

Role of Intrapersonal Communication on Human Development of Direct and Indirect Conflict Participants in Nepal

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Abstract

Human development of conflict participant during Nepal's armed conflict started from 2052 BS has been studied in this research paper. Role of intrapersonal communication in difficult life condition (conflict) in human development of both direct and indirect conflict participant has been researched using qualitative research methodology taking human's inward development factor as physiological, psychological, emotional, cognitive, and intellectual aspect as well as outward support system as social, economic, political, cultural, religious, technological and global system are taken as the variables.

For this hermeneutic phenomenological qualitative study in-depth interview of 4 participants from direct and indirect conflict participant in Nepal is taken being based on interpretive research philosophy in a cross-sectional time frame adopting inductive approach.

Major finding of this study is that healthy positive intrapersonal communication should be initiated by individual with active functionality of support system for individual's growth to its fullest human potential for which constant communication with self is significant.

Keywords: Armed Conflict, Intrapersonal Communication, Human Development, Self concept and Social Cognition

Introduction

This research has shown how human development is affected due to difficult life condition. Here, for data sample for this study is chosen on the basis of conflict participant nature of involvement on Armed Conflict (Maoist insurgency) as who has been directly involved in conflict and who has not involved in conflict directly but their family members were killed during armed conflict. Core interest of this research is to know how conflict participants do intrapersonal communication to exercise their choices in personal and multi-dimensional outer circumstances. There are six basic pillars of human development: equity, sustainability, productivity, empowerment, cooperation and security. These six pillars of human development is minutely studied in the characteristic of these research participants who are direct and indirect conflict participants. To change the present scenario, healthy positive intrapersonal communication should be initiated by individual with active functionality of support system for individual's growth to its fullest human potential. Inwards factors, as physiological, psychological, emotional, cognitive, intellectual and spiritual aspects of individual should be regulated with sense of belonging and security ensured by outward support system as social, economic, political, cultural, religious, technological and global system.

Literature Review of empirical studies on the intrapersonal communication and human development in the context of conflict showed research gap paving the way for holistic research in this area of study. Major loopholes in the literature of conflict context are that political, economic, social development and psychological aspects are repeatedly conducted in good volume whereas research on physical intellectual, cognitive, emotional, spiritual and cultural aspect which is significant as inward development seems not conducted much. That is why this study attempted to do holistic research study on the role of intrapersonal communication on human development during difficult life condition caused by Armed conflict in Nepal using multiple theories from of Intrapersonal communication and human development. The major research question is “What is the role of Intrapersonal Communication on Human Development in the context of Nepal?” and “What is the role of inward self communication while living in dysfunctional outward support system for individual’s qualitative human development?”

Ontologically, Intrapersonal communication occurs when a person communicates with self. Only the communicator is involved in intrapersonal communication process but it can happen in any context as interpersonal, group, organizational or mass communication that is why, human development is largely affected by its socio-economic and political circumstances but with self interaction within body and mind individual can trespass available socio-economic and political obstacles and develop one’s fullest human potential. Epistemologically, participants responded their nature of self reflection in the difficult life condition during the armed conflict shows the geographic, physical and psychic mobility largely affected by institutional instability caused by armed conflict. Participants have found the course of their development interdependent in various subjective and objective experiences. They have developed the empathetic approach of multiple meaning to the same circumstances over the period of their own life time experiences such as pre, during and post conflict. This hermeneutic phenomenological research stands on the interpretative research philosophy with inductive approach in each of the case whole outside circumstances are looked from the eyes of individual and their self development is seen from their own subjective experience of it.

Cases of Conflict Participants

Conflict participant of civil war in Nepal since 2052 BS to 2063 BS and also afterwards is taken as still transitional justice issue has not been sorted out. Four participants are categorized as Indirect Conflict Participants (ICP) and Direct Conflict Participants (DCP). It is subcategorized on the basis of from which side (rebellion or state) they have been victimized by or fought for. Indirect Conflict participants are sub categorized as ICP-1 and ICP-2. ICP-1 is daughter whose father is killed by Royal Nepal Army whereas ICP-2 is daughter whose father is killed by CPN Maoist. Direct Conflict participants are also subcategorized as DCP-1 and DCP-2. DCP-1 is a soldier from contemporary Royal Nepal Army whereas DCP-2 is a soldier of People Liberation Army. It has not been sub categorized based on gender roles because among four two indirect conflict participants both are female and other two direct conflict participants are male.

Six inward development variables as physiological, psychological, emotional, cognitive, intellectual and spiritual are taken for study to measure impact in individual’s growth as human due to participation in conflict directly and indirectly. Seven variables as social,

economic, cultural, religious, political, information communication technology and globalization are taken to measure outward development in the support system of individual in conflict situation.

Cases of Indirect Conflict Participants

CASE: ICP- 1

She was born in a poor family in Nepal after the death of two sisters and brother, that is why her parents lived in constant fear of losing her. Now, she has five younger brothers. Poor economic conditions in large family caused difficulty in livelihood. Her journalist father knew the importance of education so he sent her to school. Every day she would complete her household chores, look after her siblings and only then she was able to attend the school.

Her curiosity and interest in radio grew just when she was in the third standard year of school. Her father used to carry a small radio and roam around village to communicate news to people. Awed by the technology, she wondered how radio worked. One day she asked her father everything she could about radio and he told her but she was too young to understand such technological things, which left her only more curious. As she grew up, she kept asking and garnering knowledge and thus decided to become a radio journalist. Although her father persistently informed her that it wasn't an easy sector to work in, he never discouraged her and she did not lose hope either.

Sadly, she hadn't even completed her secondary school when catastrophe hit her family. During Nepal's armed conflict, her father was shot dead along with other six others individuals from her village. After this, economic condition became much worse and had no money left to pay school fees. News about her family tragedy was published in the Kantipur Daily which happened to reach the editor of one Tabloid Newspaper. He promised to bear all our expenses till the tenth grade. With this philanthropic contribution, she managed to get her School Level Certificate Exam and after her exams she came to Kathmandu and met with her sponsor and his family. During her stay in Kathmandu, she saw the news about radio training program which required one thousand rupees for admission. Since she had no money, again sponsor gave her three thousand rupees to join the institute for the training which she passed.

She came to know that the Nepal Children's Education Fund would be sponsoring children of journalists killed in Nepal's armed conflict to help them with their further studies. While she was studying, the first community radio started in her district and she got an opportunity to work there. She worked as a district reporter at "Ujjyalo Ninety Network", "SamudayikSuchana Network" and "Hajurko Radio" at Ramechhap".

She came to Kathmandu after her high school to pursue dream of becoming a journalist. Working at pushtak.com online she frequently met BishnuNisthuri and other journalists of the Asia Journalist Association Nepal and was further encouraged by them.

She strongly wants to complete her Masters Course and become a successful journalist in future.

CASE: ICP- 2

She is 23-year-old girl who lost her father due to Maoist insurgency. Her father was a journalist and used to work as an editor of local newspaper and also he used to teach at college. He was also one of the well-known leaders of UML. He was an honored and respectful person of the society. During the period, few people of that zone were literate; among them he was also one of them. In the year 2058 B.S. the Maoist revolution took place where many people were killed including him. The main reason behind the massacre during the revolution is still unknown.

Among six family members in her family now, only four are alive. She has two sisters and one brother. After 8 years of the brutal killing of her father, her mother died due to depression. Her family struggled hard to sustain and survive. Her mother suffered a lot before her demise as they were living in rural areas of Nepal. Instead of supporting her family, society started to alienate them. Her mother and her elder sister worked hard to sustain their livelihood. After two years of her father's death, whole family was broken. Her mother stayed in village so that she could look after the land and property there. Her eldest sister was sent to NGO of Kathmandu. ICP-2 was sent to city for study purposes. Her two years old brother and four years old youngest sister were sent to INGO at Chitawan. After a year, when her mother went to visit her youngest sister and brother at Chitawan's INGO, it denied to recognize her as the mother of those children. Her mother sat there for around 4-5 days hoping to see them. Ultimately, the members of INGO gave her the permission to see her children from backside, but she knew that the children who were shown by the INGO were no her children at first.

Her mother was broken after this incident. She returned back to village but things didn't go well with her as she suffered from over thinking. She was physically and mentally pressurized. But still, she didn't lose her hope. She worked hard to change her economic condition. By the help of her uncle, mother was able to build a house. She also took a plot of land so that her children wouldn't suffer from any kind of difficulties in future. After that she was happy because she had done something which would later make her children's future bright. Somehow, she forgets about her struggling life. People living in the society again began to back bite her saying that; she is cheerful and happy even after the death of her husband. She was somehow happy; but deep inside her she was struggling with over thinking again. After knowing the condition of mother; ICP-2's elder sister ran away from NGO at Kathmandu. ICP-2, who was studying in city also returned back to village. Both of them started to study in village. They were with their mother the whole time but the impact of those incidents was so strong that her mother could not cope and died in the lap of ICP-2 after 8 years in the of her father's demise.

After the demise of mother, elder sister did all funeral works. ICP-2 was taken back to Kathmandu city by their maternal uncle. After the demise of both parents the bond between brother and sister never became normal and cordial due to the lack of emotional connection caused by growing up separately. Now her family is currently supported by the INGO of Chitwan district and Asian Journalist Association. Since her family is separated from their childhood; they don't think they are the siblings. By the Maoist revolution which had occurred in 2058 B.S. in the Zone of Nepal, the family bond between them is weak till now.

Comparison between Cases: ICP-1 and ICP-2

Their self concept and social cognition are highly influenced by the incident. Both have women as Head of the family. Both stay away from the family and are very sure about what they want in their life. Both consider friendship as significant but with certain distance and value sharing emotion rather entertainment. Both are single with no involvement in romantic relationship and feels marriage not necessary but don't know why. Both don't feel close to relatives as they have experience cold attitude from them due to inheritance conflict. ICP-1 remembers well about the incident but ICP-2 has blur memory of it. Both has nightmares but one who remembers clearly about father dreams him asking for water and another who has blur memory of father doesn't see father but of mother whom she losses after few years of her father's death. Both feels they are strong and confident but has symptoms of anxiety as insomnia, stomach upset, fast heartbeat and breathing. Both find their living condition difficult economically and emotionally as they imagine it would be better if their father was alive. Both has positive image and impact of their father as their academic persuasion is what they call fulfilling father's dream but both of them has not chosen Journalism and Mass communication for their academia and profession though ICP-1 had chosen it till undergraduate and was pursuing career in journalism she left as in words fed up with its status in Nepal. Both have fear of being victimized and discriminated due to their past experience politically and socially. Both thinks gender affects their life experience while living without father as people try to take advantage of it thinking them vulnerable but also says they are confident enough to tackle with such people as per their past experiences. One of them is aware of constitutional provision about social security to conflict victim where other is not though she is in under graduation level which shows government has done no effort to make these children aware of it as who knows is because of her profession as journalist. Both feels lack of government presence in their life.

From the memos and in-depth interview of the two indirect conflict participant's role of intrapersonal communication on their human development is traced and presented on two tables below: One is about inward development and other is about outward development.

Physically both of them have suffered from digestive disorder. Both of them have psychologically post-traumatic stress disorder, insomnia and anxiety. Emotionally both of them have tried to maintain positive emotion. Cognitively their attitude is compromising with motivation of lower order need. Intellectually ICP-1 has critical thinking ability with average performance and academic achievement as Bachelor's in Arts. She has also joined Master's in Arts. ICP-2 has creative ability with average performance and academic achievements of plus two. She has also joined in Bachelor's in Business Administration. Spiritual strength seems weak as they don't have healthy relation with self. They treat themselves as victim and still has grudge that if their father was alive, he would have protected them from all challenges of life. They are unable to recognize the fact their father was unable to protect their own life.

Both of them feel socially isolated. Their economy is affected affecting their basic human need and living condition. ICP-1 is labor and work as journalist. ICP-2 is non labor and fully dependent of minimal sponsorship she gets from support organization. She is living in hostel for five years sharing room with two other girls and barely getting to eat nutrient food.

Politically both of them are indifferent but being journalist ICP-1 is aware about political issues. ICP-2 is indifferent about political issues. Culturally both of them are traditional. Both of them are religiously Hindu but have scripture illiteracy. Both of them are digitally literate in information communication technology. Both of them have passive connection with globalization.

Table 1 Comparison between ICP-1 and ICP-2 about the inward human development and intrapersonal manifestation

Case	Physical	Psychological	Emotional	Cognitive	Intellectual	Spiritual
ICP-1	Digestive Disorder	Post-traumatic Stress Disorder, Insomnia, Anxiety	Efforts to maintain positivity	Attitude= Compromising Motivation= Lower Order Need	Ability= Critical Thinking Capacity= Average Performanc e Achievemen t= B.A, M.A (R)	Self = Unknown
ICP-2	Digestive disorder	Post-traumatic Stress Disorder, Anxiety	Efforts to maintain positivity	Attitude= Compromising Motivation= Lower Order Need	Ability= Creative Capacity= Average Performanc e Achievemen t= Plus two, BBM (R)	Self = Unknown

(Source: Indepth Interview ICP-1 (March 17, 2019 AD) and ICP-2 (March 21, 2019 AD))

Table 2 Comparison between ICP-1 and ICP-2 about their outward human development and support system's presence in the life

Case	Social	Economic	Political	Culture	Religious align and literacy	Information Communication Technology	Globalization
ICP-1	Isolated	Affected Labor	Aware but neutral	Traditional	Hindu, Scripture literacy= Illiterate	Digitally Literate	Passive connection
ICP-2	Isolated	Affected, Non-Labor	Indifferent	Traditional	Hindu, Scripture literacy= Illiterate	Digitally Literate	Passive connection

(Source: Indepth Interview ICP-1 (March 17, 2019 AD) and ICP-2 (March 21, 2019 AD))

It shows they are disconnected with their own self and with their support system. Their inward development is hampered due to the lack of positive self-image and feelings of constant victimization by their support system itself. Both of them have closely experienced the suffering of their single parent caused by the relatives for inheritance. Both of them have escaped attempted sexual abuse by trusted guardian and relatives. Both of them have faced broken bond among siblings. ICP-1 has step mother also which broke her trust in marriage as institution. ICP-2 has faced mother's death in her lap just after the eight years of father's death. Both of them feel no supportive presence of support system in their life despite their attempt to fit in and be a part of it. Sense of belonging is not ensured by society, economic, cultural, political, religious system. They attempt to boost their self esteem being digitally literate and with passive connection with globalization yet it does not seem sufficient.

Reflective thinking, self-talk seems traumatized as extreme thinking pattern due to past traumatic experience. In case of dreaming both of them has nightmares and recurring dreams about their slain father. Their intrapersonal communication seems constant but not regulated consciously and overwhelmingly affected by childhood trauma. These negative tendencies are growing in them as survival instinct in them but its self sabotaging in long run. It needs to be directed towards positivity ensuring their healthy self-relation boosting self esteem and confidence which definitely manifest in healthy environment to ensure their survival and growth. ICP-1 shares her father was not allowed to drink water while taking him to kill by Nepal Army as eyewitness herself and other locals so she often used to see her father asking for water in the dream, previously at first she used to be happy to see her father in dream but for more than week that dream used to haunt her and she used to feel anxious for not having control in the circumstances but now though it makes her sad she controls her emotion by

engaging herself in her work and study more as a deviation from negative impact of anxiety over the dream.

Cases of Direct Conflict Participants

Among two direct conflict participants, one is from ex-soldier of Royal Nepal Army coded as DCP-1 and another is from ex-soldier of People Liberation Army coded as DCP-2. Each has written about themselves in the form of memos sharing their role and experiences of conflict. They have given in-depth interviews with same question in two phases once written and oral. Summary of all these three phases of experience sharing is presented here.

CASE: DCP-1 (Royal Nepal Army)

During the Maoist insurgency, Maoists punished his cousin near to death. His cousin survived, however became differently able for life time. Thereafter, he decided to join Military. He got selected in 2059 BS. He got training from barrack. He was in rescue operation where the battle was won by the Army. He also fought in another battle which was largest battle and termination of the Maoist insurgency. In second battle barrack was captured by the Maoist. They were 225 soldier and among them, 100 were pioneer troops and only 125 were fighter. At 1:30 AM he was wounded by the Maoist's Bomb. However, at 4:30 AM only Maoist captured the barrack. All of his soldier friends were captured, and by chance, he escaped. He was carrying rifle to shoot himself thinking it was better to kill himself rather than being captured by the Maoist. However, that rifle helped him to escape from that captured barrack.

He is still suffering from trauma after 16 years of the incidents. In his dreams, he always fights with Maoist. It has become his recurring dream. In essence, he has recovered himself from that traumatic event medically, and however, inner trauma is still there which is beyond his control. One friend who was captured by the Maoist and later returned by the mediation of ICRC mentioned that most of his friends were brutally tortured and killed. In his view, both from State party and rebellion have violated lots of human rights.

He views himself lucky for being in the battalion, which was trained about human right process and Geneva conventions, despite some cases, all of his battalion obeyed rule. For him it is quite hard to forget battle's wounds both: physical and non-physical.

Physical wounds were cured; however, psychological wounds are still there. It is pretty hard to hide those wounds; however, have maintained silent with the hope of Country's bright future. He is proud that he has given blood and sweat for the betterment of the nation. Despite his proud factor he finds conflicting parties of the insurgency not loyal to the bloodshed done to make Nepal Republic. For him it is what Nepalese have to face and accept bitter reality.

CASE: DCP-2 (People Liberation Army)

DCP-2 comes from family who embraced communist value system. His family was not religiously ritualistic and scripture driven yet followed Hinduism. His entire family was supporter of Maoist movement and heard about it in early age of 14 years old. He joined People Liberation Army after his uncle was abducted from his workplace which was government office and brutally murdered by RNA. His emotions are repressed in such a way that he said it as casual news while giving this interview. He was close to PLA higher officials that are why

he was involved in meetings of planning and implementation. He later got an opportunity to work close with supreme commander also. His experience of conflict is a bit different from DCP-1 because he was not in battlefield but was close with power center whose ideology caused conflict. His experience is significant for this study to know conflict from the perspective of top level major actor of Nepalese conflict whom he has experience closely and knows conflict from covert power play aspect also.

Comparison between cases: DCP-1 and DCP-2

Direct conflict participants soldiers of Royal Nepal Army and People Liberation Army are interviewed which shows variation in their experience of conflict. Royal Nepal Army (RNA) soldier has joined war due to circumstances of increased threat from contemporary Maoist for supporting his relative (who was attempted to be murdered by them) to recover wound and also due to poverty lead by his father's early death. People liberation Army (PLA) soldier on the other hand joined it due to his family background as communist supporter and also because he saw unlawful killing of his paternal uncle who was abducted from his workplace. DCP-1 has involved in war and got wounded physically, psychologically and emotionally. DCCP-2 joined PLA only in 2006 AD when war was almost at end so never participated in war directly but played soft roles like managing health treatment of wounded so he believed he has been least affected physically, psychologically and emotionally. He got opportunity to be close with his political leadership and be a part of planning from the beginning of signing peace accord to other major transitional justice procedure and also in process of transforming CPN Maoist from rebellion to mainstream democratic political party. Both of them have traumatic dreams either since childhood in DCP-2 and still existent in DCP-1. Both of them has different perception in their family bond as DCP-2 during conflict it was just second priority where as DCP-1 cried in barrack for sister when he could not take "tika" from her hand during "BhaiTika". He also remembered his mother, girlfriend and nephew when he was close to commit suicide which he survived. DCP-1 has seen his friends brutally captured and killed whereas DCP-2 has not seen so. Both of them has difficulty in sleeping as DCP-1 has traumatic and recurring dreaming of last battle which he lose and almost was in verge of killing oneself on the other hand DCP-2 has constant mobility from place to place which affects his sleeping pattern.

Both participants inward development is affected in similar manner. DCP-1 is not close to power centers of support system where as DCP-2 is close with them which makes him elite with access to resources but still he seems in fear to acknowledge his war experiences. Both of them are dissatisfied with current political development of Nepal. For them political parties are negligent to work according to federal republic democratic values. These values are acknowledged in Constitution of Nepal-2072 BS and earned through conflict where they become wounded their inward growth.

Physically DCP-1 is wounded so has to visit hospital one a year after 16 years also. DCP-2 has no physical health problem. Psychologically both of them are in post-traumatic stress disorder and anxiety where DCP-1 acknowledges it but in DCP-2 its visible in his conversation and in non verbal form as facial expression, eye contact but is reluctant to accept it. Emotionally both of them try to maintain positive attitude. Both of them have compromising

attitude motivated with lower order need as their needs are focused on survival aspect then on self actualization. Intellectually DCP-1 has creative and critical thinking ability with high performance and academic achievements of being PhD scholar. DCP-2 has critical thinking ability with good performance and academic achievement as PhD scholar.

Table -3 Comparison between the DCP-1 and DCP-2 about their inward human development and intrapersonal manifestation

Case	Physical	Psychological	Emotional	Cognitive	Intellectual	Spiritual
DCP-1	Wound by bullet in leg	Post-traumatic Stress Disorder, Insomnia, Anxiety	Efforts to maintain positivity	Attitude= Compromising Motivation= Lower Order Need	Ability= Creative and Critical Thinking Capacity= High Performance Achievement= PhD (R)	Self = Aware
DCP-2	None	Post-traumatic Stress Disorder, Anxiety	Efforts to maintain positivity	Attitude= Compromising Motivation= Lower Order Need	Ability= Critical thinking Capacity= High Performance Achievement= PhD (R)	Self = Aware

(Source: In-depth interview of DCP-1 (March 23, 2019 AD)) and DCP-2 (March 25, 2019 AD))

Both of them are spiritually in beginning stage because they are aware what their actual context is and how they can have good relationship with self. But still they had negative self-relation in the past which has matured since long years as their behavior, so, it has definitely impacted their present intrapersonal communication. DCP-1 as lower rank soldier is still affected in physiological, psychological and emotional distress and says experience of that terrible life condition will remove only after his death so it definitely affects his reflective thinking, self-talk and dreaming pattern ultimately affecting his sense of belonging, self esteem and survival instinct. DCP-2 seems reluctant to accept that phase of his life denying the presence of war victim family and the death of his close friends in PLA who lost their life. He even denied of meeting with any of the family of conflict victim whom he knows personally. This self denial is unhealthy for him in long run as he is repressing his distress acknowledging the sensitivity of transitional justice issue as being a close witness of how power centre are trying to avoid or get rid of it.

Table 4 Comparison between DCP-1 and DCP-2 about their outward human development and support system's presence in life

Case	Social	Economic	Political	Culture	Religious align and literacy	Information Communication Technology	Globalization
DCP-1	Isolated	Affected Labor	Passive Participation and aware	Traditional	Hindu, Scripture literacy=literate	Digitally Literate	Passive connection
DCP-2	Isolated	Affected, Labor	Passive Participation and aware	Traditional	Hindu, Scripture literacy=Illiterate	Digitally Literate	Passive connection

(Source: In-depth interview of DCP-1 (March 23, 2019 AD)) and DCP-2 (March 25, 2019 AD))

Socially, both of them feel isolated. Both of them finds their economic status affected by conflict negatively though they are involved in intellectual labor as DCP-1 being academician and DCP-2 being researcher. Politically both of them has passive participation and are aware about current political affairs. Culturally both of them are traditional. Both of them are religiously Hindu where DCP-1 is scripture literate but DCP-2 is scripture illiterate. Both of them are digitally literate in Information Communication Technology. Both of them have passive connection with globalization.

Physically, both indirect conflict participants ICP-1 and ICP-2 has digestive disorder whereas in direct conflict participants DCP-1 has wounds by bullet during conflict period but DCP-2 has no health issues. Psychologically, all participants have post-traumatic stress disorder, insomnia and anxiety. Emotional health is affected severely yet their efforts seem to maintain positivity which means they have repressed emotions. Cognitively, all participants have compromising attitude motivated by lower order need. Intellectually, ICP-1 and DCP-2 has critical thinking ability whereas ICP-2 has creative ability and DCP-2 has creative and critical thinking ability. Performance of ICP-1 and ICP-2 is average whereas DCP-1 and DCP-2 is good. Academic achievements of ICP-1 is Bachelor's in Arts completed and has joined Master's in Arts and ICP-2 has completed plus two and further pursuing Bachelor's in Business Administration. Both DCP-1 and DCP-2 are pursuing PhD. Spiritually, both ICP-1 and ICP-2 are weak due to negative reflective thinking, self-talk and traumatic dreaming which has creative self sabotaging relation with self and negative vulnerable self-image. DCP-1 and DCP-2 are in initial stage of gaining spiritual strength with awareness of self and support system but still has negative reflective thinking, self-talk, traumatic and recurring dreaming and also reluctance to accept some realities of life experience so still has negative relation with self.

Experience of indirect and direct conflict participant varies but the effect in their inward self development is similar. Indirect conflict participant has more fear and trauma about how

their fathers were killed because they haven't seen it directly so indulged since the incident in various kinds of imaginations which has affected their physiological, psychological and emotional health as their negative thinking trend is matured and manifesting in their real life conditions. In case of Direct Conflict Participation normalization of violence is prevalent as they have no remorse about their direct involvement. They glorify it as their contribution for nation building.

Opinion of two participants about sending their children to war if it happens again differs significantly. DCP-1 is ready to send his children to fight defending his nation. He also admits not only his children; he himself is ready to join again though he has wounds and trauma of previous war. DCP-2 consider sending his children in war again is not his decision but of their own choice. He does not consider it as right or wrong. He finds himself as a part of conflict due to political circumstances. He considers himself more as academic and research figure than political one. For him those who recognize him and his contribution as political army will always consider him political figure which is very difficult to erase and it is also a reality on one phase of his life. He acknowledges his course of life has changed so does his identity also. He also doubt either his experience as soldier of PLA has contributed to his growth or not.

Table 5 Comparison among conflict participants ICP 1, ICP-2, DCP-1 and DCP- 2 about their inward human development and intrapersonal manifestation

Case	Physical	Psychological	Emotional	Cognitive	Intellectual	Spiritual
ICP-1	Digestive Disorder	Post-traumatic Stress Disorder, Insomnia, Anxiety	Efforts to maintain positivity	Attitude= Compromising Motivation= Lower Order Need	Ability= Critical Thinking Capacity= Average Performance Achievement= B.A, M.A (R)	Self = Unknown
ICP-2	Digestive disorder	Post-traumatic Stress Disorder, Anxiety	Efforts to maintain positivity	Attitude= Compromising Motivation= Lower Order Need	Ability= Creative Capacity= Average Performance	Self = Unknown

					Achievement= Plus two, BBA (R)	
DCP-1	Wound by bullet in leg	Post-traumatic Stress Disorder, Insomnia, Anxiety	Efforts to maintain positivity	Attitude= Compromising Motivation= Lower Order Need	Ability= Critical Thinking and creative Capacity= Good Performance Achievement= PhD (R)	Self = Aware
DCP-2	None	Post-traumatic Stress Disorder, Anxiety	Efforts to maintain positivity	Attitude= Compromising Motivation= Lower Order Need	Ability= Critical thinking Capacity= good Performance Achievement= PhD (R)	Self = Aware

(Source: In-depth interview of all direct and indirect conflict participants in between March 17 to 25, 2019 AD)

Socially, all participants feel isolated. Economically, all participants experienced deprivation due to their involvement in conflict so conflict experience directly and indirectly both has affected their economic condition. Among four participants, three of them are in intellectual labor and one is non labor as she is studying only. ICP-1 is journalist, DCP-1 is academician and DCP-2 is researcher. Culturally, all participants prefer traditional value system in counter to modern capitalist consumerist culture. All participants are Hindu but only DCP-1 has scripture literacy. All four are digitally literate and have passive connection towards globalization. All of the participants feel less connected with the support systems.

All of them have received citizenship and has every right to get social security and exercise every fundamental right provisioned in Nepal's constitution 2072 BS. The Constitution of Nepal (2072) has ensured basic human rights as fundamental rights under the part 3, articles 16 to 46 as:

Right to live with dignity, Right to freedom, Right to equality, Right to communication, Right to justice, Right of victim of crime, Right against torture, Right against preventive detention, Right against untouchability and discrimination, Right to property, Right to religious

freedom, Right to information, Right to privacy, Right against exploitation, Right regarding clean environment, Right to education, Right to language and culture, Right to employment, Right regarding labor, Right to health care, Right to food, Right to housing, Right of women, Right of children, Right of Dalits, Right of senior citizens, Right to social justice, Right to social security, Right of consumers, Right against exile and Right to constitutional remedy have been comprised as fundamental rights. Articles 133 and 144 have empowered the Supreme Court and the High Court to exercise extraordinary jurisdiction to enforce the fundamental rights respectively.

Table 6 Comparison among conflict participants ICP-1, ICP-2, DCP-1 and DCP-2 about their outward Human Development and support system's presence in their life

Case	Social	Economic	Political	Culture	Religious align and literacy	Information Communication Technology	Globalization
ICP-1	Isolated	Affected Labor	Indifferent	Traditional	Hindu, Scripture literacy= Illiterate	Digitally Literate	Passive connection
ICP-2	Isolated	Affected, Non-Labor	Indifferent	Traditional	Hindu, Scripture literacy= Illiterate	Digitally Literate	Passive connection
DCP-1	Isolated	Affected Labor	Passive Participation	Traditional	Hindu, Scripture literacy= Illiterate	Digitally Literate	Passive connection
DCP-2	Isolated	Affected, Labor	Passive Participation	Traditional	Hindu, Scripture literacy= Illiterate	Digitally Literate	Passive connection

(Source: In-depth interview of all direct and indirect conflict participants in between March 17 to 25, 2019 AD)

Inward growth of conflict participant is affected due to the lack of healthy intrapersonal communication with self which has created negative self-image and unhealthy relation with self. In outward growth, all support systems have been unable to make them feel belonging which has created isolated passive connections with these systems. All participants feel absence of state and government to deal with direct effects of conflict in their life for social integration, economic well being, political and religious sense of belonging. Their ICT skills and

connection with globalization is also initiated by themselves and not enhanced with the help of support of support systems for individual growth.

Discussion

The study has tried to shed light on long term impact of armed conflict on human development as the experience of war changes the way person interact with self also. Basically, the relationship between human development and intrapersonal communication is universal. Human Development has been studied as isolated subject in every discipline ignoring the role of individual. It is more holistic and focused on individual. It cannot be too materialistic as adopted by the United Nations, International Monetary Fund and World Bank which is becoming indicator for international power play. Intrapersonal communication in human development is about how individual communicates with self exploring their potential at fullest as human within a time and space counted as life. Human life has been categorized as children, youth and old. There are other factors affecting human development as cultural, social system, political system, economic system, technological reach and access and international geopolitical system. It is more complex phenomenon which is overly simplified and needs redefinition from more pragmatic and interdisciplinary approach.

Nepal is landlocked geo-politically buffer zone country between two geographically and demographically large countries India and China with increased possibility of being world power centre, inquisitiveness is related to the forthcoming existential challenges. Also to be the world power centre they still have challenges of cultural and linguistic difficulties in comparison American and European countries like France and United Kingdom. Being a commonwealth nation India still is in the cultural haze of colonial British India as its constitution and universities are the reminiscence of Sir Mountbatten tenure as the last viceroy of India. Though with renaissance moment as neo nationalism during post-colonial and cold war period and also with recent Bollywood film industries' efforts to create worldwide cultural influence still seems insufficient in world scale in comparison to cultural industries of western countries like Hollywood and Franco phonic culture though it has large social, cultural, economic and political influence in Nepal. On the other hand, though China has achieved its economic goal of being world power centre in 2015, it lacks cultural influence due to its complex language system though United Nation has recognized Chinese language as its one of official language among six languages including French, English, Russian, Spanish and Arabic. Due to its political standing as communist country, it is going through social reformation to prepare its citizen to be citizens of world powerful nation which seems still very challenging due to its large demography and political tensions regarding some of its geographical provinces like Tibet, Taiwan, Mongolia and Hongkong. Due to the big brother attitude of India towards Nepal and China's 'One belt one road' policies what would be the existential standing of Nepal in world map? These are the matter of identity and existence as world has witnessed large genocide and landlessness like Kurdish, Rwandan and Jews in human history. Refugee crisis is huge in the world and due to the geopolitical complexities left by British colonialism in Asia, politics, economy and culture is rampantly affected such as Sri Lankan Tamil Tiger issue, Indo-Pak conflict, Rohiya Refugee issue in Myanmar, Bhutan-Nepal refugee issue and so on. These countries still lack the root and locus on their historical and cultural heritage. Increased

globalization, technological invasion, banking economy, rise of multinational companies, environmental and human crisis, politics of religion and fundamentalism, rise of supranational organizations and civil society weakening nation-states seems visible so in future affect and effect caused by it will Nepalese people be geo-politically landless and refugees? If the day comes what is the essence of humanism and humanistic values United Nation and other supra national organizations provoking about? Or they are just witnessing human crisis provoking right orientation instead of duty orientation?

The power of others — supra-state actors in international relations appeared over the power of sovereign states. Today, the states continue to occupy an important place in the political architecture of the world, but in making decisions, governments cannot but take into account the likely reaction of other participants of international political processes — international organizations (governmental and non-governmental) and transnational corporations.

According to the 2016 AD report of The International Program for Development of Communication (IPDC) as “Supporting safety of journalist in Nepal: An assessment based on UNESCO’s Journalist safety indicators “which has cited Federation of Nepalese journalist as since 1996 AD 35 journalist has been killed and four has been disappeared. Among these cases only 5 cases have been brought to judicial process. On the other hand, Committee to protect journalist (CPJ) denied to accept all 35 victims as journalist creating enough space to politicize the issue and victimized their family more by keeping them in ambiguous status. CPJ enlisted only 8 journalists as “Motive confirmed” and 9 journalists as “Motive Unconfirmed” which means it is unable to confirm if they were killed in direct relation to their profession as journalist.

According to Asian Journalist Association (2017) which is formed under International Federation of Journalist, there are 32 children of conflict victim journalist between the age group of 10 years to 30 years. Among 32, 22 children are currently getting scholarship to study which is supported by Australian Journalist Association.

According to Dev Raj Dahal “Every post violence transition requires addressing the question of reconciliation upon which the state moves from the divided past to shared future and becomes capable of creating a just order as well as performs its basic state functions.” He also viewed that “Rivalry among the fractious political parties in Bangladesh, India and Nepal springs more from misgivings and distrust among political leadership than by any ideological consideration. Cot asserts that "difficulties of communication, caused by faculty perception and information, accumulate and throw parties into opposition" and escalate tension and conflict.”

Structural conflict arises from situation in which there is fundamental incompatibility of goals, concerns interest or values. Perpetual conflict arise when A believes that B is an actual or potential source of harm to one or more of A's vital interest or primary values. Manifest conflicts are those that have produced clear evidence-violent acts, threats, or demands-- of the existence of the conflict. It is evident in those societies where opposing views, concerns and organizations are deliberately ignored, isolated or even suppressed, no matter how legitimate they are. Latent conflict is one in which an objective conflict can be identified, although there

may not yet be clear behavioral evidence of that conflict (Lopez and Stohl, 1989). According to Michale Harbottle, “Peacemaking is the diplomatic resolution of the politics of conflict. Peacekeeping is the military intervention and peaceful resolution of violence in a conflict by non-enforcement means. Peace-building is a set of physical, social and structural initiatives which can help to prevent and resolve the consequences of conflict, and provide post hostility structural reconstruction and rehabilitation.” Herbert C. Kelman has cited Burton, Jervis and White to define the causes of conflict where according to Burton “Conflict arises when group is faced with non fulfillment of basic needs, including not only material need such as food, shelter, physical safety and physical well-being but also psychological need such as identity, security, recognition, autonomy, self-esteem and sense of Justice” (Burton 1988, 1990) Similarly according to Jervis ,...needs for identity and security and similarly powerful collective needs, as well as the fears and concerns about survival associated with them, contribute heavily to the escalation and perpetuation of conflict once it has started. Even when conflicting parties have come to the conclusion that it is in their best interest to put an end to the conflict, they resist going to negotiating table or making accommodations necessary for the negotiations to move forward out of fear that they will be propelled into concession that, in the end, will leave their existence compromised.....(Jervis,1976) Kelman further says the view of conflict as a process driven by collective needs and fears suggest that conflict resolution must, at some stage, provide for certain processes that take place at the level of individuals and interactions between individuals, for example the other society's perspective. He also has cited white (1984) who has called "realistic empathy"- as well as creative problem solving, learning and insight. Silvia Susnjic cited Volkan (1997) who considered historical "chosen traumas" being the key ingredient that makes up the nation's collective memory. She also has cited Denis Sandole who accounts the remark of Richard Holbrook (US intermediary in Cyprus in Clinton administration) basically being infuriated because "these people cannot forget the history Greek Cypriots and Turk Cypriots say that is who they are, they are what their history is, they are that". (Sandole, 2005).She has derived conclusion that for these people, identity and history lay at the core of their existence. These scholars agrees that conflict is basically fueled not only by physical, political and economic needs but also by the psychological needs and if not addressed properly in post conflict situation creating environment of healthy intrapersonal communication conflict can reemerged in new form because psychologically there is space for it. In the context of Sri Lanka, Elbert and et l conducted researched about ‘Trauma-related impairment in children--a survey in Sri Lankan provinces affected by armed conflict’ which concludes that “Performance and functioning in children are related to the total load of traumatic events experienced. An important component of psychosocial programs in post-conflict areas should include increasing community-based awareness of the consequences of traumatic stress, both as a preventative measure and as a way of decreasing stigmatization of affected individuals.”

The cause of human action is the result of present situation. Cause unfolds in the present social interaction, present thinking, and present definition. Past affects into our actions through constant thinking and applying it at present situation. Human beings are active beings in their environment. If these participants have to have healthy intrapersonal communication with self in various levels they have to be super conscious about present social interaction, situation and

thinking. All conflict participants are carrying the burden of past unpleasant experience of conflict which is hindering them to relate with current social interaction, situation and thinking. Any interaction against their past believe systems seems triggering them to think negatively either as extreme or prejudiced ways.

Findings and Conclusion

Major findings of the study are as follows

Intrapersonal communication is significant for qualitative human development in the difficult condition of life also matters but individual is not only evolving but also blocking his/her own growth.

Intrapersonal communication has three pattern extreme positive, neutral and extreme negative but in difficult life conditions people are accustomed with or turn to negative intrapersonal communication creating negative self-image and unhealthy relation with self which ultimately manifest in their living condition making it worse because they develop self sabotaging tendencies of exaggerating and creating problem instead of solving problem and creating opportunity for growth. Long period of negative intrapersonal communication is mostly difficult to change and make positive because person is reluctant for change as he or she is accustomed to it using as survival instinct and defense mechanism. Extreme positive intrapersonal communication makes person unrealistic and ideal uprooted from practicality due to over fabrication of simplest things. It makes individual optimist but also fickle and unreliable in support system ultimately blocking their possibility of growth from potential to excellence. Neutral intrapersonal communication is balance between practical reality and facts of life and condition for living but also with critical and creative potentialities to be explored, tested and verified to grow in higher status than existing one. Person with neutral intrapersonal communication constantly reminds oneself to remain grounded but also to remain dissatisfied to increase the craving for development. Extreme positive and negative intrapersonal communication in any either difficult, normal or luxurious life condition creates obstacles for individual's development remaining deviant account of fact than the real one. Neutrality poses the quality of calmness and patient to keenly observe reality from multiple aspects with accountable and credible facts and data which makes decision sound and informed letting person to have firm grip in support system earning trust through valid and informed decision-making capacity and action. Neutral intrapersonal communication and its manifestation are natural in some individuals due to their strong family and support system's values as they are exposed to it since womb. In family and support system where they lack it, it's difficult to transfer because it can be learned only when individual realizes it oneself that his or her present extreme bipolar intrapersonal communication is harming themselves. It should begin in individual with self realization for change needed in their inner engineering of physiological, psychological, emotional, cognitive, intellectual and spiritual well being.

Individual self always wants to belong with somebody and something so its support system should be able to grow that sense of belongingness. Sense of belongingness does not come from outward support system unless person has positive and healthy relationship with self. All thing that individual experience happens within the territoriality of his/her physicality

which holds their subtle being as psyche, emotion, cognition, intellect and spirit. Healthy relationship with self emerges and grow in healthy body, conscious to super conscious psyche, healthy regulation of both positive and negative emotion, positive attitude with functional and consistent motivation recognizing need fit to condition, critical and creative ability, high performance capacity with achievements parallel to effort and time and ultimately knowing own self in informed manner.

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