

Poverty is worst form of violence

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① Introduction

Thesis statement: Poverty is the worst form of violence as it denies individual their basic human rights and dignity; However, by taking certain measures it can be eradicated.

② What is poverty and who is poor?

③ Poverty being a Worst Form of Violence

① Impacts mental health by causing depression, anxiety, and trauma

② (Case study: Nigeria and Sudan: People living in poverty have greater rate of mental problems as compared to people not living in ~~poverty~~ poverty - (World-Bank-2024)

③ Globally, 55% of people experience mental problem living in poverty - (WHO-2023)

④ Increases suicidal rate

⑤ A study: Suicidal rate is 4-5 times higher in people living in extreme poverty - (WB-2023)

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(i) In Brazil suicidal rate is 2.5 times higher in poor people - Brazilian health ministry - 2023)

(ii) Promote acute and longterm food insecurity

(a) Poverty rates are highest in South-Asia (39.6%) and Sub-Saharan Africa (32.6%) - WB-2022

(b) 82% of world hungry people live in South-Asia and Sub-Saharan Africa - FAO - 2024)

(iii) Invoke uncertainty in the society

@eg Due to limiting access to basic needs like food, water, and healthcare.

(a) Central African Republic: poverty rate 71% (WB-2023) and life expectancy - 53 years (WHO-2023)

(iv) Increases unemployment rate in the country

(a) Burundi: poverty rate 71% and unemployment rate is 24% - WB-2022

(b) IMF, 2023 - every 1% increase in poverty rate leads to 3.5% increase in unemployment rate.

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(VI) Bismarck Enhances Economic growth.

dependency on foreign aid and cash inflow

(a) Case Study: Central Republic of Congo: poverty rate 52%, with GDP accounts for 25% on foreign-aid.

(VII) Compromises Sovereignty of the Country

(a) Case Study: Palestine and Lebanon
Sovereignty encroachment by Israel.

(b) Historically: U.S. invasion of Libya, Iraq, and Afghanistan.

(VIII) Poverty leads to decrease political representation of the people

(a) Case Study: U.S. only 2% of lawmakers come from working-class backgrounds, despite making up 63% of the population - Econom Policy Institute of U.S - 2023).

(b) A study of 30-countries found that individual from low-income backgrounds are less likely to engage in civic activities such as volunteering, contacting politicians, or participating in protests - IWB-2020

④

⑩ Decreases educational opportunities and literacy rate

ⓐ 78 million children world-wide are out of school, with 40% of them being from poor countries (UNESCO, 2022)

ⓑ The global literacy rate for adults is 86%, but it drops to 63% for adults from poor countries (UNB-2022)

⑪ Poverty increases crime rate in the society

ⓐ Case study: In Australia, for every 1% increase in poverty, property crime rates increased by 2.2%. (Australian Institute of Criminology, 2022)

ⓑ In South Africa, areas with high poverty rate (>40%) experience violent crime rates 4.5 times higher than areas with low poverty rate (<20%) - South African Police Service - 2022.

⑫ Compromises access to fundamental human rights

ⓐ 844 million people lack access to clean water, with 40% of them living in Sub-Saharan Africa (UNICEF-2023)

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(XII) Poverty increases the prevalence of infectious diseases

① Pneumonia, diarrhea, and malaria accounts for 30% of children deaths in developing countries (WHO-2022)

② Tuberculosis and AIDS: 70% of death occurs in developing countries (UNAIDS-2024)

(XIII) Causes malnutrition and starvation

① Every year 1.5 million of death occurs due to malnutrition and starvation in South-Asia and Sub-Saharan countries - (WHO-2022)

② 50% of deaths in children under 5 years of age are due to malnutrition, with 70% of them living in developing countries (WHO-2024)

(XIV) Poverty enhances vulnerabilities to natural disasters

① e.g due to homelessness and inadequate shelters

② Case studies: North-Gaza refugees camps suffered badly from rains - Al-Jazeera - 2024

③ Case study: Sudan refugees - 13 million

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(XV) Increases the rape rate with
women

② UN-Women-2023 - '45% of women
experience sexual violence, further exacerbated
by poverty and displacement.'

① Measures to Eradicate this Evil

① Promoting higher education
at Country level

② World Economic Forum 2022 - Every 10%
increase in higher education decreases
poverty rate by 3%.

③ Case study: China and Singapore by
promoting higher education.

④ Fostering Sustainable economic growth

① Case study: Malaysia, China
and South Korea economic growth 1960s
onwards

③ Governments to craft policies to
ensure universal access to basic necessities

② Case study: Brazil and China
program to eradicate poverty.

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The stark reality of the poverty hits hard. That every three seconds, a child dies from a preventable disease, and every ten minutes, a mother loses her life in childbirth. Poverty itself is not a crime neither violence. But, it makes a circumstances which compel one to commit crime as well as suffered different kind of violence. The insidious effects of poverty manifest in various form of violence. Like, by ^{increasing} the prevalence of depression, anxiety, trauma and even suicidal thoughts in people. Similarly, causing acute and chronic food insecurities. Poverty is the main reason behind malnutrition and starvation. It also increases the occurrence of infectious diseases in the community. Along with these impacts, poverty creates unrest in the society. Other devastating effects includes, increasing the ratio of unemployment and stagnant the economic growth off in the country. And compromises the sovereignty of the state at international level. People get limited access to

to the political activities in the country. Moreover, poverty leads to decrease educational opportunities and literacy rate. Poverty also is the root cause of increasing crime rate. People, too, get limited access to basic fundamental human rights. Due to poverty, people also greatly suffer from natural disaster. Mainly due to the absence of homes and inadequate shelters. Similarly, there are many more aspects of human life which are massively effected by poverty. At government and society level taking measures: promoting higher education, fostering economic growth, and crafting universal policies. Poverty can be eradicated. Thus, poverty is the worst form of violence, as it denies individual their basic human rights and dignity; However, by taking certain measures it can be eradicated.

The
phrase "poverty is the worst form of violence" is a quote from Mahatma Gandhi. It means that poverty is more

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and severe and harmful form of violence than physical violence. According to International Labour Organization (ILO):

"Poverty is a situation in which people lack the income or resources to enjoy a decent standard of life."

The World Bank has set the limit of extreme poverty line. If a person earns less than \$1.90 dollars per day, is considered below the extreme poverty belt. So, the people who are not able to earn the resources to live standard life are considered poor. And they are living in poverty.

Poverty impacts mental health by causing depression, anxiety, and trauma, manifesting itself a worst form of violence. Mental health is the most vital factor for living a standard life.

Without mental health one can never perform his daily task of life with accuracy and standard. Poverty further escalates the depression, anxiety and overthinking. A report of World Bank in 2024, about Nigeria and Sudan, state

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that "People living in poverty ~~living~~ have greater rate of mental problems as compared to people not living in poverty." Similarly, in 2013, World Health Organization reports: "Globally 55 per cent of people experience mental problem living in poverty." These reports are clear indication of devastating effects of poverty. Hence, mental issues caused by poverty are bad form of assault of it.

Additionally, poverty causes malnutrition and starvation, expressing itself as ~~the~~ a worst form of violence. Malnutrition and starvation mainly effects human in the early age of life. Infants body needs proper quality and quantity of nutrition for standard growth. Due to poverty, families cannot provide basic nutrients on time to the infants. As a result, they are deprived of essential nutrients. These situations are prevailing at very shocking level in South-Asia and Sub-Saharan countries. According to

World Health Organization report 2024:

Every year one and half million of deaths occurs due to malnutrition and starvation in above mentioned regions of the world. Similarly, 50 per cent of deaths in children under five years of age are due to malnutrition; with 70 per cent them belonging to develop countries - World Bank 2024. So, by examining the above stats, it is clear that is the worst form of violence; manifesting itself in shape of malnutrition and starvation.

To

Conclude, poverty is a vicious cycle of deprivation, but can be handle progressively by taking certain measures into the account.

Measure may include, promoting ^{higher} education as well as encouraging the people to get educated. By fostering sustainable economic growth universally. Similarly, developing inclusive policies at three tier: ~~Country~~, Society or Community, country or national, and international level. Poverty causes many devastating impacts in the human life.

That includes, increasing sexual harassment

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of wom exploitation of women. Enhancing human vulnerabilities to natural disasters.

Similarly, stimulate the spreading and occurrence of infectious diseases. Poverty also promote unemployment and underemployment.

It severely compromises basic fundamental rights of human. It discourages the societal as well as country growth.

However, there are some encouraging signs for humanity growth. By looking at the rate of poverty, it has slowdown and reduced, too, as compared to past. Being a human everyone should consider poverty an evil, and try their best to alienate it from the world.