

PEACE AND HUMAN RIGHTS

Jannielyn C. Mañalac
Computer Engineering Department
Universidad de Zamboanga-Ipil
Zamboanga Sibugay Province, Philippines

Building peace is such a complex process because you have to include many factors that can affect on how to achieve it such as: different cultures, beliefs, religion and negative actions in attaining powers. We need to make sacrifices and change our values and even beliefs. We need to overcome all the negatives insights of our hearts and minds for the good of our community. We know how to prevent wars and conflicts, but we often do not do it, maybe because wars and conflict has been part of our culture ever since the world began.

In building peace, we need to stop violence, stay away from cruelty and rather raise the value of harmony. It is everybody's concern of having peace on earth.

People must learn to accept and respect the differences in culture or in how people live their live for everyone has the right to attain freedom. Peace creates the atmosphere of freedom where all human rights are protected with the assurance of equality between man and woman. To attain peace, we don't need to use violence in order to stop conflicts. We can fix it with non-violence and lending our ears to other people complaints. All things made by God are sacred and we are one of God's creature. And so we ourselves are sacred.

All things should start on us yet there are a lot of negative factors affecting why peace is hard to achieve in ourselves. First is anger. We get angry when our desires and expectation is not achieved. This could be related to pride. That is why even a simple problem cannot be solving, for anger is blocking our mind and heart and anger is a sign of weakness. No one likes to be close to angry person and ends peace hard to achieve. Then there is guilt. Guilt has a big effect in ourselves for we feel bad because of something we've done before. The feeling of guilt contains many emotions like regret, stress and weaknesses. But the right thing we should do instead of taking mistakes as a trauma, we try to take it as a lesson and continue with our lives achieving more things. Another is perfectionism. We may think that in order to attain peace, life should be perfect, yes it's true but too much would turn into bad. We may become fearful in doing things (Failure) and ends to lack of confidents.

We must try to eliminate these negative factors for it affect the whole community. Peace should begin with each one of us. Even how hard we try to understand others but if we can't understand ourselves either, understanding among you is still impossible. We keep on judging other people; we keep on complaining why people harmed others and cannot seem to control their emotions without looking at ourselves first. Even the smallest conflict we create within ourselves, it affects many lives. Why don't we try to start change it in ourselves first. Elimination of negatives brings positive results and bigger things starts from small thing. According to some experts, here are some values or attitude that could help in promoting peace.

Respect for ourselves. We should give worth in our existence here on earth. We should give worth on our life for we are brought to this world having responsibilities and we should know what those responsibilities are:

Respect for others. Since we had learned to respect ourselves, the next thing to do is to share it to others. Yes we have rights but our rights ends when it comes to the dignity of other person. We must consider that they have different culture.

Respect for life/non-violence. As what I have said a while ago that we are sacred, so we don't have right to discriminate the life of others. We can fix thing without using any physical forces and weapons.

Compassion. We must try to be sensitive about the people around us, most especially for those least fortunate ones. For they're the ones who experience much difficulties and great sufferings we should show kindness to them and do the things which what we want to achieve. As what the saying states that, "Do unto others, what you want others do unto you."

Ecological concern. Living a life in a world of peace is really amazing yet it would be more amazing if the world you are living is peaceful, clean and green. So we need to be aware in our environment and see land as a community to which we belong, begin to use it with love and respect.

Cooperation. We need to work together for us to meet common goals. The Manila bus hostage taking happened on August 23, 2010, is one of the examples where cooperation is not meet. It's a big shame for us Filipinos for the whole world had seen it. One of the officials in Hongkong says that if that situation happened on their place, it would not take that long and it would not end up killing or losing many lives. What wrong with it is that the Government seems to have misunderstanding with each other especially in doing the plan and some officials seems that are not working or helping with the President. Now the person who much to had been blame is the President. And we cannot blame them for their anger and hatred for we are the ones who cause that kind of anger. You see, only one person is the one who did that such unkind act, but all Filipinos are affected. And the action made by the hostage-taking is against human right. According to certain authors, here are some of our rights:

Our right to live. We have the right to live in this world without any violence and discrimination.

Our right to speak freely. We have the freedom to speak against injustices and speak for the truth, even if you're poor or rich.

Our right for fair trial. We all know that nowadays rights are much given for rich people only. So even if the poor ones is the one who been discriminated, the punishment would still end up to them. And that could be the reason why crimes are staggering and yet it is not still solving for no one complaints. In fact taking a fair trial cost a lot. But fair trial must be given to all for free.

Right to believe or practice the religion a person wants. We have the freedom to believe or stand on our perception. No one could ever take that right from you.

Right to pursue happiness. We have the right to live in happiness. And God wants us to be happy and no one could ever stop you to become happy.

These Human rights are meant for everyone, regardless of race, religion, ethnicity, nationality, age, sex, political beliefs, social beliefs, intelligence, disability or ability, gender and identity. Peace may be obtained with better understanding of human rights.