

Theatre Workshops as a Tool for Behavioural Changes of the Youth

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According to the Excise Department, the consumption of alcohol by the younger generation has rapidly increased after the war in Jaffna Peninsula. According to the newspapers and the Police Department records, violence and thefts in Jaffna has also been increased in recent periods. According to social activists and scholars all these are about the cultural degradation of the Youth of Jaffna Peninsula. This study aims to identify the root cause of the cultural degradation among the youth in Jaffna and discuss Theatre Workshops, which can be utilized as a tool for behavioural changes among the post-war youth community of Jaffna. This is a Participatory Action Research (PAR) with the help of Maslow's Theory on human behaviour. The current era of globalization is both constructive and destructive. Jaffna Peninsula is an area which had been un-touched and un-affected by Globalization for a long time due to the war. The end of the war has changed the whole situation and opened up the access to the whole universal market. The youth community of Jaffna, who had been suppressed by their daily needs and desires due to the war and social restrictions. Now they are able to enjoy the facilities which are brought in from all over the world at the expense of their cultural values, ethics and moralities. Meantime, their activities in the social media and other public events reveal the untold story, which is their "Esteem Need". That means they have a strong desire to prove themselves "who they are" in the society. In this respect, a practice or, an opportunity, which could satisfy their inner needs, could help these youth to become conscious in terms of their actual need and shape their life in a constructive way. Theatre, as an art attracts many youngsters and gives them a space to prove their talent. Meantime, Theatre Workshop is a theatre activity as well as a therapy which urges the participants to pose their problems, to express their inner feelings, to discuss their own problems and others' problems openly, to be a witness for their

own problem, to take positive and constructive decisions and finally give the confidence and energy to act in the society towards their reasonable needs.

Key words: *Jaffna Peninsula, Globalization, Maslow's Theory, Post War Community, Workshop Theatre.*