

## PRESENT SCENARIO: HUMAN PROBLEMS AND PROPOSED SOLUTIONS

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### ABSTRACT

*The present paper emphasizes a proposal to provide solution to the general human problems through right understanding. This study uses ethnomethodology, phenomenology and self exploration methods. These methods are based on exploration and their inferences from day-to-day events, depend highly on observer. Therefore these may vary from person to person during interpretations. The present study is limited so further research is suggested to confirm these inferences using several data sources. The study observes root cause of human problems in the gap in the current individual mindset, attitude, social trends, educational modules and the needs of practices to be set in order to solve these problems. This gap is because of lack of right understanding and awareness. It suggests solution in proposal format which is to be verified by the reader and then to change mindset and set individual practices to develop right understanding to a certain extent as per the requirement leading to ability to solve problems initially and ultimately to diminish origin of problems.*

**Keywords:** *Continuous happiness, Human problems, Harmony, Right understanding, Universal Human Values*

### I. INTRODUCTION

This study uses ethno methodology [1,2], phenomenology[3,4] and self exploration methods to consider the problems of today's world. In the present day, troubles of life are becoming increasingly strong and complex as the world is facing unprecedented economic and social challenges [5]. An environment of confusions, contradictions and conflicts has pervaded the entire globe. The history has seen a lot of progress. We have been enabled by science to improve human understanding of the physical reality around them but in the world around us, there is a tremendous amount of arrogance, suffering, poverty, diseases, quarrels, terrorism and war. These are interrelated and result in deteriorating the quality of human life. What makes the world to provide a compassionate as well as secure existence for one and all? Although a new monetary theory or change in government policies may help in order to eradicate these problems to little extent but these things cannot alleviate human suffering and hardship completely. Further today's technical education, in its widely prevalent form, is not able to adequately empower students to think independently [6].

Human problems, on the deepest level, are not solved by economics or politics alone. Their origin is prejudice and fear in the human heart and so their solution also lies in the human heart. In the present scenario the people

who are less bound by prejudice, are the most needed ones by the world in fact. The world needs more care, more affection and love, more generosity, more respect, more kindness and more transparency in relations [7].

Lack of resources never originates the root of human problems rather it comes from lack of right understanding or from not following the right understanding.

This paper will provide insight into this very essential aspect of Right Understanding in view of harmony at four levels.

### **GENERAL HUMAN PROBLEMS**

Due to lack of right understanding, human beings consider happiness is the accumulation of physical facilities and prosperity is to maximize the accumulation and use of physical facilities. In consequence of which, at the human level, we can see that there continues to be issues in individuals with respect to lack of clarity on life-goals, contradictions and stress. Further at the level of human relationships in the family, we see problems in mutual understanding, increasing mistrust, insecurity and generation gap. Thus there are various problems [8] at four levels of life in the present scenario as follows:

**In Individual:** Anxiety, addictions, increasing stress, depression, feeling of insecurity, increasing health issues, lack of confidence and suicides etc.

**In Family:** Mistrust and disharmony in relationships, breaking up of joint families, dowry killing, female foeticide, divorce, generation gap, negligence of older people etc.

**In Society:** Adulteration, Corruption, racial and ethnic violence, communalism, social tortures, honour killing, physical abuse, violence, proliferation of lethal weapons, growing incidences of terrorism, wars between nations etc.

**In Nature:** Soil degradation, deforestation, exploitation of natural resources, pollution, weather imbalances, Acid rain, Green House Effect, Global warming, etc.

### **GENERAL SOLUTION TO THE HUMAN PROBLEMS**

In order to live a peaceful and satisfying life at every level, all are trying to understand the value of harmonious life and working in this direction. Schools are trying their level best to inculcate all the values by which student may perform better in their lives. Colleges are doing their best for the students by which they give the best products to this corporate world and country. Companies are giving their best and hiring those who may have done something better. But issues remain same. Problems are not only persisting but they are increasing day by day. Thus it is quite obvious that there is something wrong in our life style. However there cannot be any readymade remedy to combat any problem but with the development of right understanding, we can solve our day to day problems leading to continuous happiness and prosperity. Continuous happiness is feeling of being harmony at all the four levels of life always. Prosperity is the feeling of having more than enough required for easy life process.

All the problems of all the four levels are either direct or indirect results of an incorrect understanding, wrong interpretation about happiness and prosperity and misconception about their continuity. It is also diagnosed that these problems are intensified from left to right in a particular level and top to bottom among the four levels. Keeping this in view we have explored general solution to most of the human problems of modern era so that

everyone can develop oneself in order to feel continuous happiness and prosperity through right understanding development starting from individual level.

Right understanding can be developed using process of self exploration and self investigation. Self exploration or self investigation implies a careful and critical examination, assessment and analysis of our own unrealized capacities and potential. Through self exploration we get the value of our own self. Different entirety (family, relatives, friends, air, water, trees, etc.) is around us and we want to understand our relationship with all these. In this regard we need to introspect ourselves that is our self observation.

Only mean knowledge acquired from the study of books, does not form wisdom or understanding, but it also includes insight, right understanding of the realities of daily life. Right understanding also requires from us a recognition and understanding of the law of cause and effect. It means that what we do and how we act create our future experiences. If we use to say “NO” to many people, we start to live in a environment of negativity. People will respond us “NO” in return. If we cultivate positivity, it returns to us. It’s the way, the law works in our lives.

We can easily observe our state of present that everyone is being governed by preconditioning and sensations. Pre-conditioning is to set a belief about something without knowing whether it is right or wrong for example good life needs a grand bungalow. Sensation is the excitement of taste from the body or influence from sources outside of the body we see advertisement and assume that the product would be good and want to try it. If pre-conditioning and/or sensation are governing factors of our lives, it indicates that we are in a state of being decided by others or outside means we are not free but enslaved.

Now if our lives are not on the basis of preconditioning and sensation we are living with right understanding and having less problems in life but in the lack of right understanding we start to assume that our understanding is always right and then our life style has total emphasis on only two aspects of life in the following order

1. Physical Facilities
2. Relationship

The above order is due to preconditioning and sensations while we naturally accept to be in state of being decided by our own selves (We want to be independent). This contradiction gives rise to the problems discussed in this paper. One can’t achieve continuous happiness and prosperity through temporary sensations. If it is so just ask yourself and try to find out the response from your natural acceptance whether all people living in bungalows and villas, roaming globally, having luxurious cars and so on are happy in the real sense? Are they not facing any man made problems? Response will be “NO”.

Let us try to find out the actual order of all essential aspects of life. Ask one question to yourself whether most of the problems of today like stress, mistrust in relations, corruption and pollution etc. (problems of all the four levels) are due to lack of physical facilities? Obviously response will be “NO”.

Now you can find that you have physical facilities more than required (Prosperity)but still you face the problems leading to unhappiness that is the indication of disharmony of any one or all the four levels. It is due to the wrong assumption (1. Physical facilities, 2. Relationship) set by us in lack of right understanding. Thus the above order could not be verified to be right so we have to set the correct priority order of essential aspects as follows:

1. Right understanding 2. Relationships 3. Physical facilities

Here we can verify that if we have right understanding on our top priority then we can decide what to do and how to do through our natural acceptance. Thus we can achieve happiness (Harmony at individual level) manage well in relations in family with right feelings (Harmony at family level) as well as in society (Harmony at society level). Ultimately we can consider the right utilization of physical facilities to ensure harmony at the level of nature as all the physical facilities at the deepest level are obtained from nature and now that development doesn't mean exploitation of nature. In this way we can ensure the harmony at all the four levels leading to almost problem free life [9]. Thus holistic approach seeks to develop people[10,11].

## CONCLUSION

In order to solve general human problems the present study observes root cause of human problems in the gap in the current life style based on preconditioning and/or sensations and the needs of practice of self exploration leading to the development of right understanding to be set in humans. We have lived our lives based on our preconditioning and sensations till now so it could be felt very difficult at first view but it is strongly suggested to practice these values to achieve the actual success and continuous happiness and prosperity i.e. harmony of all the four levels (In individual, in family, in society and in rest of the nature).

**Acknowledgements:** Words are not enough to express my heartfelt gratitude towards the Chairman, the General Secretary, Secretary, Deputy Secretary, Colleagues, JMS Group of Institutions, Hapur. I gratefully acknowledge enlightenment from the resource persons of VE Cell, AKTU, Lucknow and well wishes and encouragement from my friends, relatives and family members to accomplish this study.

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