Abstract: Sri Lanka has experienced the problem of protracted political violence since the early 1970s, with two major insurrections dominating the political scene. One was the left-wing insurgency of the Janatha Vimukthi Peramuna, and the second took the form of an ethnic insurgency culminating in a separatist war, aiming to form an independent Tamil or Eelam State. One of the striking features of both these violent political upheavals was the active participation of a large number of youth. This Paper attempts to examine and analyze the interaction between demographic trends and political violence in Sri Lanka, in terms of population growth, internal migration patterns and ethnic distribution. It also presents certain long-term causes or pre-conditions, and short-term causes or precipitants, that contributed to political violence in the country. The analysis shows clearly that a political insurrection is not based on a single factor, but is a process generated by many factors, where the demographic factors play a key role.