create a vicious circle. In summary, the effects of spiritual violence on individuals have a multidimensional, complex and interactive structure, which leads individuals to face worrying consequences in psychological, social and economic terms. This complex structure, combined with the decrease in the quality of life of individuals and the feeling of uncertainty about the future, can turn into a phenomenon that threatens their spiritual existence. Thus, understanding the effects of spiritual violence and developing ways to combat this situation is of critical importance; it is an extremely important issue that needs to be addressed in order for individuals to live a healthy and balanced life.

The psychological effects of spiritual violence on individuals' lives can leave deep, complex and permanent marks. The nature of these effects is often disturbing. This type of violence is usually defined as a serious and shocking intervention into a person's belief system, spiritual integrity or personal values. Over time, such a situation can significantly affect individuals' mental health, mood, social relationships and overall quality of life. Individuals begin to feel more isolated as a result of these disturbing emotional experiences, and this can lead to them becoming seriously disconnected from their social environment. While many people tend to develop various strategies to cope with these negative effects, the most common symptoms of these situations include anxiety, depression, low self-esteem and feelings of helplessness. As a result of the emotional trauma they experience, individuals are forced to develop different coping mechanisms in order to protect themselves from these negative feelings. In such a situation, individuals may begin to question the impact of the social hierarchy on them. While mental depression has become a common situation in this complex and difficult environment, the sense of alienation that individuals feel towards life and the weakening of their social ties also increase significantly. Such situations can negatively affect the personal development of individuals, undermine their hopes for the future, and this can seriously limit their quality of life. As a result, mental distress is seriously reflected not only on the individual but also on their surroundings and can have a negative impact on society as a whole. This situation poses a potential danger that can cause many people to experience mental and social unrest and deteriorate the general health of society.

Spiritual violence can seriously disrupt individuals' self-perception, and this can leave deep scars on their mental health. The deterioration in their belief structures significantly damages their self-confidence and can create significant gaps in social relationships. As a result of spiritual manipulation, individuals may tend to feel worthless or inadequate, which can negatively affect their daily lives. This challenging situation can also cause long-term psychological problems such as post-traumatic stress disorder to emerge and can seriously reduce individuals' quality of life. Continuous psychological or moral attacks can also affect individuals' way of thinking, increase their anxiety levels, and negatively affect their emotional states, which can have a detrimental effect on their mood. Overcoming such negative effects can cause many difficulties and struggles for individuals in

the long term. These turmoils in self-perception can lead individuals to distance themselves from their social circles and lose their inner peace, which can ultimately trigger more complex psychological problems. The psychological effects of spiritual violence are deeply reflected in individuals' general quality of life, and this effect manifests itself in various dimensions. As a result of such traumatic experiences, individuals may experience difficulties such as withdrawing from social life, feeling lonely, not being able to enjoy daily activities, and a general loss of energy. However, victims of mental violence often have to face anxiety, depression, and other psychological disorders. Therefore, such actions that threaten mental integrity create a wide area of influence by deeply negatively affecting not only individuals but also the social relationships around them. The psychological dimensions of mental violence not only deeply affect and weaken individuals' health status; this situation also causes a great weakening of the socio-cultural structure. This negative effect becomes an issue that threatens socialization processes and seriously limits individuals' ability to integrate themselves into society. As a result, the effects of mental violence have a devastating effect on individuals' quality of life.

The social and economic effects of spiritual violence are a reflection of complex dynamics that have a profound and multidimensional effect on individuals' lives. This phenomenon necessitates a multidimensional thinking approach and an effort to make sense of it, affecting not only individual lives but also social structures. Social effects can make individuals weaker or stronger by directly affecting the way they take part in the social structure and the quality of their social relationships. However, economic effects also play a decisive role in individuals' financial situations and living standards. Spiritual violence is a critical factor in significantly weakening the social integration of its victims by dragging them into loneliness and isolation. This situation plays an important role in creating indifference or inaction in individuals' family structures, friendships and various social roles within the community. In particular, individuals who are spiritually weak become isolated from the outside world and distance themselves from social support systems, which in turn has the potential to increase the feeling of loneliness. When looked at from an economic perspective, victims of spiritual violence may face serious problems such as decreased productivity in their working lives, termination of their careers or withdrawal from the workforce. Individuals whose mental states are impaired may also face the risk of losing their professional competence and skills by losing the desired level of motivation at work.

This phenomenon stands out as a situation that threatens the general quality of life of individuals. In addition, people exposed to spiritual violence usually experience health problems; these health problems increase treatment costs and complicate the economic conditions of individuals, and as a result, a complex situation that threatens economic stability emerges from a broad perspective. Economic dependency can create a financial basis for the continuation of violence by restricting the freedoms of victims. As a result, the social and economic effects of spiritual violence create a complex series of situations that can cause a cycle of collapse, as well as deep psychological collapses of individuals, by causing destructive and damaging effects on social structures. Therefore, it is of great importance to increase the sensitivity of society on this issue, to take effective preventive measures and to strengthen support mechanisms for victims. As social awareness

increases, more contributions will be made to the solution process of the problem experienced and positive changes will be possible on the quality of life of individuals. Remembering that every individual has the right to live in a healthy social environment is one of the most important steps to be taken to prevent such phenomena. In summary, all individuals and communities should do their part to overcome these complex situations, strengthen social solidarity, stand by the victims and listen to their voices. In this way, social integrity can be restored and individuals' lives can reach a more sustainable level. It is of great importance to establish the necessary support mechanisms so that every individual can live without being affected by such phenomena.

Human lives marked by spiritual violence should go through a treatment and recovery process and should be restructured within a loving, tolerant and understanding social environment. Spiritual violence is a complex and challenging phenomenon that seriously threatens the spiritual and emotional integrity of individuals and also emerges as a reflection of different types of attacks on belief systems and spiritual values. There are many applicable strategies to effectively deal with this type of violence; These strategies require individual and social interventions to be considered together and implemented in detail. At the individual level, it is extremely critical and important for a person to increase their own mental resilience. This process includes a number of important and critical elements such as setting healthy and balanced boundaries, reflecting deeply on personal values, and developing emotional intelligence. Individuals can more easily overcome the negative and destructive effects they are exposed to by recognizing and understanding mental violence. The ability to express themselves can be strengthened and continue to develop through individual sessions with a therapist or counselor during this process. Establishing emotional support systems is an extremely effective way to overcome such traumas. In addition, practices such as meditation and mindfulness stand out as important tools to help individuals find and maintain inner peace. On a societal level, the establishment of collective movements opposing spiritual violence will have the potential to create a broader and more lasting impact. In this context, human rights advocates, social workers and community leaders can help individuals recognize spiritual violence and stand up against such violence by organizing awareness campaigns. Education programs can contribute to the protection of potential victims by emphasizing the importance of gender equality and psychological health.

Comprehensive and in-depth research should be conducted to understand the root causes of such violence and projects should be developed to increase social awareness on this issue. It is extremely essential for individuals and communities to come together tightly to strengthen their ability to cope with spiritual violence in order to overcome this problem. In this way, an important and necessary step will be taken that will not only protect the mental health of individuals but also protect the social fabric in a strong way. It is also important to bring such problems that exist in society to the agenda and discuss them on appropriate platforms so that everyone can understand. These efforts made to protect emotionality and spiritual wealth will enable individuals to take part in social life more actively and healthily. In addition, programs that guide individuals to make a healthy journey in their inner worlds should be developed.

## Conclusion

The results and recommendations play a critical role in deeply understanding the social reflections of spiritual violence, which causes spiritual and social effects in individuals' lives. These important findings reveal that spiritual violence is effective not only at the individual level but also in public areas. The general evaluation of the study shows that spiritual violence creates long-term and permanent effects on the psychological structures of individuals, while in this complex process, there is a very wide area of influence and interaction from family dynamics to social structure. Spiritual violence is not only an issue related to individuals' personal belief systems, but also a very complex phenomenon intertwined with social values and norms. In particular, pressures and manipulations on social belief systems can create deep identity crises and commitment problems in individuals, and this situation has serious negative reflections on social harmony and individual psychological health. In order to prevent such negative effects, it is of utmost importance to create social awareness for the protection of individuals' spiritual health and to strategically plan the steps to be taken in this regard. Developing more sensitivity for all segments of society can offer an effective way to combat this problem. In this context, informing individuals through education programs and social projects, making sense of these issues and ensuring their access to spiritual support systems should be meticulously addressed.

In addition, increasing sensitivity to such forms of violence in society has become a critical necessity in terms of protecting both individuals and the integrity of society. Because protecting social values and beliefs in this way is of vital importance in preventing similar problems from occurring again in the future. All these efforts are very important not only for individuals exposed to spiritual and social effects, but also for the integrity of social structures. Society's sensitivity to this issue can be strengthened by developing interaction and support mechanisms at all levels. Creating an understanding of individuals' physical and mental health will contribute to reducing and preventing such violence in the long term. Therefore, taking steps that will support the spiritual development of individuals and increase social cohesion and solidarity is a critical necessity. In addition to the important steps to be taken to prevent spiritual violence, these recommendations will have a critical impact in terms of establishing a solid and sustainable foundation for increasing the quality of life of individuals. In this context, this awareness and solidarity that will spread throughout society will play a very important role and mission, while making individuals more resistant to their spiritual and social problems and also supporting their personal empowerment. This support network that will emerge in society will contribute greatly to individuals feeling more secure, not only to their empowerment, but also to their ability to face the challenges they face in a healthier and more conscious manner. Therefore, the prevention of spiritual violence, the support of individuals and the strengthening of social health are considered to be essential and indispensable elements in achieving individual happiness.

Such methods to be implemented can be seen as an important part of the effort to create an environment that will lead to positive changes in the structure of society and strengthen individuals, and the continuity of this process will be extremely beneficial and necessary for all segments of society. The issue of



preventing spiritual violence should not remain only as a goal, but should also be accepted as an important and deep journey that will enable individuals to find inner peace and tranquility. It should not be forgotten that a supportive, understanding and empathic approach should be adopted at every stage of this journey. This will be a process that will work by both strengthening social ties and significantly contributing to the improvement of individuals' mental states. In particular, such an approach will make significant contributions to the development of a culture of solidarity and support in society as a whole. In this direction, increasing social solidarity and strengthening communication between individuals is also an extremely essential and vital requirement for taking mental health to advanced levels. Thus, while individuals' self-confidence increases, social values will also be strengthened. In this context, the support of individuals in their social environment is considered a process that positively affects not only their own lives but also the social structure. Thanks to such positive developments in society, people will not only strengthen themselves but also those around them and contribute to the formation of a collective consciousness. Therefore, there is a deep-rooted connection between spiritual health and social solidarity, and this relationship is one of the basic elements that will enable individuals to have a strong presence both personally and socially. When individuals are included in a collective support network, they will stand on more solid ground and will find the necessary strength and will to cope with the difficulties they encounter. Therefore, increasing sensitivity to spiritual violence should be considered a social responsibility and continuous work should be carried out towards this goal.

### Restriction

This study is limited to previous scientific studies from around the world. While the literature review was conducted within the existing framework, it is important to note that different geographical regions and cultural contexts were not considered from a broader perspective. However, given this study's adoption of a specific methodology and time constraints, it may

### Notices

- **Evaluation:** Evaluated by internal and external reviewers.
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### Ethical Declaration

The publication ethics of ..... is a nationally based scientific journal in the field of social sciences that aims to ensure that scientific research and publications are carried out in accordance with basic principles such as honesty, openness, objectivity, respect for the findings and creations of others. Helsinki declaration criteria are taken into consideration.

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