

Report on:
Negative Aspects of the Crime - Ragging

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Before discussing about the negative aspects of ragging, let us first KNOW what ragging is.

Ragging, which is a form of bullying, is the practice of physical or psychological torture imposed by the seniors of an institution to the newcomers of that institution. Ragging has no definite motive behind it but it is primarily done to familiarize the newcomers with the norms and traditions of the institution. However, this practice comes at a cost. But how serious is this act of ragging? We shall now look at these negative aspects of ragging.

Before discussing the negative aspects of ragging let us first have a look at the human mind. Each person has his own sense of self-esteem or self-importance. No matter how little or insignificant it is, each and every person has it. Termed as “the human ego”, it is the personality trait that defines our self-dignity. Now, let’s ask ourselves, what happens when we snatch this self-dignity from a person. Our self-dignity is what makes us a stable human being; taking it away from us would obviously result in serious negative consequences. But, unfortunately, the human ego has to deal with such cases in ragging. Ragging primarily takes place in the form of humiliation; the newcomer has to perform acts which are supposedly humiliating to him. The raggers seek pleasure from such acts. But humiliation is not limited to verbal abuse only, humiliation takes place in the form of physical abuse as well; at times, the newcomer is forced to do acts which might be regarded as obscene in a normal social context.

But how serious can these acts be? The act of humiliating a newcomer combined with various other acts to pressurize him constantly and create a state of tension might lead to psychological trauma and other forms of psychological complexities. The human mind is, in fact, quite sensitive. As it is often said, “A trauma to the mind is just as serious as an injury to the head. And an injury to the head, no matter how minor it is, might lead to death.” Every person has a different tolerance capacity. To some a certain experience might seem normal, but to some it might be traumatic. Unfortunately, most raggers aren’t aware of it. As they pressurize the newcomer and humiliates him, the raggers keep thinking that the stress is being tolerable to the victim. But, on the contrary, this experience is usually beyond the victim’s tolerance level which might lead to traumatizing him.

Traumatizing the newcomers is no laughing matter and is definitely the most serious negative aspect of this heinous crime ragging. Trauma leads to the development of post-traumatic stress disorder (PTSD), a psychological disorder which has the potential to affect his whole life. Worst of all, trauma might lead a person to his DEATH.

Mental trauma isn't the only psychological effect of ragging. Depression and isolation consequently fills up the mind of the newcomer. The newcomer, at a completely new place, has to deal with a lot of environment adversities. He needs time to cope up. And combined with ragging, the newcomer gets more tensed and stressed. At one point he thinks of giving up, at one point he loses all hope. All these phenomena leads to depression. In the same way, the newcomer shuts himself down from the new place to deal with hardship around him. This leads to isolation. Both depression and isolation demoralizes a person's spirit. A newcomer is usually enthusiastic. But the environmental adversities and ragging together demotivates him. The demotivation and stress causes a serious decline to his creativity and his ability to express himself. The primary purpose of an institution is to nurture a student's creativity, not cause it to decline. This heinous crime not only destroys the potential of a single student but also the potential of the whole institution.

Fear is an inherent human trait. If something hurts us, we fear it; if something is unknown to us, we fear it. Fear is an instinct. It is uncontrollable. And in the coming months of a newcomer, they grow a new type of fear – the fear of ragging. Ragging causes a newcomer to live in constant fear. The thought of getting ragged always crosses his mind which tenses his brain, stiffens his body. Now let's ask ourselves, should a newcomer, who paid the same amount of money paid by a senior, walk around the institution in constant fear – just like how a deer walks around a den of lions? Should he?

Ragging is not limited to psychological problems only. Physical punishments can often take deadly forms while ragging. Physical torture imposed while ragging can stress certain parts of the body which might develop into greater risks. Sometimes these physical tortures are so deadly that the victim gets hospitalized. There are also instances where students were choked to death while ragging. As a whole, the physical effects are just as detrimental as the psychological ones.

Ragging triggers a cycle of hatred. A ragger gives birth to a new ragger. Ragging can change various aspects of the newcomer's personality. Seeking pleasure by hurting others is not a humane trait. But this is what raggers do. The newcomer slowly accepts this sadistic nature in human beings and the same nature develops inside him. He waits eagerly to treat the upcoming newcomers the same way he was treated. In this way, a never-ending cycle of hatred is formed.

There are a myriad of negative consequences; some which are beyond the scope of this report. So far, we have only taken the major factors in consideration. And I believe, we can at least derive the fact that there is no good outcome from this crime – ragging. Then we can ask ourselves,

“Is it worth the consequences?”

I think we all know the answer.