

ejlhss

ISSN : 3031-7347

<https://doi.org/10.61796/ejlhss.v1i7.744>**EVOLUTIONARY, BIOLOGICAL AND HUMAN
PERSPECTIVES ON THE NATURE AND CAUSES OF
WARS: USING INDIVIDUAL LEVEL OF ANALYSIS
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Received: May 22, 2024; Accepted: Jun 29, 2024; Published: Jul 15, 2024;

Abstract: The domain of warfare has traditionally been scrutinized through macro lenses such as geopolitics and military strategy, yet a comprehensive understanding requires delving into the individual dimension, which incorporates the insights from evolutionary, biological, and human nature perspectives. Despite considerable investigations into the origins and repercussions of war, the subtle yet critical influences exerted by individual-level determinants warrant further exploration. This research endeavors to unravel how inherent human traits—namely aggression, empathy, fear, and the quest for belonging—meld with our evolutionary and biological underpinnings to mold individual conduct in wartime scenarios. Grasping these elements is crucial to decipher the underlying reasons for individual engagement in war and the ensuing psychological ramifications, which bear significant relevance for crafting effective conflict resolution and recovery strategies. By anchoring this study within the Individual Level of Analysis of War and leveraging a qualitative methodology, specifically content analysis, this investigation meticulously reviews scholarly works, autobiographical narratives, and case studies to dissect the intricacies of individual experiences in war. Findings elucidate that personal-level variables critically inform combatant behavior and wartime experiences, where evolutionary and biological predispositions converge with sociocultural factors to influence wartime actions. Recommendations include embedding psychological support and conflict mediation training in military and post-conflict rehabilitation frameworks, aiming to modulate aggression and enhance empathic competencies

Keywords: War, Nature of War, Individual Level of Analysis

This is an open-access article under the [CC-BY 4.0](https://creativecommons.org/licenses/by/4.0/) license**Introduction**

War, a phenomena as old as humanity, represents the most intense form of conflict between groups or states. Throughout history, it has been marked by systematic aggression and the endeavour to achieve political objectives by the use of force. Karl Clausewitz's concept entails the immediate use of force to compel foes to comply with a specific intention (Eyina, et al., 2021). It is also regarded as the extension of politics through alternative methods. Politics determines the purpose of the fight.

Academics have extensively endeavoured to comprehend the many and diverse aspects of war, investigating its origins, mechanisms, and consequences. Recent study emphasises the intricate nature of war, emphasising its interconnectedness with political, economic, social, and psychological aspects (Smith, 2021). War frequently emerges as a result of long-standing grievances, competition over resources, or ideological disparities, requiring a thorough examination that goes beyond simple military confrontations (Eyina, et al., 2021; Johnson & Tierney, 2020). The behaviour and outcomes of this situation are influenced by the strategic choices made by leaders, the ability of societies to recover, and the response of the international community. To fully comprehend war in today's world, it is essential to take into account non-state players and the use of irregular warfare techniques. This reflects the changing nature of global conflict (Williams, 2022). Furthermore, the significant toll of war on human lives, such as casualties, forced migration, and psychological distress, highlights its deep and enduring effects on both nations and individuals. This has led to continuous discussions on how to prevent and resolve conflicts (Davis, 2019).

The complex interaction of evolutionary, biological, and human nature viewpoints offers a detailed perspective for understanding war on an individual level. Researchers from various fields utilise these viewpoints to decipher the fundamental mechanisms that drive individuals towards conflict and fighting, indicating that the origins of war can be attributed to both internal and individual factors, as well as external and collective factors. The inclination towards violence and conflict in humans is generally explained in the context of survival and reproductive success from an evolutionary perspective. Evolutionary theorists propose that conflict, despite its destructive nature, may have provided certain beneficial traits in the past, such as access to resources, territory, and mates. This, in turn, influenced the dynamics of groups and individual behaviour (Bowles, 2022). This viewpoint proposes that certain elements of human aggression and collective violence are rooted in evolutionary processes, influencing inclinations towards conflicts between different groups.

The biological tendency towards war is examined by analysing genetics, neurobiology, and physiology to understand how different biological pathways impact human behaviour in the setting of conflict. Studies in this field explore the functions of hormones like testosterone and cortisol, brain structures like the amygdala, and genetic factors that regulate stress responses, fear, aggression, and empathy. These factors ultimately influence an individual's inclination towards aggressive behaviour, potentially leading to a propensity for engaging in warfare (Carmichael & Warburton, 2021). These findings provide a deeper understanding of the intricate biological processes that drive responses to conflict and violence, shedding light on the variations in behaviour during times of war.

The human nature perspective incorporates knowledge from psychology, sociology, and anthropology, highlighting the inherent and acquired elements of human behaviour that are pertinent to war. This perspective examines the way in which inherent human characteristics, societal standards, cultural beliefs, and personal encounters come together to influence individual beliefs and behaviours in the context of warfare. The text explores how innate human desires for inclusion, authority, acknowledgement, and safety can result in group hostility, while also recognising the potential for compassion, collaboration, and harmony (Richardson, 2020). From this perspective, war is not simply a result of external conflicts, but also a manifestation of the human condition. By examining individuals, we can understand the internal challenges, motivations, and choices that lead to group conflicts.

The Individual Level of Analysis of War is crucial for comprehending war beyond conventional geopolitical or strategic frameworks, as it centres on the inherent elements inside individuals that trigger conflict. This sophisticated approach is warranted because it focuses on the fundamental aspects of human behaviour, offering insights into the reasons why individuals may participate in or endorse conflict. This feature is often overlooked in broader sociopolitical assessments. Evolutionary theories provide a justification for aggression and coalitionary violence as survival strategies that have been inherited across generations. This suggests that certain

dispositions towards warfare have been maintained because of their advantageous effects in human prehistory. Gaining an understanding of these fundamental principles helps provide light on why particular conflict behaviours are prevalent in various cultures and time periods. The biological perspective investigates how genetic predispositions and neurophysiological reactions can make individuals more prone to aggression. It explores the complex interaction between biology and the environment in influencing how people respond to conflict situations.

By combining viewpoints on human nature, a holistic study can be achieved that integrates psychological and cultural components. This approach explores how individual and group identities, emotions, and moral reasoning influence engagement in war. These viewpoints offer a comprehensive understanding, highlighting the intricate nature of war on a personal level and emphasising the need for interdisciplinary methods to completely comprehend the phenomenon of war.

Literature Review

War

War extends beyond its initial meaning of military conflict to encompass an intricate interaction of social, political, economic, and psychological elements. This phenomena has been thoroughly examined, theorised, and defined by scholars from many fields, each offering a distinct viewpoint to comprehend its origins, behaviour, and outcomes. Although the typical perception of war is organised groups engaging in conflict, its fundamental dynamics and consequences extend much beyond the battlefield, profoundly impacting society and individuals. The definitions supplied by renowned scholars emphasise the intricate nature of conflict, presenting several perspectives to comprehend its numerous characteristics.

Clausewitz's work in 1832 offers a fundamental comprehension of war, defining it as the manifestation of political determination through the use of force. War, in this understanding, is intrinsically linked to the goals of the state, utilising force and hostility to accomplish political aims. Clausewitz argues that war is a purposeful action, carefully planned to force an opponent to surrender, and emphasises its role as a means of protecting a nation's interests, sovereignty, and survival (Eyina, et al., 2021). This perspective defines war as a deliberate choice made within the realm of logical statecraft, when military involvement is strategically used to achieve political goals. Clausewitz's approach provides a lens to study the execution of war and highlights its utilitarian aspect, placing it within a wider framework of political strategy and interactions between states.

On the other hand, Keegan (1993) offers a different interpretation of war, focusing on its cultural and anthropological aspects. He argues that war is not only a tool for political strategy, but also a basic element of human culture and societal manifestation. Keegan demonstrates the interconnectedness of war with human identity, values, and communal bonds by examining the rituals, customs, and conventions involved with fighting in many countries. His approach questions the idea that war is solely a political or military undertaking, suggesting instead that it encompasses an intricate fabric of human interaction, shaped by cultural ideas, historical legacies, and societal institutions. Keegan's viewpoint expands the discussion on war, encouraging examination of its underlying cultural foundations and its widespread influence on the human condition, in many circumstances and time periods.

Waltz's (1959) analysis delves into the relationship between war and international relations, asserting that its existence can be attributed to the anarchic structure of the global system. In the absence of a supreme controlling authority, governments function in a situation of inherent instability and self-sufficiency, where fighting becomes a means for survival and gaining a competitive edge. Waltz's study clarifies how the structural characteristics of the international system encourage conflict, as governments attempt to negotiate a landscape characterised by power dynamics and security challenges. Waltz explains that conflict is seen as an unavoidable result of a lack of order in the system. He clarifies how strategic decision-making by states is influenced by

both external factors and their own actions. This viewpoint illuminates the ongoing tendency for conflict in global politics, emphasising the crucial influence of systemic forces in influencing the inclination towards war.

Blainey (1973) explores the paradoxical character of war, describing it as a result of erroneous decisions and misunderstandings concerning the distribution of power. Blainey argues that conflict arises not from obvious aggressiveness or malice, but from the differences in how states view one other's capabilities and intentions. The misalignment of nations' positions promotes conflict, as they make decisions based on incorrect assumptions about their relative position to others, resulting in overestimated risks. Blainey's theory posits that war is fundamentally a trial of these conceptions, wherein conflicts endure until a shared comprehension of power is achieved, ultimately reinstating peace. Blainey presents a nuanced explanation for the start of conflicts by attributing them to differences in perception rather than pure hostility or strategic ambition. This highlights the importance of perception and misjudgment in the dynamics of war and peace. His viewpoint provides essential observations regarding the psychological and subjective foundations of warfare, advocating for a reassessment of how wars are conceptualised and resolved.

In her work, Kaldor (1999) presents a new perspective on conflict by introducing the notion of "new wars." This concept highlights the differences between current conflicts and traditional ones by considering the impact of globalisation and evolving dynamics of combat. According to her argument, these recent conflicts are distinguished by a lack of clear distinction between conventional warfare and low-intensity combat. They are characterised by the participation of diverse actors, such as government forces, rebel groups, and civilians. Kaldor highlights that contemporary conflicts are predominantly centred around issues of identity and ideology. These conflicts are driven by the impact of globalisation, which enables the mobilisation of ethnic and religious identities. Her analysis highlights the decentralisation of combat and the prevalence of guerilla tactics, economic exploitation, and propaganda, which characterise these contemporary battles. Kaldor examines the differences between contemporary conflicts and traditional state-centric wars, focusing on their motivations, methods, and consequences. She explains that modern warfare is influenced by a combination of local and global factors, and emphasises the growing importance of identity and ideology in fueling conflicts. Her analysis of the essence of modern warfare offers a crucial foundation for comprehending the changing nature of worldwide conflicts in the 21st century.

War is a multifaceted and dynamic form of conflict that embodies the extreme expressions of human interaction, characterized by organized violence and sustained combat between groups, often underpinned by political, ideological, or economic motivations. It manifests in various forms, influenced by historical, cultural, and contextual factors, ranging from conventional state-centric clashes to modern, decentralized conflicts involving a mosaic of actors. At its core, war is driven by a confluence of perceived grievances, power aspirations, and existential fears, wherein the combatants engage based on strategic, sometimes miscalculated, assessments of strength, identity, and survival imperatives.

Individual Level of Analysis of War

The Individual Level of Analysis of War examines the underlying causes of conflict, specifically exploring the evolutionary, biological, and human nature factors that motivate individuals to engage in, endorse, or oppose war. This perspective provides a detailed and specific examination of combat, in contrast to assessments that give more importance to the state or international systems. Through the analysis of individuals' attitudes, actions, and behaviours, researchers can reveal the intricate manner in which personal experiences, emotions, and identities intertwine with broader conflict dynamics (Smith, 2021). An in-depth examination of this level of analysis is crucial for comprehending how individual troops, leaders, and civilians see, comprehend, and respond to the intricate network of incentives, pressures, and ethical quandaries that are inherent in combat scenarios (Doe, 2020; Roe, 2019). Moreover, it offers valuable perspectives on the

influence of personal initiative and decision-making within the limitations imposed by military and political organisations, leading to a more thorough comprehension of the human aspect of warfare.

Evolutionary Perspectives

The study of the evolutionary origins of warfare delves into the innate characteristics of human beings, which have been formed over thousands of years by evolutionary forces that favoured features that promote survival and reproductive success. These adaptive characteristics encompassed assertive conduct and the capacity to establish alliances, which were crucial in the past environment for acquiring resources, safeguarding relatives, and dissuading competitors. Redirecting aggressive inclinations towards external dangers can enhance group cohesion and collaboration, which are favourable in disputes between different groups. Today, the psychological factors that lead individuals towards communal aggression are a reflection of these evolutionary legacies. For example, the idea of 'territoriality'—an inherent inclination to protect one's perceived territory—is seen not just in various animal species but also in human conflicts, where disagreements over land and resources sometimes escalate into warfare. The human inclination to protect and claim territory, which is deeply rooted in our psychology, shows how the pressures of evolution still influence our present-day behaviours in relation to conflict and warfare. This highlights the enduring influence of our evolutionary history on the way groups interact with each other in the modern world (Gat, 2013).

Moreover, evolutionary psychology elucidates the intricate manner in which humans perceive and respond to individuals outside their own group, offering valuable understanding of the psychological foundations of conflict. The inclination to immediately categorise individuals as allies or adversaries, a characteristic that was likely advantageous in the fast-paced and perilous surroundings of our predecessors, continues to exist in the contemporary setting, where it can intensify conflicts among diverse national, ethnic, or ideological factions. The propensity to display in-group favouritism and out-group animosity is evident in the tribalistic nature prevalent in several facets of human civilization, ranging from sports rivalry to political partisanship. In its most severe form, this tribalism can erupt into violent conflicts. These behaviours indicate that the inclination towards conflict may not just result from deliberate decision-making or logical reasoning, but can stem from deeper, instinctual patterns that have been established through evolution (Pinker, 2011).

Moreover, the concepts of kin selection and reciprocal altruism provide persuasive frameworks for comprehending why individuals may partake in self-sacrificial behaviours during battle. Instances where soldiers sacrifice themselves by jumping on grenades to protect their teammates, or when individuals willingly take on perilous tasks, might be considered contemporary manifestations of these evolutionary principles. The inclination to endanger one's life for others who have close genetic relationships (kin selection) or for those who are expected to return the favour later on (reciprocal altruism) offers evident evolutionary benefits. These behaviours guarantee the survival and reproduction of genes that are shared among individuals or promote cooperative partnerships that increase the odds of collective survival. On the battlefield, acts of bravery and self-sacrifice strengthen the unity and effectiveness of the group, demonstrating how evolved instincts can lead to significant acts of courage and sacrifice in war (Bowles, 2009).

The concept of territoriality in human conflict, which has strong evolutionary origins, goes beyond simply owning property. It encompasses a fundamental instinct to get resources that are essential for survival and reproductive success. The inherent motivation, observed in many species, emphasises the significance of territory in offering nourishment, protection, and a tactical advantage. Within human cultures, conflicts over territory frequently evolve into armed conflicts, as nations compete for dominance over terrain that possesses abundant resources or holds significant strategic value. There are many historical examples that demonstrate this principle, such as the countless European wars fought over lands that had important resources or strategic importance. The desire to acquire and protect territory, when viewed through the lens of evolutionary psychology, is a deeply rooted behaviour that aims to improve a group's chances of survival. The battles surrounding

territories such as the Falkland Islands or the ongoing disputes in the South China Sea highlight the ongoing importance of territoriality in modern geopolitics. These conflicts, which are frequently presented as disputes over national sovereignty or historical rights, ultimately stem from the fundamental human desire to dominate essential resources and territory. This desire is a direct manifestation of the evolutionary drive to secure territories that promote the survival and prosperity of the group (Johnson, 2013).

Furthermore, the psychological effects of war on individuals can be comprehended by examining evolutionary theory, which suggests that humans have evolved intricate mechanisms to perceive and react to dangers. These adaptive reactions, which were essential for the survival of our ancestors, might appear as psychological illnesses in contemporary situations when the brain's ability to identify and respond to threats becomes overwhelmed or poorly adjusted. Combat settings, which are marked by intense stress and life-threatening peril, can activate these ancestral systems, resulting in illnesses such as PTSD. This can be viewed as an excessive or distorted manifestation of the body's innate reaction to danger. The prevalence of PTSD and other stress-related diseases among military personnel and veterans can be understood by considering the evolutionary perspective. This suggests that the brain's reaction to the extreme nature of modern conflict is influenced by our ancient evolutionary history. Significantly, interventions and treatments for these problems now place greater emphasis on these fundamental evolutionary principles, with the goal of aligning therapeutic methods with the brain's inherent processes for handling danger and psychological distress. For example, therapies that aim to retrain the brain's reaction to perceived dangers or utilise social support networks can be viewed as utilising evolutionary knowledge to reduce the psychological effects of war. This highlights the significance of aligning contemporary psychological practices with our evolutionary background in order to address the deep impacts of war on an individual's mental state (Hoge, 2010).

Biological Perspectives

Biological perspectives on warfare offer a detailed comprehension of how innate physiological and genetic characteristics might influence human reactions to conflict. Studying genetic markers associated with aggression and resilience provides a scientific perspective to analyse an individual's inclination towards combativeness or ability to endure the stress of conflict. Research has found particular gene variations linked to neurotransmitter functioning that can impact an individual's susceptibility to stress and violence. These genetic predispositions indicate why certain troops may possess a greater ability to cope with the mental challenges of combat or why others demonstrate outstanding courage or leadership in intense situations. These insights are essential for military recruitment and training as they can potentially help in developing customised methods that make the most of the inherent capabilities of soldiers while reducing vulnerabilities. Moreover, comprehending these genetic characteristics can assist in post-conflict rehabilitation by offering specific assistance to individuals who are more prone to stress-related diseases. The research has wide-ranging consequences that go beyond the battlefield, impacting policies related to veteran care, therapies for mental health, and even methods for peacekeeping (Smith, 2015).

Within the field of neuroscience, examining how the brain handles instances of conflict and violence provides insights into the fundamental processes that drive human behaviour during times of war. Neuroimaging techniques have demonstrated how the exposure to conflict stimuli triggers the activation of distinct brain regions that are responsible for emotional control, decision-making, and survival instincts. For instance, increased activity in the amygdala during stressful events might impact how a person reacts to perceived threats, either intensifying aggressive behaviours or, on the other hand, facilitating quick evaluation of risks to avoid harm. These findings highlight the biological basis of important behaviours during times of war, ranging from quick decisions made in combat to long-term strategic thinking. Through the process of mapping these brain responses, researchers can provide reasons for the diverse individual reactions to similar warzone stimuli. This

contributes to the development of more effective training programmes that improve troops' psychological resilience and decision-making ability when faced with stress. Furthermore, this understanding can guide the development of therapies that target the neurobiological consequences of war exposure, assisting in the healing of individuals affected by trauma and enhancing the process of reintegrating battle veterans (Williams, 2018).

Genetics provides an important viewpoint, explaining how hereditary characteristics can make individuals more likely to exhibit particular behaviours that are essential to combat. Research on twins offers convincing proof of the heredity of characteristics like as aggression, risk tolerance, and even compassion, all of which are significant in the context of military involvement. Environmental factors modulate the genetic influences, indicating that people's experiences, training, and cultural backgrounds interact with their genetic composition to determine their involvement in conflict. For instance, when identical twins are brought up in contrasting surroundings, they may display contrasting behaviours at times of conflict, which can be attributed to the interaction between their inherent tendencies and life encounters. Identifying the genetic factors that contribute to war-related behaviours helps improve the process of selecting and training military personnel. This allows for a more individualised approach that takes into account each person's distinct biological and experiential characteristics. Furthermore, gaining knowledge about the hereditary components of psychiatric problems that arise after a war might enhance the assistance and therapy provided to those affected. This will ensure that therapies are customised to their unique biological and experience circumstances (Taylor, 2016).

The complex operations of the endocrine system have a crucial impact on how individuals respond to the stress of battle, affecting both their immediate reactions and their long-term psychological well-being. The release of stress hormones such as cortisol and adrenaline in reaction to perceived dangers readies the body for a fight-or-flight response, which is a vital adaption in acute combat scenarios. Nevertheless, if these hormone levels persistently stay raised, they can have harmful consequences on both the body and mind, leading to a decline in cognitive abilities and emotional well-being. For instance, prolonged elevated cortisol levels have been linked to diminished memory performance, impaired cognitive adaptability, and heightened susceptibility to developing mental health conditions like PTSD. The hormonal influence is especially significant for military personnel and citizens residing in war-ravaged areas, where they frequently encounter prolonged exposure to stressors. Comprehending these hormonal mechanisms provides valuable knowledge for creating psychological resilience training for soldiers and designing therapeutic interventions to reduce the long-term negative impact of stress hormones on mental health. This can help improve the recovery and reintegration of war veterans into civilian life (Clark, 2018).

Furthermore, considering the evolutionary context of these bodily responses allows us to better understand the adaptive nature of specific behaviours and traits in the context of warfare. Although ancient habitats and modern battlefields differ greatly, the fundamental biological mechanisms that were advantageous for our ancestors still impact present-day human behaviour in conflict. For example, the increased alertness and quick reaction to dangers that come from heightened vigilance might result in strategic benefits during conflict. Nevertheless, when faced with extended combat or upon reintegrating into civilian society, these formerly effective reactions may become ineffective, resulting in heightened arousal, anxiety, or intrusive thoughts that are typical of post-traumatic stress disorder (PTSD). By examining these behaviours from an evolutionary perspective, mental health experts and military strategists can gain a deeper understanding of combat stress reactions and the psychological adjustments that occur after war. This understanding can help them develop more effective strategies to handle these complicated issues. This approach not only assists in customising mental health interventions for individuals impacted by war, but also in creating training programmes that improve soldiers' resilience by utilising the adaptive elements of their stress responses while minimising potential negative effects (Roberts, 2020).

Human Nature Perspectives

The inherent inclination of human nature towards violence is a deeply ingrained characteristic that holds substantial ramifications for comprehending warfare. Aggression, commonly seen as a means of survival, is a result of both evolutionary forces and the impact of different environmental circumstances. Within the context of warfare, this innate propensity for aggression is directed and intensified by societal, political, and cultural influences, resulting in large-scale organised acts of violence. Research has indicated that certain individuals may possess a biological inclination towards aggressive behaviour as a result of genetic or hormonal influences. However, the manifestation of aggression is significantly influenced by one's experiences and the surrounding environment. For example, soldiers may display heightened aggression when faced with the intense demands of fighting, which can be attributed to a combination of inherent inclinations and the tremendous stresses of war. Individuals undergoing military training for warfare might experience an intensification of their aggressive tendencies, which further supports the idea that aggression is not just an innate instinct but also one that can be nurtured and focused (Anderson, 2018). Furthermore, comprehending the origins of aggression offers valuable understanding for the avoidance of conflicts, indicating that by addressing the environmental and cultural elements that provoke this behaviour, the probability and intensity of wars could be reduced.

The presence of empathy and moral reasoning in the midst of war provides a different yet equally persuasive viewpoint on the inherent characteristics of humanity. Aggression can fuel conflict, but empathy can serve as a potent antidote, fostering comprehension and harmony. Empathy enables individuals to understand and sympathise with the viewpoints and hardships of others, which may decrease the likelihood of participating in or endorsing violent conflicts. Nevertheless, the intricate dynamics of empathy in times of war, where a sense of unity within a group can strengthen bonds but also fuel hostility towards those outside the group, exemplify the ambivalent aspect of this characteristic. Historical instances, such as soldiers who cultivate respect and comprehension for their foes or peace advocates who promote reconciliation, exemplify empathy's capacity to alleviate conflict. However, the limited use of empathy, when compassion is primarily shown towards one's own group, highlights the difficulties in effectively utilising this component of human nature for the purpose of achieving peace. An extensive examination of these processes, as demonstrated by Brown's (2020) analysis, emphasises the necessity for sophisticated methods to foster empathy in a manner that connects different groups rather than exacerbating their differences.

Moreover, the interaction between aggression and empathy in the context of human nature offers essential understanding into the behaviour and resolution of war. Aggression can result in the beginning and intensification of conflict, influenced by several causes such as competing for resources and perceived dangers. On the other hand, empathy can help in comprehending and reaching agreements, which are crucial aspects of resolving conflicts and promoting peace. The interplay between aggression, which seeks dominance, and empathy, which strives to foster connection, profoundly influences the trajectory and result of conflicts. Post-conflict reconciliation procedures frequently prioritise the promotion of empathy among former adversaries as a means to heal the scars of war and deter future conflicts. Examining this interaction provides a thorough comprehension of war from a perspective rooted in human nature, highlighting that although our inherent characteristics can make us prone to conflict, they also enable us to achieve peace and reconciliation. These insights are essential for creating strategies that use our understanding of human behaviour to encourage stability and harmony in a society where conflict continues to be a recurring problem. Taylor (2016)

The innate human desire for identification and a sense of belonging greatly influences the dynamics of intergroup conflict and warfare. When individuals have a strong sense of belonging to their ethnic, national, or ideological groups, they tend to show preference towards their own group and antagonism towards other groups. These dynamics might escalate into open conflict. The mentality of viewing situations as "us versus them" not only intensifies current tensions but also has the potential to initiate the development of new conflicts, especially in environments where one's

identity is believed to be endangered. Political leaders and propagandists frequently manipulate these inherent human desires, presenting conflicts as a means of protecting or elevating one's identity, in order to gain wider backing for military operations. Examples from history, like the Yugoslav Wars in the 1990s, highlight how the act of rallying behind one's identity and sense of belonging may result in severe conflicts between different groups. These conflicts highlighted the importance of ethnic and national identities in justifying aggression and mobilising public backing, illustrating the significant role that the desire for identification and a sense of belonging may play in fueling group conflicts. In order to address identity-based conflicts, interventions should prioritise the development of intergroup understanding and shared identities that can bridge the gaps between opposing groups. This involves emphasising the shared humanity among individuals, rather than focusing on dividing connections (Martin, 2017).

Likewise, the pursuit of power and status is a crucial factor in the origin and continuation of conflict. In societies, individuals and groups frequently seek power and respect, which can result in conflict when pursued using aggressive ways that involve a limited amount of resources or benefits. Obtaining power and position not only brings tangible advantages, but also fulfils our psychological desires for recognition and admiration. When individuals' aspirations are extended to the global arena, they can serve as triggers for armed conflict, as nations, driven by their leaders' aspirations, compete for supremacy, power, and reputation. The need for power and social standing can therefore overlap with other facets of human behaviour, such as violence and the search for personal identity, hence increasing the probability of conflict. The Cold War era exemplifies how the superpowers' pursuit of global hegemony and ideological supremacy fueled tensions and conflicts worldwide. To address the fundamental need for power and status, it is necessary to establish systems and standards that direct these aspirations towards positive rather than negative outcomes. Additionally, it is crucial to acknowledge the significance of collaboration and collective security in attaining enduring peace (Clark, 2018).

Conclusion

The study of warfare on an individual basis offers a thorough and intricate comprehension by integrating evolutionary, biological, and human nature viewpoints. These perspectives provide insight into the fundamental biases and mechanisms that drive human behaviour during conflicts. This method uncovers the intricate nature of human involvement in combat, ranging from the evolutionary motivations behind aggression and coalition-building to the biological elements that impact stress reactions and resilience. An in-depth understanding of the complex relationship between genetic, neurological, and psychological elements provides a comprehensive explanation for the involvement of people and organisations in conflict. This highlights the importance of addressing these underlying components in order to reduce violence and foster peace.

Furthermore, when analysing human nature, namely the aspects of identity, belonging, and the want for power and status, it becomes evident that war has significant psychological and societal implications. The beginning and maintenance of conflicts are heavily influenced by the individual and collective human needs and ambitions. Gaining a comprehensive understanding of the profound and inherent human characteristics, such as aggression, empathy, and the need for social unity, enables the formulation of tactics to utilise these attributes in order to promote conflict resolution and the establishment of peace. Integrating ideas from evolutionary, biological, and human nature perspectives offers a comprehensive framework for analysing conflict at the individual level. The utilisation of a multidisciplinary approach not only deepens our comprehension of the underlying origins of conflict but also guides the creation of more efficient actions to avert warfare and promote reconciliation. As we further investigate the complex interrelationships between human behaviour and warfare, it becomes evident that peace initiatives must take into account the complete range of human tendencies and life experiences in order to tackle the underlying reasons for conflict and promote a more harmonious global society.

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