CIVILIZING

self-constraint

- In place of physical violence other types of violence

THE CIVILIZING PROCESS

- Elias also claims that self-constraint is only developed within centralized societies, such as the modern nation-state.

- In other words, groups that are no longer constantly threatened by constant physical violence thanks to national armed forces instead rely more on internal forces, such as self-policing and self-discipline, to maintain order.

- In place of physical violence, however, other types of violence can be imposed upon groups, like "economic" violence (how capitalists oppress the proletariat by monopolizing the means of production).

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