

PEDAGOGY OF SOCIAL SCIENCES

Dr. Vinodhini C
Rashmi Mehrotra



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CHAPTER 1

AN INVESTIGATION ON THE IMPACT OF SOCIAL MEDIA ADDICTION AND ITS PREVENTIVE MEASURES

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ABSTRACT:

Adolescents or young adults who develop an attraction to social media and are therefore unable to control their use of online media despite negative effects and it is said that addiction to social media causes a lot of damage. The problem arises with excessive use of social media in youngsters such as increases in isolation and loneliness, contact with unfavorable individuals, impact on mental health, lack of exercise, and inferior academic performance. The author focuses on the prevention of social media addiction such as managing their time with different activities, more interacting with family and friends, playing outdoor games, and behavioral activation. In this paper, the author also discusses the negative effect on people with the use of social media such as the causes of social media addiction, social media's effect on the human brain, and avoiding social media addiction. It concluded that while social media can be a great tool to connect with others, people should never underestimate the value of face-to-face interactions and never let these online social networks dominate their lives or their valuable time. In the future, with the widespread use of wearable technology, social media platforms will become more accessible so that users can interact directly without risking brand damage.

KEYWORDS:

Addiction, Health, Social Media, Technology, Teenager.

1. INTRODUCTION

In the past ten years, social media platforms are becoming increasingly popular. Many of us use social media to communicate, exchange content like videos and memes, read news and spend time together. Influencers are among those who have made a stellar career out of social media. Facebook is used by people of all ages, although Tik-Tok and Instagram are more popular among teens and young adults. It can be difficult to understand how something that seems so innocent can develop into an addiction [1]. The fact is that excessive or regular use of social networks can damage your brain's reward and pleasure systems, just like other addictive behaviors. Similar to narcotics, social media content, and similar things can release a dopamine-producing chemical, which may help explain why some users of these platforms feel addicted to them [1]. Continued use of a substance after it has adversely affected your relationships, employment, physical or mental health, or other important aspects of your life is one of the classic indicators of addiction [3]. People are saying that using social media excessively has a detrimental effect on their friendships, their self-esteem, and their productivity at work and school, which is a warning sign that could point to addiction.

Social media addiction has the same damaging effects on the brain as substance abuse and alcohol abuse. Dopamine is produced in the brains of people who frequently use social networking applications as a result of scrolling, taking pictures, uploading, and receiving praise from others and other stimuli [4], [5]. The interaction of dopamine with the neurotransmitter makes it challenging to control behavior or suppress the craving, along with the development of addictive brain pathways associated with pleasure and reward. As you use more of it and experience its pleasurable effects, the brain will increasingly turn to social media to get another dopamine hit. This may encourage users to spend more time on social media for the same effect. This leads to resistance, where social media is required to provide the same dopamine response, in this example the required amount of stimulation. As a result of this dependence, participation in social media may be necessary to feel normal [6]. The negative effects of this dependence if left unchecked can develop into addiction. Most of the time, social media is free, easily accessible on current gadgets, and socially approved. This implies that, unlike many drugs, users can use social networking programs such as Facebook to spend excessive amounts of time without probing or questioning. Additionally, social media giants such as Instagram, Twitter, and YouTube spend billions on advertising and employ scientists who are paid to create addictive content [2]. The postings are most likely to be read, viewed, or commented on appearing in your feed because these websites track your behavior. All this result makes social media more addictive, making it more difficult for a specific person to quit.

1.1. The downside of Social Media Addiction:

Contemporary, or even daily, access to social media poses no threat, and the more time spent there, the more likely people are to suffer deficiencies [8]. Excessive use of social media can have many adverse effects, including poor self-development and poor self-development, loneliness and isolation, fear of missing out (FOMO), sadness or anxiety, awkwardness, and social anxiety, and adverse danger or risk involved. Content friendly to trolls, difficulty sleeping, low physical activity that can harm your physical health, poor academic achievement, symptoms of depression, neglect of relationships in real life, lack of empathy, exposure to false information and fake news Excessive development of emotions, aggravation of Internet addiction, and experiencing withdrawal symptoms when using social media.

The present paper is a study about a person who has a social media addiction and compulsively and excessively negative psychosocial media use disrupts other areas of his or her life and can be negatively affected in many different ways. This study is divided into several sections, the first of which is an introduction, followed by a review of the literature and suggestions based on previous research. The next section is the discussion and the last section is the conclusion of this paper which is declared and gives the result as well as the future scope.

2. LITERATURE REVIEW

Cecilia Cheng et al. [3] have explained that people communicate with one another not just in person but also on social media sites. According to the author, subgroup analyses and Meta-regression were used to look at whether classification systems, cultural values, and demographic variables would affect prevalence rates. A higher cumulative incidence estimate (13%; 95 percent CI: 8 percent -19 percent) was found for studies having adopted a cutoff for rigorous polythetic categorizations. It was found that the cumulative incidence estimate was 5 percent (95 percent compound interest (CI): 3 percent -7 percent) for studies having adopted monothetic classifications. The study concluded that when analyzing the prevalence data on social media

addiction, cultural aspects, as well as the classification system utilized, should be taken into account.

Suzanne Zivnuska [4] et al. have explained the convergence of social media as well as the workplace, with an emphasis on how addiction to social media affects work performance and how it affects work-life balance & burnout. A sample of 326 full-time professionals, according to the author, showed a positive correlation between social media reactions and job burnout as well as a negative correlation between social media usage and work-family balances. It indicated that social media addiction had a detrimental impact on work-life balance and that social media reactions harmed performance due to fatigue and work-family conflict. It was concluded that SM addiction and responses had an influence on our repercussions for job performance and were linked to crucial workplace factors including job burnout and work-family balance.

Maria Chiara D'Arienzo et al. [5] have explained that teenagers and adults are increasingly using social networking sites (SNSs) for online communication, and a tiny percentage of those who use SNSs excessively may develop an addiction. According to the author how attachment types affect addiction to the internet in general and addiction to social media in particular. It showed how people with insecure attachments seem to turn to social media platforms to make up for and compensate for the lack of affection shown to them by their friends and family. It was concluded that the satisfaction model offers a helpful foundation for comprehending how parental connection affects social media addiction.

Yalin Sun and Yan Zhang [6] have explained that social media use is growing, and so is how addicted this modern technology is becoming. To identify the theoretical stances and constructions that have been looked at to explain the emergence of social media addiction, the author studied 25 different theories and models that informed the study design of 55 empirical investigations of media addiction. It was shown that compulsive usage of social media is linked to unfavorable outcomes including decreased productivity, dysfunctional social interactions, and decreased life satisfaction. It was concluded that to design effective therapies as social media usage grows, it is crucial to have a comprehensive theoretical understanding of the negative effects of excessive social media use.

Abdul Majid et al. [7] have explained that social networking site addiction (SNSA) results in technological stress, which impairs performance and distracts from tasks. The author claims that between March and April, 970 nurses employed by the participating hospitals received the questionnaire. About 413 of the 970 questionnaires sent to the staff nurses were returned, giving us a rate of response of 43%, as evidenced by the results. Only 378 responses 113 men and 265 women were evaluated when missing data were found. It was concluded that there is evidence to support a constructive mediation function for jealousy, social anxiety, and ruminating among SNSA and task distraction.

Stacy Grau et al. [8] have explained the issue of internet addiction among millennials in their undergraduate years, as well as the growing user bases of most platforms, such as Facebook, and the emergence of social influencers. The author looked at 129 students at a private institution in the Southwest of the United States and found that Millennials in college used social media often, even when instructed to refrain from doing so. It was found that some responders may have a social media addiction while others may be in the pre-addiction stage. It concluded that it was a good starting point for understanding how millennial college students become addicted to social media.

The above study shows the SNSA results in technological stress, which impairs performance and distracts from tasks also social media use is growing, and so is how addicted this modern technology is becoming. In this study, the author discussed the various factor of addiction and prevention of social media such as addictiveness, stress & self-esteem, social anxiety, cyber-bullying, and social media's effect on the human brain.

3. DISCUSSION

Teens are among the biggest users of social media, but it is not clear whether their use is risky, in recent years, a growing number of disturbing links have been found between social media and mental health issues, such as distress. Additionally, adolescent social media does not affect adolescent cognition. Adolescents are particularly at risk for social media use, which appears to be a new form of behaviorally addictive behavior. Dependence on drugs or behavior that is harmful to one's health or to achieve this balance is known as addiction. These behaviors include, for example, the World Health Organization (WHO) classifying video games as a disease, job compulsions, and online and offline gaming because, for many people, excessive use of social media. , Currently, there are over 2.5 billion active monthly users worldwide. But despite such high numbers, experts agree that only a tiny fraction of the 2.5 billion truly use social media. Teenagers between the ages of 15 and 23 form the typical addict profile. According to experts, adolescents are particularly vulnerable to the development of addictions for three main reasons: their propensity for impulsivity, their demand for broad and extended social conditioning, and ultimately their particular group in society Figure 1.

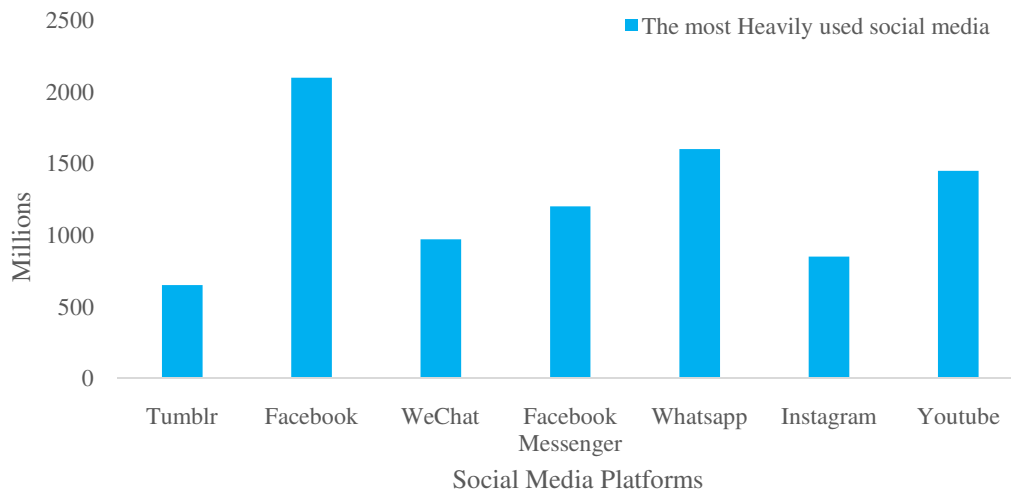


Figure 1: Illustrates the Most used Social Media in which each country has its Preferences for Particular Networks.

3.1. Use of Social Media:

Anyone may assess their usage patterns and behavior on social media to see whether addiction was present. A specific kind of impulse control condition called addiction can make someone lose track of time when using social media. For instance, their consciousness may be weakened and their emotional clock may operate slower than normal. People can watch material inertly for a longer duration as a result. Actually, according to experts, 6 to 12 percent of Americans now satisfy the requirements for technology addiction. Addiction to social media has the same characteristics as addiction to other drugs like alcohol, such as mood alteration, reactivity,

tolerance, symptoms of withdrawal, conflict, and relapse. Adolescents frequently use their smartphones for entertainment, learning, news, and organizing their daily lives in the digital era.

Teenagers are thus more likely to acquire addictive traits and routines, after reviewing the study, several medical professionals came to the unambiguous opinion that teens' excessive smartphone use affects their conduct and sometimes even their mental well-being. If inappropriate use of social media and the associated networks has been associated with mental health problems, disordered eating, and poor self-esteem, even if such usage has been proven to be addictive in any manner, then there must be a medical technique to treat such use. If these problems are brought on by utilizing social media platforms, there are solutions to lessen or eliminate the health-related aspects of these platforms. The overuse is producing fundamental health concerns that may be treated on one's own. More research must be conducted, more funding must be made accessible, and addiction to these platforms must be addressed as a true addiction and not simply a problem affecting millennials.

3.2. Causes of Social Media Addiction:

Excessive social media consumption, a greater reliance on social media to make one feel happy, a loss of relationships, a decline in actual social interaction, and an unwillingness to stop the activity despite its detrimental effects on school are all characteristics of social media addiction. The several factors causes of social media addiction as shown in Figure 2.

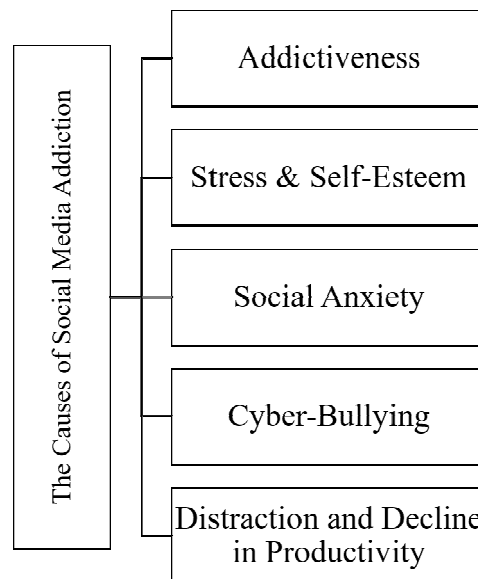


Figure 2: Illustrates the causes of Social Media Addiction in its Negative Impact on schools and Colleges.

3.2.1. Addictiveness:

In some ways, social media and Internet media, in general, are becoming accustomed, the businesses that operate the most popular social networking websites and applications today, are looking to grow, expand, and maximize the number of customers accessing their platforms. How much time a user can spend on such a platform? A person can run more ads and get more revenue from their products the more effort they invest. It all comes down to business in the end, and every excellent online platform is designed with brutal efficiency to attract customers. The various reasons for social media addiction in teenagers are in Figure 3.

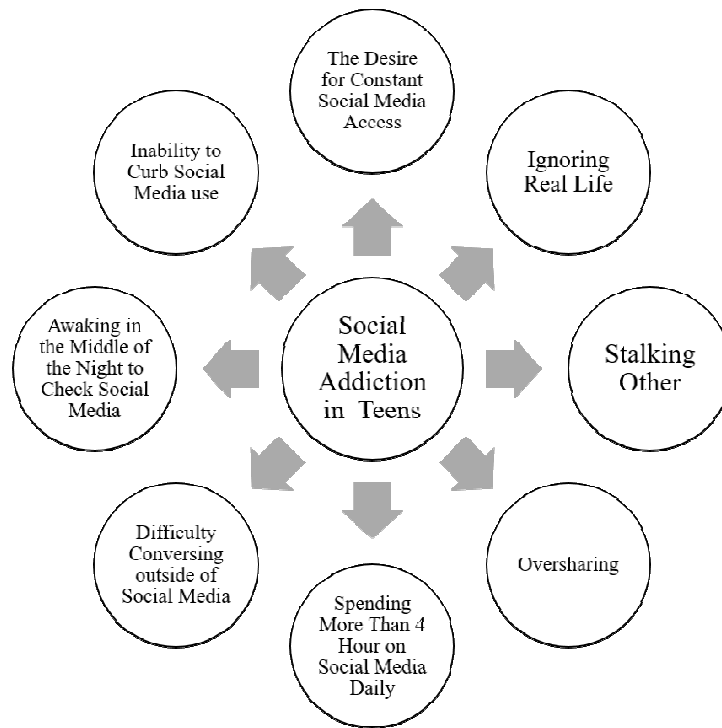


Figure 3: Illustrates the Adolescent Social Media Addiction in which Parents can learn to recognize the Symptoms of Social Media Addiction in their Teens.

3.2.2. Stress & Self-Esteem:

Social media can be a great tool for good, allowing individuals to communicate quickly and easily while being separated by thousands of miles. It can be an excellent tool for connecting with organizations, gathering customer feedback, and setting up meetups and other events, among other things. Online media often makes one's life more attractive than one's own, while maximizing length and promoting character editing, just as social media provides an almost-viewfinder look into everyone's life, as well as maximizing editing. It encourages them to be more attractive. It can dangerously exploit people's feelings of belonging and social competition, making them often feel isolated or less desirable.

3.2.3. Social Anxiety:

Users can freely express their opinions, relationships, values, and feelings on social media, social media gives people a place to express their feelings openly. Social networking is not without its drawbacks, as it can also result in online bullying and prejudice. Because publishing something personally requires more courage than something bold, discrimination and harassment are more common online. Additionally, there is a significant association between social media use and social anxiety, particularly among cyber strategists with social media disorders. Intense anxiety or fear of adverse evaluation or rejection, defined as behavioral conditions, is a feature of generalized anxiety disorder, also known as social phobia. Users suffering from mental illnesses such as social anxiety often use the Internet to escape from reality; As a result, they often avoid face-to-face interactions and prefer online contact. When using social media, people often act differently than in real life, creating a variety of activities and social groups.

3.2.4. *Cyber-Bullying:*

On the internet, anyone can say anything they want and overreact to it. This led to the development of cyberbullying, in which individuals transmit intimidating or make threats through internet communication. Cyberbullying is a significant problem that may cause the victim to go through a great deal of stress and deteriorate mentally. There have also been instances where cyberbullying resulted in suicides and fatalities.

3.2.5. *Distraction and Decline in Productivity:*

According to several studies, the more social media use a person engages in, the harder it is for them to concentrate on their work. Avoidance rises and productivity declines as a result. Additionally, by burning up the majority of your energy and willpower while you have the opportunity to focus, your drive to focus on more significant activities, and more, if you waste your most effective hours on social media. It will use less energy.

3.3. *The Social Media Effect on the Human Brain:*

Social media influences the brain by turning on its ability to release and distribute dopamine. A chemical called dopamine causes the sensation of pleasure and desire. Using social media increases dopamine impulses in the brain. Social media use has therefore been recognized by the brain as a positive experience that must be continued for survival. For some people, this type of behavior may help explain social media use. Positive comments from other users are the currency of social media. People anticipate favorable sensations because these stimuli trigger the release of the feel-good chemical dopamine, which prompts them to check social media frequently.

3.4. *The Negative Aspects of Social Media:*

Social networking has its drawbacks, such as addiction risk, sadness, and anxiety, inadequate thoughts about one's life or attractiveness, sleep disturbances, and FOMO. Any kind of social media habit can spoil a person's health. It is well known that social media addicts often experience additional mental health problems, including hopelessness and anxiety. Highlights from one's life shared on Facebook can also result in irrational perceptions of life that can feel inadequate in many ways. Similarly, the online platform element gives the impression that something exciting is happening to someone else while the viewer is missing it. Finally, excessive social media use impairs sleep quality. It can hurt concentration and productivity.

3.5. *Avoiding Social Media Addiction*

If a person spends more time and effort on social media, then it can be assumed that person has a social media addiction. Its detrimental effect on a person's life and interpersonal relationships is another important sign of negative psychosocial media use. An addict may begin to ignore the obligations of interacting with other people on social media or ignore real-life connections as social media becomes a priority in their life. This disruption in daily functioning ultimately reduces the quality of life. The factors to prevent social media addiction are:

3.5.1. *Help them with Effective Coping Mechanisms:*

Social media can increasingly harm youth and make them feel more empty, jealous, or hopeless when used as a mechanism for sadness. Effective coping strategies should help adolescents overcome their problems or make adjustments, rather than serve as an escape or escape. Hobbies that help teens become better versions of themselves, spiritual and meditative practices, long

walks alone, and therapy sessions are all examples of stress-relieving hobbies that can help people cope with problems. Help them develop a more positive approach to coping well and solving their problem.

3.5.2. *Manage their Screen Time:*

Use the Internet as a medium, as a resource for online media entertainment, or as a source of knowledge. However, when your child is constantly exposed to internet media practically throughout the day, they are unable to concentrate or think clearly. Since our lives are connected to the internet, many teenagers find it challenging to juggle it with the duties and expectations of life. A person expects that they achieve anything in the real world while their hands and mind are on the screen online. To protect children's long-term health, it is important to limit their screen time and actively urge them to do so.

3.5.3. *Encourage Continued Healing after Recovery:*

Teens can benefit from social media addiction recovery options in the short term, but it's important to stay in touch with them and urge them to seek help with their issues or keep asking for help in the future. Encourage them to seek help when they need it. Slipping again or struggling with some mental problems.

4. CONCLUSION

When children become dependent on social media and video games, family interactions, family issues, and family relationships can all go awry. Through this approach, family members come into contact with an introverted traditional family. When it comes to dealing with issues that develop in children at all these times, parents who do not have a strong communication style may begin to run into more important issues with their children. Children who grew up in an unhealthy home can develop a variety of inclinations because of a variety of issues with family structure. One could argue that in addition to cultural and moral decline, those who do not experience good adolescence may face difficulties in their later years. Families should keep a close watch on their children's social media use and their gaming time. This means that the term addiction is often used in a general sense and it is important to distinguish between compulsive behavior and use. The top half of teens spend practically all of their screen time in some capacity, and most of them are also members of some sort of online social network. It is unjust to label almost everyone as an addict. However, any action that they are unable to control is indicative of their isolation from online media and their obsessive use of media platforms, online media, and some other forms of technology. Illness can be indicated by the impatience and unhappiness associated with social media. Teenagers need structure as they struggle to balance joy and other elements of life. In the future, without social media, interactions between individuals would not be as possible as before. Documenting one's life is also easy enough with a laptop, mobile device, or even a short note sent via email. Social media makes it possible to communicate in both personal and business contexts.

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CHAPTER 2

A SYSTEMATIC EVALUATION ON BENEFITS OF TEAMWORK APPROACH IN MEDICAL EDUCATION

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ABSTRACT:

Working as a team is referred to as coming together to accomplish a common objective. The fundamental principle for an organization to operate is teamwork. Every organization also divides itself into several groups to carry out different responsibilities. The importance of cooperation in the medical sector has increased along with the need to build a stronger healthcare system that tackles the high rate of medical errors, many of which are caused by weak or inadequate collaborations. The concept of teamwork in the context of health is two or more individuals interacting interdependently for a common objective, engaging towards quantifiable objectives that benefit from stable leadership that promotes open communication and problem-solving. This study focuses on the benefits of working in a team in medical education and how it reduces stress in the workplace. The results show that working as a team is beneficial for both the patients and the medical staff (Doctors, nurses, ward boys, etc.). The medical staff should work in teamwork that provides them with an effective and successful result during any operation. When all clinical staff starts to work in a team they are capable to enhance the clinical outcomes in the future.

KEYWORDS:

Health Care, Higher Education, Medical Education, Team Training, Team Work.

1.INTRODUCTION

The importance of collaboration has increased in the medical industry. The Institute of Medicine's (IOM) study, creating a Safer Healthier Community, has rekindled interest in cooperation by highlighting the numerous medical flaws or avoidable causes, many of which are caused by poor or nonexistent teamwork. This study makes the case that collaboration is required for the best patient management due to the growing specialization of duties, the emergence of involvement and risks associated with treatment choices, as well as the obligation to deliver effective health care, outcomes, and patient safety measures [1]. Teams increasingly manage patient care rather than individuals due to changes in the environment wherein medical practitioners work. Team-based therapy has developed as a result of increased specialization and delegation among employees in the practice and education of health services, as well as the increasing scope of the concept of health and the interdisciplinary work it encompasses. According to this viewpoint, good teamwork is rapidly becoming acknowledged as a requirement for numerous stages of effective healthcare treatments, from critical healthcare settings to mutual care in main or long-term precaution settings. For instance, a lack of teamwork has led to many mistakes in healthcare, specifically between trainees [2]. Effective teamwork is

therefore crucial for effective health care delivery and therefore should be established from fundamental higher education.

In this environment, learning in a team and inter-professional learning are growing in popularity, and cooperation strategies from other industries, including aviation, are being used to help healthcare companies collaborate more successfully. Such solutions have been shown to help lower mistakes, boost technical performance, and raise team member satisfaction in dynamic areas of healthcare, such as emergency medicine, surgeries, as well as deliveries. Additionally, research on team training, such as medical team training, indicates that team training management as well as achieving perceptual, emotional, procedural, as well as presentation purposes have comparatively positive associations [3]. As a consequence, team training has already been demonstrated to enhance teamwork in the healthcare industry and needs to be a part of basic higher education. On the other hand, healthcare team members seldom ever get group instruction. Few effective programs, especially in post-secondary training, have looked at changes in behavior and clinical outcomes whereas many treatment alternatives, even in inter-professional learning, have been devoted to enhancing learners' behaviors, information, as well as skills. Because of this, there are few possibilities to incorporate training sessions and show improved healthcare outcomes in undergraduate courses, even though cooperation is becoming a more significant component of medical education. To support medical instructors in overcoming the barriers to teamwork teaching and evaluation, this study will concentrate on some of the difficulties surrounding the cooperation competencies required of undergraduate medical students inside this setting.

1.2 Healthcare Teamwork:

The term "group work in healthcare" has been defined in studies from the standpoint of the aforementioned care teams. According to organizational literature, a team is a collection of people with complementary skills who are committed to a single goal, a set of performance goals, and a method by which they are all held accountable. It is evident from the discussion above that organizations in the healthcare sectors with patient-centered aims fit this criterion. As was previously said, to provide comprehensive, continuing, as well as high-quality healthcare in today's surroundings, health professionals should always operate as a team. Teams or collaboration in healthcare has just recently come to be recognized as effective [4]. In the case of health care, teamwork, and collaboration are described as a dynamic process in which two or even more medical practitioners with complementary skills, as well as perspectives, work together to investigate, organize, or evaluate patient care while continuing to pursue similar fitness goals and putting forth concentrated physical and mental efforts.

As shown by such characterizations as well as the actual practices of healthcare teams, effective teamwork requires professionals teams, the significant proportion of whom have various career viewpoints and balancing skills and abilities, to organize, interact, and cooperate in direction to execute the inter-dependent task as well as actions collectively responsible judgments towards a common objective of better patient healthcare. Medical professionals should be able to recognize and carry out autonomous jobs needing particular abilities but requiring coordination, as well as those demanding interdependency, based on the circumstances of the organization's members. The phrase surgical crews, according to the authors, was originally used to refer to a group of individuals previously recognized as a surgical business in the United States around the turn of the 20th century. The author mentions how interdisciplinary practice evolved after World War II (WWII), from the establishment of citizens' healthcare or medical centers to the provision of

essential care to the poor to the formation of multi-disciplinary teams in expertise-focused territories in both severe (surgery, burns) as well as persistent fields of study, including such generalist principal healthcare's.

1.2.1 Categories of health care Teams:

There are many other different types of teams in the medical industry that can be categorized as consistent team members (such as treated groups, alternative therapy teams, inquiry workgroups, as well as house care teams), teams that perform operations for individual citizens, and teams that provide tasks for frequent organizations. Working in a team is much easier than working alone because it produces new ideas from a range of viewpoints. All of the teams interact for the greater benefit. To provide full, continuing, and high-quality healthcare in today's environment, healthcare providers must always operate as a team. Collaboration, as well as teamwork in healthcare, have just recently been acknowledged. There are several teams organized to provide effective treatment and all the teams have different fields of work as shown in Figure 1.

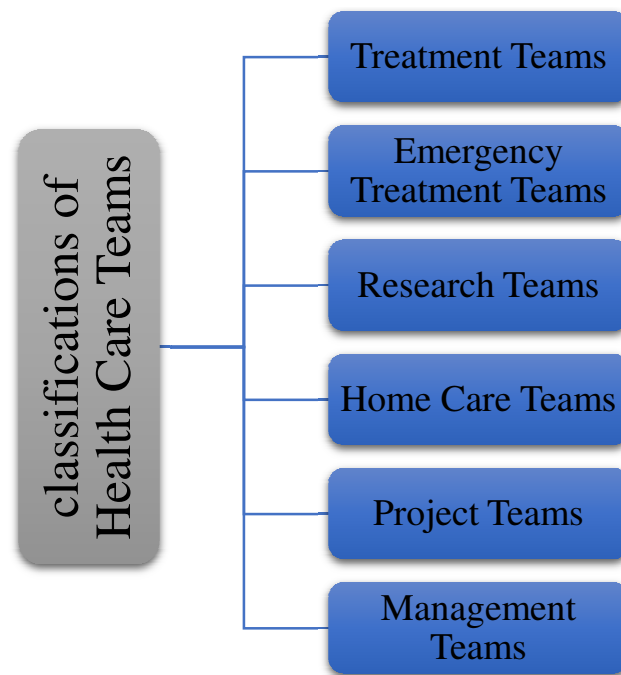


Figure 1: Represents the Classifications of Different Sorts of Health Care Teams for Providing Good Health.

Although participating in a variety of teams during their professional activity, healthcare professionals are most frequently tasked with working in working groups or constant work divisions. The authors claim that in clinical practice, a group of professionals collectively referred to as a clinical team is in charge of giving direct clinical care to individual patients inside a particular location [5].

The authors characterize team participation in healthcare as a gradient stretching from multidisciplinary to transdisciplinary depending on the extent of communication among colleagues and the level of patient care responsibilities. Additionally, they define the terms multi-professional and multi-professionals as people from various professions who collaborate to

provide healthcare to patients; multi-professionals as all of these individuals who work independently to achieve a more collective objective which can be attained without relying on one's supplementary techniques, as well as trans-professionals as a pixelating of rigid standards in the acting abilities of specific teamwork's.

This study focuses on the benefits of teamwork strategies in medical education and its importance. This study is characterized into several sections where the first section is an introductory section where the author gives a general introduction to teamwork and its importance. After that the literature review section is discussed which shows the reviews and suggestions of previous studies in terms of how working in a team is beneficial for any working operations. Moreover, the discussion section is mentioned where the author

2. LITERATURE REVIEW

P. A. Takizawa et al. discussed the importance of teamwork in times of COVID. As per the authors, it has been demonstrated that strong clinical collaboration reduces medical mistakes and improves patient outcomes. Students who participate in team-based didactic and clinical activities as part of their undergraduate medical education will learn skills that will equip them to operate as clinical staff as they continue in their studies and employment. Their results conclude that a crucial part of health professional education¹ is learning how to operate well in teams. The COVID-19 epidemic has highlighted the value of collaboration between healthcare providers, but it also put at risk the provision of team-based learning opportunities for aspiring healthcare professionals [6].

H. Kleppe et al. assert that expertise is a decisive factor for organizations in a competitive market. Demands fluctuate a lot. Businesses might be able to achieve these expectations if they can create knowledge management systems. Among the most important components of this process is teamwork. How can teachers and professors in schools and universities make sure that kids and students like working in groups? This international study had its start in Mexico in 2001, but since then it has drawn a lot of academics, researchers, and teachers from various countries. The idea was that instructors' conduct has predetermined traits derived from national cultures, notably in the field of collaborations [7].

R. H. Johnson The importance of collaboration in healthcare is underlined. The reasons for the worry of medical professionals are outlined. It has previously been suggested but mostly disregarded that medical students must become aware of the contributions made by other health care professionals, as well as associate with them during their educational years, and be included in activities when feasible. Several initiatives for enhancing the education of different professional groups are described in partnership with the Wellington Medical School of Medicine. During their educational years, people acquire teamwork skills through association, which improves healthcare collaboration [8].

M. R. Moyer et al. categorized this literature and describes the simulation model, which has the following essential elements: Prior planning includes interdisciplinary teamwork, simulations in workgroups, the selection of team leaders, as well as a Facilitated Group Discussion. Methods are all characterized as a cutting-edge approach to encouraging cooperation that is now being used. In response to changes in high-stress conditions, multidisciplinary health professionals or their supervisors employ this tactic to structure their approaches to patients' healthcare across repeated practice rounds using human patient simulants that imitate actual patients [9].

R. Khozhamkul et al. It was said that Kazakhstan's healthcare legislation had created the framework for a shift away from a disease-centric strategy toward one that was centered on the individuals as well as protection. For General Practitioner (GP) training courses at the internships stage, the Kazakh National Medical Colleges developed and implemented a construction approach. The program's goal is to teach participants how to collaborate in interdisciplinary teams to advance and carry out health-related research. Individuals selected a project-based learning pedagogical method for the training [10].

H. S. Laird-Fick et al. The purpose of this project is to examine the feasibility, nurses' learnings, and clinical findings while educating medical students and nurses on how to work as Patient-Centered Care (PCC) teams in a hospital ward. With the assistance of administrative leadership, people integrated patients who were residents in a unit with 30 beds. Peoples has trained residents in a patient-centered, evidence-based manner, and we are now training 5 nursing workforce in the same manner. These nurse leaders will then instruct all clinical staff. Two visits from a national consultant were made. To enhance ward relationships, nurses and residents engaged in specialized team-building activities. The authors used a progressive pre-post six-month post method to examine nurses' knowledge of and self-efficacy in patient-centered behaviors. A post-test solo technique was used to evaluate the patient-centered workplace, which was the main objective. Patients from our accident and emergency departments were randomly assigned to our unit or comparable facilities [11].

3. DISCUSSION

Team-based healthcare has developed as a result of growing specialization and division of labor among healthcare professionals, as well as the expansion of the concept of health and the interdisciplinary work it encompasses. Effective cooperation in this context is increasingly seen as crucial to many facets of good healthcare, from healthcare settings to ongoing care in critical or chronic clinical situations. Several of the advantages call for cooperation. For instance, a lack of teamwork has led to numerous mistakes in the healthcare industry, particularly between trainees. Good teamwork is therefore crucial for effective healthcare delivery and should be ingrained in foundational higher education.

3.1 Teamwork Training:

It's not always the case that grouping people results in teamwork. Training is necessary for team members to learn how to work together and to understand each other's roles and duties in the workplace. Team pieces of training may be thought of as a collection of tools and strategies that, when put together with necessary skills and learning goals, form an instructional strategy. The main objective of team training is to affect important team competencies. Changes in the methods through which healthcare professionals are educated to cooperate may reduce conflict and increase team productivity. Early in medical school should be the start of interdisciplinary training. This idea of collaborative training has gained support from the medical profession. According to the Accreditation Councils for Graduate Medical Education, developing and evaluating teamwork abilities is essential.

The effects of appropriate information exchange and cooperation involving professional partners are mentioned as one of the six core strengths in graduate medical schools, as well as residents are required to exhibit these abilities. The American Association of Medical Colleges (AAMC) Medical School Goals Project lists "the opportunity to effectively communicate and interact with clients, patients' families, coworkers, as well as those with some who professionals must

exchange information in carrying out duties" as one of the essential skills that children should acquire before getting a degree from medical colleges. Previously, the hospital accreditation organization in the United States, the Associated Commissions on Accreditation of Healthcare Organizations, promoted team practice as a component of comprehensive patient outcomes and healthcare practices.

Few recommendations are provided to help with the application of these ideas in medical settings. Initiatives to foster cooperation are often a novel concept in medicine, particularly for experts who are frequently urged to be independent and responsible for their actions. Additional training is necessary to promote inter-professional training in medicine. To accomplish the shared goal of safeguarding the patient, cooperation must be desired. The effectiveness and success of the team are endangered whenever a team member decides to work separately. According to a study, individuals make fewer mistakes than crews working collectively in high risks and high-intensity job situations. The evidence includes actions taken by commercial planes, the military, firefighters, and quick-response police operations. A lot of these programs use simulation as a key teaching method. The recreation of an actual incident that has already occurred or may do so in the future is known as simulation.

The ability to continually use simulation to enhance an activity, a procedure, or a conversation without endangering the safety of the participant's providers, or patients is one of its most significant features. Debriefing after a team simulation exercise is crucial. Debriefing aids the team in identifying problem areas, potential prevention strategies, and areas of adequate performance. It has been demonstrated that simulations without debriefing are useless because team members might continue to make mistakes if they are unaware of them. Commercial airlines are a high-risk industry where mistakes might be very expensive. This sector has led the way in utilizing cooperative learning to lower risk. As per the aviation sector and the National Aeronautics and Space Administration, verbal exchanges, snap judgments, poor decision-making, and poor leadership account for the majority of air disasters. Training sessions have been developed as a result to enhance coordination among the flight crew and avoid accidents. One of the most effective team training approaches to come out of the aviation sector is crew resource management (CRM) training. The training here emphasizes behavioral skills and teamwork. CRM places a strong emphasis on the worth of every colleague.

3.2 Teams in Health care:

Working teams, care delivery teams, and management teams are all frequent in the healthcare industry. Care delivery teams can be divided into patient groups (such as geriatric teams), disease categories (such as stroke team members), and care delivery settings (such as surgery rooms or critical care units). A wide range of collaborations may occur depending on the type of care required. Higher levels of collaboration are typically needed when serious medical problems involve the care of several healthcare professionals. Interdisciplinary teams enable each profession to contribute its special talents to the treatment of a specific patient.

In this situation, team members work concurrently with one another, and there is little direct interaction across specialties other than through the head doctor. Members of the team may emerge from the same field or other ones. A collection of people that collaborate closely and freely to provide patients with the greatest treatment is referred to as an interdisciplinary team. In high-acuity healthcare situations, crisis resource management (CRM), a subset of CRM ideas, is applied. Companies must accept that errors will be made and deal with them without retaliation

for these programs to be successful. Instead, failures must be seen as opportunities for growth and learning.

The operating rooms are a higher-risk environment that demands close cooperation among all group members. A reliable team must have the ability to adjust to changes in the working environment, maintain open and flexible communication, and anticipate the needs of each member of the team. The operating theatre is a diverse environment since it employs personnel and trainees from many disciplines. The plurality of these teammates has not gotten clear instructions on how to utilize these skills in a team context with a greater extent of task interdependence and coordination requirements, although each member of this team has undergone considerable training in medical job duties. The authors created a multidisciplinary team training program based on an operating room simulation that focused on collaborative skills and highly effective teams. The research was guided by two main hypotheses: either that the operating room team members would consider the replicated circumstances to be valuable and real, or that interdisciplinary simulation training would have been an effective way to enhance cooperation and communication during such an operating room recession.

Three interdisciplinary operating room teams were part of the training program. Every team completed the training using standardized surgical scenarios under minimally invasive digital operating circumstances. After the simulation was over, each team participated in a debriefing activity. Examining the recorded performance was an important component. With the trainer's guidance, the team used the videos to assess and discuss particular displays of teamwork, communication, and situational awareness. after the occurrence. Ninety percent of the responders felt that the training models had aided them in identifying issues in the operating room.

Collaboration among nursing staff members is a different aspect that has been taken into account. To foster teamwork and employee involvement, the author looked at a variety of therapies in medical departments at important hospitals. Discussions with focus groups regarding the unit's degree of teamwork and factors that promote and impede it was part of the therapies. A report including the data gathered from the focus groups was distributed at several feedback meetings. The next step was holding meetings to discuss values, visions, and goals, then doing a gap analysis to determine where they were and where they wanted to go. After that, the team trained as a unit with each member taking part. Then, guiding teams were established to handle the specific project objectives, and ideas were swiftly tested and put into practice. The data showed that the intervention reduced the number of patients falls, improved unit collaboration, and reduced staff turnover as well as vacancy rates. The level of statistical significance for patient satisfaction increased, but it was not attained.

3.3 Teamwork Training in Medical Education:

Multidisciplinary learning and collaboration are necessary to identify the main issues and best practices in healthcare. Two main categories emerged from their search: one engaging with the interdisciplinary learning and skills acquired' contents and the other with the structure of health providers' schooling as well as training sessions [2]. However, several have underlined that one should first have faith in one's own profession's abilities and that a firm understanding of one's discipline is necessary to understand how one may contribute to the team effort. When using the cooperative learning method known as Problem-based Learning (PBL). PBL demands information acquisition, as well as cognitive as well as psychomotor skills, and allows students to mix conceptual and therapeutic aspects in a limited group environment [12][13].

PBL is a planned educational practice in which training stimuli like case studies are regularly employed. This approach teaches students to participate and communicate with one another while they work to address the issue. The service/learner model is an additional method of instruction that makes use of a clinical setting to motivate students to work well together to address issues with underprivileged populations' health or real-world clinical issues. Both of these tactics direct the team's emphasis on the patients or sufferers [14]. The need to encourage and educate faculty to learn new team training methodologies, as well as the importance of administrative assistance from academic and clinical institutions participating in the reforms, are other crucial subjects covered in these papers. TBL (team-based learning) is another common educational strategy. Team learning is a method of instruction that the authors developed. Using the TBL approach, a lone instructor may educate numerous small teams concurrently in the same classroom. The instructor acts as a facilitator and subject matter expert while maintaining content control. The team learning approach can be used to assess both individual and group performance. Students must begin their studies independently outside of class to achieve the goals that have been set for them [15].

The Departments of Defense and the Organizations for Healthcare Research and Quality (AHRQ) are both researching medical collaboration. The two Organizations had joined up to develop cutting-edge training materials to help medical staff members become better collaborators: Patient Performance and Safety: Tools and Approaches for Teamwork Team-Steps offers a flexible, evidence-based toolkit to improve patient safety and well-being via improved communication and better teamwork. The team-steps programs' continuing components include evaluation, strategy, learning, execution, and also reinforcement as well as maintenance. Four abilities are highlighted by teamsteps, communications, situation monitoring, mutual support, and team management. Regardless of the situation or the complexity of the process, the teamsteps to foster an open communication environment where everyone, including the patient, feels comfortable speaking up. There aren't many ways to determine if someone can collaborate well with others for a variety of factors. It's crucial to first demonstrate how collaborative skills affect clinical performances and, eventually, clinical results.

4. CONCLUSION

Although no one person can provide the best care for a patient, a doctor must be able to work effectively with people from other professions and specializations. This makes medicine a challenging occupation. Doctors, nurses, and many other medical professionals must interact with one another for complete knowledge to be available, accurately transmitted, and often explained. In medical education, the emphasis on autonomy has long been emphasized, and until recently, collaboration education had not been explicitly introduced into the healthcare environment. Additionally, drug use has a longstanding experience of being highly hierarchical with a chain of command-based communication structure. Human and organizational factors Collaboration has been extensively studied by psychologists, and according to the study's authors, "Better teamwork is the coherent integrations of diverse knowledge, abilities, as well as emotional developments a strategy to increase patient safety and minimize mistakes." A well-oiled team must be able to finish tasks significantly more quickly and safely than a single individual or small group. However, dysfunctional teamwork might well be combative while simultaneously being ineffective. Examining the present state of knowledge on collaborative techniques in undergraduate medical education is the main objective of this study. Since doctors specialize in a particular field, the ability to function in a multidisciplinary team is essential for

patients with complex morbidities. Healthcare is not only supplied by doctors but also by nursing staff as well as other health practitioners, so the long-term benefits of this study include people becoming more and more knowledgeable regarding working as a team as well as the advantages of team spirit in medical training.

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CHAPTER 3

EXPLORING THE IMPORTANCE OF MAORI CULTURE IN THE NEW-ZEALAND AND THEIR COMMUNAL WAR DANCE HAKA

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ABSTRACT:

New Zealand is a country on the island known for its culture and tradition. There is various ancient culture known for their unique style and tradition. The Māori culture is known for its communal traditions and unity, one more unique art of Maori culture is famous in the world and the Maori culture is known for their war dance form known as Haka. Thus, the focus of the study is to know the importance communal dance form of Maori culture in which it is performed other than in the wars. There are many studies, literature, and papers on New Zealand and its Maori culture and its traditions, and lifestyle. The war dance Haka is a tribute to the work among the community which is performed on various occasions of joy and sorrow which boost up the communal interactions with various postures. The study further helps in studying the communal development in the Maori culture and the different tribes on the island of country New Zealand.

KEYWORDS:

Communal Development, Maori Activities, Indigenous Mori, Moritanga, Ecosystems, Environmental Services

1. INTRODUCTION

The Mori people of New Zealand use the Haka as a traditional ancestral battle cry, dance, or challenge. It is a group posture dance that involves energetic foot stomping and gestures, along with rhythmically screamed accompaniment. The haka has become increasingly well-known internationally as a result of the New Zealand rugby team's custom of doing it before games. The customs, cultural practices, and religious beliefs of the native Mori people of New Zealand are referred to as Mori culture (Mori: Moritanga). It is still a part of Eastern Polynesian culture, where it has its roots. Due to a significant diaspora and the appropriation of Mori symbols into popular culture, Mori culture is a distinctive component of New Zealand culture and is present all over the world. The term "Moritanga" is frequently used within Moridom and, to a lesser degree, throughout the entirety of New Zealand, as a rough synonym for Mori culture. The Mori language suffix *tanga* is essentially analogous to the qualitative noun-ending *-ness* in English. Another definition of Moritanga is "[a] Mori way of life [1]. Indigenous Mori has a complex, comprehensive, and interrelated relationship with nature and its resources. This relationship is based on a vast body of knowledge known as Tauranga Mori, which dates back thousands of years to life in Polynesia and trans-Pacific migrations. This ancestor-based connection to ecosystems guides how native Mori view and comprehend ecosystems and environmental services. Te reo Mori, whakapapa, and Tauranga Mori are utilized together to uncover the indigenous perspectives and grasp what an ecosystem is, as well as its elements and functional

units. There isn't a single Mori word or interpretation for ecosystem or ecological systems. Although Kapa Haka is frequently thought of as the main Mori traditional performance style, it is a synthetically created combination of Mori performing arts. To recover, reclaim, and instill Mori cultural identity, it is a collection of performance practices that are drawn from ritual and other traditional sources, as well as from tourist attractions and broader popular culture. This is done by establishing and implementing an "authentic" Mori way of being while resisting assimilation pressures over many generations of colonialization [2].

Contrasting perspectives on the property owned by Mori and the colonists might help explain the history surrounding Mori's land. According to traditional Mori custom, Mori land was collectively owned before European invaders arrived. The foundation of community ownership in Te Ao Mori is the affiliation of Mori to various collective sub-groups, such as whanau (extended family), hap (subtribe), and iwi (tribe). Whenua is regarded as taonga (a prized item in Mori culture) and is of great significance in both a spiritual and economic setting. Mori saw themselves as kaitiaki (protectors of taonga) in te ao Mori. In contrast, individuality and property rights recognized by deeds dominated European views on land ownership. This viewpoint diverges from conventional Mori ideas, which hold that employment and usage serve as evidence of ownership [3]. The two viewpoints have distinct approaches to determining the worth of land, with the colonial view emphasizing the economic worth of the property rather than its cultural significance. Knowledge of the effects that land loss has had on the intergenerational well-being of Mori requires an understanding of these divergent viewpoints as well as the cultural and spiritual significance that land holds in Tikanga Mori [4]. Today's schools' increased interest in kapa haka may be a reflection of students' evolving requirements for alternate learning settings that are more likely to match their preferred cultural learning activities, methods, and aptitudes. The presence of kapa haka in schools serves as a statement to many Mori communities, particularly the whanau (immediate family), that schools are willing to create environments that are culturally safe, loving, and supportive. Kapa haka was acknowledged as an academic topic that schools may easily teach to all pupils by the New Zealand Qualification Authority in 2002. Due to this decision, Mori students who participate in kapa haka can earn academic credits that can be used to different levels of the National Certificate in Educational Achievement [5].

The paper is divided into four sections the first section of the paper describes understanding the role of Maori culture in New Zealand and after that literature of the previous study is discussed in the literature review section, and then the discussion section discusses Haka, its elements, Haka as a warrior's dance, different forms of the Haka, unexpected facts about the Haka from Mori culture and best Maori activities in New Zealand and finally study end with a conclusion section that explains the outcome and future of this study.

2. LITERATURE REVIEW

Rebekah Graham and Bridgette Masters-Awatere [6] researched to synthesize the varied viewpoints of Mori patients and their whanau (extended family, family group) on their care under the public health system. What are Mori experiences with the public health and/or hospital systems in Aotearoa New Zealand? 14 works that addressed all three criteria were found using a systematic search utilizing PRISMA procedures and a reflective typology organized around the categories of Mori, public healthcare, and qualitative research. Based on these studies, we

conducted a qualitative meta-synthesis utilizing a critical community psychology method. The author's findings show that both facilitators and impediments to health are mentioned by Mori patients and whanau in the studies that were included. We divided obstacles into three categories: staff relationships, organizational structures, and practical factors. The provision of whanau support in the form of practical aid, emotional care, and health system navigation falls under the category of facilitators.

Paul Whitinui researched [7] based on a Kaupapa Mori theoretical framework that upholds the right of Mori to actively engage in shaping their future in all spheres of society to reject conceptions of "deficient" theorizing. The research found that working with schools, teachers, and Mori communities to gain a better understanding of how to include Mori language, culture, and customs as a legitimate part of the curriculum is the most efficient way to increase levels of Mori student involvement.

Paul Whitinui [8] researched Even though there is a dearth of research on the scholastic advantages of Mori students who participated in kapa haka in the presence of excess school settings, mounting evidence points to a link between Mori students' kapa haka involvement and higher levels of academic engagement. The findings made it clearer how crucial it was for Mori students to take part in kapa haka competitions to receive credit toward a National Certificate in Educational Achievement.

Garth R. Harmsworth and Shaun Awatere [9] researched a framework/model that separates "culture values" from "cultural services" and expands the definition of "cultural values" throughout the entire ecosystem services framework is offered. It is built on Mori knowledge, values, and viewpoints. Ecosystems and ecological services are essential to the ambitions and welfare of Mori. In the end, Mori wants to utilize these ecosystem frameworks and methodologies to boost inclusion and engagement in decision-making, accomplish a variety of aspirational goals, and attain desirable indigenous results.

Rowan Ropata Macgregor Thom and Arthur Grimes Analyzed the effects of land loss brought about by colonization on the M aori, Aotearoa New Zealand's Indigenous people, today's cultural wellness and health results. We discover that whereas confiscation is associated with greater current rates of smoking, higher land preservation within an iwi's rohe at the end of the nineteenth supports modern cultural wellness outcomes.

The previous paper examined Increasing Mori students' engagement in conventional high schools, using rugby to represent traditional philosophy through the Haka, began to experience Mori with the public health system in Aotearoa New Zealand, ecosystem information, and viewpoints of indigenous Mori. The present paper discusses the role of Maori culture in New Zealand and the meaning of the communal war dance Haka.

3. DISCUSSION

In Aotearoa New Zealand, the indigenous Maori population has far inferior health results than the more numerous and politically more powerful European population. There has been a constant 7-year discrepancy in life expectancy since the 1990s, and there was a far wider gap

before that. The country's health system is predominantly built around a Western model of wellness and sickness, which may be one explanation for this gap. Leading Maori academics and medical professionals believe that the pillars supporting Maori health are distinct from those supporting the health of Europeans. Therefore, a unified healthcare system based on European models does not give Maori equitable health outcomes. Hakas are one of the most significant indigenous traditions in the nation and are frequently referred to as a Maori war dance. And they undoubtedly have power. People in lines rhythmically perform a call-and-response routine that frequently involves stomping, chest-beating, bulging eyes, and contorted faces with the tongue stuck out. Watching it is riveting, and it commands immediate respect [10].

3.1. Haka:

Haka is a Maori dance, which is what it means when translated literally as "dance." Although the precise origin of the haka is uncertain, it is linked to a lovely myth concerning the Maori sun deity Tama-nui-te-ra. Tane-rore, a son of the deity, and Hine-raumati, one of his wives, would dance for his mother. On extremely sweltering summer days, it is reported that his dance can be seen in the air movement. Haka, which is intended to be a celebration of life was inspired by this wavering movement of light in the air. Dance eventually took over social and communal parts of Maori life, with many hakas being utilized for various occasions and groups incorporating certain features into their dance [11].

3.2. Elements of Haka:

While haka techniques vary depending on the occasion, several components are fundamental to the dance. Performers usually form lines, and a leader is present at all times. Proverbs or directions on how to posture during the haka are typically shouted by the leader to start the dance. The opening calls are made with great vigor since the leader's role is so crucial in providing the performers with strength and force. Each haka has its unique stance and facial expressions. However, as the dance moves along and the participants are overcome by the haka's mana (force or strength), they spontaneously exhibit their might. Notice prana (expressions) that include the eyes dilating or bulging, such as ngangahu and pukana. Men will also thrust their tongues out while bending their faces, or whether. Depending on the goal of the haka, these components may be used to evoke fear, reverence, or unity.

3.3. Haka as a Warrior's Dance:

Haka is typically thought of as a male-performed Maori warrior dance. Of fact, given that "haka" implies "dance," it would be absurd to reserve its use for combat. Nevertheless, war haka, also known as peruperu haka, is significant in Maori and New Zealander culture. Peruperu haka, an ancient battle cry, is used by soldiers to terrify foes and inspire one another. The warriors demonstrated their might before combat to their adversaries, to themselves, and the gods by utilizing water and pukana (the bulging of the tongue and eyes), as well as grunting, yelling, leaping, and banging their swords. The water was intended to be a genuine menace during combat. To obtain their opponents' mana hundreds of years ago, the Maori used to devour their opponents' skulls. They aggressively stuck out their tongues to warn the other tribe that if they lost the battle, they would eat them [12].

The first hakas were made and performed as a war dance by several Mori tribes. It is a war cry from the past. There were two reasons why it was done there. First, the fighters would make hostile facial gestures like bulging eyes and tongue pokes to frighten their opponents. They would beat their chests and wave their weapons while they cried and grunted menacingly. The second reason they did it was to boost their spirits because they thought they were pleading with the god of war to assist them in winning the conflict. They were performed on time and with extensive choreography. It strengthened and inspired them. A peruperu haka is the name for this style of haka [13].

A traditional Mori war dance is known as the haka was performed both when tribes gathered together in peace and on the battlefield. Haka is a ferocious demonstration of a tribe's power, solidarity, and pride. A loud chant is accompanied by actions such as vigorous foot stamping, tongue sticking out, and repetitive body slapping. Hakas frequently uses poetry to describe ancestors and historical occurrences in the tribe. When executed properly, the Haka is unquestionably something to witness and calls for tremendous discipline. It may help the performers feel more connected to themselves, their history, and their present. It is a fantastic character-building activity. Tapeta Wehi is a strong believer in the physical ability of the body to express emotion, to show fury, abhorrence, dissent, love, tenderness, and grace. Every bone and sinew must fire with virility to do this. The Haka gives the performer the best opportunity as shown in Figure 1 [14].

3.4. Different Forms of the Haka: These moves may be successfully executed in a variety of haka styles, both with and without weapons:

- 3.4.1. *The Tutungaruhu:* The Tutungaruhu is a side-to-side jumping dance performed by a group of armed men.
- 3.4.2. *Ngeri:* A brief Haka with no predetermined movements that are practiced without weaponry to face an adversary.
- 3.4.3. *Haka Taparahi:* No weapons are used during the performance.
- 3.4.4. *Peruperu:* Peruperu is dancing with weapons in which the guys hop up and down from the ground while facing their adversaries.

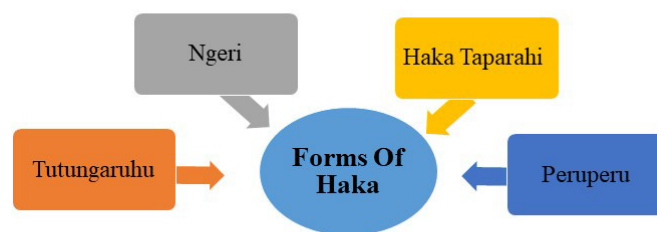


Figure 1: Represented the various forms of Haka.

3.5. Five Unexpected Facts about the Haka from Mori Culture:

The All Blacks have made the haka famous across the globe as a thrilling theatrical performance and a representation of Mori culture. However, both men and women in New Zealand utilize it

often outside of rugby fields. Here are some interesting details concerning this intriguing Mori custom.

3.5.1. The Haka Did Not Always Play Such A Major Role In The All Blacks' Image:

Before Wayne "Buck" Shelford, a New Zealand icon, took over in the middle of the 1980s and mandated that his side rehearse the haka, it was more of a curiosity for fans and was only done during away matches, frequently in a haphazard manner. Now everything has changed. The squad has a lot of wine and the haka's heart-pounding roar has become one of the most cherished athletic traditions in the world [15].

3.5.2. There Are Numerous Varieties Haka: Each one tells a tale:

The haka, also known as the "war challenge" or "war cry," was historically done by warriors before heading to war. The shout itself intended to boost their morale and ask God for aid to victory, while the angry face gestures were supposed to frighten adversaries. Modern examples of haka festivities include birthdays, weddings, memorial services, and other festive occasions. It is occasionally used as a representation of tribal identity. Even ladies can do the contemporary haka. The All Blacks' rendition of Te Rauparaha's "Ka Mate" haka is the most popular of all haka. It is a traditional haka that honors the victory of life over death.

3.5.3. A Mori Legend Explains Where the Trembling Hands of Haka Performers Come From:

Tane-more was the son of the sun deity Tama-nui-te-ra and Hine-raumati, the summertime embodiment of one of his wives. The cornerstone of every haka is this light, swift movement, which the Mori believe to be Tane-reore dancing for his mother when the air appears to be vibrating on hot summer days. Tane-dance more is represented by the hand motions. Other body gestures and emotions used by haka performers include puffing up the eyes (pukana), jutting out the tongue (whether), stamping their feet (Waewae takahia), and slapping their bodies with their fists [16].

3.5.4. The Performance Art form of Kapa Haka brings contemporary issues to Life:

Young Mori people like it and participate in regional and national tournaments. Within the Mori community, social and political topics are frequently discussed in the songs. The songs are intended to inspire Morris to speak up against injustices and confront difficulties.

3.5.5. Non-Maoris Can Learn the Haka:

Culture is highly open and accepting. We like educating others about our culture and welcome them to take part in activities like learning the haka. But must always honor it. Try to memorize the phrases, comprehend what they represent, and realize the significance of this haka.

The native Mori people of New Zealand have long been involved in the tourist industry as business owners, tour guides, and entertainers. The Te Arawa tribe of Mori guides began working in the tourism industry in the 1870s, initially hosting foreign visitors at the Pink and

White Terraces before they were destroyed in 1886, as well as in the Whakarewarewa geothermal valley, where guiding is still practiced today. Today, the majority (76%) of Mori cultural tourists participate in Mori cultural events, accounting for 6% of all visitors from abroad. Additionally, 27% of foreign visitors visit museums, which offer chances for Mori cultural tourism. However Mori cultural tourism is not the primary reason why people visit New Zealand, it is a significant aspect of the visitor experience as the number of different visitor markets grows.

3.6. Best Maori activities in New Zealand:

In the North Island, particularly in the areas near Auckland, Northland, and Rotorua, there are several Maori tourist attractions. Include one of these tours in the New Zealand traveling itinerary by using the self-drive tours we provide, such as Grand New Zealand, The Winterless North, and North Island Attractions with Scenic Train. Here are a few of the best choices.

3.6.1. Mitai Maori Village, Rotorua:

In addition to seeing wild glowworms on a stroll, Mitai Maori Village, Rotorua is situated in a genuine, natural bush environment in Rotorua on the North Island. In a wooden canoe, warriors dressed in traditional garb will welcome as they go down the Wai-o-whirl stream. The three-hour nighttime experience also included a poi dance, a haka, a hangi, exhibitions of weapons and fighting, carvings, and tattoos.

3.6.2. North Culture, Waitangi:

The Culture North Evening Show, which is staged in a marae at the renowned Waitangi Treaty Gardens, in Northland. Listen to a grandpa telling his grandson about 1,000 years of Maori history, all the way up to the signing of the Treaty of Waitangi.

3.6.3. Tamaki Maori Village, Rotorua:

The longest-running Maori adventure in New Zealand is at Tamaki Maori Village in Rotorua, which is situated amid the evocative Tawa Forest. The three-and-a-half-hour event starts with a welcoming ceremony and includes a tour of the village, storytelling, and a hangi feast. Visitors get the opportunity to experience traditional events, take part in a haka, and discover Maori beliefs. Choose the overnight option to enjoy the wharemoa and private woodland bath pools while listening to tales and stories around the bonfire.

3.6.4. Ko Tane the Maori Experience, Christchurch:

Kane Ko the Maori Experience, located in the Willowbank Wildlife Refuge just outside of Christchurch, is the best Maori interaction in the South Island. A powhiri greeting, haka performances, hangi, as well as exhibits of shooting, cooking, gaming, and instrumentation, are all part of the participatory village tour.

3.6.5. *Te Puia, Rotorua:*

Attend the first Maori crafts and arts school in New Zealand at Te Puia in Rotorua, which is located in the Te Whakarewarewa geothermal valley. A cultural display, Maori spinning, and carving performances, and a reproduction of a village are all included in a day visit, and get the chance to witness the recognizable Kiwi bird, as well as see the 60-hectare volcanic valley that is home to the Pohutu geyser and boiling mud pools.

3.6.6. *Waimarama Maori Tours, Hawke's Bay:*

If searching for something more individualized, the award-winning private excursions offered by Waimarama Maori Tours in Hawke's Bay are perfect. The tribal grounds of Hakikino in Waimarama or Te Mata Peak in Havelock North, wherein Maori people have resided for more than 700 years, provide a variety of choices. The tours involve going to a Maori-run village and conservation area, climbing Te Mata Peak, and having a day-in-life experience.

3.6.7. *Know Mataatua Cultural Immersion Experience, Whakatane:*

Visit the breathtaking Bay of More than enough for this Maori adventure at Mataatua Cultural Unforgettable Experience, Whakatane. Visitors are welcome to see the ancestral residence, which is supposed to have traveled across the globe for a decade before coming to Whakatane, the oldest continuously inhabited Maori town in New Zealand. On a walking tour with hands-on activities, learn about Maori history before indulging in a feast.

3.6.8. *Footprints Northland's Waipoua:*

While strolling among the majestic Kauri trees in the stunning Waipoua Forest, tour experts will explain how Maori tradition is entwined with the woods. Several choices for private or group tours are available. The daytime guided tour of the Maori creation narrative and a description of the local flora and wildlife, while the four-hour Twilight Encounter enables one to see the forest's transition from day to night.

3.6.9. *Te Hana, Auckland:*

The nearest Maori village experience to Auckland is in Te Hana, which is around an hour outside of the city. Te Hana provides Maori entertainment, village visits with a guide, a welcoming ceremony, hangi, and even the chance to spend the night in a marae.

As explore the different Mori art forms, ways of life, and traditions, the old Mori traditions and customs are revived in the hamlet. Visitors are welcome to engage in open dialogue with the villagers and learn about their historical and ancestral traditions. Traditional Mori tattooing, watching warriors prepare for battle, making crafts like rugs and baskets, and viewing amazing wall sculptures are some of the additional activities available. The Mori culture places a high value on its musical and dancing traditions, and both are continually present when visiting the town. The Haka and "waiata" (song), which are entrenched in Mori culture and history, were methods for the Mori to communicate and preserve their tales. Once had a chance to explore, it's

time for the hangi feast. A hangi lunch cooked in an earthen oven like the ancestors would introduce to the delectable flavors of traditional Mori cuisine. Before the arrival of the guests, the traditional hangi steams for several hours beneath the soil on hot rocks. Along with vegetarian choices, the dinner is enhanced by traditional Mori bread, fish, and much more. Following the feast, tenure as a Mori comes to an end with the "Poroporoaki," a formal closing ceremony [15].

4. CONCLUSION

The Haka is a traditional Maori battle dance or test of strength. Identify a message in the dancing and poems that convey the dancer's emotion by watching their facial expressions. Haka is still performed today during Maori rituals and festivities to thank visitors and to emphasize the significance of an occasion. The New Zealand Rugby team's use of the haka to communicate their aspirations to fans has become clear. The national character of New Zealand is also shaped by sport, and the haka gives the country a special feeling of distinctiveness from the world's other countries. Rugby has gained popularity in New Zealand as a result of the dominant construction of nationalist rhetoric. Haka is thought to be a useful medium for interacting with Maori information, language, and culture in this way. To take it a step beyond, haka is also viewed as a tool for promoting a more harmonious and diverse community in New Zealand. Haka is permitted for Pakeha (not Maori), and giving Pakeha an equal and fair chance is a significant value, indicating that everybody in society in New Zealand is given adequate possibilities.

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CHAPTER 4

AN ANALYSIS OF ART THERAPY FOR THE MENTAL AND SOCIAL DEVELOPMENT OF CHILDREN

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ABSTRACT:

The physical psychological and emotional development of the child can be improved by art therapy. Young people can process their memories through art therapy, which also reduces stress and anxiety. Simply art therapy is a treatment to help teens express themselves as well as deal with complex emotions. Through interactions with both therapists and state-of-the-art equipment in a safe setting, psychotherapy aims to promote promising signs. This paper will examine the use of psychotherapy to help children with behavioral, behavioral, and reactive attachment disorders. It would highlight that physically interacting with the material, producing meaningful artwork, integrating emotion into visuals, as well as interacting with the psychological through art all lead to growth. In the future, this paper shows the case scenarios that how the principles behind art therapy are applied in practice will be used to illustrate this paper, emphasizing the changes that emerge from doing nothing.

KEYWORDS:

Art Education, Art Therapy, Emotional Development, Physical Education, Therapist.

1. INTRODUCTION

When talking about using art as a remedy for children going through a disaster, it is important to first determine what a disaster is from the children's point of view. For a child, disaster can take many different shapes [1]. A child's concept of disaster may include man-made events such as war, riots, or terrorism. This may include natural events such as hurricanes, flash floods, tornadoes, and disasters. It can also include personal and personal events such as the passing of a parent, the death of a pet, or the loss of a child. Teens who are involved in major events often witness a mix of man-made, natural, including personal catastrophes. In the case for example, a baby girl caught in the US in Hurricane Katrina suffered torrential rains, lost her personal and household belongings, lost family members, suffered illness, looting, and street riots [2]. New Orleans begins to experience financial stress at home as a result of moving to a new area, going hungry, and losing income.

Through this paper, the author has described the disease, groundwater depletion, pollution, and people's feelings of grief due to natural disasters, the impression of this child's calamity has been expressed and this is one of the main reasons that a child needed therapy because his photographs showed how man-made, natural and personal disasters affected him and his mind. A young person who may have experienced a disaster on many different levels can be traumatic, and this psychological trauma can result in post-traumatic stress. Devastating events can have an emotionally damaging effect on children because trauma can affect the specific developmental challenges they are dealing with during and after the disaster [3]. Children may withdraw,

become aloof, act aggressively, become frustrated, anxious, or hostile after a tragedy, or they may develop hyperactive, irresponsible, fragile, or psychotic. A cornerstone of art therapy is the idea that the creative concept of creating art is soothing, enriching, and a means of expressing thoughts and feelings as one another.

The foundation of music therapy is the idea that early trauma and otherwise developmental conflict may not be accessible through mainstream verbal language, but may be stored in the unconscious as pre-verbal forms of sensorimotor, kinetic, or imagined thoughts and behaviors can go [4]. With emotional experiences expressed in sign language. Creating an intentional therapeutic interaction or holding environment in which the therapist treats, participates, and reflects the corresponding client's pre-verbal awareness is critical to accessing these pre-linguistic ways of knowing and knowing. The interpretive approach selects appropriate art processes to reflect the client's emotional and psychological state and, as a function, nurtures the formation of metaphors and symbolic speech that is truly the client's personal story [5]. According to published studies, art therapy of personal interests brought benefits in fostering a connection between both parents and children by reducing harmful behaviors and promoting intellectual and motivational development.

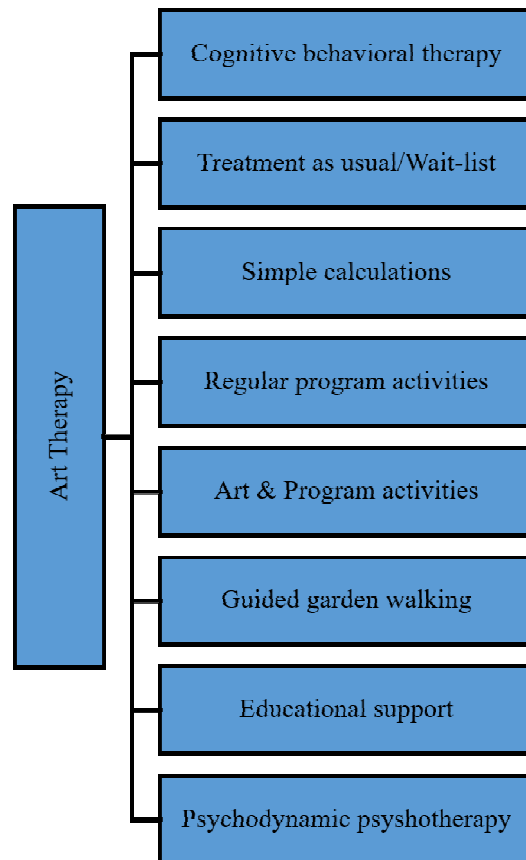


Figure 1: Illustrate the Eight Comparator Arms from the Included Studies of Art Therapy.

Figure 1 above shows eight intensive outpatient comparator groups, with cognitive behavioral therapy (CBT) [6] becoming the first treatment process that helps you identify harmful or ineffective thinking and behavior patterns. CBT seeks to help you identify and explore how your thoughts and ideas may be affecting your behavior. Simple calculations take a few tests and

equations to measure the contribution of art therapy to the comprehensive treatment of borderline personality disorder [7]. The next activity includes demonstration systems and service tasks, such as sketching or coloring emotions, making an expression wheel, stress painting, designing a postcard you'll never match, painting a mountain top and a valley, and drawing Or enclosing the statement in a balloon. The next therapy requires art-related activities, and studies indicate that these activities can help individuals understand and express uncomfortable or unpleasant sensations that are difficult to describe [8]. These activities include drawing, coloring, painting, and sculpture. Anyone looking for some new ways to control their anxiety and depression can find drawing and coloring to be useful tool.

1.1.Characteristics of the Art Therapy:

i. Non-verbal Communication:

Our primary type of communication is nonverbal, and thus a caregiver and a young person first establish a relationship during the early years of life. Art therapy is very helpful in helping people to articulate their stories that may not be easily accessible through words because feelings and opinions are not just physical and can be stored in the brain through spoken language are not limited [9]. Few human beings can tolerate recounting a memory or story in an artistic medium better than singing. The author claims that music and sculpture would not exist if all meanings could be properly communicated through words. The experience of the inner world refers to the famous art psychologist Langer, and he argues that the point of the piece is to share this feeling with others. Aesthetic, structural systems of artwork, such as color, line, composition, etc., attempt to compensate for the art form. The author thinks that emotional feelings can be expressed creatively in a creative way. When the author sees, hears, or otherwise encounters art, we engage with its form, which is its organizational innovation [10].

Particularly in instances when speaking or writing are problematic or not conducive to treatment, art therapy and some other treatment methods are divided. Artistic creativity can be highly helpful. A young child or someone with a disability may not be ready to communicate or may not have enough vocabulary. When used as a measure of self, artistic expression can protect crime victims. To heal, compensate, or avoid remorse along with shame, a criminal may seek solace by adopting artistic expression as a coping strategy. When working with patients, the creative process enables one to engage systematically, emanating from a profound and usually non-verbal space, allowing both the user and the therapist to hear and respond to the voice of the spirit is capable of non-verbal expression through a painting may be, in and of itself, a corrective experience [11].

ii. Metaphor as Therapeutic Means:

Sensation without symbolism is blind, and symbolism without experience is meaningless. Conspirators from many diverse fields have studied the ideas of symbolism. Humans communicate through a system of signs involving concrete and abstract ideas. A sign is usually treated as a stand-in; someone would say "cow" instead of traveling to the farm, tying the farm animal with a rope, and leading them into the room. A symbol gives full knowledge of more comprehensive, more complex ideas that are more difficult to describe in words. Psychological theorists are often more fascinated by concepts than by signs. According to the author, the symbols serve as stands and are essentially the same as signs [12]. In addition, he wrote extensively on symbols, focusing on their figurative interpretation and the interrelationship between internal signs and external symbols. The symbol symbolizes a deep, unforgivable,

spiritual process whereby the psyche struggles to heal and protect itself. The description doesn't seem to be transferred naturally through speech.

Art can make an appearance in situations where word and picture cues suffice, and some would argue that it is doing so in a way that is more powerful and influential than mere verbal cues. In Greek, allegory means to convey words. Language includes different dimensional experiences without the need for metaphor [13]. Language is essential that enables us to model a universe of unlimited potential. Metaphor unleashes new energy and stimulates new experiences as it destroys old preconceptions. Explicit metaphors can be replaced by putting a bright obstacle in its path, changing how events are perceived and how emotions are interpreted. In short, allegory communicates and interconnects the fundamental nature of humanity, such as the unconscious, rescue, interpersonal interaction, reinterpreting and continually evolving past experiences, consciousness, and transcendence. The common carrier metaphor ensures that each psychotherapeutic school is represented in something else and everyone [14].

1.2.The Use of Media in Art Therapy:

It is common to interpret the cause and hold the position of art therapy material as non-verbal communication. The authors believe that only employing pastels and using poster painting can have effective therapeutic effects. The author emphasized the value of providing a wide range of media. However, the rehabilitative aspect of art therapy is the coercive manipulation of art media and indeed artistic creation. For example, in one experiment, creating collages of imagery was associated with a reduction in terrifying effects, while merely looking at it and sorting pictures were not. Another researcher assessed writing and drawing to help reduce bad moods and found that writing had more positive benefits than drawing. Drawing and decoupage were used to analyze the effect of a happy or negative current mental state, and the authors concluded that both creative forms when associated with a positive psychological focus, reduce stress [15].

i. More Structured and Less Structured Media:

From the most regulated to the least controlled, art media can be found well. Media such as grapheme pencils and cultural pencils are among the most controlled ends of the scale. Since they resist simple change, these media with significantly higher composition are considered resistant. They urge control, draw reasonable boundaries, and advocate a deliberate and mindful encounter. Similarly, collages, stampings, and pens or markers can also be considered organized and controlled substances. Structured media often makes shy individuals feel more comfortable because it gives them a sense of control and security over the creative process. Most of the steps involved are often given at the start of an art therapy program, to feel comfortable with the practice of love and compassion. For tangible assignments such as drawing a person's personality or a photo of a family doing this together, pencils and markers that are easy to make and allow for detail may be suitable choices. Techniques such as oil paint, clay, chalk drawing, and watercolor paint are more suitable for less structured or dynamic media [16].

These media only have a high communication capacity and are more difficult to manage. They often help consumers feel more emotionally engaged and communicative. For instruction that includes something like how you're feeling, paint or oil pastels may be more persuasive because they can serve to intensify the deeper experience and representation. For the assimilation of long-term memory and trauma rehabilitation, fluid media are also suggested to access aspects of personality that are controlled at a paralinguistic level by the medial prefrontal cortex. Many people also find that working with watercolors and other colors associated with water is soothing

and encourages a more calming experience. However, some individuals, such as those with a history of depression trauma, or psychosis, may find dynamic media and the resulting emotional susceptibility just as high. If a teen with ADHD lacks the necessary self-control, persistence, or the ability to handle frustration, panting or wet cement can quickly develop into an overwhelming mess [17].

ii. *Media That Enhance the Expressive Therapies Continuum:*

The ETC framework is developed by the author and contains information created by him on media variables. For example, the material on that kinetic or sensual level of Etsy can only serve as a simple facilitator of activity or emotion, according to the author. Content focusing on the form characteristics of the media environment is found at the perceptual pole of the perceptual or emotional level. A perceptual experience is aided by the experience in which the shape develops from the background, such as using sketching material or contrasting cultured sheets. As mentioned in fact, the fluid medium will evoke emotion. The application of watercolor paint on wet paper is a fast-moving activity that produces a cheap emotional response. Ambiguous patterns, such as those created by puddle painting or blot painting, are where the figurative feel originates. Forms that urge classification into uncertainly recognized symbols and may have single significance. Content that demands purity, forethought, and sophisticated cognitive processes infuses the psychic. Precision is essential when using crayons for drawing, and organization is essential for cutting and pasting parts to create collages. The thickness of the paper used and the material preferred by the client are several other factors to take into account when conducting art therapy. While the broader newspaper promotes independence and multifaceted nature, the smaller paper develops a deeper sense of captivity. It is also important for art therapists to take into account each client's unique inclinations to different mediums. Especially for young infants, sensory sensitivity can be an important factor in determining personal preference. Pleasantly protective people may be rather upset by painting and drawing, playing with clay [18].

1.3. *Development Benefits of Art Therapy:*

Children of all ages, both with and without special needs, still have a voice, even if children lack the linguistic ability to do so. Expressive arts help young people discover who they are and when to use their senses by igniting their curiosity and imagination. Additionally, antioxidants create a sense of calm in the body and have a favorable effect on attitudes, how one interprets their environment and emotional experiences. Children can safely release bad feelings expressed by romantic poems, singing, or drawing, which has the added benefit of being a fun activity. It accelerates the healing and growing phase. However, the performing arts are not just for combat; they also have a serious impact on the good development of the child, and this paper will explain some more developments that are necessary, which are mentioned below:

i. *Social Development:*

Social training opportunities at an early age are important for normal development. Children who relax and enjoy social situations often perform better as adults as people develop communication skills such as empathy and communication. Expressive arts therapy aims to improve social development by giving peers, and parents, including therapists, support without judgment. It gives children a chance to understand how different people differ from each other and to tolerate everyone's point of view. Many artistic disciplines can be studied in groups, allowing children to

participate, share, and take responsibility for their behavior influencing others. Even in the private sphere, interacting with psychologists or relatives builds relationships and trust, which aids in the learning process.

ii. Cognitive Development:

Learning and artistic encounters go hand in hand. Children are forced to learn fundamental aspects such as colors and forms, as well as experiential lessons such as determinism, choices and consequences, problem-solving ability, and experimentation, and how to make decisions, whether they are drawing, whether making a play, or a dance performing art. In addition, they can know how to relate to and interpret images. Subconsciously, art affects the neuronal connections between neurons that act as the underlying learning of the wires. Regardless of the use of artistic effort, sensations must be included, and reflective practice is essential. As a result, abilities such as distinguishing between conceptual and reality, making connections, drawing conclusions about the outside world, and creating mental images of real or imagined are established. Overall, through a combination of complex cognitive processes, the performing arts help young people establish a full conceptual understanding.

iii. Emotional Development:

Expressive arts psychotherapy, in addition to providing children with a way to express their feelings, can aid in their emotional development and prosperity. Being angry or injured may be impossible to express in words, but a child can portray these feelings through drawings, poems, or art such as dance and help them understand others and themselves. Secondly, it provides a jumping-off point for communication, which can stimulate more sincere emotional experiences and thoughts. The child, parent, or therapist may also be able to access feelings that no one knew the child had at this time. Children's self-confidence also increases by participating in artistic activities. This is a technique for starting a conversation about problems that may be challenging to handle or to communicate. Expressing their thoughts and feelings can be educational and useful for them.

iv. Physical Development:

In addition to general and significant mental benefits, dance/movement therapy may result in noticeable changes. A range of art forms can help students build their muscles, kinetic awareness, and motor abilities. For example, dance and drama not only awaken the imagination but also move the body. It activates a variety of senses and encourages children to become more attentive to their powerful proximity and use of space. Even if they don't involve much activity, writing or doodling still helps children develop their hand muscles, which has a favorable effect on their physical health. Whatever the association, these activities help children develop the ability to integrate their thoughts and movements, which is an important developmental milestone.

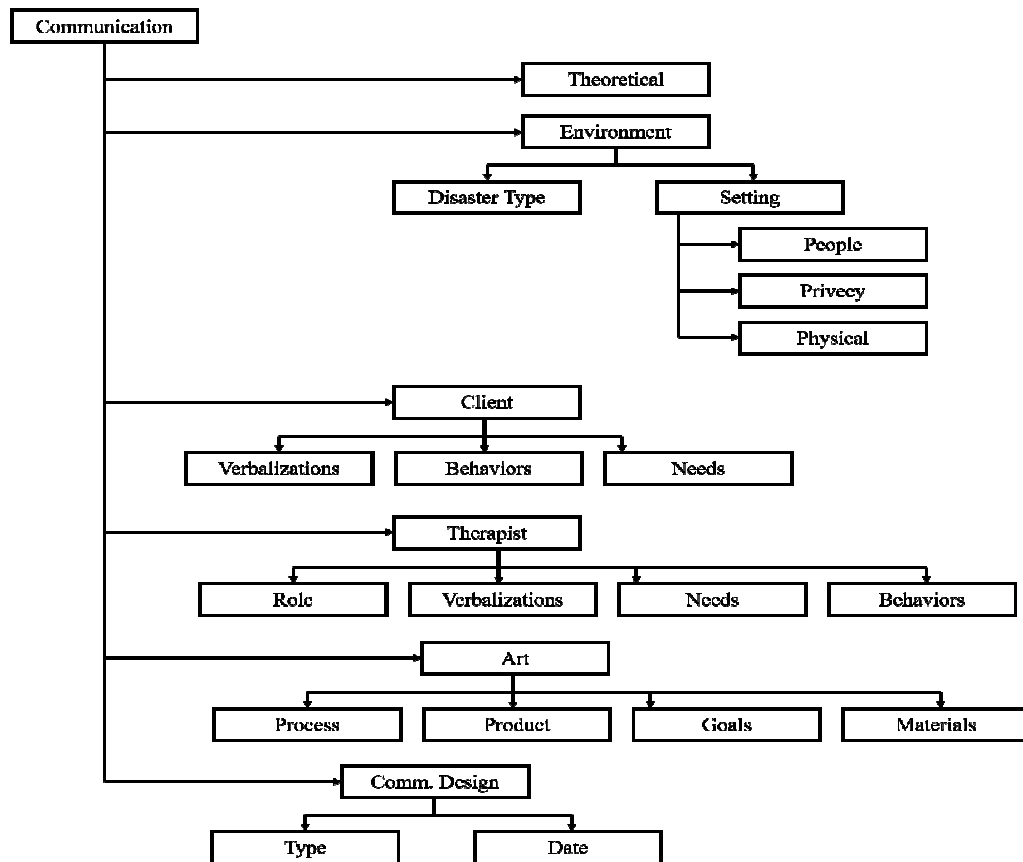


Figure 2: Illustrate the Block Diagram of the General Coding Category.

The concepts inside each conversation serve as observational levels of study. Theoretical framework, environment, client, therapist, art, and plus-design were the general coding categories in which each idea was placed. Each of these groups was then classified into more elementary information, which is shown in Figure 2. Both visual material and covert material were examined during the analysis of the coded information. Both theme frequency frequencies were used in the research methodology, to provide a broader perspective of progress being made with children after a tragedy.

2. LITERATURE REVIEW

T. Van Lith et al. illustrate that her research attempted to understand the current practices of professionals working with children who already have autism spectrum disorder (ASD). Respondents were randomly selected from among established and visiting art therapy practitioners in the United States. The opinions of 14 art therapists were obtained through one such survey. The consensus qualitative study criteria were used for their investigation. The above domains of importance were largely decided through the analysis phase: the level of experience and scope of the art therapist, the special considerations when using music therapy with children with ASD, and the use of art supplies for children with an autism spectrum disorder. Preferred selection, main goals when using art therapy for children with ASD, and preferred theoretical approaches rather than their actual implications. These comments were further condensed to demonstrate the truth of providing art therapy to children with ASD. This is the first approach to aid in the development of the existing evidence base to support any use of art therapy as early

support for ASD treatment. The success of music therapy in addressing the cognitive, emotional, behavioral, and physical needs of children with ASD requires further study as the field matures [19].

D. Waller stated that According to his research, art therapy aims to create positive changes in the relationship between the therapist and the art material in a safe setting. This study will analyze the use of art therapy to support children with emotional, behavioral, and predisposing factors. This would highlight that physically interacting with both materials, creating contextual artwork, transferring emotion to visuals, and interacting with the therapist through art all result in change. The paper is accompanied by case studies that highlight the remarkable changes that emerge from putting the principles of psychological therapy into reality [20].

F. Nielsen et al. illustrated that in clinical situations, art therapy is being used more frequently, particularly with parents and youth who are dealing with disorders brought on by trauma. However, there has been little research on family art education in a hospital setting for children and young adults. Images are used by the author to represent any use of family art therapy in a hospitalized early childhood education and care unit. Two case studies were described using photographs of the object created by the patient and the family. Creating art during art therapy can uncover underlying family instability. Recent studies on trauma show the ability to gain this knowledge safely through non-verbal communication tools. Family psychotherapy is a supportive intervention that helps promote the diagnosis of a parent's illness, enhance the parent-child bond, and help the child through the parent's decision to receive treatment for themselves. Enables the separation of symptoms If the patient cannot distance themselves from the parenting situation, their feelings may still be evident [21].

R. Goodman et al. stated that the trauma encountered by infants overwhelms their psychological and physical systems, which affects how they interpret and digest the incident. Incoherent, disconnected, and fragmented preservation of the pictures and sensations makes them frequently vocally inexplicable. Trauma alters implicit memory, emotional states, abilities, routines, and even sensory sensations associated with the experience, but does not affect declarative memory, or awareness recall of the event. When verbal or written access to trauma-related events would be neither feasible nor suggested, using creative arts therapy (CATs) with children who already have symptoms provides a comfortable means to communicate. Neuroscience underscores why CATs can be so effective, but there is little evidence to support the claims of several passionate creative arts therapists. Implementing new ones as well as completing more studies on current topics will be essential for truly scientific innovation [22].

3. DISCUSSION

When talking about using art as a remedy for children who have gone through a disaster, it is important to define what a horrifying event is from the children's point of view. For a child, disaster can take many shapes. A child's definition of a crisis can include man-made events such as war, riots, or terrorism. This would include natural phenomena such as hurricanes, tornadoes, and earthquakes. It can also include personal and personal situations such as the passing of a parent, the loss of a pet, or the loss of a child. Children who are involved in major events regularly face a mix of man-made, natural, and interpersonal disasters. For instance, a child caught in Hurricane Katrina in the United States had to deal with the storm itself, losing her home and personal belongings, losing family members, being exposed to disease, looting, and violence in the streets of New Orleans, having to move to a new area, going hungry, and

experiencing financial strain on the family as a result of the loss of income. Through graphic depictions of the storm, illness, environmental contamination, and people's sentiments of loss, this child's impression of the catastrophe was communicated. Her images illustrated how a variety of man-made, natural, and personal calamities had an impact on her. A youngster who experiences a calamity on so many different levels may become traumatized, and this psychological trauma might result in post-traumatic stress disorder. Disasters can also have a psychologically terrifying effect on children because trauma can affect the particular developmental difficulties they are dealing with during and after the disaster. Children may withdraw after adversity, become aloof, act aggressively, anxious, or rebellious, or they may be impulsive, antisocial, fragile, or psychotic.

4. CONCLUSION

A community health profession called art counseling uses a finished artwork as an art supply, the generation of ideas, and a psychological interaction tool. Regardless of the intensive outpatient method employed, the patient or client will engage with the paintbrush and learn something about themselves through the process of using these materials with intent. This will lead to personal awareness and development. Many features of art therapy include interpersonal attention, metaphorical significance, and nonverbal communication. As with communication therapy, these qualities of continuity provide music therapy for both psychological and developmental purposes. Successful use of art media, on a spectrum from the most ordered to the least structured, can result in effective therapeutic benefits. The medium used by the independent consultant must take into account the behavioral characteristics, personal interests, and consistent levels of expressive therapy of the clients or healthcare workers.

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CHAPTER 5

EXPLORING THE ROLE OF WOMEN LEADERSHIP POSITIONS IN VARIOUS FIELDS

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ABSTRACT:

In today's society, a woman can be a doctor, a leader, a banker, etc., and in today's era, maximum women are already accepting positions of responsibility that were previously controlled by men. Everyone is seeing a new class of women leaders as the effect of collective globalization, the inaugural up of growing sectors in emerging nations, and most seriously the democratic of most of the nations of the world today. The main goal of this paper is to examine the influence of women in leadership. It is organized into several main chapters, one of which covers an essential aspect of women in leadership. It also provided an outline of the famous women leaders who serve as an inspiration to many other women all over the world. This study will lay a strong foundation for future improvements in women's leadership skills as well as elucidate the broader implications of diversity in decision-making among enterprises.

KEYWORDS:

Female, Healthcare, Leadership, Policy, Women.

1. INTRODUCTION

At the local, nationwide and worldwide, and regional levels, maximum women are taking on management situations in corporate, administration, skills training, engineering, and other fields [1]. However, if they have the compulsory knowledge and abilities to hold management situations, women were formerly prohibited from burdening so due to the standard glass barrier. In the present day, women are continuing to develop and achieve new milestones in a wide range of human endeavors. Theresa May, Christine Lagarde, Oprah Winfrey, Indra Nooyi, and Hillary Rodham are just a few of the world's earliest female leaders. According to contemporary areas of leadership in many Eastern and Western economies, despite the current worldwide growth in the number of women incoming the labor market, only a minor proportion of specialized women hold top general managerial roles [2].

There are many women in management roles around the world, with and without their communities, even though the pattern of growth of women in the labor force and overall representation in management roles varies from country to country and region to region. There is indeed a significant gender disparity within this representation of women concerning leadership roles and decision calls in various social spheres. Studies have confirmed that many women, including those with appropriate training, are choosing to resign from their leadership positions and ruin their careers [3]. Through this literature study, an in-depth understanding of demographic disparities in administration and organizations is provided.

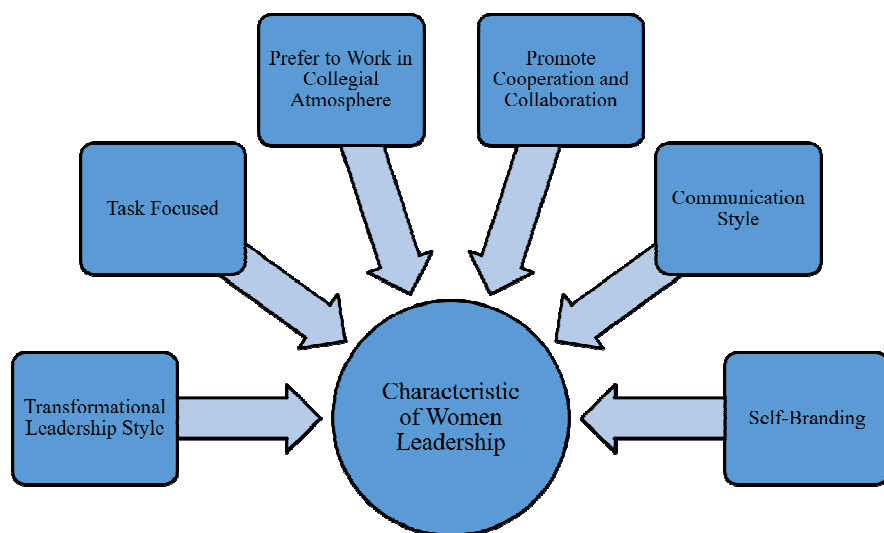
Table 1: Illustrates the Occupancy of the Women in Two Different Areas

Sr. No.	Working Women	High Political Offices	Top Executive Business Positions
1.	Females contribute to higher standards.	38.00%	43.00%
2.	Not prepared to elect or recruit women as leaders.	37.00%	43.00%
3.	Too little time is available due to family obligations.	17.00%	23.00%
4.	Women lack the necessary contacts or political backing.	27.00%	20.00%
5.	Women lack the necessary grit.	8.00%	9.00%
6.	Women are less effective managers.	0.00%	7.00%

Most specialists believe that women are just as accomplished in being effective partisan managers as males. The same may be stated concerning their capacity to rule the business assembly room; all information is mentioned in Table 1 yet the latest survey on women in leadership found that most specialists say women are as competent to lead as males in terms of both intellect and potential for inventiveness, with many thinking they are more adept being empathic and well-organized executives [4]. In this table, there is the data regarding women helping to higher standards in “high-politicaloffices” 38%, and on the top “executive-business-positions” there are 43% of women acquire the positions. In the other data, there are 37% of high political offices and 43% in business positions which elected on not equipped to hire or elected the women-leaders [5].

1.1. Different Leadership Qualities of Women:

The author has accentuated a few of the traits that women leaders share in this section, as seen in Figure 1:

**Figure 1: Display the Different Features of Women Guidance.**

i. *Transformational Leadership Style:*

Women leaders are more revolutionary than male leaders and they attend as a cautionary tale to their employees. They spend a lot of time instructing and motivating their employees. They are all concerned about growing up personally. Women leaders place great emphasis on collaboration and effective discussion as factors of success. Most women entrepreneurs believe that leadership is not really about achieving corporate objectives and also about improving lives among them [6].

ii. *Task Focused:*

Women in leadership positions are always committed to finishing tasks within deadlines. From the point of view of operations, it seems necessary to carry out daily work to guarantee the effective flow of the organization [7].

iii. *Prefer to Work in a Collegial Atmosphere:*

Women executives generally favor fostering horizontal organization capabilities that enable everyone to act independently in a collegial environment. Flat organizational structures ignore the same skills and expertise of qualified professionals and the boss. Women in leadership positions frequently criticize an institution's hierarchy organization.

iv. *Encourage collaboration and cooperation:*

A common womanlike peculiarity is an ability to communicate with other women bests to continue to hearten team members to work together and collaborate now. In this situation, each member of the team will understand their responsibilities and actions to prevent unauthorized attempts.

v. *Communication Style:*

Women typically have democratic transformational leadership and encourage participation from their followers. They appear to disdain male leaders' "central command approach." Women frequently grant greater leeway in achieving goals and quietly convey their intentions for work. It can sometimes be desirable for the squad associates and their knowledge and abilities to manage the project, but it can also be unfavorable if the task needs a frontrunner to have direct contact with the group associates.

vi. *Self-Branding:*

Female executives sometimes come to seem quiet or apologetic about their achievements, in opposition to their work peers. They seldom do a good job of marketing themselves. Women executives must learn how to market themselves, meanwhile, by talking about their accomplishments and expertise. People cannot perceive a woman leader's leadership capabilities unless they are aware of the competent.

1.2. *Importance of Women in Leadership:*

Without equal participation of women in management positions, no institution society, or organization can function efficiently in the twenty-first century. Women provide businesses and teams with a worldview that encourages both competitiveness and teamwork. Modern organizations which are governed by diverse top management get more results when they make wise selections. To be a competent manager in the twenty-first millennium, one must have the capacity for dialogue, collaboration, sensitivity, and connection. All of these feminine traits have

the opportunity to increase creating a more radiant development. Many statistics show that businesses run by women do relatively better. Females must take management roles to accelerate socio-economic development at home and in the workplace. Females in management locations are more probable to have a balanced outlook on family and work, leading to an invested and hopeful future on both the personal and career fronts. The leadership position cannot be corrected without multiple opinions, so female representation in governance is important [8].

1.3. Women's Employment in Diverse Sectors:

The percentage of femaleworkers in numerous sectors is mentioned as the representation of females in certain sectors. In the past, women rarely served in business, industry, education, politics, science, and other fields. However, things are constantly evolving. Females make up 50.8% of the US population. About 60% of all student programs and 60% of all master's gradations are received by them. They excel in the fields of law, medicine, business and management, and management. In the US, women make up 47% of the workforce and 49% of the workforce, including those with college degrees. In the US, middle management and techniques to promote women account for 52%. However, they barely scratch the surface of men in terms of representation in positions of responsibility. While they try to make up 37% of first or intermediate-level executives and specialists and 45% of total S&P (Standard & Poor's) in such organizations, women make up only 25% of policymaking and senior-level executives and specialists. Makes. They type up 45% of allies in the legalindustry, but only 20% of cohorts and 17% of impartiality cohorts. Women brand up 35.5% of all professionals in the medical field and 26% of faculty members of permanent medical schools. In the academic world, women make up just 30% of university instructors and 26% of college-premiers. In government, women brand up only 6.2% of all associates of Congress, but in the UK, 19.4% of MPs are women. The facts and figures discussed above show that, despite the increase in women's seats in various sectors, it is still not acceptable in decision-making.

1.4. Barriers to Women in Leadership:

Women in leadership are considered to have some disadvantages, but they naturally exhibit characteristics such as cooperation, communication, and compassion, all of which are important aspects of leadership and leadership trends. On the other hand, subtle gender expectations that remain prominent across cultures, communities, families, and organizations can provide a major barrier to women in leadership roles. Governments, enterprises, and non-profit organizations have worked hard to help women strengthen their innate management skills, gaining recognition that includes acting as beneficial agents of change. It will help build a state-of-the-art, modern civilization. But there are also many obstacles in the process of being established by women as powerful, entrepreneurial leaders. Let us discuss some of the serious challenges women in governance are already facing [9].

i. The Glass-Ceiling:

The proverb "glass-ceiling" discusses those unintentional, unintentional barricades that avert women and other underserved assemblies of society from subsequent professional or open life. The glassroof is mainly composed of many customs and attitudes that are inimitable to a certain unrestricted and some of its characteristics are as follows:

1. Societies that disproportionately favor male citizens;
2. A system of social, cultural, and religious practices that deny women their most fundamental freedoms;
3. Giving men in the family and community priority,
4. Widespread but unjustified beliefs that feminine traits are subpar compared to those of men;
5. The idea is that men always assume positions of leadership.

Women are prohibited from climbing the ladder of organizations, government, and some other sectors because of the glass ceiling [10]. Women are prevented from "rising to the top" while still being able to see the highest rank from which they would be on their professional ladder. Glass ceilings do not arise from either a person's inability or a lack of dexterity and acquaintance to take proportionate measures for them. In its place, it discusses women as an assemblage that is deliberately or involuntarily barred from accomplishment complex ranks because "they are women".

ii. *Professional Competency:*

Being able to perform business responsibilities and obligations as effectively and efficiently as possible is referred to as professional expertise. These abilities take on different shapes and characteristics depending on the profession. According to several studies, the skills of supervisors of both sexes are nevertheless not significantly different. However, the traditional view of gender roles assigns women subordinate duties to men. As a result, there are also differences in how male and female professionals are assessed. There are situations where females are salaried less than males for doing identical work including giving the same amount of time. Men are considered more important than women because of cultural prejudices and institutional influences. The author must acknowledge both the organizational change of women and the transgression and change of men to set criteria for shared proficiencies for guidance roles. According to studies, young women accomplish far worse than young men in technical subjects and pitches. Subtle gender discrimination, which still happens in this world and corporations, hinders the traditional male ability to gain understanding and competence after taking up management positions.

Women who take leadership responsibility need more support than those currently receiving from general leadership programs to be successful. Women themselves consider others unworthy. Women are associated with decreased levels of self-assurance, assertiveness, and the need for achievement. Although still not conclusive, these results can be attributed to the widespread belief that women are less capable than men. According to findings published by establishments and corporate houses, the sexual preference of the leader, however, is less meaningful than the roles and responsibilities of the position of the leader. It appears that female and male politicians possess equally significant competencies in areas such as motivating others, managing, promoting teamwork, training employees, conducting performance appraisals, managing resources, etc.

iii. *Gender Disparity:*

Underlying gender disparity is the impression that males and females are not equivalent and that women are scrawnier than men. Since prehistoric times, gender inequality and gender inequalities

have prohibited women from occupying management positions [11]. The following are also some of the major reasons for the gender gap, which continue to be a major barrier to women's leadership development and suffrage:

1. Discriminating Social Structure:

In many civilizations, especially in Asia, discrimination against women has been accepted as a practice. Men are preferred in almost every area of cultural history. When it comes to thinking that affects the family and society, women and girls are assigned insignificant responsibilities. Gender inequality in the community is made worse by a misogynistic culture, a lack of legal literacy among women, the perception that women's domestic work is commercially unimportant, and a tendency to have male children [12].

2. Low Depiction in Management Places:

The proportion of females in middle managerial roles and the workforce as a whole is almost equal to that of men. In the US, women today make up 57% of the total labor force and 52% of management roles and professional jobs such as law and medicine. However, the difference between the sexes becomes larger the higher they become. Only 15% of board seats, 14% of senior executives, and a pathetic 2% of CEOs are held by women. Men hold 98 percent of CEO positions in the Fortune 500.

3. Political-Positions:

Political parties do not always give priority to women while selecting candidates in elections. Women are presumed to be unable to run for office and hold a majority in legislatures. Even in industrialized countries, the presence of women in the legislature, courts, management, and industry is not very promising despite efforts and institutional interventions in the development problems of empowering women [13].

1.5.Enablers of Women in Leadership:

Organizations need to foster a greeting environment and encourage the improvement of women in leadership roles. Supporters are exactly the essentials and events that security that a woman's special employment will go smoothly and allow her to rise to the top. Many enhancers can help women move toward their aspirations. For example, they include a wonderful family, a good education, secure socio-cultural, fair work opportunities, and government practices that encourage women.

i. Supportive-Family:

The basic economic institution of the household has the foremost control over societies. Families are the prime cradle of their affiliates' fundamental psychological and community personalities, the capability for love and inseparability, and the first argument of absorption into the public lifespan. A strong personal atmosphere is an important facilitator for female leadership. A person's personality is where their physiological, emotive, and psychological development activates [14].

4. As a source of Inspiration:

It is a person's family that stimulates him to perform at his best and it is incredibly difficult for a girl to mold and drives her employment the way she wants, unless the community in which she is born provides her with the support she needs, both emotionally and politically. Many women

leaders are stopped at their feet before they can lead and society is standing on the path to success.

1. As an Effective Enabler:

A loving family encourages its female members to achieve high levels of performance. This allows organizations to develop their gifts in an appropriate light. Families want to be effective facilitators in inspiring women to take on guidance roles when they establish a good attitude near female associates of the family and provide them with the same economic and moral sustenance as male guests.

2. Family as an Influencing Factor:

The most powerful women in the universe are found to be the daughters of their own families. In other cases, their families have helped advance their careers. The character development of family members, mainly girls, and women, is highly defined in terms of the beliefs and ideals of the institution. The household helps girls and women to emphasize their distinctive leadership qualities by benevolence and the obligatory abilities.

3. As an Empowering Social Institution:

The welcoming family encourages its female members and provides them with financial, physical, and emotional support. Being a leader is likely to result in her being active to be successful. The first communal assembly gives females the freedom to be who they find to be in their families.

In this paper, the author has described women's leadership and talked about the leadership quality of women, the author has shown the involvement of women in various fields for the first time in this paper. Such as in the field of politics and business; today, women have established their supremacy very strongly in both of these fields. The author then mentions other leadership qualities of women and their usefulness. Apart from all this, there are also obstacles in the leadership of women, which have been shown one by one in this paper.

2. LITERATURE REVIEW

N. Keohane illustrated that more women have held visible management positions than ever before, and opportunities for women to gain access to higher education, win the right to vote, widespread use of employment tools, and the development and legalization of effective employment have increased substantially, a risk-free form of contraception. Despite these developments, women aspiring to take on leadership roles still face many challenges, including the primary, if not the only, responsibility of family and household duties, and the lack of parenting policies in most workplaces. The shortcoming, of popular culture, includes strong gender norms, and laws. Cultural norms that restrict women's access to educational opportunities outside the home sometimes occur in regions of the world. According to some observers, few women want to take important, challenging leadership positions, while the opposite is a wealth of information, some of which is included in this section. Creative theory as well as clever, strategic activity were always needed to reconcile the fundamental contradictions between feminists and power. The author will determine whether women are "naturally" interested in long-term executive positions until they can hold them without deciding to create sacrifices in their personal and family lives, which are largely incompatible with men [15].

P. Burkinshaw and K. White illustrated that the literature has criticized the unequal treatment of women in leadership positions in post-secondary education. Modern discourse sometimes advocates women's repair as a remedy. As a result, several interventions have also been made to facilitate women in shattering the glass ceiling. This paper makes the case that patriarchal power dynamics at work in universities perpetuate long-standing inequalities, suggesting that the issue persists even when other solutions are made mostly by women. The uncertainty of management status for women is addressed finished two discrete but interrelated case pieces of training from foreign nations and eras, both of which shed light on gender power imbalances at work. This research starts by suggesting that academic institutions themselves need to be fixed, not women, but also that women's rising opposition, especially for younger generations, is a symptom of their discontent with learning communities of hegemonic masculinity in university education leadership [16].

K. Brue states about for women in headship need to stabilize grind and family commitments, especially when people work in fields where boys and men predominate, such as science, technology, engineering, and math (STEM). To fully understand how women in leadership viewed welfare support and school and family integration/fading, the study looked at these interactions. This research examined the work-life techniques and support networks used by women leaders to integrate their employment and non-work domains and to reach their full potential as leaders using the STEM Women Leaders Questionnaire. Women leaders admitted to having a hard time distinguishing between their professional and personal lives, and they valued instrumental and emotional support more than sustained. Most of the support was seen to fall within that order, from female coworkers, trainers outside the company, and spouses or significant others [17].

3. DISCUSSION

Women are implicated in different types of society and are attempting to fill formerly male human leadership positions. The author will see a new class of women leaders today as an outcome of snowballing globalization, the creation of newmarkets in evolving markets, and most importantly, the democratic of maximum nations around the globe. This course spends a lot of time covering "Women in Leadership". It is organized into several main chapters, which together cover an essential component of women in leadership. It also provides an overview of famous women leaders who serve as an inspiration to many other women all over the world. Like companies and businesses, in many ways, professional leadership or organizations can support women's development and supervisory roles. The first stage is to define and set a target for the advancement of women to senior positions. Opportunities for professional advancement, networking with experienced and aspiring leaders, and fostering the achievement of women leaders within the industry; but instead promoting strategies that support work-balance and life-balance are a few of the strategies that professional leadership or nonprofits can provide. The federal government should take into account the number of legal and regulatory modifications at the cultural level to increase a climate that is more accommodating of women in the workforce.

4. CONCLUSION

Women are involved in all phases of society and are beginning to fill historically held male management posts. We are seeing a new class of more women leaders as a byproduct of escalating globalization, the opening of brand-new markets in emerging nations, and most critically, the democratic of most countries around the globe. This paper provides a lot of

information on "Women in Leadership." It is structured into many main chapters, each of which discusses an essential facet of women in leadership. It also gives an overview of some well female leaders who serve as examples to many other females throughout the entire planet. Leadership Women are leading the way in generating deliberate leaders for themselves and their businesses. A woman's progression in her leadership path promotes business and society as a whole, and that is a basic reality. Our mission is to ensure that women have equal access to executive positions at all levels of political, commercial, and public decision-making, while also ensuring full and effective involvement in these areas. In the future, this paper will make others aware of the leadership quality of women.

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CHAPTER 6

A COMPREHENSIVE OF ART FAIRS EVOLUTION WITHIN ANCIENT WORLD

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ABSTRACT:

Art is the utility of skill, creativity, imagination, and talent in the product. Art is part of society since ancient times as it is evolved from history to the modern world. The art and art fairs are mostly conducted to appraise the talents and their unique ideas. Hence the author focuses on knowing the importance of art fairs and their history of evolution. Different art fairs in the world have an impact on the modern culture of American, European, and Asian societies. Different authors, researchers, and writers have depicted this work in their studies. It concludes that art fairs are important for acknowledging the talent and skills of creative minds so they come into existence and still there are many art fairs in different parts of the world highlighting the creativity of the talent in their nations. In the future, art fairs will help to analyze their importance to the modern world and promote the youth for it.

KEYWORDS:

Art Fairs, Ancient World, Evolution, History, Market.

1. INTRODUCTION

Since they created the structural components that would later remain common to all comparably sizable gatherings, ancient religious festivities are regarded as the ancestors of contemporary art fairs. These annual gatherings and pilgrimages that merged religion and commerce dominated all of the major ancient civilizations, from either the Roman and Greek Empires to the HanDynasty [1],[2]. They tried to unite the highest strata of the Imperial populace while showcasing the exceptional and unmatched qualities of the elite via performances, spectacles, and exhibitions of priceless artifacts. A remarkable amount of work went into organizing the festivals to emphasize their unique qualities and draw in as many attendees as possible [3],[4]. Such events would interrupt everyday routines and bring large crowds together in one place, necessitating complex planning, particularly concerning transportation, food, and shelter.

As the organizers and merchants worked diligently to disseminate the word throughout a large empire, the marketing of the gatherings throughout antiquity also gave rise to the first types of networking. Participants were motivated to strengthen existing ties and develop new ones as a result of these meetings' transformation into various worlds with their structure and set of rules. The rarest and most priceless items would be prominently displayed to pique the visitors' attention and pique their curiosity as individuals from distant regions would converge just for these joyful festivities. These items were on display in temporary structures like houses, temples, or tents that had been expressly built for the event. As a result of this custom gradually becoming a crucial component of the celebrations, trade finally increased and marketplaces were established, which gave rise to the well-known connection between fairs and business.

1.1. The History of Art Fairs:

Ancient Roman, Greek, and Chinese civilizations all hosted religious festivals that were essentially Big Parties with fantastic shows, performances, and exotic goods on exhibit. Trade fairs first appeared in Europe in the 12th century [5]. The Fairs of Champagne, which traveled through several cities in the Champagne region of France, were exhibits of goods and services that lasted for two to three weeks. Because these fairs would be the first to have official contracts in place, commerce was authorized and sales commitments were kept. Fine art and ornamental goods have been offered alongside other upscale things at fairs that showcase and sell art since the Middle Ages in Europe. By this time in history, there had been a shift away from fairs' traditionally religious focus and a change in the dynamics surrounding the purchase of art. Instead of merchants selling themselves work directly to clients, there were now intermediaries who sold the work of others to customers. The art dealer is now a reality! Additionally, book fairs gained popularity.

The artisanal fairs of the Middle Ages were replaced by sample fairs, which featured goods to build networks and large-scale production arrangements. The distribution of wealth across society underwent a sea change as a result of the industrial revolution. A new category of collector emerged since you no longer had to be born affluent to become wealthy. The London Great Event of 1851, which was held at the storied Crystal Palace, is arguably the most well-known post-industrial exhibition. These massive fairs intended for the excited bourgeoisie included a lot of art. Since the 17th century, large-scale art exhibits as people know them have occurred, especially in London and Paris, but these have grown with time. The 1913 Armory Show in New York, which featured 1,000+ pieces by 300 painters, including well-known figures like Picasso, Van Gogh, and Hopper, was a turning point in art history. Germany holds the top spot when it comes to the origins of contemporary art fairs as people know them today: Documental was established in Kassel in 1955, and Rudolf Zwirner and the dealer Hein Stünke organized the first international contemporary art market in Cologne in 1967. Only 18 galleries were present at the inaugural expo; how things have changed. In 1970, the first Art Basel was established [6]. Interestingly, the first contemporary art fairs didn't originate in major cities but rather in smaller towns (with dreams of going global), hoping to attract new collectors and networks and highlight local artists.

The present paper is a study of virtually every human society that pursues art in one form or another, and it can be said that this is one of the traits that make humans unique from other animals. This study is divided into several sections, the first of which is an introduction, followed by a review of the literature and suggestions based on previous research. The next section is the discussion and the last section is the conclusion of this paper which is declared and gives the result as well as the future scope.

2. LITERATURE REVIEW

Tina Haisch and Max-Peter Menzel have explained how major trade shows, like Art Basel, produced market tools for other transient markets in addition to acting as a center to promote contacts on a worldwide scale. The author explains how to sell tools to enhance the different knowledge ecologies at trade fairs by combining the literature on transitory clusters with research on market geography. Physical arrangements, judgment equipment, and prosthetic pricing are the three categories of market devices that our theory distinguishes. Utilizing this method, three Basel art and culture fairs' market trends are compared before, during, and after

each event. First, it was discovered that market gadgets proliferated due to the time and space constraints of trade displays. Second, a hierarchy of fairs results from the use of various market equipment and techniques. Thirdly, the trade fairs at the top of the hierarchy supply market tools for other transitory marketplaces to create a united global market. Different temporary markets charge the same rates for artworks, illuminating this worldwide economy.

Laura Quick [7] has explained an increasingly common entry point into the phenomenological examination of religious experience throughout the ancient world, in addition to the literary forms within which that experience was couched, which seems to be the study of dreams and associated interpretation in the literary relics of antiquity. The study has examined how frequently dreams are addressed in the Hebrew Bible and other ancient Jewish texts. The author looks at the many methodologies that have been used to study these dream reports, emphasizing how the theoretical frameworks have evolved from source criticism to conventional historiography to form-critical approaches. Many different approaches to these texts have evolved through time, from source criticism to conventional historiography to form criticism, with the latter producing the most intriguing findings when this literature is confronted. In conclusion, the form-critical technique has a unique advantage in that it helps researchers identify changes and advances across diachronic viewpoints.

Zhengzhou Wang and Adam Sobey [8] have discussed how developing the greatest composite structures is becoming more difficult. The substance, such as by optimizing individual steers, and even the structure, inside which new manufacturing procedures are being presented that will allow ground-breaking new topologies, are being sought with increasing fervor. To simulate the material there at a superfast broadband scale, new analytical methodologies are being developed. To identify best practices and the current limitations of the techniques, research of Genetic Algorithms throughout the optimization of composite structures and materials during the last 10 years is done. The literature on optimization algorithms contrasts this with a technical investigation of the improvements of genetic approaches. It demonstrated that outdated techniques are typically applied and that the hyperparameters are ineffectively chosen, forcing the usage of straightforward optimization issues. Finally, thoroughly compare various algorithms to describe the issues being tackled and provide a set of best practices.

Kui Liang [9] has noted that the harmony of Chinese painting's lines and colors is what allows it to hold a significant place in the history of painting. The use of color should go well beyond technical skill because the painting has grown to this day, with both Eastern and Western works exhibiting various painting concepts. It investigates the use of color in Chinese religious art as well as how color has evolved over the history of Chinese paintings. It was discovered that the Chinese figure paintings had the ideal balance of color and line, which gave them their distinctive beauty. As Sinicization progressed, color underwent several iterations of change, and Chinese painting culture was also influenced by the introduction of Western art.

The above study shows the harmony of Chinese painting's lines and colors is what allows it to hold a significant place in the history of painting. In this study, the author discusses the earliest instances of art marketing, the royal academy of Arts, and British institution.

3. DISCUSSION

This current turn of events has several root factors, including both a model based on fairs and one based on galleries. It has experienced significant expansion as art and the art world have become more globalized, which can be partially attributed to improved communication,

particularly with the Internet, and declining air travel costs. In fact, with the invention of the Internet, individuals now do not need to spend time traveling to their local art galleries; instead, many choose to look at artwork online, not only because it is more convenient but also because there is a broader variety of interesting pieces available there. Additionally, while purchasing an art show, consumers may now instantly verify information and pricing online. This, along with the simplicity of foreign travel, leads some individuals to prefer visiting a fair directly since it will provide a wider selection of artwork. Additionally, fairs and the ancillary creative events that spring up around them are now essential to the social scene in the art world. A local gallery would not be able to offer the valuable networking possibilities that fairs offer in the context of the market's growing internationalization. In the meantime, art fairs have spread because they help the local economies of the places where they are held. They collaborate with festivals and museum exhibits, which are already major moneymakers, in addition to drawing visitors.

3.1. The Earliest Instances of Art Marketing:

The unprecedented flood of foreign merchants who relocated there and utilized it as a base to export products throughout the globe caused Antwerp to grow into a significant international trade and fair hub in the sixteenth century. As a consequence, painters and other craftspeople discovered a thriving market for their goods as well as a wealthy, increasing audience. The city's booming economy ensured Antwerp's status as the undisputed commercial and financial hub of Europe, which was based on the city's biannual fairs. Beginning in the courtyard of The Church of Our Lady, that at the time would eventually now become the Cathedral of Antwerp, in the year 1460, was the first-ever fair created specifically for the exhibition and sale of art. The fair, also known as Our Lady's Pand, featured and offered for sale manuscripts in addition to paintings, sculpting, and drawings. The event was a huge success and served as a new template for the promotion of art. The relationship between the buyer and seller was quite straightforward before the sixteenth century; merchants owned the products, and customers would purchase on their behalf. However, the size and new infrastructure facilities of the Antwerp art fairs gave rise to a new sort of infrastructure: professional art dealers. The dealers would in fact link buyers and sellers, but they would also make financial transactions possible because of their vast networks, educational backgrounds, unending riches, and business savvy. Since then, the role of the art dealer has expanded and become more crucial.

The 17th and 18th decades saw a growth in sample fairs that gradually replaced craft fairs as interest in industrial output and equipment increased. In support of the trade fair philosophy of promoting future orders rather than just on-the-spot sales, these sample shows were designed to showcase new products and encourage their manufacture [9]. These shows, although more professionally put together, included pieces of art from all around the world. The presentation of art during sample fairs started to decline as it became more focused on more specialized platforms as the French Salon model and other sorts of art shows in other countries gained cultural significance.

3.2. The Rise of the Exhibition Model of Le Salon Parisien:

Exhibitions that included only works of art created by members of the Académie Royale de Peinture ET de Sculpture throughout 1667 and 1789 were sponsored by the French monarchical government in Paris. When the limits were loosened in about 1725, these exhibitions, which were first semi-public and limited to a select number of people, were given the term Salons long after the Salon Carré du Louvre, where they would take place held. The salons were open to all

musicians after the École des Beaux-Arts replaced the Académie Royale in roughly 1795, regardless of whatever école they were a part of. The 1863 version finest displayed the Emperor's traditional taste in art and his fondness for chronological depictions; upon viewing it, he promptly bought Alexandre Cabana's *Birth de Venus* for his collection [10]. Through the years, the selection process remained contentious and tainted with such political motives. As a consequence, more experimental painters were encouraged to experiment with the rules; individuals whose compositions had previously been regularly rejected by the jury decided to do so and were granted permission by Napoleon III to exhibit their works in another salon. As a consequence, the inaugural Salon des Refuses was inaugurated, including artwork by several artists, including Edouard Mamet and Camille Pissarro.

3.3. *The Royal Academy of Arts & the British Institution:*

Similar praise and popularity for the exhibition format could be seen on the other side of the English Channel. An architect named Sir William Chambers sent a petition before King George III in London in 1768 that urged the formation of a group to advance similar design disciplines in addition to suggestions for starting an annual exhibition and eventually a school of design. The petition was signed by around 36 artists. The King was enthralled by the thought of a big exhibition, and he consented and helped establish the Royal Academy of Arts. The Summer Show of a group analogous to the RA has been staged annually without fail since 1769, making it the event with the oldest continuous public submission art show history. The British Institution for Helping to Advance this same Fine Arts in the United Kingdom was established as a slightly more conventional private gallery that encouraged regular Old Master painting exhibitions while also serving as a school for artists by providing them with the chance to copy classical paintings borrowed by its members. This runs counter to the Royal Academy of Arts' open submission policy and Summer Exhibition. It was mostly accepting prominent guests and aristocratic subscribers because of its focus on grandeur and somewhat conservative taste, which eventually ruined its connection with contemporary British artists who had been seeking change. After flourishing for almost 60 years, it was abolished in 1867, and the Royal Academy of Arts took over via loan exhibits of Old Master paintings.

The notorious World's Fairs were ultimately born as a result of the lengthy legacy of religious and commercial fairs and the general acceptance of the exhibition idea. The idea was developed in London by Prince Albert, who wished to emphasize the extent of the British Empire and the success of British Industry. Thus, the first-ever worldwide exposition was staged in Hyde Park in 1851 within Joseph Paxton's famed Crystal Palace, which resembled a greenhouse [11]. There were many scientific and industrial demonstrations on show from throughout the world, along with interesting relics and magnificent riches that would fascinate the general audience greatly. The Great Exhibition of 1851, which attracted almost six million visitors and saw astounding financial success, established its framework as a prime venue for showcasing and influencing culture all over the world. Art was allowed to be included due to its hybrid form and was especially well-represented at the Exposition Universal starting in 1900, even if the Great Exposition was more frequently focused on growing numbers of investors, technical developments, or even curiosity cabinets. The 1900 edition of the world fair is still recognized as the most known, and by the end of the 19th century, Paris had established itself as the measured objectively for such events. The Expo of 1900 placed a strong emphasis on paintings and drawings, which is what truly brought Art Nouveau to the public's attention. Among other well-

known Parisian buildings, the Pont Alexandre III, Musée d'Orsay, and Petit Palais were not only built for the event but also for Grand Palais.

3.4. The Rise of Contemporary Art Fairs Their Growth & Expansion:

Major cities like Paris, London, and New York, which have a vibrant markets as well as a higher proportion of museums and dealers, had already established themselves as important creative centers throughout the 20th century. Smaller towns in other European nations had a large population of collectors and the makings of a booming market despite not being impacted by such a dense network. As a result, conceptual art fairs did not start in major cities but rather in smaller towns that were trying to grow and become more visible in their markets [12]. Considered to be the first of its type, Art Market Cologne, subsequently known as Art Cologne, was founded in 1967. Art Basel was soon after, in 1970. The early structural initiatives in Art Cologne originated based on the Stuttgart Historical Book fairs, which resembled the craft fairs of earlier eras. Art Basel also adopted a framework similar to this. The fairs started as local affairs, but the participating traders soon showed a wish to grow to include an international network. These art fairs, which were hitherto the exclusive preserve of dealers, assisted galleries in growing their visibility and networks while also enabling trade in the art market. The collapse of the art market in the 1990s prompted reorganization and the development of new networks, which promoted the emergence and expansion of a variety of fairs, usually with a local focus. The number and locations of international art fairs increased in the decades that followed. The year 2002's Art Basel Miami is largely recognized as the century's pivotal year for art fairs.

The infrastructure of the fair was altered by the ongoing expansion of the art market, which finally led to the introduction of new commercial aspects like the establishment of VIP rooms or the requirement to entertain more affluent customers. As a result, gallery prices increased, resulting in a two-tiered structure for the rich and poor in the gallery industry. The hierarchy of the galleries was represented differently by each of the concurrent fairs, although they all held hundreds of galleries simultaneously. The current system has come under heavy fire over the past few years from many gallerists but instead, dealers who believe it has benefited the big players at the expense of the smaller players. Emerging artists and smaller galleries may not be taken into consideration in the selection process, and these smaller participants are usually required to pay the same costs while simultaneously selling far less costly pieces. Many people are speculating about whether the format of the art show has become overly commercial, with the proliferation leading to buyer weariness and luring artists who, although requiring the exposure, are conflicted about how their works are exhibited.

3.5. The Development of the Artisanal Fair:

Instead of being exclusive art fairs, early fairs accidentally became artisan fairs as a result of religious holidays. However, religious events became more prevalent and were celebrated everywhere. In contrast, there were fewer large craft fairs held annually, and they were restricted to a small number of locations. Early artisan fairs took place often during the Roman Empire. However, all organized commerce had ceased with the collapse of the Roman Empire in the late 5th century until about the late 7th century and the establishment of the Frankish Kingdom. The fair established at Saint-Denis, near Paris, seems to have served as an important early model again for the institutional development of craft fairs throughout Europe. These fairs expanded east from here into the Champagne and Flanders regions throughout the 12th and 14th centuries. The Champagne fairs in particular proved to be very important for the expanding artisanal fair's

business methods. The fair commerce from here entered Geneva and Lyon before the 16th-century religious disputes in France and at the start of the era of fairs in Germany and Britain.

These fairs started to decline once again in the 18th century, despite expanding farther east into Russian commerce (the fair at Nijni Novgorod), which better linked Europe and Asia. Allix the Russian fairs, on the other hand, stopped running in the late nineteenth century. The artisanal fair's distinctive qualities were no longer derived from its connection to the sacred but rather from its effectiveness as a venue for sales, the setting of pricing, the inception of further transactions, and the scarcity of the goods being exchanged. Therefore, it was dependent on some of the festival's earlier structural elements. The collection of precious goods and people from far-off places, their exchange, and their conveyance to other remote areas. However, as will be seen, the artisanal fair reorganized the fair's internal organization. In contrast to religious festivals, which utilized them to propagate their ecclesiastical and political themes, the artisanal fair used the fair as a forum for both reciprocal observation and discussion. The need of establishing a price for similar things and the relevance of presentation and aesthetics for better distinction made it imperative to link the findings.

3.6. Contemporary Art Fairs:

The emergence of contemporary art fairs in nations like Germany and Switzerland is not surprising. Cities with strong concentrations of such networked art dealers include New York City, London, and Paris, but none exist in Germany or Luxembourg. Only a few modern art galleries existed in Cologne before 1967, but the Rhineland had a sizable community of collectors and a usually stable market. German art dealers have spread afield, but they had strong links owing to underground networks that were concealed from the international art market. Because of the high concentration of art dealers, Art Cologne was created to provide a platform where a greater degree of awareness again for the German art market might have been attained. Presenting an art display (similar to *Dokumente in Kassel*) was one of the early efforts at organized selling around Cologne, but Art Market Cologne, subsequently to be known as Art Cologne, discovered that the organizing of the art fair was more successful.

It was decided that the Art Cologne fair should concentrate on its self-presentation in addition to the caliber of the display as it was solely patterned after Stuttgart Antiquarian Book Festival to bring attention to Germany throughout the year-long (a fair of very valuable and rare goods). The original geographical scope of Art Cologne was limited to German galleries. Due to space limitations, there was also a limit on the number of attendees. These restrictions led to the creation of Art Basel, another art exhibition. Even though local people made up the bulk of the art dealers and buyers at Art Basel, these participating businesses expressed a wish to connect with foreign collectors. Only art dealers, not auction houses or individual artists, were allowed to attend Basel's fair since it was laid up similarly to Cologne's (either resembled craft or antique fairs) in terms of presentation and layout. The juried selection of the art dealers required them to rent one booth during the event. Initially, Art Basel aimed to bring together unofficial networks of galleries and art dealers in one place at a specified time to facilitate exchanges and enrich participants' viewpoints. Second, it created a network that connected visitors from beyond the fair's neighborhood networks, including vendors, enthusiasts, and experts.

3.7. Art Fair Growth Levels:

The Economist contacted Marc Spiegler but also Noah Horowitz to talk about some recent concerns that the expansion of art fairs was slowing down. Complaints about attendance and

growth decreasing vastly miss the point. Since the great majority of people who attend art fairs are not consumers, attendance is indeed a poor indicator of purchasing activity. The directors of both Art Basel and The Armory Show provide some better and more intriguing statistics about the experience of attending an art show. Nearly €10 billion worth of art was traded at fairs last year, accounting for two-fifths of all sales made by dealers (Figure 1). There is growing discussion about fair fatigue among attendees and exhibitor saturation due to how frequently they appear on the art calendar. According to Mr. Horowitz, as a general rule, around one-third of merchants who exhibit at a fair earn a profit, while the other two-thirds break even. The rest continue to go even if their sales don't pay their expenses because they want to develop connections with collectors. Mr. Horowitz contends that the Internet is a tool for more sales rather than a threat to the existence of art fairs since many buyers want to browse before they buy.

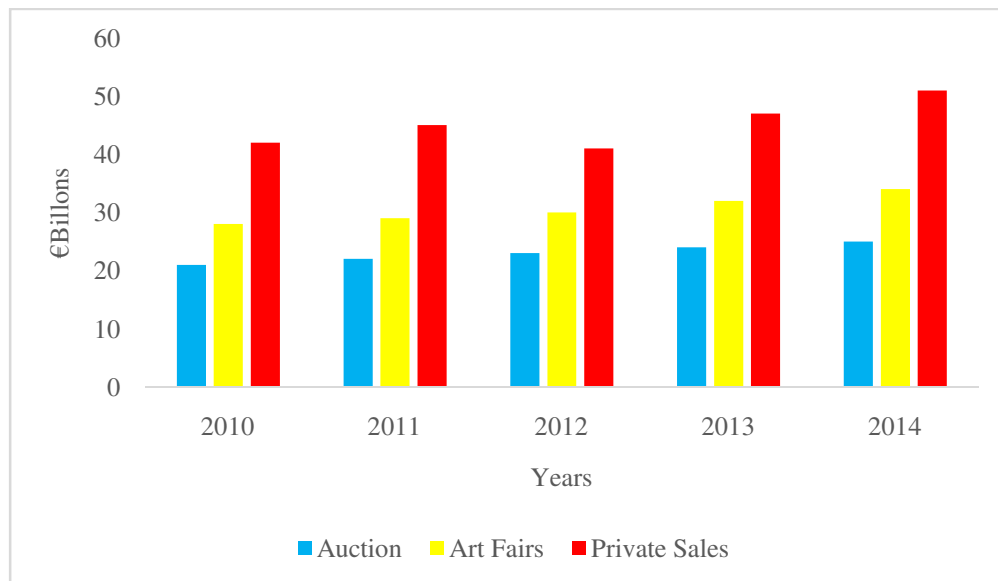


Figure 1: Illustrates how often they occur in the art calendar, there is growing concern about exhibitor and visitor weariness.

4. CONCLUSION

One of the key elements of the global art market is the emergence of the art show. The art fair may seem to be a relatively new development, but this paper shows how its organizational structure and commercial practices have a long history. It also shows how the fair depends on the network idea and adapts it to meet various demands in the art market. The holy event from antiquity is precisely where the art fair got its start. Religious celebrations were singular events that stood out from ordinary activities and other shows. They were events when the artwork was on exhibit together with a message or goal that was intended to be communicated. Major parts of an empire or kingdom were linked via them. The religious fairs temporarily acted as a small-world network model, enabling not just the most important sections of the population but also political and cultural norms. The early artisan fairs depended on their religious ties with the odd to bring together shoppers and merchants. They were not, however, art fairs in the modern sense since they showcased priceless and rare items manufactured in an artisanal way, needing certain abilities to make. The artisanal fair saw a rebirth in the second half of the 20th century after almost dying with the development of modern production. Around this time, the fair included

historical characteristics from the past, for instance, the grandiose aspect of the exhibition and its ability to encourage global networking, to develop a new market platform in only certain peripheral areas of the art market.

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CHAPTER 7

AN EVALUATION OF PHARMACEUTICAL AND MEDICINAL PROPERTIES OF MENTHA LONGIFOLIA

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ABSTRACT:

Mentha longifolia is recognized as a therapeutic plant with several bioactive components. It is utilized as a culinary flavoring agent all over the world. It is well-reported that it has a higher amount of antioxidants, phenolic acids, and flavonoids. To evaluate the traditional applications of *M. longifolia*, it is required to explore the therapeutic and pharmacological properties of its complete extract and key components. *M. longifolia* has a broad range of pharmacological properties, including the effects on the nervous system, gastrointestinal tract, and bacteria flora of the gut. As the traditional knowledge about *M. longifolia*, it has physiological advantages including defense against germs and anti-cancerous and antiallergenic qualities. It also documented the beneficial effects in lowering blood sugar levels, relief from respiratory issues, analgesic properties, wound healing ability, and help for nursing. The main objective of this study is to explore the pharmaceutical and medicinal properties of *M. longifolia* and its possible applications. This study may provide a platform to explore more benefits in combination with other phytochemicals using a combinatorial chemistry approach.

KEYWORDS:

Anticancer, Antimicrobial, Antidiabetic, Health Benefits, Medicine, *Mentha longifolia*, Pharmaceutical.

1. INTRODUCTION

On Earth, there are thought to be over 1 million distinct plant species, although only about 500 thousand have been identified as of this writing. However, every day has seen an increase in the number of species that could be identified. The number of plants used in medicine is estimated to be over 20,000, according to World Health Organization (WHO) research based on several publications regarding the codex of ninety-one countries (pharmacopeia) or medicinal plants. The term "phototherapy," meant for "treatment by plants," was coined when plants employed in traditional folk medicine underwent rigorous scientific scrutiny and reevaluation. Every day, the discipline is improving and becoming more significant. Plants provide 25% of the active ingredients in pharmaceutically manufactured medications today [1]. On the other hand, in the majority of chemically synthesized medications, active ingredients share structural similarities with the first-isolated compounds from plants. Both emerging and developed nations are seeing an increase in the demand for medicinal plants due to their affordability, lack of side effects, low levels of toxicity, and natural production.

M. longifolia is commonly known as mentha and has various applications in traditional medicines and cosmetics. It is a perennial herb. Its fragrant and therapeutic property is widely accepted worldwide. It belongs to the Lamiaceae family and has 25–30 species under the genus *Mentha*. It can be grown in a variety of climatic conditions but grown vigorously at lower temperature climatic zone. This genus originated in the Middle East and gradually spread over the world through either artificial as well as natural origination [2], [3]. Studies reported that it contains extremely high concentrations of phenolic chemicals, specifically phenols, terpenes, quinines, flavonoids, or polysaccharides. These phytochemicals paved the path for their widespread use in the beverage, food, and pharmaceutical industries. Many mentha species are utilized as an ingredient of spices in herbal tea.

1.1. Properties:

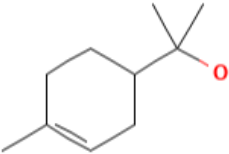
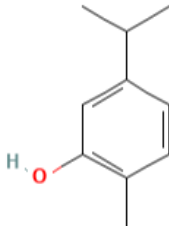
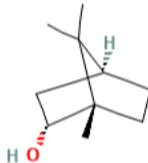
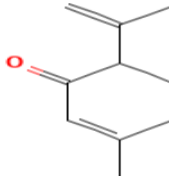
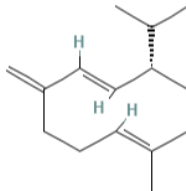
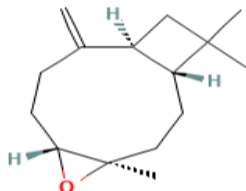
M. longifolia belongs to the family Lamiaceae. This family of plants includes a significant amount of medicinal plants that have been recognized as medicinal ingredients for centuries. The majority of *Mentha* plants are perennial herbs that are grown in the humid climate. They have rhizomes that crawl [4], [5]. They have simple, distinctive leaves that offer a lovely smell. The plant's flowers are either hermaphrodite, located on the pistil, or grow on an unrelated plant. The plant has 10–13 vascular stems and 5 sub-equal or uneven teeth; the calyx is actinomorphic as well as tubular, sub-bilabial, or campanulate. The top lobe of the corolla is broader, typically emarginated, or shorter than the tub calyx. Corolla is weakly 2-lipped. It emerges from behind the labium and bears four stamens. Small, smooth fruits with foveolate, smooth, or reticulate nutlets.

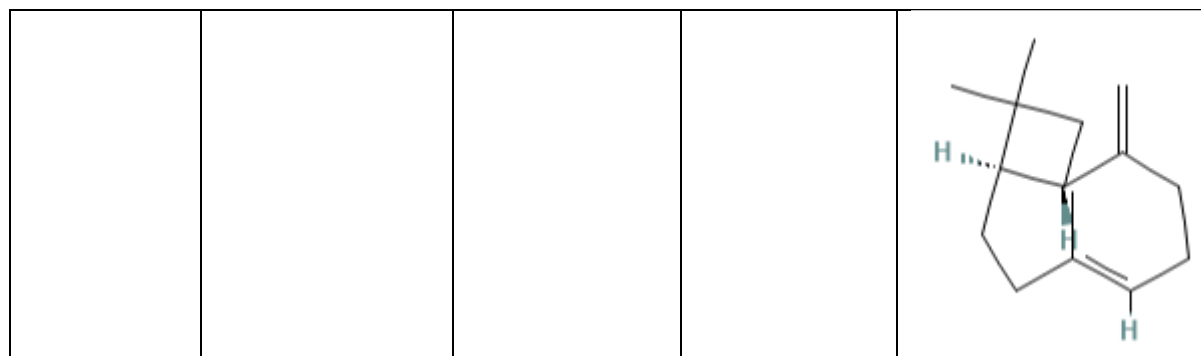
1.2. Bioactive substances

Many plants contain a wide range of chemicals that have profound biological impacts on people. Plants provide the natural world with a variety of items that they already create in their structures, regardless of how they are used. Like all living things, plants have dwelling quarters where they may develop, feed, and raise their progeny. While residing in these locations, they are exposed to a variety of biotic and abiotic activities [6], [7]. Since they have little opportunity of fleeing, the plants defend themselves against these influences in different ways. Plants create a variety of compounds known as secondary minerals throughout photosynthesis to defend themselves. For plants to sustain harmony, protection, defense, and generational viability, these secondary products are crucial components. Table 1 of several popular mentha species contains comprehensive information on the essential oils and their makeup. *Mentha* species components found in food items have significant antioxidant, anti-inflammatory, and antibacterial potential, which might assist to lower the risk of cardiovascular illnesses. This is because essential oils are present in *Mentha*.

Table 1: *Mentha* Species' Essential Oil Chemical Composition, Activities, and Structure.

Name of species	Essential Oil	Chemical Composition	Activities	Structure

<i>Mentha longifolia</i>	Monoterpenoids	α -Terpineol	anti-COX-2 activity and Antioxidant	
		carvacrol	Antimicrobial and Cytotoxic Properties	
		Endo-Borneol	Anticancer Properties and Cytotoxicity	
		Isopiperitenone	Antimicrobial Properties	
	Sesquiterpene	Germacrene D	Immunomodulatory effects and Antioxidant	
		Caryophyllene Oxide	Anticancer Properties	
		Caryophyllene	Anticancer and analgesic Properties	



2. LITERATURE REVIEW

Karmen Kapp et al. studied *Mentha* species, which exhibit natural interspecies hybridization and are utilized in the pharmaceutical and food industries. By concentrating on plants cultivated in a relatively limited region of Estonia, our study was able to increase our understanding of the chemical makeup of *Mentha* spp. No species-specific polyphenolic chemicals could be suggested from the water extracts' high-performance liquid chromatography ultraviolet-MS/MS studies. Salvianolic acid B, Rosmarinic acid, and eriocitrin were the most prevalent polyphenols. By using the broth dilution technique, essential oils demonstrated antibacterial efficacy against both *S. aureus* and *E. coli*. Only *S. aureus* demonstrated action in water extracts. This study supports the usage of *Mentha* species as food additives that promote health. But more research is still required to better understand the chemical makeup of these plants.

Fatih Brahmi et al. studied *mentha* L., a member of the Lamiaceae family, which is widely spread and inhabits a variety of habitats. One of the oldest and most well-known herbs in the world, *Mentha* species are widely used during cosmetics, cooking, and alternative or complementary therapies. They are particularly effective for treating intestinal disorders like indigestion, nausea, flatulence, anorexia, vomiting, or ulcerative colitis. Numerous investigations into the chemical makeup of mints or their biological activity have been carried out to establish a scientific justification for their traditional applications. In particular, the essential oils or phenolic chemicals found in *mentha* species are used therapeutically in this chapter. Some other biological functions will also be discussed.

Saddam Saqib et al. studied an important problem that contributes to several metabolic problems, such as diabetes, obesity, and cardiovascular diseases is a poor diet that results in malnutrition. Famous for their medicinal properties, *mentha* species have long been used in herbal medicine. Recent studies have shown that the phytochemicals found in *mentha* species have unique antimicrobial, cytotoxic, anti-diabetic, and antioxidant potential. These compounds can be used as herbal medicine either directly or indirectly by being included in food and are successful in preventing and treating cardiovascular diseases. The most recent developments in *mentha* phytochemicals and upcoming difficulties in lowering the risk of malnutrition in cardiovascular patients. The inclusion of *mentha* species' aromatic or taste components significantly improves the food's nutritious value.

Peyman Mikaili et al. studied about therapeutic effects of *M. longifolia*. Wild mint, or *M. longifolia*, is a well-known folk treatment. This plant's components have been employed in

Iranian and other traditional medicines. Numerous research has demonstrated the plant's numerous pharmacological and medicinal properties. Additionally, the plant may have harmful effects on several bodily systems in a dose-dependent manner. The conclusion that *M. longifolia* is a promising natural source for the creation of novel medications may be drawn from the study of several research. However, further research is needed to pinpoint the plant's exact quality and safety before doctors may utilize it [8].

3. METHODOLOGY

The present review study was carried out using a database search on PubMed, Google Scholar, Research Gate, Science Direct, and other verified websites. To review the existing knowledge and literature available, keywords searching approaches with keywords “Anticancer, Antimicrobial, Antidiabetic, Mentha longifolia, Phytochemicals, Traditional Medicine” were used. The records preliminary review employed title and abstract screening. Insufficient information, redundant research, and non-extractable data were some reasons to exclude the Records. More details on the approach used to perform the review research are provided in Figure 1 below.

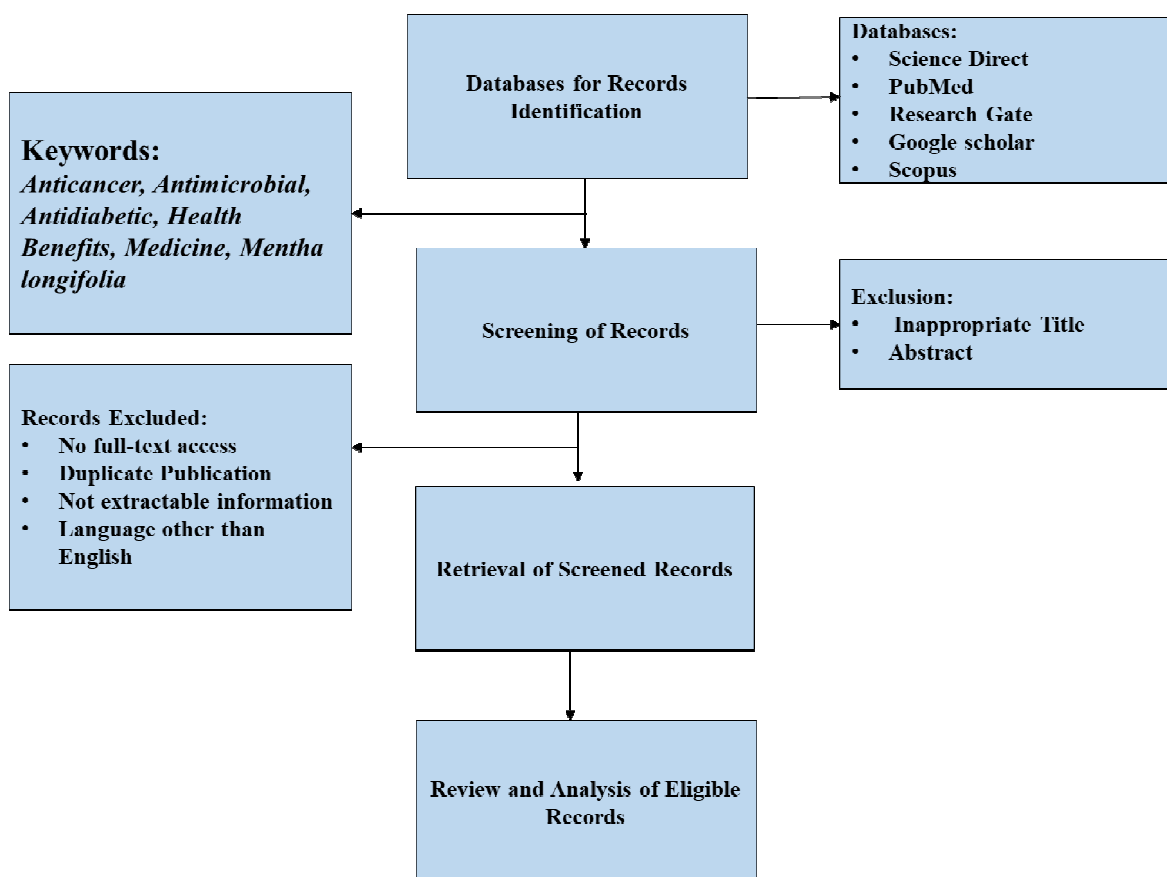


Figure 2: Flow diagram of a methodology for literature review.

4. DISCUSSION

Wild mint, or *M. longifolia*, is a well-known folk treatment. This plant's components have been employed in Iranian and other traditional medicines. Numerous research has demonstrated the plant's numerous pharmacological and medicinal properties. To evaluate the traditional applications of *M. longifolia* as well as the therapeutic and pharmacologic properties of its extract and key components of phytoconstituents, an available literature survey were performed. *M. longifolia* has a variety of pharmacological properties and affects the nervous system, gastrointestinal tract, and gut microflora [9], [10].

4.1 Health Benefits of *Mentha*:

Due to its medical and therapeutic uses, mentha is a highly sought-after and in-demand plant. Since the Ming dynasty, *Mentha* species have been known to be used in China. In the London Pharmacopeia, menthol became a recognized component of *Materia medicinal*. It was frequently employed as a remedy in the 18th century. There have been several reports of the health advantages of mentha species. In vivo, studies on mice revealed analgesic efficacy in *Mentha* species. Various bacterial or fungal strains were resistant to the antibacterial and antifungal effects of mentha species. It is potentially useful for treating cardiovascular problems. *Mentha* has a long history of applications against several illnesses. According to several studies, mentha species include free radicals as well as nonradical species, including hydrogen peroxide, which are toxic to the constituents of microorganisms like proteins, nucleic acids, lipids, or carbohydrates. The extracts of menthe in the form of essential oils have reported several health advantages. It is summarized and shown in Figure 2.

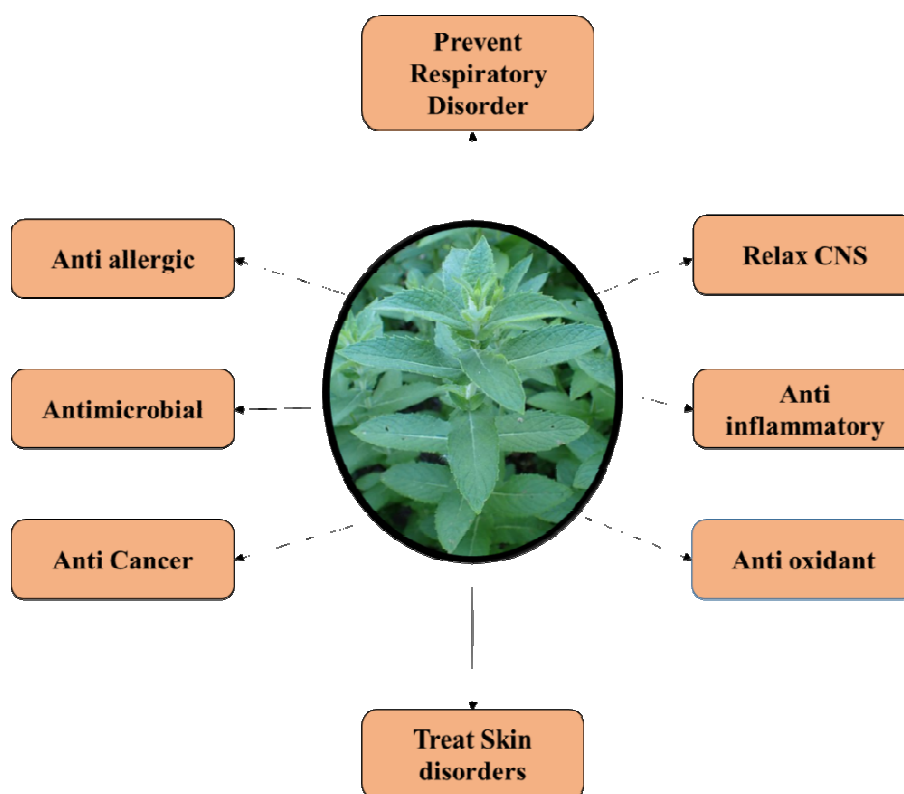


Figure 2: Application of *Mentha* in traditional medicine

4.2 *Biological processes*

The past several years' worth of study has demonstrated that mint and its compounds have a variety of biological actions, including anti-inflammatory, insecticidal, anticancer, and antibacterial capabilities.

4.2.1 *Anti-oxidant function:*

Due to their capacity to scavenge free radicals, several chemicals from therapeutic and aromatic plants are attracting a lot of interest. Reactive oxygen species (ROS) are extremely reactive chemical species that are produced in the body during metabolism and may include one or more unpaired electrons. The detrimental effects of oxidative stress, or an imbalance between ROS and antioxidant defenses, include the peroxidation of membrane lipids and the assault on biomolecules (membrane enzymes, proteins, carbohydrates, or DNA).

According to certain research, mint helps the lungs' surfactants filter air and improve pulmonary function. The methanol in mint strengthens respiratory muscles and raises the body's end-tidal oxygenation rate. For example, *M. Avenis*, *M. longifolia*, and *M. Piperita* were discovered to possess cytotoxic activity against human breast cancer or human laryngeal epidermoid carcinoma. Mentha plants have compounds with cytotoxic qualities that might be exploited in the development of anticancer medicines [11]. Mentha exhibits strong analgesic efficacy when applied directly to the skin, cooling the skin. Mint oil causes the blood vessels in the skin to dilate and stimulate blood receptors, giving the skin a cooling feeling and promoting relaxation. Different secondary metabolites found in Mentha species are effective against a range of diseases. To lessen the danger of malnutrition in diabetic and cardiovascular patients, these can be employed in the food sector [12], [13].

Mentha species as well as their derivatives have a long history of usage in traditional treatments and flavorings. The plants or their extracts are used to treat tumors, skin conditions, gastrointestinal disorders, nausea, fevers, and headaches. Several essential oils but also phytochemicals have been found in Mentha species, each of which has unique biological properties. These essential oils' anti-inflammatory, anti-tumor, and anti-diabetic properties show that Mentha species may be an exceptional source for the prevention of cardiovascular illnesses. Several directions need to be investigated further to fully use plant extracts. Future studies should first concentrate on the natural chemicals found in the extracts' mechanisms of action. Second, it's important to identify the metabolic processes that preserve food flavor and fragrance [14]. These are crucial research issues to investigate the fundamental elements required for the management of diabetes or cardiovascular illnesses using chemicals from Mentha species in food or medication. Research on medicinal plants is progressing, and this will assist determine the quality and quantities of plant extracts needed as food preservatives and additives to fight a particular ailment. Mentha extracts also have the potential to be used as processing aids and synergist chemicals, rather than just for their potential therapeutic benefits. Future consumer desire for food containing organically derived preservatives with pleasant flavors and perfume, like Mentha, is projected to increase demand for natural antidiabetic but also cardioprotective compounds [15].

Since the beginning of recorded history, mentha plant extract has been widely utilized for its therapeutic or medical characteristics. Mentha species exhibit significant morphological flexibility, and the majority of species are capable of interbreeding. The present investigation encountered a challenging taxonomy. Some of the Mentha spp. samples proved to be challenging to categorize or had unclear identities. In addition, numerous mints had distinct or differing compositions as compared to earlier findings. The study highlighted the need for additional in-depth research, particularly that concentrating on cultivars and less farmed Mentha spp [16]. The most common potentially harmful microorganisms with rising rates of antibiotic resistance are *Escherichia coli* and *S. aureus*. Essential oils from Mentha spp. or water extracts showed antibacterial action against *S. aureus*, *E. coli*, or both. It was discovered that some of the samples were bactericidal. Therefore, including mint items in your diet may help shield you from *S. aureus* or *E. coli* infections.

5. CONCLUSION

Since ancient times, humans have employed plants for a variety of illnesses as alternative medicine. Functional and nutraceutical foods aid in preventing chronic disease and lessening its symptoms. Mentha species have a variety of pharmacological properties. Many of the phytoconstituents of mentha plant extract have potential structural and functional properties and are still not identified. So, an urgent need to identify the functional and nutraceutical properties of unidentified phytoconstituents of *M. longifolia* plant extract. These phytoconstituents can be explored for the treatment of a wide range of illnesses. Phytoconstituents of mentha species can be identified, separated, and employed for the synthesis of contemporary medications after having their phytochemical properties on cell-line culture.

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CHAPTER 8

RECOGNIZING THE EFFECTS OF SOCIAL MEDIA EXPOSURE ON THE FUTURE DEVELOPMENT OF CHILDREN

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ABSTRACT:

Social media refers to computer-based software which allows it possible to share concepts, opinions, as well as knowledge through online groups and networks. Social networking is internet-based and allows users to share anything quickly, including movies, images, ideas, as well as confidential pieces of information. Kids and teens spend more time on social networking sites than on other mobile and online sites. Social media provides both positive and negative things among children which is something very useful for their future as well as something that reduces their psychological development. The author of this study states the negative and positive effects of social media on kids and how it affects them psychologically. The primary motive of this study is to investigate the effects of social media on the future development of children. The result concludes that social media offers several advantages to children which promotes their intellectual growth effectively but on the other side social media has also some negative sides which can reduce their future development.

KEYWORDS:

Cyberbullying, Children, Social Media, Internet, Sexting, Social Networking.

1. INTRODUCTION

A rapidly growing platform called social media has altered how people interact and communicate. Most kids are interested in these networking sites because they are user-friendly and entertaining. It is crucial to talk about how social media affects kids as a result. Social media may be a useful tool for interaction, learning, communication, and entertainment if used properly. However, if used incorrectly or excessively, it can result in cyberbullying, anxiety, as well as health issues. Therefore, people should be familiar with social media's features, privacy settings, and age restrictions before allowing their kids access. This study explores the advantages and disadvantages of social networking and offers safety advice for parents. The most current technical development in the globe today may be social media. Information transfer is now quick and effective thanks to internet-based technologies [1][2]. As a result, communication inside and between enterprises is now simple and trustworthy. However, considering that young teens and children make up a sizable portion of the world's population, they also happen to be the biggest users of social media websites [3].

Kids and teens spend more time on social networking sites than on other mobile and online sites, according to research from different countries. Social media comes in a variety of formats, including textual forms like magazines, the internet, and mobile forms, including social blogging, social networks, and video, to name a few [4]. The three online formats listed above that are the subject of this study are Twitter, Facebook, and YouTube, respectively. Facebook is a social media platform where individuals and businesses may submit their opinions and ideas so

that their friends can respond. While YouTube involves uploading movies to the internet, Twitter instead places a strong emphasis on writing [5]–[7].

The major benefit of social media is its function in the growth of cultural as well as technical abilities, but it also has other good effects on the lives of kids and early teens. Social media assists children and early teens in developing abilities that they can use in the current world since they are still in the formative stages of their life. Additionally, kids can learn a lot of things without the help of their parents or teachers and can do it alone. Social media also has a significant impact on how well children and early teens communicate and interact, enabling them to develop relationships with individuals they have never personally met.

The integration of media into our social milieu over the 20th and 21st centuries was a huge transformation. Through a variety of media, including televisions, radios, films, videos, computer games, mobile phones, and computers, social media has impacted people's cultures and daily lives throughout the world [8]–[10]. Children's lives are greatly impacted by this transformation. Whether there are good or bad consequences, it is crucial to recognize how social media affects young children's behavior. It is important to remember that children's well-being may suffer as a result of the growing usage of gadgets. Due to the rise of social media, there are more recent forms of bullying and victimization of young people. The digital world opens up a wide range of potential dangers for young kids. Young children should not be allowed to use social media without parental supervision since it might perpetuate negative attitudes and viewpoints in people. According to research, social media can have a detrimental impact on young people's aggressive and violent behaviors, body image, and self-esteem, as well as their physical and academic performance, to mention a few [11].

Use of social media was linked to incidents of harassment, longer sleep duration, and shorter sleep duration. Additionally, it makes people have poor opinions about their looks and weight. More depression was seen in girls than in boys. Additionally, the severity of the depressive symptoms increased with the amount of time spent each day on social media. The two main factors that contributed most significantly to depression symptoms brought on by social media users were online harassment and lack of sleep. It was discovered that the mechanism by which insufficient sleep led to depression was far less complex than the pathway by which online bullying led to depression. This is so since depression is directly caused by inadequate sleep.

The present study focuses on the effects of social media exposure on the future development of children. This study is characterized into several sections where the first section is the introductory section of this study where the role of social media in today's generation is discussed. After that literature review section is discussed which shows the reviews and suggestions of previous studies in terms of the effects of social media on children. Moreover, the discussion part of the present study is mentioned where the author stated the negative and positive impacts of social media. Lastly, the conclusion of this study is stated where the researchers provide the outcomes, their opinions as well as future benefits of the present study.

2. LITERATURE REVIEW

G. O'Keeffe et al. discussed the impacts of social media on adolescents, children, and families [12]. Utilizing social networks Today's kids and teens spend a lot of time on websites. Social media websites like Facebook, and Myspace, as well as Twitter, game websites and digital worlds like Club Penguin, Second Life, as well as The Sims, video sharing websites like YouTube, and blogs are all considered as a form of social networks. The result shows that these

websites, which have risen rapidly in recent years, provide a platform for pleasure as well as interaction for today's children. Their study concludes that not all social media platforms are wholesome settings for kids and teenagers, parents must understand the nature of these platforms.

The impacts of social media on the health of children and young people are discussed by D. Richards et al [13]. Their paper reviews the health concern of social media on youngsters and children. According to their findings, social media usage has a negative influence on kids' and youngsters' mental health, particularly in the areas of self-esteem as well as health. They also found a link between social media use and negative body image and concerns like cyberbullying. Their study concludes that by designing websites appropriately, identifying people who are most at risk, and creating measures to assist users minimize those threats, these dangers may be reduced.

The detection of child grooming behavior patterns on social media is proposed by A. Cano et al [14]. As per the author's study due to the easy accessibility of Internet connectivity among a larger younger population, online pedophile behavior on social media has grown to be a significant social problem. Child grooming, in which adults and juveniles interchange sexually explicit texts as well as media on social networking sites, is a typical type of online child grooming. Their study investigated these phases of online grooming from machine learning algorithms. The results conclude that Interactions in Internet chat rooms may be automatically classified into different levels of grooming.

The above reviews of the pieces of literature discussed how social media affects children and distract them from the real world. After analyzing the above reviews of the kinds of literature the author of this study proposed the use of social media among children. The author also discussed the positive and negative impacts of social media on children and how children shift into the virtual world from the actual world. Later the author of this study mentions the possible solutions to reduce the addiction to social media in children.

3. DISCUSSION

Every person engages in social media platforms and conversations daily. As long as people have an internet connection, anybody, everywhere, at any time, may contact anybody using social media. Nobody could contact anyone but their family and close friends because everyone was cooped up in their houses, yet communication with them was still essential to prevent isolation during COVID-19. Due to the epidemic, social media became a crucial tool for people to create amusing films and participate in social media competitions as well as events, which helped keep people active in these difficult times.

3.1. Positive Impacts of Social Media on Kids:

Social media supports numerous companies as well as society as a whole. It offers marketing solutions for social media that may reach millions of users. Through social media, people may readily access information and obtain news. Any social cause may benefit greatly from the usage of social media. Potential employment candidates might be contacted by employers. It can aid a lot of people in their social development and smooth communication with others. Social media is frequently used by individuals to get their voices heard by higher authorities. People may meet others who share their interests thanks to it. Some of the positive impacts of social media on kids are shown in Figure 1.

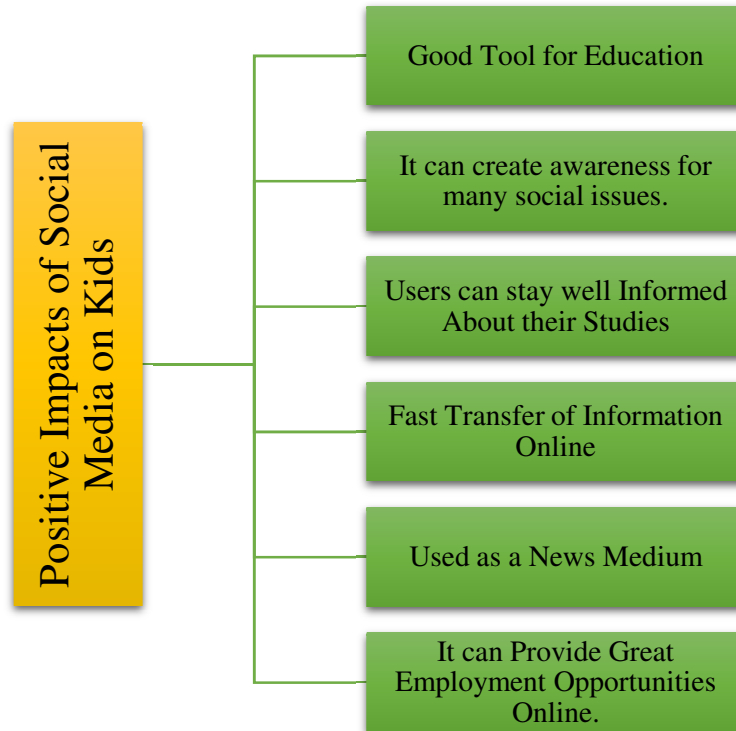


Figure 1: Representing the Several Positive Impacts of Social Media Among Children which Help them in their Future Development.

3.2. Negative Impacts of Social Media among Kids:

Numerous physicians think that social media or social networking is the main cause of people's stress and anxiety. It also contributes to children's slow mental development. Social media usage that is more frequent can affect how well people sleep. Other negative impacts include cyberbullying, problems with self-esteem, etc. Children have an all-time high level of Fear of Missing out (FOMO" due to social media. The new digital surveillance technologies provide parents with more control over their children's social life, which is advantageous for their children's safety but potentially risky in some other ways. Adolescence is a challenging time for children, to establish a sense of their selves throughout this phase, they require seclusion and a sense of independence. Here some of the negative impacts of social media are shown below (Figure 2) which depicts the factors affecting the children due to engaging a lot with social networking.

3.3. Threats of Social Networking:

Kids today may easily access hundreds of Television channels and millions of websites online. Numerous video games and applications are also available for purchase or download. There is a lot of media available, some of which may not be suitable for your child given his or her age and degree of maturity. The greatest approach to keeping an eye on the media that children are exposed to is to use it yourself. Play the games and applications before letting our kids utilize them. Playing games and watching applications with your kids is ok but to discuss what they are seeing on their screens, keep an eye on what they are seeing. Users are the greatest judge of what your children can handle since users know them best. Monitoring that's Ok as long as it doesn't become an obsession for you. The new digital surveillance technologies provide parents with

more control over their children's social life, which is advantageous for their children's safety but potentially risky in several other ways. Adolescence is a challenging time for children; to establish a sense of their selves throughout this phase, they require seclusion and a sense of independence. Parents find it agonizing to see their children leave the house with the freedom to make their own choices. Even while it may be tempting for the parents to watch over the youngsters, doing so might be detrimental.

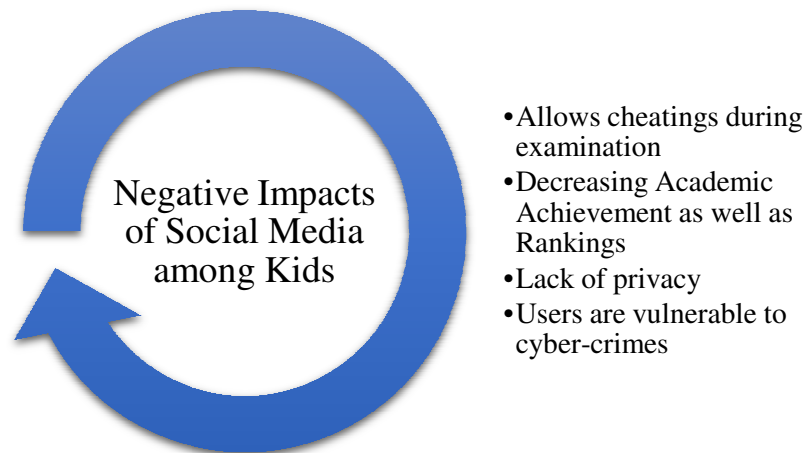


Figure 2: Demonstrating the Negative Factors of Social Media Affecting Children Due to Engaging a Lot with Social Networking.

Our news headlines are flooded with frightening tales of social media abuse and how it went wrong with children. Predators, sexting, and other such things. When our children begin using social media, they are exposed to a wide range of things. According to the news and tales, social media is terrible for us and even worse for children. The majority of platforms have a 13-year-old minimum age requirement due to the risks associated with social media. For your child to create an account on a social networking site, they must be 13 years old. But when their classmates entice them into doing so, youngsters frequently offer the false age. This is the beginning of it all. Even some parents may lie about their children's birthdates to create an account for them. Then, they seldom provide the monitoring needed for social media usage that is appropriate and secure. The following are some Threats of social networking sites for children are shown in Figure 3 as well as discussed below.

3.3.1. Sexting:

Sending sexually explicit text messages, images, or videos through a mobile device, computer, or other digital device is known as sexting. Nudity- and simulated sex act-containing images and videos are included in sexting. Text messages that describe or advocate sex actions are also included. Parents, schools, and law enforcement are growing concerned about the possibility that teenagers and children could send or receive sexually explicit information as they use smartphones, tablets, social media, apps, and texting. Sexting frequently takes the form of a joke,

an attempt to attract attention or flirtation. To make sure their kids understand the hazards and what to do if or when they feel compelled to join, parents should have a conversation with their kids about the topic.

A picture sent back and forth between two individuals has the potential to spread like wildfire. Teens may think it would be kept secret but later learn it has been extensively shared with their friends, sometimes with very serious repercussions. Minors who exchanged images of themselves or other underage teens were among those who were detained. While some jurisdictions have laws that distinguish between sexting and child pornography, others do not. Charges of having or disseminating child pornography may arise through sexting. When images and messages are shared with people other than the intended receiver, bullying, harassment, and humiliation are frequent issues. Teens who had their images publicized may commit suicide as a result, which can have serious emotional and societal repercussions.

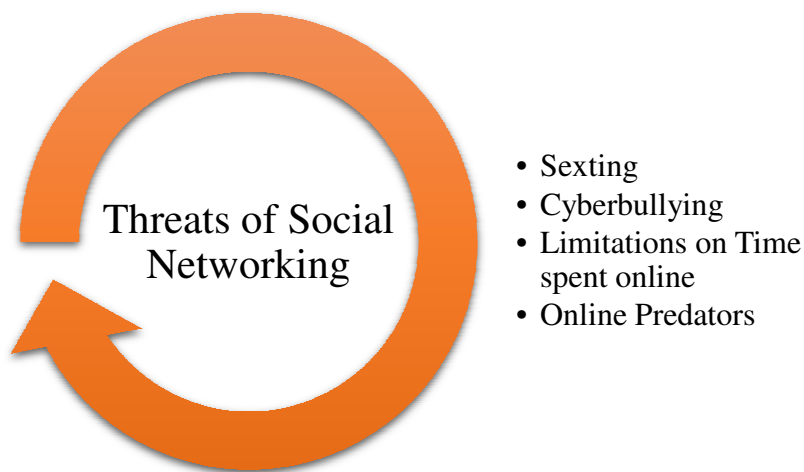


Figure 3: Demonstrating the Disadvantages of Social Media Activities Through which Today's Kids are Influenced.

3.3.2. Cyberbullying:

Children of various ages can be the victims of cyberbullying. Your youngster might be reluctant to tell people if they have been the target of cyberbullying. They may try to handle things on their own and keep it to themselves, but this might lead to them feeling overwhelmed and unhappy. Individuals should take precautions to ensure that their youngster is not being pursued or harassed by anyone on the internet or through a mobile device. People ought to be able to spot potential bullying by watching how they engage on social media. Cyberbullying may happen online through social media, forums, or games where users can read, interact with, or exchange material. It can also happen through SMS, Text, and applications. Sending, publishing, or disseminating unfavorable, hurtful, or malicious material about someone else is considered cyberbullying.

It can also involve disclosing sensitive or private details about another individual in a way that causes shame or humiliation. Some cyberbullying goes too far and becomes illegal or wrong.

Due to the popularity of social media and online forums, people frequently publish comments, images, posts, and other information that may be seen by both acquaintances and strangers. A person's internet activity, including any bad, unpleasant, or damaging stuff they publish, becomes a type of irreversible public record of their beliefs, actions, and conduct. This public record, which may be accessed by schools, companies, universities, organizations, and anyone conducting current or prospective background checks on a person, can be considered as their internet reputation. Not simply the victim of cyberbullying, but also those who harass or participate in it, may have their online reputations harmed.

3.3.3. Limitations on Online Timing:

Even though many children have access to their portable devices 24/7, it's crucial to set screen time restrictions. People will be able to get a better sense of how much time their child spends on social media platforms by keeping an eye on what they are doing. Limit everyone in the family's online activity by establishing reasonable restrictions. Knowing what their kid seems to be doing will help people set and enforce limits more effectively. Addiction to social media is just another risk that faces your children. They are quick to become attracted to this novel, glittering world, and one expert claims that this obsession is comparable to drug misuse. It has comparable effects, making it equally risky for them.

3.3.4. Online Predators:

A person who searches out children and teenagers online for abusive and sexually exploitative intentions is known as an online child predator. They enable interaction with children through the internet to possibly damage them both online and off. An estimated 500,000 predators operate online every day. The vulnerability of children between the ages of 12 and 15 to grooming or manipulation by strangers they encounter online is particularly high. Over 50% of victims of internet sexual exploitation, according to the FBI, are between the ages of 12 and 15. According to estimates, Internet chat rooms and instant messaging are where 89 percent of sexual approaches against youngsters take place.

A youngster is asked for sexually explicit images of themselves online in more than a quarter of all cases of child exploitation that have been recorded. Four percent of kids encounter aggressive internet solicitations from adults, including efforts to get in touch with them in person or on the phone. Online child predators prey on children utilizing a variety of tools or channels, including chat rooms, forums, social media, instant messaging, and other web-based services with a younger user base. They can interact with sufferers discreetly on several online platforms, make an effort to befriend them, hide their identity, or pose as someone they are not to lessen the likelihood that they would be caught.

3.4. Significance of Monitoring Social Media:

Teenagers use the internet on average for eight hours every day. Their actions have enormous effects on their health and well-being. When an individual first give a teen a smartphone, it's crucial to lay out the ground rules, including the fact that they will be watched until they are mature enough to grasp responsibility and accountability. As youngster displays their capacity to adhere to the rules, fulfill your expectations, and comprehend the repercussions of improper conduct, they may unlock more features. Chat with friends and family about online safety. Teen's growth and development depend on their being online. Online interactions may make people happy and satisfied with their relationships.

Even so, it does not improve interpersonal communication the online debates back-and-forth may educate politeness and get your child ready for adult life. Online connections can be made that strengthen a sense of belonging. Self-esteem may be boosted by receiving acceptance from others, including a sizable following. Communication on social media can aid in the development of cognitive abilities, particularly comprehension, deliberative reasoning, and critical thinking. In other words, social media use may help your kid develop their sense of self and educate them to be considerate of others. By discussing social media restrictions with your adolescents, people may help them develop responsible behavior and teach them to take responsibility for their activities.

3.5. Solutions to Reduce Addiction to Social Media among Kids:

Social networking may benefit your child by teaching them how to interact with others, maintain relationships, as well as deal with people who aren't showing kindness to them. Therefore, banning social media entirely may not be the greatest (or most practical) approach for your children. Children have an all-time high level of Fear of Missing out (FOMO" due to social media. The new digital surveillance technologies provide parents with more control over their children's social life, which is advantageous for their children's safety but potentially risky in several other ways. Adolescence is a challenging time for children, to establish a sense of their selves throughout this phase, they require seclusion and a sense of independence. Here are some suggestions for dealing with children's social media addiction. Here are some suggestions for dealing with the addiction to social media among children shown in Figure 4.

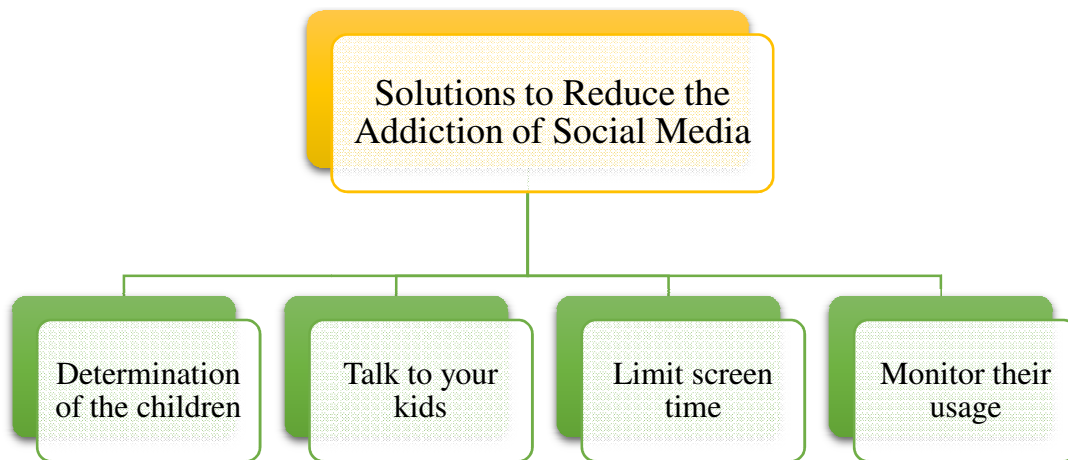


Figure 4: Demonstrating the Solutions to Reduce the Addiction of Social Media among Kids.

4. CONCLUSION

Several people's lives have been impacted by social media's encroachment into the actual world. Individuals are transported into the digital dimension as soon as they connect to their social networks, leaving the actual world behind. Social media has also been shown to affect our young in both beneficial as well as detrimental manners. People should decide whether to continue using the websites, stop, or even restrict their usage. Parents should mentor and counsel their kids on modern issues like social media activity and inform them about the harm it may do if used improperly or excessively. To inform children that they must use social media responsibly,

the teaching method must be changed to incorporate social media academics into its disciplines. This study investigates the effects of social media on children in today's generation. The result shows that social media have both positive and negative impacts on kids but parents should teach their children to use social media appropriately and in a good manner for their future development.

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CHAPTER 9

AN ANALYSIS OF EMERGING ISSUES FACED BY TRANSGENDER COMMUNITY AND THEIR POSSIBLE SOLUTION

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ABSTRACT:

The cultures of men and women are very different from each other. People are classified as male or female in every aspect of our culture. However, the classification of sexual orientation based on a gender binary framework has been undermined by gender diversity. Gender fluidity, outside gender status, genderqueer, intersex, through a third or another gender, etc. The gender binary paradigm is challenged by gender diversity in many different ways. People who consider themselves transgender are opposed to the normalization of gender-binary thinking. In contemporary India, all members of these groups are subjected to extreme discrimination and harassment, which may include verbal abuse, physical and sexual assault, denial of access to services, false arrests, and rejection of enrollment in educational institutions. There are several settings, such as workplaces, residences, hospitals, and public places. The purpose of this study is to draw readers' attention to some of the most important issues facing the transgender community in India, educate readers about these issues, and suggest measures that will help the community move forward. In the future, this paper helps people to understand the transgender community and the problems they face in their lives.

KEYWORDS:

Education, Discrimination, Gender Identity, Sexual, Transgender.

1. INTRODUCTION

People live in a culture that is heavily gendered and sexually stratified. In every aspect of our culture, people are classified as men or female. The gender binary concept is challenged by gender diversity in sexual orientation groups. The gender binary paradigm has problems with intersex, third or other genders, gender fluidity, positions from outside gender, genderqueer, etc. These are only a few instances of how gender variety generates problems [1], [2]. Gender binary conceptions are contested by those who identify as transgender. All of these subgroups experience extreme discrimination or harassment in contemporary India, and they are victimized in a variety of settings including the home, places of employment, healthcare facilities, as well as public places.

Additionally, they may experience victimization, physical or sexual assault, verbal abuse, wrongful arrests, denial of access to resources, refusal to admit them to educational institutions, and rejection of admittance [1], [2]. Rarely does our culture acknowledge or care about the anguish, suffering, and torment that transgender people experience. Additionally, it seldom ever expresses any recognition of their basic emotions, especially those of people whose

physique and mind reject their biological sex. In our culture, transgender individuals are frequently made fun of, subjected to abuse, ignored, and treated as outcasts in public settings like train stations, workplaces, schools, bus stops, theaters, malls, or hospitals. These organizations assert that they are still unable to participate fully in political, economic, social, or cultural life or decision-making processes [3][4].

Any person who identifies as transgender, whether internally as a woman, a man, or any other gender different from the gender to which they were previously assigned. In contrast, cisgender refers to people whose gender identity matches the gender they were born as. According to the National Center for Transgender Equality, approximately 1.4 million transgender individuals, who fall into various categories, live in the United States [5]. A transgender individual was given a male gender at birth but identifies as female. A transgender man who believes himself to be male despite having had feminine sex from birth. Some transgender people can identify with more than one gender. For instance, they might not even identify with any gender or their gender identification may have both masculine and female components [6]. These transgender individuals are frequently referred to as non-binary. Gender-queer is another word that is occasionally used to refer to individuals in this group [7].

1.1. Sexual Orientation Versus Gender Identity:

A person's choices in relationships and sexual activity are not included in the word transgender. This is so because sexual orientation and gender identity are two different things. The latter word refers to a person's intrinsic inclination for sexual or romantic interactions with people of any sex, whether they be male, female, or of both sexes [8]. People who identify as heterosexual or straight find the other sex to be attractive. Gays and lesbians and other homosexuals are drawn to others of their sex. Both males and females are attracted to bisexuals. People who identify as transgender might be straight, gay, lesbian, or bisexual.

1.1.1. Changing Things:

People who identify as transgender may also be gender non-conforming, adopting behaviors and ways of life that are not normally connected to the given sex at birth. That is, they might use their speech, actions, attire, hairstyle, and other behaviors as a means of expressing their gender identity. It's also typical to choose a new name that more accurately reflects one's gender identification. Not all transgender persons, but some do, choose to have their bodies altered through medical procedures so that they are more in line with their gender identification. Hormone therapy, surgery, as well as other procedures are all possible treatments [9], [10].

1.2. Transgender Problem:

Even though the transgender movement has made significant progress in raising public awareness or won significant legislative victories over the past 10 years, transgender persons still face open prejudice, much violence, or poor health outcomes. The world of trans has dire health and economic consequences for people of color as they navigate many restrictive systems. People have listed some important issues below:

1.2.1. Healthcare:

An alarming number of "Human immunodeficiency virus" (HIV) infections, a lack of basic care, medically requiring infection-related treatment, and a high prevalence of attempted suicide are among the many health disparities that transgender individuals experience.

1.2.2. *Economic:*

Prejudice has a detrimental financial impact on transgender people, including high poverty and unemployment rates, occupational discrimination, and homelessness. While Trans people are more than two times as likely to live in absolute poverty making less than \$10,000 yearly, transgender persons of color and Latinx people endure poverty at rates that are three and a half times higher than those of the general U.S. population.

1.2.3. *Safety:*

People who identify as transgender are startlingly frequently physically abused, especially Black transgender women. This is especially true for transgender individuals who operate in gray markets in impoverished nations, like the sex industry. The American Medical Association pronounced violence against transgender persons to be an epidemic in 2019 due to the increase in the number of heinous murders of transgender women, frequently with minimal assistance from law authorities.

1.2.4. *Civil Rights:*

Given that the people of Trans have a wide range of legal requirements, their civil rights must be acknowledged and upheld. They require, to mention a few, immigration rights, and safeguards against job discrimination, including identification documents that truly represent who they are.

1.3. *Challenges Faced by Transgender Persons:*

Transgender persons continue to experience significant discrimination, stigma, or institutional inequalities while becoming more prominent in popular culture and daily life. Figure 1 Showcase the various issues transgender people face in their daily lives. The following are some of the particular problems the transgender community faces:

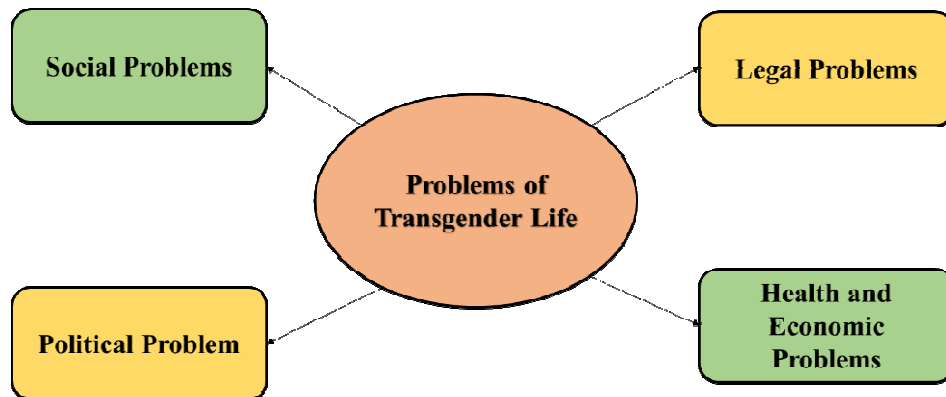


Figure 1: Illustrate various Problems in the life of Transgender people.

1.3.1. *Social Issues:*

Family members are often opposed to transsexual people. Transgender people in families deal with a variety of issues, such as verbal and physical abuse, exclusion or rejection, as well as denial of family property. Because of their gender identity or sexual orientation, transgender persons are often stigmatized and subjected to discrimination. Social stigma includes being shunned, labeled, and having general misconceptions about things such as sex employment or sex trafficking.

1.3.2. Economic and Medical Issues:

The majority of transsexual persons lack a high school diploma. Similar prejudice and stigma are experienced by gays and bisexuals in schools, particularly after voluntarily or involuntarily disclosing their sexual orientation. They are driven into sex work or begging due to a lack of career prospects and proper education. While a few transgender people can keep their careers despite stigma and prejudice at work, the majority of them quit their positions rather than put up with them. Male-born sexual minorities are at risk of getting HIV due to a range of multi-level issues, including inadequate education, a lack of career prospects, and a lack of familial support. In a similar vein, issues regarding sexual or reproductive health are frequently not effectively met.

1.3.3. Lack of the Legal Protection:

The conventional legal system that Tran people are subject to does not shield us from discrimination according to our gender identity. If someone who identifies as Tran is discriminated against while seeking housing, they might not have access to legal remedy. Because gender identity is not yet covered by a comprehensive federal anti-discrimination law. Even if a recent decision by the United States (US) Supreme Court made it clear that Tran's businesses are legally exempt from employment discrimination, the scenario still exists.

1.3.4. Poverty:

Transgender persons are frequently impacted by poverty, and transgender people of color are more severely impacted. As many as 29.0% of transgender adults, 39.00% of transgender Black adults, 48.00% of transgender Latinx adults, and 35.00% of transgender Alaska Native, Asian, "Native American, or Native Hawaiian" adults live in poverty.

1.3.5. Stigma, Harassment, or Discrimination:

In the United States, just 25% of people supported transgender rights around five years ago; by 2019 that percentage has climbed to 62%. Since the Trans community has spent more than a century being linked to mental illness, social departure, and sexually predatory conduct, there is still a lot of stigma around them, despite these achievements. Despite the recent decline in these unpleasant views against lesbians and gay men, transgender people are still routinely made fun of by a culture that does not understand us [11]. This stigma takes many forms, from lawmakers who exploit anti-trans stigma to win easy political points to Tran's persons being rejected by friends, family, or the workplace after discovering their gender identities. Additionally, it shows in those that harass, intimidate, and violently attack transgender persons. This relates to the stigma that prevents people from receiving the assistance they require to survive and prosper. In just 30.00% of women's shelters are transgender individuals welcome? Despite recent legislative changes, 27.00% of Tran's people report encountering workplace discrimination due to their gender identity. Because of harassment, Tran's people usually choose not to exercise their most fundamental right to vote. The "High Rupturing Capacity" (HRC) Foundation found that 49.0% of trans adults who identify as trans and 55.0% of trans persons of color said they had never been able to vote in an election because they were frightened of or had encountered prejudice at the polls [12].

1.3.6. Violence against Trans Persons:

Compared to the general population, the people of Tran endure violence at a much higher rate. 54 percent of Tran's people have experienced some form of intimate relationship abuse; 47 percent have experienced sexual assault in their life, and more than 10 percent have experienced violent abuse between 2014 and 2015. Violence of this nature is often lethal. As of now in 2020, there have been at least 27 violent deaths of Trans or gender non-conforming persons, matching the number of fatalities recorded in 2019.

1.3.7. Lack of the Healthcare Coverage:

Research by the HRC Foundation found that 22% of transgender individuals of color and 32% of transgender people, in general, do not have health insurance. More than a quarter (29.00%) of Trans people claim to have been refused medical care due to their gender identity. These sobering numbers demonstrate that the healthcare system does not adequately support the Trans population.

1.3.8. Identity Proof:

Lack of proper identification may hurt a person's life in many ways, including their ability to get government assistance or emergency housing. Individuals who describe themselves as transgender usually lack the required identification documents. It is impossible to travel, register for school, or use many other services necessary for regular society functioning without valid identification. Changing an individual's identifying documents to reflect their gender identity is usually illegal for transgender persons. Since they need proof of medical transition, which may be excessively expensive but also not something that all members of the transgender community want, some people of the transgender community might not have been able to pay these requirements.

Change cannot come quickly enough for Tran's people, despite the ongoing efforts of activists to eliminate these injustices. Positive media and social perceptions of Tran's people continue to significantly improve our lives, even though exposure alone is insufficient and can endanger our safety, particularly for those of us who belong to other oppressed groups. Basic Liberties Mission is dedicated to continuing support and advocacy for the Trans community, so they have an equal chance to flourish as Trans Americans increasingly become your friend, neighbor, co-worker, or family. In this paper, the author discussed the life of a transgender and the various challenges that transgender people face in their life.

2. LITERATURE REVIEW

Chellammal and K. Jothi Lekshmi studied about problems and challenges of the transgender community. This paper's author focused on the challenges and problems that the transgender community faces. To analyze, 50 transgender people were questioned utilizing a schedule. The researcher utilized purposeful sampling to acquire information. The final results of the study demonstrate that these people deal with discrimination, insecurity, and a variety of other problems in our society. Most respondents are not aware of the government program and privileges that they have access to [13].

K. Visweswara Rao studied about Problems, Policies, and Interventions faced by Tran's gender person in India. The transgender population faces several serious issues, such as social marginalization, discrimination, unemployment, poor educational opportunities, homelessness, inadequate access to healthcare, including HIV care and cleanliness, depression, etc. Regarding

the transgender population in India, accurate statistics are lacking. The federal government approved the transgender individual's Protection of Rights Act 2019 to protect the welfare or rights of transgender people. Furthermore, because it is a delicate topic, there isn't a lot of study in this field. Academic and research institutions, civil society groups, and other stakeholders should actively participate in the policies and initiatives for the emancipation or prosperity of transgender people in India, in addition to government and NGO activities.

Shahla Tabassum and d Sadia Jamil studied educational issues in the transgender community in Pakistan. Interviews were performed as part of the research utilizing a self-semi-structured framework. Due to the difficulty in locating study participants, the snowball sampling approach was adopted. There were 60 individuals in the sample size used to obtain the data. The overall findings of the study revealed that, despite the transgender community's desire to access education, they were forced to stay out of this institution due to the severity of social discrimination towards their appearance. The findings also demonstrated that the federal government has not developed a single effective plan to address the needs of the transgender community [14].

Sireesha Jaddidi and Gunjan Sharma studied Gender-based discrimination and violence in India. In this study, we examined the many types of prejudice experienced by the third gender. The report also examined transgenderism in the present, emphasizing the modifications made as a result of the ruling. The study also examined the numerous laws and programs the government had put forward to advance the third gender. The transgender community fights for acceptance within society or recognition as fellow humans. They desired to be accorded the same decency and respect as everyone else in society [15].

3. DISCUSSION

To guarantee that transgender persons are not mistreated at school or by society at large, authorities must put into place measures to reduce stigma and prejudice. The transgender community should have access to government-run facilities for employment, healthcare, or social status improvement. It is up to the government to enact laws to guarantee that they are not treated unfairly and can have the same rights as other Indian citizens. It's time to put an end to these outdated preconceptions, support persons who are transgender legally, and implement legislation that will help them thrive in society by giving them equal chances in all domains. They may realize this ideal of letting lives let one as a group.

3.1. *A Cycle of Marginalization or Exclusion:*

Globally, violence against persons who identify as gender nonconforming or transgender is rampant, and they are caught in a vicious cycle of marginalization and isolation. If they are persons of color, members of ethnic minorities, or migrants, they are more likely to encounter violence, including murder, rape, beatings, mutilation, and other types of abuse as well as neglect. Additionally, they are more likely to experience bullying at school, rejection from their family, being evicted into the streets, and being turned away from jobs. People who identify as Tran and who are gender diverse regularly experience violence to pursue their legal rights.

People with Tran's identities or modes of expression are particularly at risk of having their human rights violated when their name or sex information appears on official records. Therefore, state-level gender identity rarely takes contemporary transgender or gender non-conforming groups into account. Because of the lack of laws governing them and the implicit cultural support

for stigma and prejudice. The impulse to punish, based on preconceived beliefs about what the victim's gender identity should be, what separates a man from a woman, such as macho or feminine, is at the heart of acts of violence and bigotry. These actions typically stem from ingrained bias, stigma, unjustifiable fury, or violence directed against women that are intended to punish those who are thought to be defying gender norms.

3.2. *Issues Facing the Transgender Community:*

In India, transgender persons must deal with a range of problems. In addition to being denied equal access to basic social services, including employment, health care, education, or housing, people who identify as transgender also face stigma in society or the risk of social isolation as a result of this discrimination. Here, the author discusses some of the major problems that TG people in India are having:

3.3. *Marginalization or Social Exclusion:*

Being denied the opportunity to lead meaningful or complete social lives on a personal, interpersonal, and societal level is the essence of marginalization. Those who are marginalized typically bear the stigma and negative public impressions. They often have less control over their lives and resources. If they don't have the opportunity to socialize, they may become isolated, have low self-esteem, or lack confidence. Due to cultural norms and legal limitations, people may not have access to essential resources such as housing, employment, education, and health care. Regardless of the causes and methods of marginalization, whether they are found in social considerations, such as gender, disability, race, etc., social environment, or both, the effects of marginalization in terms of social exclusion, such as business closure, economic Housing shortage, etc. The mental health of transgender people can be harmed by homophobia and transphobia as well as other forms of marginalization including racism, poverty, sexism, and other problems.

There is no accepted transgender norm, but many of these transgender individuals are forced to live outside society due to the stigma attached to gender identity or sexual orientation or expression that differs from the heterosexual norm. Because of this marginalization, transgender people often feel cut off from many social networks, including their families. As a result, they have limited access to necessities like education, healthcare, and justice things that many other people take for granted. Because of prejudice or intolerance toward sexual orientation and gender identities and expression, transgender people typically have trouble receiving essential public services like housing and healthcare, which has a detrimental effect on their health. Transgender people are frequently first marginalized by the families they were born into.

Many individuals strive to alter their family members before they are willing to help them. Parents may reprimand, threaten, or even physical damage their male child for being girlish or feminine in addition to acting macho with their female child. They could do this because of worry that their children won't marry, continue the family line, meet family commitments, or fear that a youngster who identified as gender non-conforming might bring shame or dishonor to the family, among other motives. Parents who are concerned may attribute their children's gender nonconformity to mental illness, confusion, sexual abuse, disobedience, or even a lack of socialization [16]. Parents who try to force their children to conform to the orientation assigned to them at birth do so because they believe their children's efforts fit with their orientation-standardizing peers. Encouraging them to do is the best way to ensure their prosperity as adults. These parents do this through violence, threats, harassment, and clinical treatment. These

comments show transgender or non-conforming youth being misunderstood or suffering from the negative effects of terrible self-confidence.

3.4. *Issues with Homelessness:*

Lack of housing or resources that cater to their particular needs is only one of the several issues that homeless transgender persons must deal with. They are homeless because they fled abusive situations or were expelled from their homes even though they were gay. Same-sex homeless couples are not permitted to live together as a family in the nation's shelter system. Inside the shelter system, transgender persons are not permitted to select the gender with that they feel most comfortable. In the shelter system, transgender persons frequently experience discrimination and violence. In general, domestic abuse shelters do not accept gay men or transgender people. Additionally, there is a lack of a comprehensive plan for long-term housing for AIDS patients. Teenagers who identify as transgender frequently experience mental health problems, lack access to support, frequently use drugs, or engage in risky sexual behavior. Homeless During their crucial formative years, transgender adolescents miss out on schooling and social support. And over half of the homeless transgender youth claim that their classmates have treated them unfairly.

3.5. *Concerns about transphobia:*

Transgender persons are more prone than heterosexuals to experience intolerance, harassment, discrimination, and the threat of violence because of their sexual orientation. Transphobia may result from the religious, moral, or political beliefs of a dominating group on a larger scale. Many transgender persons feel driven to hide their sexual orientation due to the transphobic culture they live in because they are afraid of the reactions and repercussions if they come out. Numerous transgender people experience discrimination as a result of unfavorable perceptions or attitudes toward their identity, relationships, and conduct [17].

Many Transgender persons encounter discrimination as a result of negative views or sentiments regarding non-heterosexual behavior, and identity. Various manifestations of transphobia include violent attacks, occupational discrimination, or hostile media portrayals. The lives of individuals can be gravely harmed and upended by transphobia. For instance, many transgender people have taken to the streets after experiencing rejection from their families as a result of coming out as gay. Persons who are transphobic are quite good at meddling in the lives of transgender people. They are unable to control their animosity toward and intolerance for transgender persons. They abuse and harass transgender individuals physically or verbally. Such ideas cause tension in transgender individuals, make them dissatisfied with their homes, put them in danger, and make them feel lonely and alienated.

4. CONCLUSION

Despite a pre-colonial past in which gender variety was accepted and reflected in temple sculptures, and religious texts, mythology, transgender persons in India today experience intolerance, humiliation, prejudice, or even violence. Affirmative action is necessary to stop prejudice against individuals, families, companies, educational institutions, families, or communities. The following guidelines and procedures can be used by schools to enhance health and well-being among transgender youth. There is an urgent need to raise awareness of gender variety and to protect transgender students from harmful educational environments. The places that are most important for addressing transgender issues and concerns are schools and teacher

education programs. A special school for transgender students should be established, offering free instruction from kindergarten through grade. Transgender persons should have access to a scholarship program for higher education, with the help of the federal or state governments.

Parents must put aside their uneasiness and deeply ingrained conventional beliefs to assist their gender-nonconforming or transgender children. Parents or siblings ought to be aware of this risk and give the kids the support they need. Furthermore, they must be aware of the added pressure that a child who identifies as transgender or gender nonconforming feel as they approach puberty or when they begin to show secondary sexual traits that are at odds with their gender identification. Everyone has a right to the protections afforded by international human rights legislation, such as the right to life, the safety of one's own as well as privacy, as well as the freedom from abuse or arbitrary detention, the right to peaceful assembly, the right to free speech, and the right to association. Whatever your sex, sexual preference, or gender identity, this is true. This paper aims to bring readers' attention to some of the most important issues the transgender community is now facing in India, to educate readers about these issues, and to offer solutions that will help the community advance. This paper will eventually aid readers in understanding the transgender population and the issues they encounter.

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CHAPTER 10

SYSTEMATIC ANALYSIS OF MOBILE PHONE ADDICTION OF CURRENT GENERATION YOUTHS AND ITS REPERCUSSIONS

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ABSTRACT:

In today's era, the smartphone has converted into an essential device in social life. On the one hand where its use has made human life easy and simple; On the other hand, negative effects of this device are also being seen. Mobile phone use has changed young people's behavior so rapidly that it affects their daily work and activities. Such as using mobile phones except for the essential work of their daily routine, affecting the studies of children, poor quality of their sleep, etc. The main purpose of this paper is to review some elements of the newly published research examining the impact of mobile phones on adolescents' lives as well as the traits of cellphone addiction, an evaluation of mobile phone obsession, and the disastrous effects of cell phone dependence on adolescents. Reviews of research exploring the impact of mobile phone dependence on physical and mental well-being are few. In the future, this paper will illustrate mobile phone addiction and discuss its drawback for youngsters, and also create a platform for other authors whose making research on this topic.

KEYWORDS:

Depression, Health Problems, Mobile phone, Addiction, Stress, Social Networks.

1. INTRODUCTION

Everyone's life is adversely affected by global technology and its deviations, and the current social movement is for people to adapt to every breakthrough in communication technology. The sensation of a nation is the smartphone [1]. Mobile phones are now seen as powerful communication tools that have become assimilated into society; they serve as both an announcement tool and an essential social compliment. More people are preferring to use mobile phones instead of links. Today many people's lives are dependent on their mobile phones. Around 4.5 billion people are believed to use cell phones around the world, and it shouldn't matter that a large portion of this audience consists of young people. For them, having a mobile phone is more of a stipulation than an indulgence [2]. Lots of studies on young people throughout the globe have discovered that they see mobile phones as important for existence, with some will even prepare to go without nourishment and their telephones for something like a full day will do something it should come as no surprise that not having their phones with them worries them about how often they text, call, listen to music, play Facebook games, or just fool about [3].

India is the second largest third-world country in terms of cell phone usage, with approximately 929.37 million phone users, bestowing to the "Telecom-Regulatory-Authority of India (TRAI)"

[4]. Popular smartphone brands in the Indian market include Motorola, Nokia, Samsung, Sony Ericsson, and others. These brands woo users by releasing the hottest mobile phones regularly. Within a short period, mobile phones have gained a tremendous fan following among the younger demographic. Young individuals are more prospective to use phones for tasks other than communication compared to previous generations, but during adolescence, the public is much more sensitive to moving fashions and possibly making people more technology addicted, which is related to certain behavior syndromes [5]. On the other hand, school administrators generally believe that the use of mobile phones in lectures by students is deterring them from their training and hindering their schooling. Additionally, smartphones have helped facilitate children's social independence from parental controls. Still, most parents feel more secure when their kids mobile autonomously outside the home with their phones [6].

1.1.Explanation of Mobile Addiction:

Claims of phone addiction have enlarged rapidly in current years, along with the use of cellular telephones. The concept of mediating addictions to television and indeed to the Internet is supported by several studies, but less is known about commitment to mobile phones [7]. Elements used to identify addiction embrace hunger or urges, loss of governor, and diligence in practice in the face of negative effects [8]. Such bad consequences include alienating your customers from others, negatively impacting personal wealth, thieves making your users, and having a detrimental effect on educational excellence. According to research, one of the most prominent non-drug addictions is to other doctors, Internet obsession is not changed from other types of dependence such as drug or Internet addiction as mentioned in Figure 1. According to several researchers, some iPhone users rely on them more than they know [9]. Made for: Such people are so busy with their cell phones that they neglect other aspects of their lives. Mobile phone addiction and, more recently, smartphone addiction are two different terms that are most commonly used to characterize this type of substance abuse.

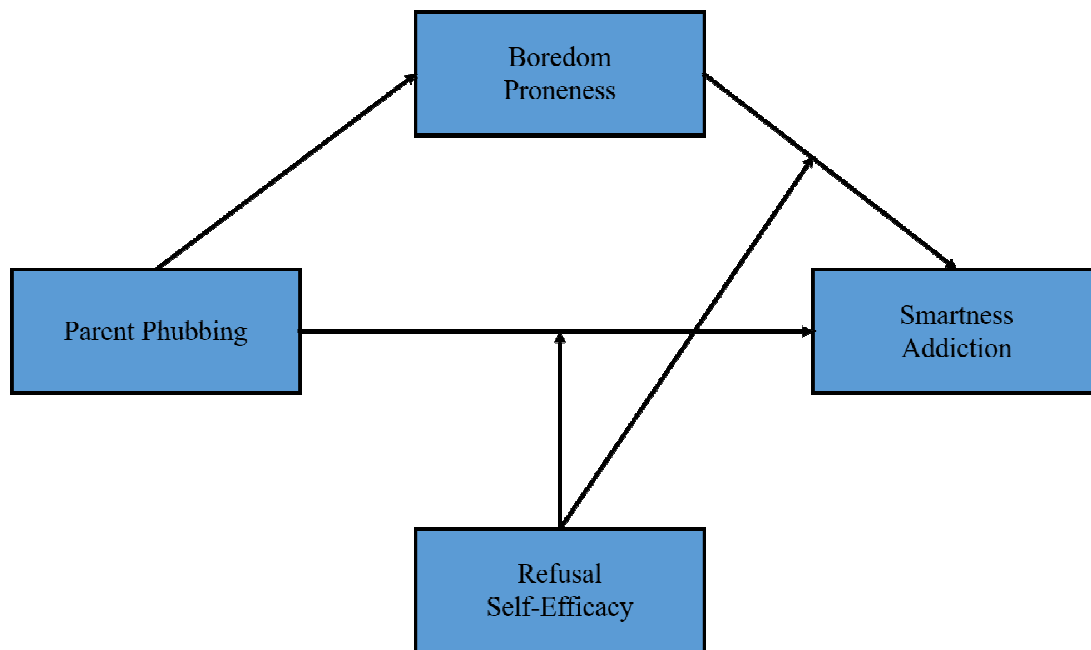


Figure 1: Illustrate the Block Diagram of the Mobile Phone Addiction.

1.2.Mobile Phone Addiction (MPA) Indications among Juveniles:

One of the original research made the case that problematic smartphone use could be a sign of depression or a lack of good impulse control. They used certain response variables, such as the key role per week in sizing device use as a problem, referring to the percentage of use concerning social and its use by the business [10]. Percentages refer to predicting media addiction, both of which address the underlying issue and inappropriate smartphone use [11]. The reported frequency of use of other facilities was one of the secondary factors that should be considered. The findings suggested that a reasonable place to start when considering problematic cell phone use appears to be with technology addictions. The conclusions also recommend that people new to using mobile phone use may be more vulnerable to severe and problematic use. They made the most of mobile phone texting and other functions [12]. The first of three individualities of phone addiction discovered by the study is that individuals who suffer from it permanently keep their phones on. Second, they often use their phones despite having a landline at home. Finally, as a byproduct of their excessive mobile phone use, they usually struggle mentally and financially. Financial trouble, strained relationships, mental anguish, and declining literacy are just a few of the many additional harmful consequences of consumer technology addiction [13]. Seven independent criteria were used to measure Internet addiction. These were continuous use, religious tolerance, withdrawal, casual use, time spent, less time spent, and absorption of other activities. The findings showed that mobile phone users developed a tolerance for them, despite the potential for issues such as problematic smartphone bills and public inconvenience. Additionally, because when cell phones were unavailable for some time, consumers were quite upset and worried [14]. Even when there were alarming indicators of dependence, this practice persisted.

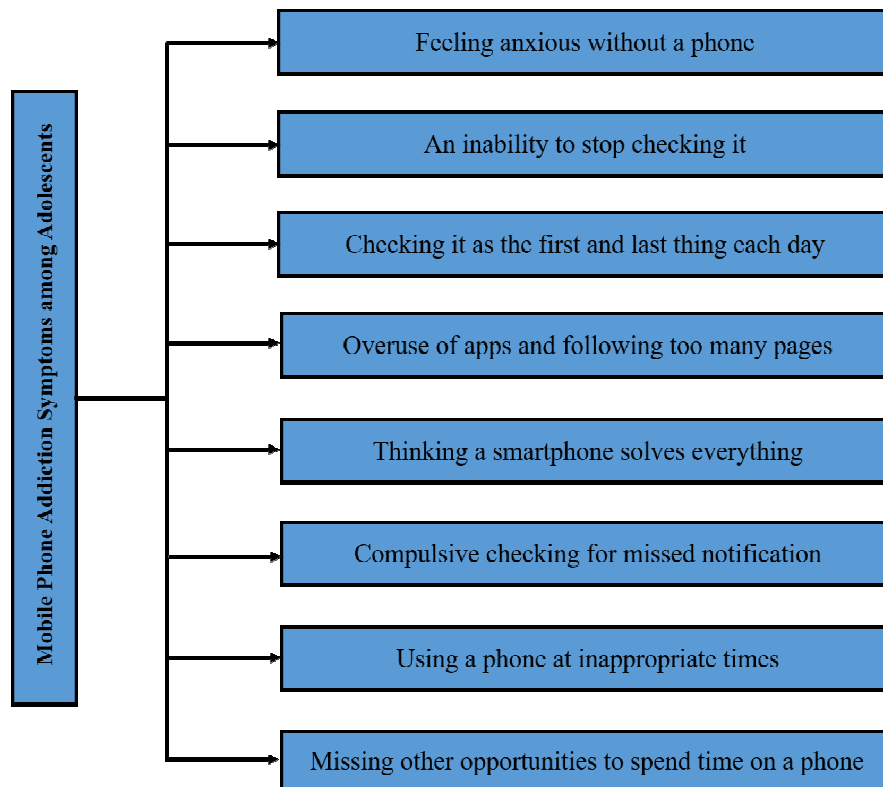


Figure 2: Illustrate the Phone Addiction Symptoms among Adolescents.

Figure 2 above describes the symptoms of phone obsession and has eight different sections. The first symptom is feeling nervous without the phone and the second is not being able to stop checking it, checking first thing in the morning and the last checking at night [15]. Excessive use of different applications and following too many sites on different social media platforms are additional indicators. Smartphones are constantly needed to handle problems and check for missed notifications [16]. Another example of MPA is using a smartphone in an inappropriate position.

In this paper, along with the continuous expansion of mobile phones in today's era, the author has shown the damage caused by the excessive attachment of youth to mobile phones. First of all, the paper discussed the growing craze of mobile phones among the youth. Today the mobile phone has become an integral part of human life, on one hand, the damage caused by it is also taking a formidable form. After this mobile addiction has been shown.

2. LITERATURE REVIEW

X. Yang et al. illustrated that personality traits including trait procrastination potentially contribute to Internet dependence, but little is acknowledged about the moderating and regulating instruments behindhand this process. The present study surveyed regardless of whether gender is the facilitating effect of tension in the association between trait dysfunction and cell phone dependence. Chinese university students participating in this study took tests of trait procrastination, stress, smartphone dependence, and census characteristics. The findings indicate a favorable association between unspoken procrastination and phone addictions midst students. According to mediation studies, tension was partly a facilitator in this association. The association between personality procrastination and distress was also shown to be greater among male students than among female students, according to modest mediation. These high output voltages postpone our understanding of the underlying combination with other treatments for smartphone addiction, and the importance and extent of the research were explored [17].

Y. Peng et al. stated that this study aims to consider the connection between anxiety symptoms and media dependence through the COVID-19 pandemic, and even the facilitating effect of reflection and the restraining role of self-control. The researchers conducted their research using the depression, anxiety, stress, and speculative Response Scale, completed by college students. As shown in a mediation study, negative sentiments play a moderate role in the connection between supposed stress and phone dependence. An investigation of moderate mediation indicated a self-controlled incidental reminder between positive tension and fascination. There are some disparities in the mitigating effect of self-control between the COVID victim group and the innocuous group. To strategize interventions to reduce contentious intent among students during the COVID-19 pandemic, it is imperative to understand the thinkable essential machinery of the liaison between supposed media addiction. This study emphasizes the value of negative thinking and self-control in this regard.

L. Han et al. illustrated that for many young adults, cell phones are a necessity, yet they can have a detrimental effect on people's health and general well-being. Previous research found a strong link between shyness and social media addiction. This study examined the molecular reasons for this relationship as well as the diminishing roles of attachment anxiety and self-control in technology addiction. Surveys used throughout the investigation included college students' self-control scales, familiarity with the close relationship portfolio, the mobile phone addiction index,

and bridge design. According to correlation studies, there are many positive and negative links between shyness, attachment anxiety, smartphone addiction, and self-control [18].

3. METHODOLOGY

3.1. Design:

In this section, the researcher sought to examine the use of the cellular telephone as an addiction and the general public's knowledge about electromagnetic radiation (EMR) in a sample of Indians. Five thousand respondents can be used in this survey. An online survey of Indians (college students, girls, boys, and professionals) from several junior high schools through public universities as well as professionals from rural and urban districts were used to generate this cross-sectional study. The concerns that have an impact on mobile addiction are related to the study design style for this research.

3.2. Data Sample:

The process of collecting data is done with the help of some survey questions and these questions are completely correlated to the knowledge of smartphone addiction and its negative effects on youth. All the data of this survey has been collected and analyzed through the Google online form and provided the Google form link to over 5000 people. This questionnaire survey covers individual college students, boys, girls, and some professionals.

3.3. Instrument:

In this section, the researchers collect the data and also the main reasons behind mobile phone addiction. This information was after taking opinions from individual students and professionals through questionnaires; Prepared after checking the answers collected. Some are putting questions which are the plot and main reason of the report. This paper has been created through these questions which are provided below:

- A. Do you have a smartphone?
 - i. Yes (ii). No (iii). Neutral
- B. Do you have internet access on your phone?
 - (i) Yes (ii). No (iii). Neutral
- C. Do you think you can survive without your phone?
 - (i). Yes (ii). No (iii). Neutral
- D. Are you anxious about not having access to your phone?
 - (i). Yes (ii). No (iii). Neutral
- E. Have you ever made sincere attempts to overcome your problem behavior but failed?
 - (i). Yes (ii). No (iii). Neutral
- F. Do you get frustrated if you don't see a notification on your phone?
 - (i). Yes (ii). No (iii). Neutral
- G. Do running out of battery in your mobile phone panic you?
 - (i). Yes (ii). No (iii). Neutral

H. Have you ever skipped passed critical tasks at work or school because you had been using your mobile too much?

(i). Yes (ii). No (iii). Neutral

I. Have you ever skipped a meal as a result of excessive mobile app use?

(i). Yes (ii). No (iii). Neutral

J. Have these apps ever caused you to miss out on sleep?

(i). Yes (ii). No (iii). Neutral

K. Do you use your phone when with others and neglect them to use your phone?

(i). Yes (ii). No (iii). Neutral

3.4. Data Collection:

The data group is shown in Table 1, in which the data is shown in different parts. The generated data is the answer of different people and their views on mobile addiction are also taken. The verbal data is given in the various tables below:

Table 1: Illustrate the Data Collected from the Online Survey The Outputs are in Three Categories (i) Yes, (ii) No, (iii) Neutral.

Question No.	Question Asked About Girl's Education	Yes	No	Neutral
A.	Do you have a smartphone?	72%	26%	2%
B.	Do you have internet access on your phone?	76%	23%	1%
C.	Do you think you can survive without your phone?	67%	30%	3%
D.	Are you anxious about not having access to your phone?	90%	9%	1%
E.	Have you ever made sincere attempts to overcome your problem behavior but failed?	89%	10%	1%
F.	Do you get frustrated if you don't see a notification on your phone?	82%	15%	3%
G.	Do running out of battery in your mobile phone scares you?	91%	8%	1%
H.	Have you ever skipped passed critical tasks at work or school because you had been using your mobile too much?	52%	46%	2%
I.	Have you ever skipped a meal as a result of excessive mobile app use?	80%	15%	5%
J.	Have these apps ever caused you to miss out on sleep?	75%	22%	3%

K.	Do you use your phone when with others and neglect them to use your phone?	65%	33%	2%
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3.5. Data Analysis:

The purpose of this table is to review parents' thinking about mobile addiction and this survey was directed with the help of a Google Form with 5000 participants. According to all the questions; Reviewed in 3 steps the output is (i). Yes, (ii). No, (iii). Natural. Maximum parents have some concerns which are shown in the form of a query and Table 2, shows the relevant results.

Table 2: Illustrate the Respondent data Whose Participate in Online Survey.

Question No.	Question Asked About Girl's Education	Yes	No	Neutral
A.	Do you have a smartphone?	3600	1300	100
B.	Do you have internet access on your phone?	3800	1150	50
C.	Do you think you can survive without your phone?	3350	1500	150
D.	Are you anxious about not having access to your phone?	4500	450	50
E.	Have you ever made sincere attempts to overcome your problem behavior but failed?	4450	500	50
F.	Do you get frustrated if you don't see a notification on your phone?	4100	750	150
G.	Do running out of battery in your mobile phone scares you?	4550	400	50
H.	Have you ever skipped passed critical tasks at work or school because you had been using your mobile too much?	2600	2300	100
I.	Have you ever skipped a meal as a result of excessive mobile app use?	4000	750	250
J.	Have these apps ever caused you to miss out on sleep?	3600	1300	100
K.	Do you use your phone when with others and neglect them to use your phone?	3000	1650	100

4. RESULT AND DISCUSSION

Young people's mobile phone use is so deeply rooted in their signs of substance disorder in behavioral are common, including phone use that interferes with daily tasks. In this work, the researcher looks at some aspects of the growing body of literature on how mobile phones affect youthful lives. The delineation, assessment, and harmful possessions of mobile phone

compulsion on adolescents have all been protected in numerous examinations, as well as the sway of mobile addiction on the rational and corporeal strength of adolescents. The graphical demonstration of the data is shown in Figure 3. According to the researcher, language can be an important barrier to understanding and acceptance of technology and the study of issues related to compulsive behavior. No other recognized title for the conduct that displays general concerns with a lack of self-control, connectedness, high-use, and sticky potential repercussions; However, the researcher may very well argue that the consensus of scientists in this area is unlikely to believe that smartphone "addiction" is on par with fentanyl in determining the brutality and concomitant health difficulties. Therefore, "addiction" seems like a catch-all phrase for lack of a better phrase. This is a concern because it can dilute the meaning of the word "addiction" and downplay the importance of diseases that certainly deserve it, it is used in situations that are better treated as inactive or adaptive use. Additionally, when studies and treatment programs are being developed within an addiction structure when maybe a differentiation strategy would be more effective and suitable, it might misdirect efforts aimed at addressing the present issue. The authors suggest having a look for a substitute phrase, such as problematic usage, to refer to just this issue in the scholarly literature. Alternative words, such as excessive smartphone usage, frequently appear in recent reports on the subject.

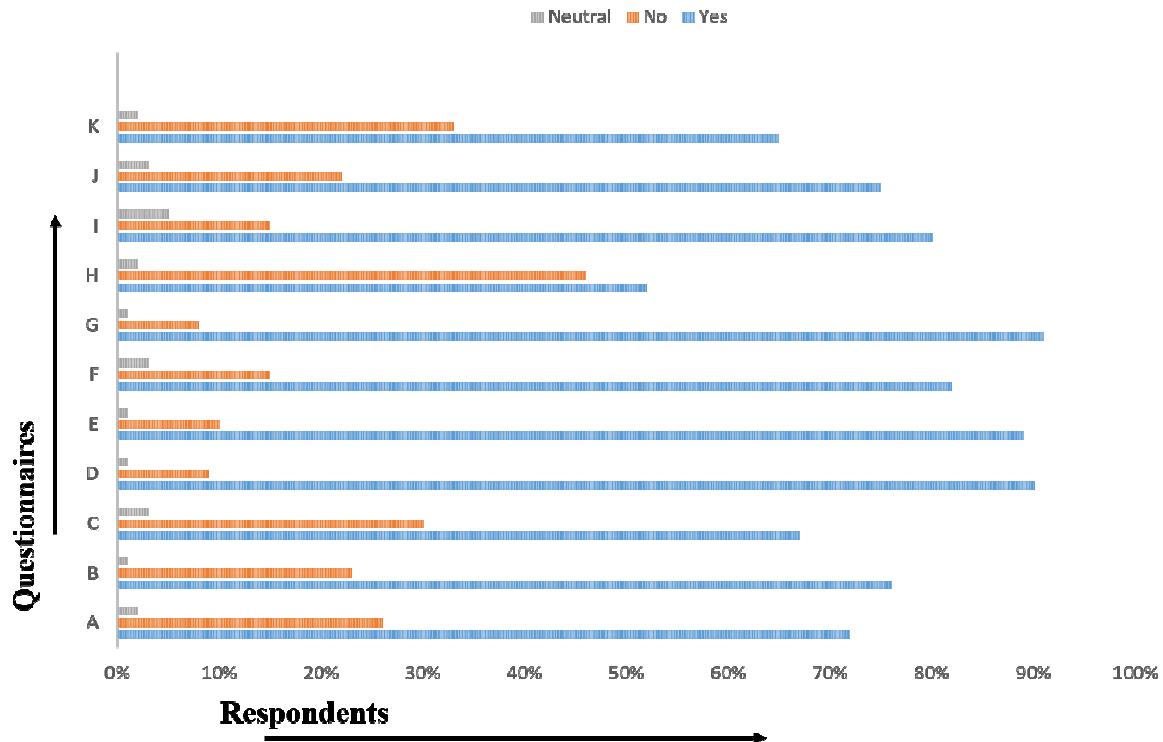


Figure 3: Illustrates the Graphical Representation of the Respondent's Response to the Survey Question.

5. CONCLUSION

Some research emphasized the harmful consequences of adolescent addiction to mobile phones. Some researchers have classified this form of addiction by degree, cataloged its symptoms, and established methods of assessing it to determine its nature. Several studies have looked at how gender affects mobile phone addiction. Some research has looked at links between adolescent mental and physical health issues and mobile phone addiction. The researcher has come to know

through this study report that adolescents are more likely to use their phones for purposes further than an announcement. The elder generation, as teenagers are more susceptible to developing behavioral issues throughout adolescence due to rapidly changing fashion styles and fashions. This paper aims to provide a warning about the negative repercussions of mobile phone radiation following the adoption of mobile phones. The main side effects of excessive cellphone use are fatigue, backache, loss of focus, targeted discomfort, and blistering.

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CHAPTER 11

MENTAL HEALTH: THE REASONS, AND DEALING WITH IT

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ABSTRACT:

A state of excellent mental and emotional health cannot come and then go. Despite circumstances or happenings, people may all experience days, weeks, or perhaps even entire seasons wherein they feel strong, powerful, and hopeful. If we don't feel tough and hopeful in only one or two aspects of life, this may frequently be combined with or transition to quite another set of ideas, attitudes, and actions. Throughout their career, a person's overall health fluctuates between these points in reaction to various stresses and situations. People who are healthy and exhibit high satisfaction with life are found on the greener side of the spectrum. Approximately 25% of us could notice a major change in just how we think, feel, and behave in several areas of our life, such as relationships, job experiences, feeling connected to our circles of friends, as well as their desire for self, physical wellbeing, and ambition. This may cause everyone to experience mental health issues like anxiety, sadness, or substance abuse. Individuals may begin to struggle when they enter the yellow zone. People struggle harder in the orange region, where problems may also become more severe and frequent. Individuals who are near the red end of the scale are more likely to have extreme emotions and be in danger of self-harming and suicide. Mental health is indeed not static, as overall fitness. There is a spectrum, or variety, of psychological health, from normal, proper performance place at a single end to serious signs of mental health issues at another.

KEYWORDS:

Excellent Mental, Emotional Health, People, and Psychological Health.

1. INTRODUCTION

Both overall health is both strongly impacted by both emotional and mental health. While working is among the finest activities that can do to maintain their mental health, it may also negatively impact it. It is commonly acknowledged that having good mental health and also being mentally healthy is essential to living a joyful, contented, and fulfilling life. Nevertheless, several barriers must be overcome to enhance the overall mental health of individuals as well as the general populace. The basic insufficient knowledge or a prevalent medical interpretation of the brain is the unifying factor that unites the majority from such challenges[1]. Even as a conceptual model of mental health has wide-ranging effects on several elements of society, including law, religious doctrine, government action, world affairs, private life, social activities, and so forth, numerous entrenched preferences have an intentional or reluctant power to control how individuals and healthcare experts view the brain. Additionally, this has aided in even the more distressing component of mental diagnostics and treatment: shame. Many mental disorders

are referred to as "dissociative symptoms." The standard of healthcare for such individuals' overall health situations may be enhanced, as medical resources are not equally distributed to those with psychological illnesses. Researchers must create and assess psychological therapies that could be used to treat both infectious & non-communicable illnesses. By concentrating on already-existing programs and initiatives that discuss gender-based violent behavior, access to care, interconnected leadership of childhood diseases and feeding programs, and inventive management of chronic conditions, medical platforms must be reinforced in supporting the distribution of mental care[2]. For this kind of initiative, a specific fund for psychological health may have to be set up. The spectrum of psychological disorders is influenced by risk variables and resilience factors, which can move persons up and forth through it. It is impossible to exaggerate the significance of psychological disorders for overall well-being, regardless of age.

Whenever mental well-being is compromised, harmful behaviors may be displayed that may have an impact on one's health as well as interpersonal connections. They may be personal or linked to a guy's parents, job, or other events in life. Human mental health may indeed be put under more stress as a result of risk variables, yet prevention efforts can assist to maintain or improve our mental state well-being as a result. Given that most individuals spend a large portion of their waking hours, work has a significant impact on folk's mental health and wellness. Getting "in the greens" or "inside the orange" could be determined by the environment at the workplace, which should be encouraging and encouraging. A few psychological diseases have been connected to dysfunctional nerve cell networks or neural connections between specific brain areas. Nerve cells are substances that allow nerve cells in such neural pathways to interact with one another. Thru the "tinkering" of such molecules, whether with medication, counseling, or even other surgical treatments, neural pathways can function better effectively[3]. Moreover, many mental illnesses were also related to flaws in or injuries to specific parts of the mind.

Intellectual, behavioral, and mental stability are all included in mental well-being. This all comes down to how people act, react, or perceive. The lack of a psychological illness can often be indicated when the phrase "psychological well-being" is used[4]. Everyday life, relationships, and physical well-being can all be impacted by psychological health. Maintaining one's mental health might help them continue enjoying life. To build psychological resilience, one must find a balance among history's obligations, obligations, and hobbies. Tension, sadness, and nervousness are a few of the disorders that can harm psychological health and interfere with daily life. Despite the widespread usage of the phrase "psychological well-being," most diseases that medical professionals classify as mental illnesses have physiological issues.

1.2. Types of Common mental health disorders:

The following are the mental illnesses that are more prevalent:

1.2.1 Anxiety Disorders:

Anxiety refers to the anticipation of a future concern and is more associated with muscle tension and avoidance behavior. Fear is an emotional response to an immediate threat and is more associated with a fight or flight reaction either staying to fight or leaving to escape danger. Anxiety disorders can cause people to try to avoid situations that trigger or worsen their

symptoms. Performance level, academic progress, and social interactions may all be impacted. Social anxiety disorder, panic disorder, Anxiety disorders, particular phobia, panic attacks, and psychiatric conditions are a few of the different forms of mental illness[5].

1.2.2. Mood Disorders:

Mood disorders are caused by numerous reasons. They most likely result from a biochemical imbalance in the mind. Events in life including demanding life transitions can also exacerbate depression. Additionally, mental illnesses often run in the family[6]. Anybody can experience occasional sadness or depression. But unlike regular sensations of sorrow, mental illnesses are much more powerful and challenging to control. A parent with a psychiatric condition increases the likelihood of children, teenagers, or grownups developing one themselves. Nevertheless, stressful situations and life situations might reveal or exacerbate depressive or gloomy sentiments. This makes controlling emotions more difficult.

1.2.3. Schizophrenia Disorders:

Just under 1% of people in the United States suffer from schizophrenia, a persistent brain condition. Night terrors, delusions, difficulty speaking, difficulty understanding, and a dearth of desire are all signs of severe schizophrenia [7]. The majority of schizophrenic signs will, nevertheless, significantly enhance with therapy, and the risk of a relapse can be reduced. Even though there is no known curable disease, research is advancing new, less dangerous medications. Additionally, experts are figuring out cancer's origins by researching behavioral issues, investigating genes, and employing cutting-edge technology to examine the establishment and functioning of the mind. These strategies provide the possibility of developing fresh, potent treatments.

1.3. The significance of mental health:

Mental, moral, and societal well-being are all included in human mental health. This indicates that it affects our daily feelings, thoughts, and behaviors. The ability to make decisions, handle pressure, and interact with each other throughout their life are all influenced by overall psychological health. My life depends on my mental well-being, which influences my beliefs, behaviors, and moods. Becoming mentally stable can increase efficiency and effectiveness in tasks like jobs, education, or care. It helps people adjust to events in their lifestyle and deal with hardship. It also has a big impact on the quality of the friendships[8].

1.3.1. How to daily enhance emotional well-being:

Users can take daily actions to enhance overall mental well-being. Overall mental health can be improved by doing simple activities like exercise, having a balanced diet, reaching up to others in their life, having a break when necessary, thinking about something that they are thankful for, and getting adequate rest. Various individuals are influenced by mental health problems in various methods. There will always be methods to seek the assistance they need if users begin to notice problems in both general happiness and social interactions[9]. The ability to function physically, emotionally, and professionally is influenced by this component of human wellness, among other things. Given the significant impact the psychological state has on every part of life,

it's critical to safeguard and enhance mental well-being with the help of proper interventions. They'll be emphasizing danger signals and indicators of mental discomfort because various situations can have an impact on overall mental health. They'll discuss all the advantages of having positive mental health, however, that's not the more essential thing. A human's ability to manage life's typical challenges is considered a sign of good mental health. That condition enables effective labor performance and enables for significant societal benefits. But other situations could make it harder to deal with life's unexpected breaking balls. Everyday tasks and the ability to handle such shifts may also be disrupted by such circumstances. The preceding variables may have an impact on mental health and raise the possibility of psychiatric problems[10].

1.3.2. Childhood Abuse:

A kid may experience serious emotional and mental suffering if they are exposed to emotional abuse, sexual abuse, physical violence, or neglect as they reach adulthood. The likelihood of experiencing mental illnesses including melancholy, stress, post-traumatic trauma syndrome, or personality problems rises in the presence of maltreatment. Individuals who have suffered maltreatment may subsequently struggle with drinking and drug addiction. But besides issues with mental health, childhood trauma can also result in conditions like diabetes, strokes, as well as other types of heart diseases[11].

1.3.3. The Environment:

The condition of a people's typical scenario has a significant impact on their mental health. Unfavorable climatic factors might have a detrimental impact on emotional health. For example, a rise in suicide instances may be influenced by the climate. Similarly, first-hand exposure to natural catastrophes can raise the risk of acquiring PTSD. Air quality occasionally has a deleterious impact on depressive signs. Contrarily, residing in a supportive social setting can offer security from mental health issues.

1.3.4. Biology:

Their biological makeup may impact how well they are doing. Many mental health conditions have indeed been shown to run in the family and can be inherited by family relatives. This included illnesses like bipolar disorder, schizophrenia, depression, and focus deficiency hyperactive disorder.

1.3.5. Lifestyle:

Mental health may be impacted by the way of living. Alcohol drinking, drug use, unsafe sexual conduct, smoking, poor nutrition, and these activities all contribute to psychological damage. Sadness is associated with certain behaviors.

1.3.6. A Better Capability to Handle Stress in Life:

The difficulties of life may be simpler to face while mental and physical processes are at their best. A steady mental state might support better coping techniques when alcohol/drugs, solitude,

tantrums, or fights would previously be used to handle marital conflicts, financial difficulties, work problems, or even various life stressors.

1.3.7. Positivity in Oneself:

Personal sentiments about yourself and mental health are strongly correlated. General mental health affects the sense of self. A strong psychological condition can frequently be detected by one's confidence level. An individual who is mentally well is more inclined to concentrate on their positive traits. People will focus on these traits and, in principle, aspire to live a long happy life.

1.3.8. Improved Interactions:

Visitors could be better able to provide their family members and mates memorable moments, care, and assistance if their psychological state is in excellent shape. It may be simpler to help the individuals they care for if they're not experiencing psychological hardship[12].

1.3.9. Increased Productivity:

The ability to be productive may suffer if they are feeling depressed or have another psychological illness. It's much more probable that someone will be ready to work effectively and produce work of a better caliber if they feel psychologically healthy.

1.3.10 Better Life Quality:

The standard of living can increase if overall mental health is strong. Broader community constructing involvement may be possible as a result. For instance, people could start helping out at food pantries, shelters, soup kitchens, etc. Additionally, people might discover new interests, meet other people, and visit unfamiliar destinations.

Mental well-being is a condition of psychological well-being that allows individuals to monitor life's stressors, develop its potential, study and perform effectively, and give back to their respective communities. It is a crucial element of wellness and well-being that supports both the personal and group capacity to decide, form connections, and influence the environment they exist in. A core basic dignity is an access to psychological health. Additionally, it is essential for economic, communal, and self-growth. The lack of psychological diseases is only one aspect of mental wellness. It has variable levels of hardship and suffering, is perceived individually by each individual, and may have quite various social and therapeutic implications. It occurs on a complicated spectrum. Mental health issues include psychological impairments, mental illnesses, and various states of mind linked to high levels of suffering, functional limitations, or danger of self-harm. Though it's more common for those who have behavioral health issues to have a higher degree of psychological well-being, that isn't always the situation.

2. DISCUSSION

A person's mental well-being impact that what is your thought process, how they are feeling, and the way they behave like in their everyday life. This also put an impact on your capability that how a person deals with tension, It also affects your ability to cope with stress, conquer the dares

of life, improve relations, and deal with life's obstacles. Well-built mental wellness cannot be the dearth of psychological well-being Issues. Being in good mental and emotional health is extremely essential rather than being out of anxiety, depression, and several kinds of psychological problems. Instead of the unavailability of being mentally sick. Attractive qualities are mentioned concerning psychological health. Being in psychological adjustment does not guarantee that people will never go through tough moments or have difficult emotions. Everybody experiences sorrow, death, and transition. But although those things are natural situations in life, yet can nonetheless lead to melancholy, uneasiness, and tension. Individuals with decent mental health, however, are more capable to heal from hardship, trauma, and anxiety, almost as fit and sound as students are likely to recover from disease or injury. This trait is known as resilience. Resilient individuals possess the skills necessary to deal with challenging circumstances while keeping a good attitude. In both good and terrible times, they maintain their productivity, adaptability, and concentration. Additionally, because of their endurance, they are lesser fearful of novel situations and their potential. They remain optimistic that an issue would ultimately be addressed though individuals are unsure about how it will be handled right away. Often attempt to fight this out by diverting themselves or using drink, gambling, or self-destructive habits as self-medication instead of listening to the emotions which warn others something is amiss. People conceal their issues in the hopes that no one will discover them. People believe that things will improve with time on their terms.

3. CONCLUSION

Inquiries into the earliest phases of mental diseases must take into account a variety of factors, particularly its interconnections during the early years of advancement (geographic, transcriptome, neuronal, psychological, and sociocultural). Information on the current direct options depending on developmental timing should be acquired, taking into account possible short- and long-term advantages above mental health consequences. People suggest that execution inside the context of mental well-being might begin with young kids who have factors that may end up causing a psychiatric illness such as students whose families have serious mental illnesses or people who have genetic risk factors or young kids who exhibit non-specific merely possible sign expressions of the initial phases of psychological illnesses or markers of child's embryonic variance. Cooperation from the wider populace and government policy is crucial for achieving such objectives. Mental illness can affect how people's brains and bodies function in much the same way that physical ailments do. Recognizing the connections among challenging behaviors and recognized psychiatric conditions can make a world of distinction in helping patients with dual diagnoses succeed. By making the huge societal advantages of evidence-based discoveries more widely known, we can encourage political goals to include cost-effective preventative programs for mental diseases and raise understanding to the community.

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CHAPTER 12

REVIEW OF DOWRY SYSTEM IN INDIAN PERSPECTIVE WITH SOCIO-CULTURAL AND GOVERNMENTAL SOLUTIONS

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ABSTRACT:

The problem of dowry has become a serious social disease among the upper castes or middle-class persons both in cities and rural. Dowry is a social curse that has ruined the Indian marriage system and has given rise to unspeakable atrocities and atrocities against women. Dowry is a kind of financial gift given to the future in-laws of the bride when she gets married. The long-term answer to the problem is to teach children about the negative aspects of the dowry system and ensure that they develop the mindset to boycott it. By giving equal rights to both sexes, people can put an end to this evil by knowing about its ill effects and educating others about it. This paper talks about the causes of dowry, the effects of the dowry system, and possible solutions to the dowry system. In the future, this paper helps people to understand about dowry system, its reasons, and preventive steps.

KEYWORDS:

Dowry System, Education, Marriage, Rights, Social.

1. INTRODUCTION

Dowry emerges as the first or most pressing issue for women in contemporary culture as a societal challenge. Since the dowry system has such a powerful influence, other social issues like rape, murder, child marriage, as well as kidnapping will not have the same kind of impact. Even if in the early the word dowry was not used in marriage, presents were given and received as a sign of status and affection [1]. Due to societal customs, history, and the demands of the caste system, individuals used to give and receive dowries. In ancient times, the dower system did not begin as a barrier to a daughter's marriage. However, due to the bridegroom's family's expectations and demands, the bride's family was required to provide dowry throughout the medieval era [2], [3].

The dowry discussions are now straightforward and open virtually the entire length and width of the nation. Parents may offer their daughters money, presents, or real estate as dowries when they get married. The associated ideas of bride price and dower are opposed to one other. In contrast to bride price or bridal service, which is money given to the bride's parents by the husband or his family, a dowry is money given to the groom or his family purportedly for the bride. Similar to dowry, the dower refers to property that the bride receives from her husband at the time of their marriage and continues to own or control [4]. Dowry is a long-standing custom, and no records of its occurrence may exist.

The acceptance of a marriage proposal is still often subject to the payment of a dowry in various areas of the world, particularly in sections of North Africa, Asia, and the Balkans. Conflicts over dowry can result in murder and acid assaults on women in many different places of the world. The dowry system is particularly prevalent in societies where matrilineal relationships are highly valued and where women must reside with or close to their husband's families [5]. In many parts of the world, including Europe, South Asia, Africa, and others, dowries have a long history. Dowry is the amount of money or other assets that, in certain cultures, a bride or her family gives to her husband as a wedding present, according to the Merriam-Webster dictionary. According to the Oxford Dictionary, a dowry is the sum of money or currency that a bride gives her husband when they are married.

1.1. Dowry system Causes:

1.1.1. The factor of Greed:

The demand for dowry often serves as an example of the overall greed of society. Indian weddings sometimes involve extortion on the pretext of social status, payment of the groom's educational expenses, and assurance of his financial security. Demands are made without shame, and silence is expected in response. Parts of the agreed sum are sometimes required before the actual wedding, with the bride's family often threatening to withdraw the proposal at the risk of ruining their reputation in the community [6].

1.1.2. Society Structure:

The dowry system is essentially a product of the Indian current societal patriarchal structure, in which males are viewed as having superior physical and mental talents to women. Given this cultural system, women are frequently viewed as second-class individuals who are solely suitable for household responsibilities. Such beliefs are frequently linked to the idea that they were initially viewed as a financial burden by the father and then by the spouse. The dowry system, which feeds the notion that girls may be a financial burden on families, exacerbates this mindset further.

1.1.3. Religious Orders:

A contributing aspect to the dowry issue is the social and religious restrictions placed on traditional marriage practices, particularly the fitness of the groom. Due to these restrictions, it is necessary to choose a suitable husband from the same religion as the bride. They also forbid weddings between different religious groups. These limitations reduce the pool of potential pairings. Boys who are eligible for marriage but have good qualities become sought-after, which promotes the custom of catching the catch for the highest price.

1.1.4. Social Constraints:

In addition to shared religious origins, caste, and social status-based restrictions are also put in place. When setting up a marriage, customs like caste endogamy or clan exogamy must be taken into consideration. Preferred mates must be from the same caste, a separate clan, as well as a social class equal to or higher. These restrictions significantly reduce the number of marriageable males, which has comparable effects to requesting dowry.

1.1.5. Women's Social Status:

The treatment of females as simple commodities in Indian culture is so deeply ingrained in the national mentality that not only the family but also the women themselves accept it without

question. Evil traditions like dowry become more entrenched in society when marriage is seen as the pinnacle of female success.

1.1.6. Illiteracy:

Another factor contributing to the predominance of the dowry system is a lack of standardized education. Many women are purposefully kept out of school, either because they subscribe to particular superstitions or because they think that attending school will disqualify them from being suitable spouses. Indians place a high significance on traditions and frequently do not challenge them. Because it has been the standard practice passed down through the years, they blindly adhere to customs and pay dowries.

1.1.7. Urge to the Show Off:

In our country dowry is often used as a technique of showing social importance. How much one invests in a daughter's marriage and how much gold one gives, is sometimes used to measure one's social status. This approach provides a strong defense against the practice of dowry demand. Depending on the amount of dowry his new bride brings, which is an indication of how attractive their boy will be in the marriage market, the boy's family reaches new social heights.

1.2. Reason for the Dowry System:

1.2.1. Custom or Social Tradition

A group's distinctive style of thinking or behaving is referred to as custom in anthropology or sociology. Customs have the power of moral or legal rules, influencing how people dress, eat, or act generally. One of the justifications for dowry is societal custom as well as tradition.

1.2.2. Gifts:

Security The bride's parents give her dowry as a token of their love and to make sure she has financial security after leaving the family home. In a materialistic culture, there is continual pressure on people to make even more money to not only be able to comfortably support their families but to also have some sort of financial stability in the future. Friends and family will present priceless goods as a remembrance at the wedding. Gifting is the voluntary transfer of property from one person to another.

1.2.3. Caste System Pressures:

Caste is a fixed, exclusive social class membership determined by birth and is associated with a set of traditional rights and obligations. Hindus' capacity to select their life mate is continually constrained by social and religious traditions that are based on caste and sub-caste.

1.2.4. Increasing Prices:

The overall price increase and the present fascination with gold and silver, whose prices are growing virtually every day, are to blame for the drive for greater dowries. Whenever the groom's family notices the state of the economy, they are inclined to ask the bride's family for a dowry to deal with financial difficulties.

1.2.5. Caste Structure:

The payment of dowries to get married to a girl to a guy from the same caste is a factor in the caste system. It is exclusively done by men in the girl's family's upper caste. Because it is regarded as having status issues when a girl marries a male from a different caste.

1.3. *Effects of the Dowry System:* Following is a discussion of the dowry system's impacts and impact:

1.3.1. *Creates Gender Inequality:*

The dowry system is possibly the main problem when it comes to gender equality in the country. A lady is frequently thought to be able to be married off in the end and would have access to dowry debt based on the social structure of the country. Most people consider the arrival of a girl to be the start of more elaborate arrangements to pay off the dowry together with the kid. This financial decision, which prevents the daughter from having the same possibilities as other children, appears to be detrimental to the girl's future. The odds of the child leading a happy life are destroyed by planning for a better marriage proposal in the future [7]. Therefore, the dowry system can be held responsible for the crimes against the population. Because of this distinctive architecture, the struggle of the girl child starts from birth and continues to interfere with her mental health and peace. The most recent census figures of 2011 show that there are 943 females for every 1000 males. As a result, it affects the foundation of society and hinders the development of the country [8].

1.3.2. *Social Effects:*

Social Effects: When discussing the segmental ills in our subcontinent, the dowry system is among the most prevalently practiced. Society owes its roots to the masses. Every other family bears the burden of it because it is extensively used throughout the country [9]. The bride's family will suffer at the hands of her groom's family if a demand is not granted, causing social unrest and emotional collapse. Our population is 70% rural, and this practice is still prevalent despite the state of the economy and society as a whole. The value of a person is allegedly determined by their dowry in the community. This framework may be traced to how negatively women are seen in society, whether they are accepted or not.

1.3.3. *Decreasing the Status of Women:*

For some people, the social structure is shocking when a girl is born. She is no longer a source of joy, and her birth is no longer a celebration. She lacks the fundamental rights to instruction, freedom, and expression. But because of the fundamental structure and dowry mindset, her suffering doesn't cease with marriage. A woman who depends on her groom for financial support since she has little to none of her own. Therefore, when his needs aren't satisfied, it causes the sympathetic relationship between the two entities to break down, resulting in discrepancy. After some time, this situation doesn't end; instead, it leads to domestic violence or poses a severe threat to the family's future. Once she gets married, the girl loses her independence, but it still costs her a dowry debt.

1.3.4. *Encourages Crime or Domestic Violence:*

Violence in society starts with the dower system. The horrors increase proportionately when the bride's family's expectations are not met. Extreme measures are occasionally tried to obtain financial aid or other goods from the bride's family. Well, these actions are once again related to the hotly contested domestic violence. Due to this extortion system, there is an increase in crimes against women.

1.3.5. *Economic Effects:*

The economy encompasses more than just the nation's financial resources. Instead, a deliberate, huge effort is being made to provide a plate for every individual. Despite having the appearance of being a minor social disease, the dowry system is detrimental to both the nation and its inhabitants. Due to the lack of equal rights and opportunities for women under this system, the industry loses personnel. When women's rights are curtailed at home, it has a significant influence on our economy since they actively contribute to the development of the nation [10]. Due to social evil, people lose steady labor and impede the development of both our households and society. Dowry has an impact on the bride's family's finances as well, not just on the bride's. Instead, the bride's parents also experience the hardship of having to meet the financial demands of their spouse's relatives to assure the welfare of their kids. The groom's family's repeated requests have led to an increase in suicide cases across the nation. This societal ill must be eliminated for the sake of society or the country [11].

1.3.6. *Loss of the Self-Esteem among Women:*

To satisfy the bride's welfare demands, money is needed. She suffers from low self-esteem because she thinks that because people are worried about her parents, she is a burden to her family. She gives up both her right to a better life and her right to mental tranquility. The dowry system has strangled women's freedom and self-respect ever since the dawn of humanity. A careful examination of the situation reveals that the peace of a beautiful brain is destroyed by one person's avarice. In this paper, the author explored the dowry system, the reasons for it, as well as some potential solutions.

2. LITERATURE REVIEW

Padma Srinivasan and Gary R. Lee studied about dowry system from the North Indian perspective. In this research, the author examines married women's opinions on the dowry system in the northern region of Bihar (N=4,603), where the practice has deep-seated cultural roots. There were established antecedent-related hypotheses including self-interest, exposure to modernization pressures, and commitment to tradition. Two-thirds of the female in the survey disapprove of the dowry, but each group of circumstances has some influence. However, because the practice has actual social and economic benefits in a society that is becoming more materialistic, it can be highly hard to change [12].

Shazia Gulzar et al. studied about dowry system in Pakistan, the purpose of this study was to support the effect, favoritism, and participation of individuals in the dowry system. This study revealed that dowry causes gender inequality and negatively impacts women's physical and mental health. Additionally, dowry contributes to social tensions and the promotion of avarice. Whether they have a high level of education or not, the majority of people participate in the dowry system. This research was carried out using a simple random sample approach as well as a questionnaire as a data-gathering tool. Additionally, reliability analysis was conducted to confirm the validity of the scale, while chi-square was utilized to examine the relationship between demographics and the study objectives. The findings have been examined in the context of Pakistani culture [13].

Rubaiya Muzib studied the increasing rate of dowry death in Assam, in this paper, the author attempts to assess the primary sociological influences that post-Aryan, pre-colonial, or post-British philosophy had on ancient Indian culture. Several women have lost their lives as a result

of this dowry practice, as well as bride burning is becoming a severe problem in Assam. The Dowry Prohibition Act, effective from 1st July 1961, was established to forbid the demanding, receiving, or accepting of dowry to eliminate the negative consequences of dowry. However, a lot of individuals are still ignorant of this reality. This paper aims to investigate dowry death in Assam in light of the negative repercussions of dowry. Secondary sources have been used as the foundation for this investigation. The present situation of the dowry issue in Assam is still being examined in this paper, along with its ramifications for the state and its citizens. The study concludes by considering potential remedies and advancing the notion that, to improve the existing situation, both legal and social reform are required [14].

3. DISCUSSION

The long-term solution for the issue is to teach kids about the negative aspects of the dowry and to ensure that they develop the mentality of boycotting it. By granting equal treatment to both genders, we can abolish this evil by learning about its repercussions and educating others about it.

3.1. Recommendations and Preventative Steps Made to Reduce the Need for Dowries:

3.1.1. Education:

Any nation's progress is mostly driven by education. Education is crucial if individuals want to reach the entire nation and make sure that the population is equivalent to the nation's carrying capacity. Poor decision-making due to a lack of knowledge might lead to financial exploitation in a marriage. The dowry system is a societal problem with illiteracy or ignorance as its cause. Without educating people, this evil cannot be eradicated. A revolution cannot be sparked by law alone. Rather, the dowry system's abolition is being pushed by the general populace.

3.1.2. Increasing the Independence of Women:

The female sector of our society actively contributes to the growth of the family, community, and country as a whole. Empowering women is crucial for productivity as well as for riding on the wave of progress. But because of the dowry system, they are verbally and emotionally abused. It impedes their mental growth and development. Therefore, it appears that providing economic possibilities for women and making education affordable are the first steps toward eliminating the dowry system from society. If crimes are recorded, laws will ultimately be effective, or a good community that includes independent women would guarantee that dowry-related crimes are reported vigorously.

3.1.3. Equality of Gender:

The existence of a patriarchal culture is the main cause of the dowry system. Due to this social infrastructure, the dowry system continues to have supporters. Gender equality is undoubtedly the second stage in ensuring that the dowry system is eradicated from our social fabric. The long-term remedies to the problem involve educating kids about the negative aspects of dowry systems and giving them the motivation to avoid them. Humans can stop this tragedy by giving both genders equal rights by being aware of its repercussions and spreading awareness among others. Equal employment opportunities for everyone are insufficient. The long-term answer to the problem is to change people's perceptions so that they understand that a female kid is an entity, not a liability.

3.1.4. *Starting a Public Relations Effort:*

The media is a knowledge-propagator and a keeper of the flow of information. Well, media efforts are largely responsible for the start of every single revolution. The dowry system once more calls for reform. The laws have been on the books for the previous few decades, but they haven't been able to handle the situation. However, the media has the power to marginalize the dowry system in Indian culture. By making pertinent news widely known and notifying the police of any recorded instances of dowry-related crime, they may be able to effectively manage the likelihood. Improving information sharing is the first step in building an informed community, as well as the media is the best tool for the job.

3.1.5. *Initiatives of Government:*

Government is the institution that controls the progress potential of a country. It is responsible for making and enforcing laws to ensure that they are followed for the benefit of society. The Dowry system has been present in human culture since time immemorial. To prohibit the exchange of dowry, the government has passed laws. However, it has proved to be ineffective. Well, proper implementation needs to be done to ensure that individuals follow the law. He should keep an eye on the opinion of the community or ensure that dowry exchange activities do not take place.

3.1.6. *Social Awareness Campaigns:*

When people talk about awareness or revolution, it's important to remember that neither the law nor the government can do it alone. The initial step for change must be undertaken by the society itself since humans as individuals make up the community. The dowry system has long taken advantage of the helpless and impeded a woman's right to a tranquil living. The government could create regulations, but whether or not they are followed relies on society. So, to secure the effective elimination of the dowry system from the country, societal awareness is essential. It is a task that the government cannot do on its own.

Dowry is a social scourge that has led to unfathomable atrocities and tortures against women. Evil has claimed the lives of women from all social classes, including the poor, middle class, and wealthy. However, because of their lack of understanding or education, the poor are more likely to succumb to it and become victims. The dowry system is to blame for the fact that daughters are not as esteemed as males [15]. They frequently experience subordination, are treated unfairly, and are viewed as liabilities in society, whether it is in terms of amenities like schooling or other areas. In addition to abolishing the dowry system, the government has introduced several laws and changes today to improve the status of girls by implementing various programs. It is now up to society as a whole to recognize and comprehend the issue. People must all actively work to bring about the required change and cease offering or accepting dowries. People must all be aware that people should begin appreciating our girls initially so that as they grow up, people will see their value.

3.1.6.1. *Important steps to eradicate dowry:*

1. Taught girls.
2. Encourage them to advance their careers.
3. Instill in them a sense of responsibility and independence.
4. Treat them equally and without prejudice.

5. Discouraging the taking or giving of dowry.

3.1.6.2. Impact of the Dowry Prohibition Initiative on the general public:

1. The parents place insufficient focus on their daughters' education because they believe their spouses will support them in the future.
2. Members of lower socioeconomic levels employ or pay their daughters to help them save for their dowry.
3. Although the usual middle or upper classes send their daughters to school, they do not lay a lot of emphasis on career options.
4. The extremely well-off parents joyfully support their daughters till marriage and have the financial means to pay a large dowry.

Therefore, one strong and significant present you could give your daughter is education or freedom. She will get respect and the proper standing in the family as a result of being able to support herself financially and contribute to the household. Therefore, a proper education or encouragement to choose a profession of their choosing is the best dowry any father can give their daughter.

3.2. Solutions to Dowry System:

3.2.1. Law:

To outlaw the practice of dowry as well as the harm it causes to women, several laws have been passed. On May 20, 1961, the Dowry Prohibition Act was established to eradicate immoral practices from society. The statute punishes both those who give dowries and those who receive them, declaring both practices to be illegal. Marriage involves the exchange of money, jewels, and significant security. Making dowry demands is illegal and is punished by a minimum of five years in jail and a fine of at least 15,000 rupees. Both Section 198A of the Criminal Procedure Code and Section 498A of the Indian Penal Code handle cases of cruelty perpetrated by the husband or his family toward the wife. The Indian Evidence Act was revised to include Section 113A, which enables the bride's family seven years after the wedding to charging the groom's family for promoting their daughter's suicide.

3.2.2. Enforcement:

To combat a societal evil, it is never sufficient to just adopt acts and change portions of the law. This necessitates the stern and brutal application of such laws. There is still much room for improvement in that area. Although the authorities take such accusations very seriously, a lack of competent investigative techniques frequently results in the accused being released. The government must implement a policy of zero tolerance for such violators and guarantee that the law is upheld by making structural adjustments.

3.2.3. Social Awareness:

The first step in ending the practice is to raise public awareness about the negative effects of the dowry system. Campaigns must be created to reach the lowest rungs of society and disseminate awareness of the laws against dowry. Additionally, there is a need to advocate for the importance of educating girls.

3.2.4. Education and Female Independence:

Education is important to develop your senses and open your eyes to a wider universe than the one you could see right away. People must all place a strong emphasis on educating girls to combat pervasive societal ills like dowry. They will be able to speak out against the practice of dowry and continuous marginalization if they are aware of their rights. Additionally, they will be able to work toward independence and stop seeing marriage as their sole path to redemption.

4. CONCLUSION

When a girl is chosen for marriage not based on her merits but rather based on the financial assistance she offers, the marriage loses any purity or sublimity. For the benefit of our whole society, dowry should be abolished as soon as feasible. The issue of dowry demand encompasses more than just the amount of money one family demands and the goods the other family is unable or unable to provide; it also concerns how psychological, social, and/or economic problems are related. Reading the vivid accounts of some women and families reveals that they have little to no understanding of how to address the issue, put an end to the behavior, as well as bring about a crucial cultural change.

Even angels would be frightened to enter the chamber of dread that tradition, the ingrained notion of masculine supremacy, ruthless law enforcement, outmoded court systems, and a culture that normalizes violence have created. The long-term remedies to the problem involve educating children about the negative aspects of the dowry system and ensuring that they grow up with the mentality to reject it. By offering equal rights to both sexes, being aware of its harmful effects, and spreading awareness of it, individuals can halt this atrocity. The reasons for dowry, the implications of the dowry system, and potential fixes are all discussed in this paper. This paper will eventually assist individuals in comprehending the dowry system, its causes, and appropriate mitigation measures. In the future, this paper will aid readers in understanding the dowry system, its causes, and appropriate mitigation measures.

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CHAPTER 13

AN ANALYSIS OF SOCIAL MEDIA'S POSITIVE AND NEGATIVE IMPACT ON NEXT-GENERATION YOUTHS

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ABSTRACT:

Social media is one such platform for the general public, where they can discuss their social issues and ideas, that is, they can reach their point of view to other people. In simple words, social media can be defined in such a way that social media is a platform that allows people to interchange any kind of message, information, ideas, videos, and images with each other through a particular network allows. The main purpose of this paper is to highlight all the positive and negative aspects related to social media i.e. this paper is focused on important things like business, education, and youth in society through social media. In this paper, the author describes "How society and youth have been affected by social media and its positive and negative effects. In the future, this paper will present a different perspective on social media and make others aware of its advantages and disadvantages of it. This paper will create a platform for other researchers to provide a new basis for their research.

KEYWORDS:

Facebook, Networking Sites, Skype, Social Media, Twitter.

1. INTRODUCTION

Social networking sites (SNS) [1] utilized for everything ranging from shopping to socializing, researching, and doing business, have become an integral part of daily life. Social media has an important influence on the way individuals change their habits. Blogging and social networking websites are examples of social media that enable people to communicate instantly [2]. Since social networking sites like Twitter and Facebook began to function as essential components of the news, journalists and associated organizations have been managing a delicate balance. Visiting historical monuments is now an everyday activity for the inhabitants. Most people have a basic comprehension of social media focuses on the widely available, reasonable pricing electronic tools that enable anybody else to post and access information, work together around a project, or establish friendships [3].

On the other side, social media is the youngest type of media, with the variability of features and attributes and offers variability of features along the same channel, including messaging, SMS, allocation of photographs, sharing of audio and video, quick posting, and connections to

international sites, including direct connecting [4]. The proportion of young people across all age groups is quickly switching from using digital communications, such as watching television and listening to music, to social media. Social media is highly common among young adults, thus their impacts are considerable [5]. Although it is universally acknowledged that social media influences people's lifestyles, there are also many unanswered questions about how it will make a difference as a whole, especially as it pertains to young people. Studies are ongoing to find out the nature of these influences in every society and nation. This study concentrates on the effects of social media on young people's lifestyle, trends, political and educational awareness, moderate exercise, social life, and other dimensions of their maturation.

1.1.Social Media's Effect on Education:

According to previous research, ninety percent of high school students and working adults use social networks. Standard communication tools have been designed thanks to technology, and authors sometimes use these tools to connect to social media at any time and from any place. Examples of these devices include pocket computers, laptops, iPads, and even basic cellular telephones with Internet capabilities [6]. Social media has been used as an advanced approach to education. Students must be taught where to deploy these tools more productively rather than how to deploy them best. These mediums are most often solely utilized for messaging or communication in academic activities. Social media has increased the number and degree of student participation. Students may communicate or share information through a variety of social media sites [7]. Additionally, students need to complete some practical work in addition to their research. To improve their knowledge abilities, children can also create blogs for themselves and their professors. Social-networking websites also deportment online tests which are imperative to increase the understanding of the participants [8].

Table 1: Illustrates the Purpose of Internet Use for Different Sites.

Sr. No.	Internet Use Categories	Percentage
1.	Mail	33%
2.	Surfing	27%
3.	Chatting	19%
4.	Social Networking	18%
5.	Other	3%
	Total	100%

Table 1 shows the many purposes for which people use the Internet. According to statistics, 33% of Internet users use it for mail, which includes both official and private correspondence, and 27% use it for browsing the net, including researching Google or other search engines. 19% of people use the Internet to communicate, and social networking sites are rapidly gaining popularity in India, but still fall short of expectations in the global context. Only 17% of Internet users cited social networking websites as their primary use, with the remaining 3% citing other types of tasks [9].

Table 2: Illustrates the Use of the Internet for Education Purposes.

Sr. No.	Social Networking Sites Membership	Percentage
1.	Yes	94.7%
2.	No	4.3%
	Total	100%

To determine how much Internet access is available for instruction, the authors conducted a survey. Table 2; the proportion of youth in India is 95.7% on social media. This number has increased every day. In contrast, only 4.3% of members say they should not use social media.

In this paper, the author has discussed the increasing positive and negative effects of social media on today's generation. Today, on the one hand, where social media has become a means to transfer your messages, audio, and videos from one side to another, on the other hand, social media today has become a medium to spread fake news and entertain people. Maximum students today use social media continuously for hours; due to this, their productivity is continuously decreasing.

2. LITERATURE REVIEW

B. Lian et al. illustrated that social media is indeed participating in a very essential place in human existence, just as any infrastructure has both positive and harmful consequences. However, there are also many negative effects on the opposite side. In this study, communication helps to conclude how social media affects people's health and what problems it poses to their health. Social media use resembles drug addiction in many ways. Until a few years ago, only laptops or home computers could access social media. But today everyone will have a cell phone and is constantly connected to social media. The attachment to social media use, in particular, is impacting the lifestyles of youth, and immediately after a mobile device or laptop alerts them that something is happening, they start acting erratically. Even if they do not want to indulge in any recreational activity. Sports that require physical exertion, outdoor sports, etc. Worst of all, young researchers have started communicating with peers online, especially on social media, while playing mobile games like Ludo, Snakes, and Ladders, or other such turns that require vigorous exercise. Therefore, parents need counseling to distance their children and young people. Instead of letting children spend the entire day in a simulated environment, they should be required to engage in other activities. This study focuses on understanding the factors that can help individuals overcome their Internet addiction by discussing such difficulties and the effects on children [10].

V. D. Selvi and D. Kalarani stated about social media is a computer platform that enables the development or exchange of knowledge, ideas, and interests in certain areas of research expression through virtual groups. There is now a new platform of social conditioning on social media, which provides both good and negative communication. From Facebook comments to Instagram likes, social media exerts a very significant influence on how young humans communicate nowadays. Its emerging markets show that socially strong ties are becoming more and more popular among college students of all age groups and educational backgrounds. The

needs and basic standards of children and university students are also constantly advancing in the progress of technological social media. The author made a conscious effort to research several statistics and elements of the Internet and media, including their usage, prevalence, and users. The author made a conscious effort to research the many statistics and elements of the Internet and social media, including their usage, saturation, and users. In terms of managing their lives between work and play, it is advised that young people focus on and filter the most significant social media networks. They must choose wisely during using social media platforms for networking on an interpersonal, academic, and corporate level in various circumstances. Establishing proper awareness will allow us to make the greatest decisions for their existence and happiness [11].

S. Anakha and B. Sreeya stated in their study in the twenty-first century, social media is increasing and will become an important part of people's lives. In today's culture, it is a controversial subject. Social media play an important role in every student's life. Leveraging social media to access, give, and communicate information is easier and far more beneficial. Communication is now substantially easier than it has ever been because of social media. Therefore, anybody and everyone on the earth might be reached with a little catch. Networking sites Such as Facebook make communicating with other people straightforward. The objective of this paper was to regulate social establishment's effects on younger members of the community, both positive and negative ways. An online survey had been used to conduct this experiment. Descriptive research is the approach employed in this study. The accessible population was the purposive sampling employed in this research endeavor to gather samples. This study realizes that new networking is both a good and bad thing [12].

3. DISCUSSION

According to this analysis, social platforms are used excessively in classroom computer laboratories for chat, discussions, sharing of images and videos, messaging, and some other purposes. Nearly half of the people in the sample are touched by this average. This demonstrates that they neglect their major emphasis on study and research-related tasks courtesy of expanding the internet to interconnect with their acquaintances on social sites, where they spend the majority of 30 to 60 minutes each day. However, as 13% of respondents said that they used social media for even more than 2 hours each day, the tangible gains may go above this absolute time limit. Short Message Service (SMS), video-sharing links, and discussions are some of their key social terms of enhanced. The sample population of that kind of poll shares a lot of educational linkages with other users. Most commonly, users encounter issues like spam messaging, uninvited friend requests, politically divisive links, questionable images, controversial links, irrelevant religious and anti-religious messages, and worthless knowledge. Although the selected youth population acknowledges that social media has an impact on adolescent people's lives, they continue to use these platforms throughout India, even in remote locations where internet access is available. Social media is replacing physical and athletic activity, which has now been done on purpose.

3.1.Social Media's Beneficial Effects on Education:

Social media is not just about creating artificial identities and having personal problems. If used effectively, it can be a tool that ultimately benefits everyone who uses it. The ability to communicate instantly with the people you care about has led to a significant increase in people's lives.

i. *Help in Emergency:*

The connectivity that social media networks provide can be quite valuable during hurricane season. People can quickly report impending bad weather on Facebook or any network if they look on the horizon. In the United States in 2011, it has already put the lives of hundreds or thousands of people at risk. People were able to reach safety faster and had more time to prepare because they knew about an impending tornado earlier. The same appears to be true for every other crisis, where the communication process is necessary to prevent injury or even sustain survival.

ii. *Enhance Connectivity:*

There is a very fine line between improving our communication and relying solely on social media. To provide us with some analytical strategies, we don't always need to disconnect from the real world. It can do exactly what it was designed to do. Since there's no better way to keep in touch with friends who border the world or if you're in a seriously awesome mood, social media offers an opportunity to connect with friends, which can sometimes be a godsend. It is important to establish and build relationships with others [13].

iii. *Used as a Voice to Reason:*

Social media is being increasingly used by many individuals and provide the voiceless a voice. These people operate to raise more awareness of specific social concerns. They empower those from socioeconomically disadvantaged origins and those with limitations.

iv. *The Place for Content Discovery:*

You can appear in interviews that appeal to your obsession with social media's existence in no time. Additionally, it gives intellectuals a chance to showcase their work or commercialize it as a product. It challenges individuals to innovate continuously and enables them to increase productivity by providing useful information. Facebook can be a tremendous tool for finding incredible educational designs on a variety of topics. Additionally, it can support clients in identifying skills needed in the real world. Filter out a lot of wasted waste first.

v. *Use for Getting Help:*

You can join a community that shares your concerns and interests or share them yourself. It's easy to express inquiries about important matters and get help. The author must rely on the fact that it has never been so easy to find useful information.

vi. *Work as an Awesome Marketing Tool:*

Because it allows participation, social media has entered a period in marketing. Today, marketing planning includes interacting with potential customers as well as disseminating knowledge. Facebook and Instagram are tools used by organizations to develop their brand, personality, and online presence [14].

3.2. *The negative effect of Social Media on Education:*

You already knew that social media is bad for you. However, now you must understand exactly how everything hurts you. Let us thus look at this more in the shadow side of social networking. You may be surprised to know that spending the wrong time on social media can lead to both mental and physical problems. After reading these comments, you might want to re-think about

using online networking consistently. There are some specific problems induced by networking sites:

i. Anxiety and Depression:

There is a possibility that if you use social networking sites more often, you may experience anxiety and sadness very quickly. You see, unwarranted consumption of these social site platforms can harm a user's rational health. The predominance of depressed individuals attributes their illness to the use of social media. So, how can you eliminate these mental health issues? As a result, we advise you to be punctual in your social media interactions [15].

ii. Irregular Sleep:

The majority of the time, when you're off to sleep, you are unexpectedly tempted to check your Facebook account. The writers know aware that after you log in, you won't be verifying the time. Most people claim that when using social media excessively has interrupted their sleep patterns. The person's health will probably be impacted by all of these inconsistencies. One of the causes of dissociative symptoms in people is sleep restriction. Therefore, if you want to get a decent night's sleep, you need to charge your phone aside.

iii. Cyberbullying:

Cybercrimes are on the rise and have happened very dramatically over the years. This is one of the most prevalent issues that young people deal with nowadays. It can also be extremely dangerous. Bullies may hide their identities and post horrible things about others on social media like Facebook and Instagram. It is unfortunate to hear that some victims of cyberbullying destroy their suffering as well. Most individuals also claim that online harassment is worse than traditional assault, making it a more prevalent ill-effect of media platforms [16].

iv. Fear of Missing Out (FOMO):

It is a word we are all familiar with. After all, this is one of the strongest phrases related to large levels of social media involvement. According to this understanding of the phrase, FOMO is a feeling that the more you engage with social media, the worse it gets. This is another type of anxiety and depression that people experience when they worry that they may miss an essential event that is happening. , This can be a serious problem for today's children as it can affect the person in them.

v. Negative-Image:

In this age of social sites, everybody is sensible of their look, and celebrities who wear clothes and constantly look beautiful in photos come in different shapes. Young people, whether men or women, often brawl with positive body image topics. Therefore, seeing too many images of attractive and stunning fabulous people will have a different adverse effect on the child. They may be certain that they wouldn't possess these prominent people's level of elegance. So this could be the alternative detrimental outcome of social media on the quality of life of adolescents.

vi. Unrealistic Expectation:

You probably aren't surprised by this, but it seems that social media has a critical understanding of how people perceive reality. Online authenticity is missing on platforms like Facebook, Instagram, and a few others. Ridiculous expectations are a fairly common occurrence in a society

where everyone is influenced by how many followers or likes they have. Naturally, you have to make sure that your interactions with some of these sites are completely true.

vii. *General Addiction:*

Even scientific studies acknowledge that social media can be more addictive than alcohol and tobacco use. The main culprits here are some of the social media networking sites. You are accustomed to using social media if you can somehow go a week without checking your phone or online networking accounts. Addiction makes it incredibly difficult to quit. However, you can try to restrict how much you spend on the Internet.

viii. *Privacy Setting:*

Even within the realm of social media, consumers value their privacy a lot. However, with all these routine security fixes it can be quite impossible to meet the demands. As a result, customers choose to ignore software updates that are regularly delivered. If you do not improve the security of your accounts, you run the risk of having your accounts hacked. Tagging someone else on photos is another practice that can be seen as a breach of privacy. A person may not like to be publicly recognized on social media, thus mentioning them without their consent is undesirable from the point of view of privacy.

3.3. *Effects of Social Media on Children:*

These days, the network has evolved into the new hip tool for attracting youth, and it now plays a significant role in many young people's day-to-day lives. Youth companies use a variety of gadgets every day to interact with other students. In the former, it has been observed that many students mainly interconnect with their classmates in universities and schools. However, today's infancy interacts with together predictable and unpredictable personages through social networking websites, messaging, etc. Previous studies have already shown that young students and youth make up 67 % of Facebook's user base, production it a truly prevalent and well-known social site.

Table 3: Illustrates the Usage of Social Media by Youth.

Sr. No.	Type	Example	(%) Youngsters Using Social Media
1.	Online-gaming	SecondLife.com	<ul style="list-style-type: none"> Online multiplayer games are played by 61% of young people.
2.	Blogging on social networking sites	Facebook or Myspace feature	<ul style="list-style-type: none"> A blog remark was made by 52% of online teenagers.
3.	Social-networking-sites	Facebook, Myspace	<ul style="list-style-type: none"> Social networking sites were utilized by 73% of internet teenagers.
4.	Text-Messaging	Cellphone-feature	<ul style="list-style-type: none"> 75% of teenagers have a mobile phone, 88% of teenagers who possess mobile phones text;

			<ul style="list-style-type: none"> Text texting is used by 72% of teenagers.
5.	Online-video-sites	Youtube.com	<ul style="list-style-type: none"> Online videos are seen by 63% of youths.

Since the start of the twenty-first century, many countries have been using social media. People of all ages use social media, but in India and throughout the world in general, young people are the most active users of these platforms, the usable data mentioned in Table 3. The conventional elites and clan groupings that dominated the old perspective of Indian society's sociopolitical evolution have been largely replaced by the new social networking and internet conferencing phenomena. The effect of social media on individual to collective group activities and advancement has eroded society's social standards.

4. CONCLUSION

Every day, people's dependency on these tools grows, and even as technology develops, social media is becoming a daily habit for everyone. Various disciplines have different effects on different individuals. Social media has changed both the quality and amount of student participation. It is used by businesses to enhance a foundation's productivity in the variability of behaviors, counting meeting-corporate purposes and taming the organization's annual revenue. Children routinely engage with various forms of media, as shown in public. While new networking provides significant advantages, some drawbacks negatively affect individuals. False information would undermine the system of education, poor advertising could diminish business output, and social media could damage society by breaching users' privacy, even some meaningless blogs could persuade kids to behave inappropriately and forcefully. Social media marketing is advantageous but should be controlled to avoid addiction. In the future, this paper will tell the youth of today and the coming youth about the positive and negative effects of social media. Social media has developed very fast in today's technology era. Whose effect is also visible in the youth. Hence, this paper provided authoritative and essential information about the use of social media.

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CHAPTER 14

COMPREHENSIVE STUDY OF TIME MANAGEMENT AND ITS IMPACT ON A STUDENT'S CAREER

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ABSTRACT:

Time management is very important in student life Time management is an important practice that everyone should try to improve and make a habit of student life itself and this habit helps a student to achieve the basic goals of his life. In this paper, the author elaborates that students set some goals in their life, but do not use their time wisely to achieve them. The result shows that the time management assigned to the education management of students in higher educational institutions and this paper deals with the use of time by the students in their daily routine and activities and their relationship. The author concludes that the time management skills and speculative reaching of the students make a huge impact on society and the culture to check the relationship between them. In the future, this paper will help other students with time management and try to discipline them and help them to achieve important goals in their life.

KEYWORDS:

Academic Activities, Information Technology, Management Skills, Planning and Managing, Time Management.

1. INTRODUCTION

Time management skills have become more and more important for the youth in today's busy economy. While you may yearn for a moment when life was easier and times flow more slowly, the fundamental realities of participation in civilized society demand that adolescents have the potential for effectiveness and profitability. No institution supports an obsessive, meticulous management commitment to a student's routine activities, but we think it is important for them to learn how or when to set objectives and manage their money well. The authors of this paper explain time management skills and provide a list of tips that can be used to teach students to set priorities and use their time productively [1]. Planning and managing the hours spent on particular tasks is the essence of completing tasks. Your ability to spend your time more efficiently will enable you to perform all your scheduled activities. This includes scheduling your own time to complete the tasks you need to do. Assignments, seminars, study groups, and extra-curricular activities may be considered. To manage your time effectively you must redirect your attention from operations to results. Persistence does not equal effectiveness [2]. By thinking outside the box, not hard, you can finish your chores efficiently and quickly with effective time management.

1.1.Prioritization of the Time Management:

Prioritizing work, focusing time on the right things, and avoiding unnecessary distractions are the core values of time management. The same author has seen some people who put in a lot of effort in schooling but who do not manage the classroom [3]. Assignments, term papers, midterms, class exams, and some other tasks are casually thrown at the students, so much so that those who do not make time management a priority have any time for fun. Having free time is important for personal productivity when you can just slow down and enjoy yourself, including curling up in bed to read on the weekend. It relieves pressure and stimulates creativity [4]. Students have to use their free time more wisely if they want to find it. The author needs, as is intended, to distinguish between activities with respect and those that are important for setting priorities. This situation led to the creation of a matrix of task prioritization now known as the "Eisenhower Matrix", as shown in Figure 1. Four quadrants make up the matrix, and they are discussed below:

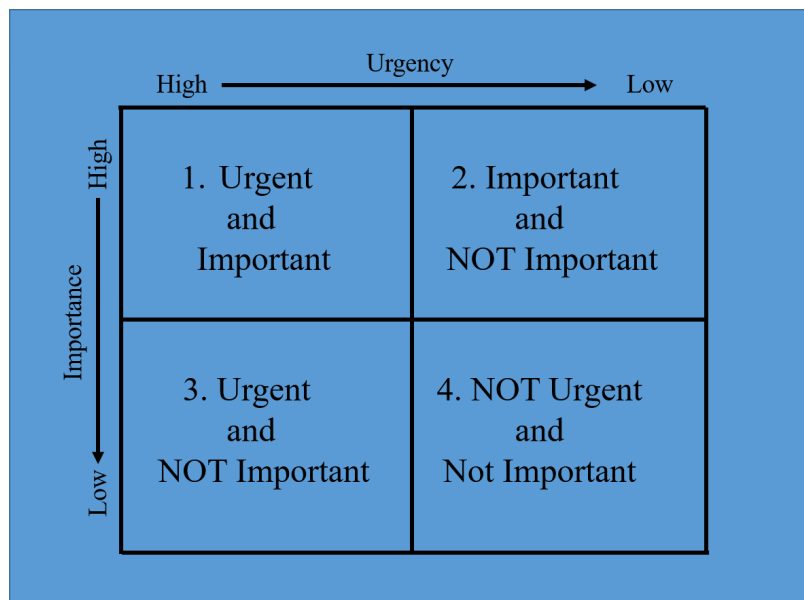


Figure 1: Illustrates the Eisenhower Matrix for Time Management.

i. Responsibilities that are urgent and important:

Examples provide home fires, emergency warnings from laboratory equipment such as autoclaves and centrifuges, deadlines for an annotated bibliography at school, household responsibilities, etc. With a little preparation and organization, most of these responsibilities can be avoided. On the other hand, it follows a weekly routine to complete household tasks and take precautions to extinguish the fire. It works continuously to finish the term papers well in advance. Limit your time limit as much as possible [5].

ii. Important, but not Urgent Tasks:

Probably the most imperative, and one should ideally try to spend large amounts of time on them. A time limit should be set for tasks such as weekly and long-term organization, research, skill enhancement, language art books, conducting laboratory research, carefully analyzing the results, creating a narrative, etc. Don't plan tasks like checking five Spanish flashcards or culture one symbol if you can complete them in less than two minutes. Scheduling it if it will take more

than two minutes or if you have another important mission to do. After doing these important tasks go to dimension 1 until they become necessary too. Make it the priority of your attention.

iii. *Urgent, but not important tasks:*

Support inquiries, the predominance of texts and emails, and phone calls and emails are some examples. For example, consolidate service requests from employees seeking publications, so that a plan is made to respond to them. This will reduce these jobs from ever becoming a regular disruption. As far as you can, avoid incessant moaning and politely explain that you are unable to help because you are working on something important. If not, consider giving the task to someone else. When answering via email or telephone, exercise restraint. It is better to plan for these duties rather than constantly checking email notifications or enabling automatic notifications to bother you. For example, it is necessary to arrange for monitoring and replying to emails twice a day, in the morning and the evening [5].

iv. *Tasks that are not Urgent and not Important:*

The primacy of assignments, such as coursework or term papers, falls into Quadrants 1 and 3 for students who seem inexperienced with time management. As was originally said, most of these jobs can be avoided altogether as we become excellent time managers. To do this, we have to schedule tasks, piece together a large project almost every day consistently, and do weekly and daily reviews.

1.2. *Key Factors of Time Management:*

There are several factors which are characterized the performance of management and help to make a growing and perfect management system. All key factors are mentioned in Figure 2 and explained below:

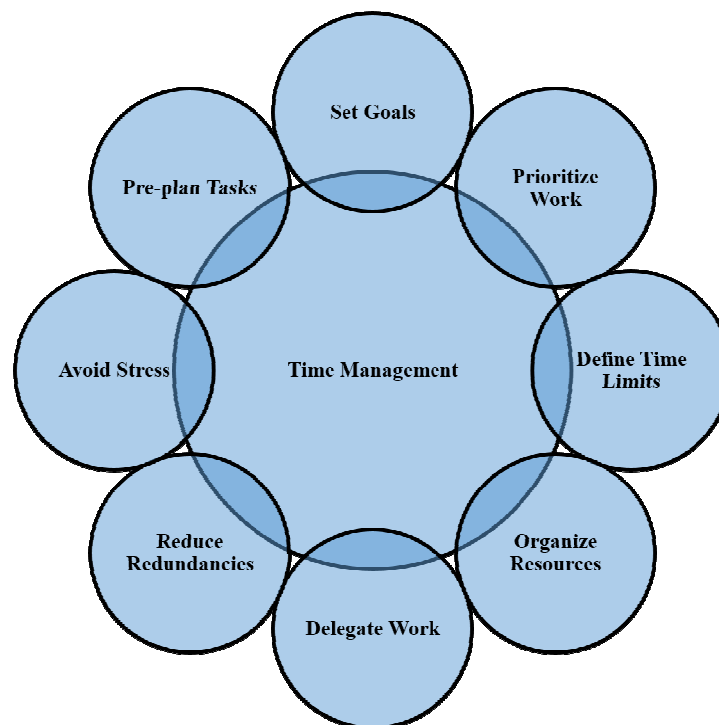


Figure 2: Illustrates the Key Factors of the Time Management.

i. *Set-Goals:*

Anyone needs to set stated objectives or goals that can only be achieved. Doing so is the first step toward time management achievement.

ii. *Prioritize-Work:*

Some activities are more important than others. Therefore, setting priorities concerning tasks and objectives is a key aspect of self-discipline.

iii. *Define-Time-Limits:*

A certain number of hours should always be given to complete each task. As a result, setting deadlines for tasks that can only be completed to achieve goals is critical.

iv. *Organize-Resources:*

A certain number of hours should always be given to complete each task. As a result, setting deadlines for tasks that can only be completed to achieve goals is critical.

v. *Delegate-Work:*

Another interesting point to note about completing tasks is that no one person can perform all tasks autonomously. Therefore, the task has to be delegated so that the responsibility is divided into smaller objectives and tasks, which together help in accomplishing the strategic objectives.

vi. *Reduce-Redundancies:*

Some activities can be avoided or unnecessary processes can be eliminated based on relevance. Reduction in non-essential activities and invasive procedures is important.

vii. *Avoid-Stress:*

It is essential to coordinate your time in a way that promotes a relaxed workplace. Stressful work scenarios should be avoided based on scheduling and prioritization, as stress will reduce effectiveness.

viii. *Pre-Plan-Tasks:*

A great organizational rule of thumb is to organize the work in advance. Either way is to plan not only for the activities at hand, but also for scenarios that may lead to delays, failures, or maybe critical to empowering that needs to be completed. Effective time administration can be adapted in many ways, but it is a progressive skill that takes time to acquire and develop specific abilities [6].

1.3. Importance of Time Management for Students:

Time management is a very imperative factor in trying to make available as much time as possible and ensuring that the maximum amount of work is completed during that time. Every person, whether a student, specialized, supervisor, businessman, or housewife, has a certain duration of time to fulfill many accountabilities. Without time management, it would have been incredible to do the assignment in the allotted time [7]. Additionally, it will reduce productivity, reduce quality, and add to the same workload. As a result, effective time management is very important to complete the activities in a given time and according to their importance. Leadership, team building, strong governance, decision-making, effective communication, and some other qualities related to management are also important. People who are capable of project

planning can achieve more in less time, even if they are focused and not wasting time on inappropriate activities such as social media. Time management that works helps students feel less pressured as they check off projects from their to-do lists. When goals can be met, it can also provide a sense of accomplishment [8]. For example, to make a plan for getting to gather support over the vacation, students may adopt to quality a project early Friday. Furthermore, by performing their tasks well, apprentices must complete their assigned tasks on time, be concerned with related training, and devote more free time to entertainment for their benefits, such as activities, and relaxation.

1.4.Using Time Management Strategy to Improve Study Skills:

Most children have high expectations as the second term of school begins. They imagine that they are being successful in their studies as well as academic work, but they do not create a practical solution or create a routine that will help them succeed in school [9]. It appears that each day, week, and period has a certain period. And if you don't pay attention, the closing semester of college will take hold of you without your knowledge. If you want to be successful academically you must consistently apply your study time almost every day, week to week, and every semester. The scheme for obtaining this is shown in Figure 3 below.

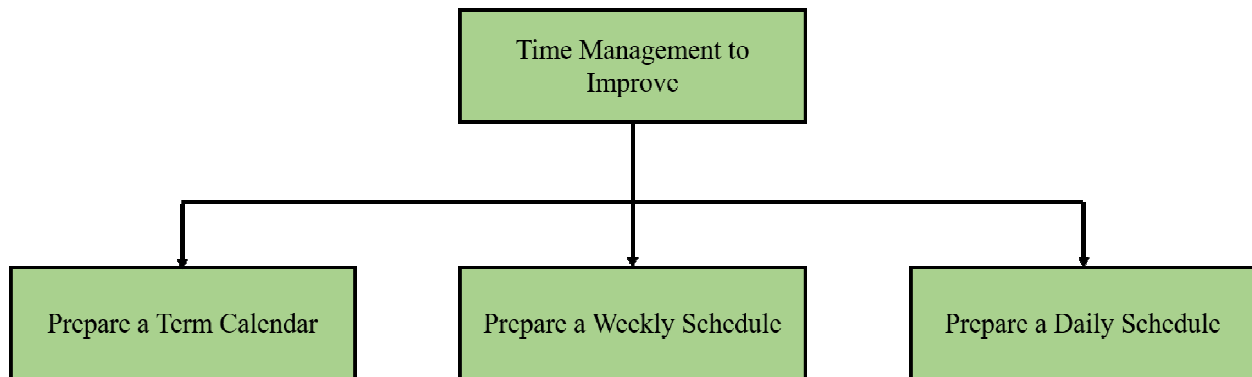


Figure 3: Illustrates the Management Strategy for Improve Skills.

i. Prepare a Term Calendar:

Make a calendar for the nine months at the start of the new term before diving into your schoolwork or other activities. The layout of your quarterly calendar may be different from that of a normal monthly calendar [10]. Whatever layout you decide on, your calendar should contain important information:

1. Assignments with deadlines
2. Tests together with dates
3. Every academic activity
4. All extracurricular and after-school activities

ii. Prepare a Weekly Schedule:

Your weekly plan is created at the beginning of the next week, unlike your term calendar, which is completely planned outside the beginning of each term. Sit down every Sunday and prepare your weekly itinerary. Because otherwise, you will plan your weekly itinerary, so every Sunday,

you should revise it as the weekday is approaching and a new one has arrived. Organize your weekend by doing the following:

1. Mark each class you have every day of the week on your calendar.
2. Look at your quarter calendar and note on your quarterly calendar any tasks that need to be performed or activities that are occurring that week, such as coursework, tests, and other engagements.
3. Review your preceding week's plan and all of your study materials to determine if there are any leftover items you need to add to next week's agenda.
4. Include any recreational and out-of-school events you need to be planned for the following week in your once-a-week agenda.
5. Make a note of the day and moment that you'll be concluding each project, workgroup, study meeting, and assignment for the whole week. These might take advantage of the time or after

iii. *Prepare a Daily Schedule:*

You would imagine that a word calendar and weekly timetable would have been enough for self-discipline, but it is not. A general schedule should also be made. Maintain a regular agenda each evening for the coming academic day. Next to each element to be eliminated, put a checkbox. Organize your workday by doing the following:

1. Make a list of something on your weekly calendar that will have to be done today.
2. List all of the tasks from their previous weekly routine that needs to be finished the very next day.
3. Review your detailed schedule for the day in order and see whether you need to add any additional school-related exercises for the following day.
4. Add any additional tasks accordingly that you need to put in your calendar for the next day.

1.5. *Advantages of The Time Management:*

To be effective in their work, professionals need to constantly upgrade their capacity to maintain their time successfully [11]. The foregoing are particular the key advantages of time management:

1. Time management improves productivity and motivation in individuals.
2. Better planning and team management result in the most efficient use of resources.
3. More effective time management sharpens leadership abilities.
4. Process duplication and waste are decreased.
5. By giving priority to tasks that have been prioritized, time management helps to save costs.
6. Since repetitious chores are avoided, less effort is required.
7. Tasks that are managed better and work-life balance is enhanced.

8. A worker's career can advance with increased workplace efficiency.

1.6. Disadvantages of The Time Management:

The self-discipline that works is usually greatly advantageous. Nevertheless, if time management is not performed appropriately, it can potentially result in issues. Some disadvantages embrace the following:

1. Lack of proper organization may lead to the failure of any effort.
2. Planning and source sharing can go wrong when goals are incorrectly specified.
3. Being extremely time-constrained may lead to several health stress if you don't take breaks.
4. Additionally, ineffective time management may lead to higher costs, more monotonous work, and lower-quality output.

2. LITERATURE REVIEW

R. Adams and E. Blair illustrated that many students find it hard to incursion the right balance between their instructors and their daily life. Effective time administration has been linked to better school performance and a reduction in anxiety symptoms in students. This study represents the Time Management Behavior Scale that looks at the self-reported period management practices of university graduates. To explore which time management skills were related to ensuring that students applied time management skills, which time within the program was more strongly correlated with advanced grades, and whether these students self-reported themselves with particular time management behaviors. Identified or not, received high grades. Programs, correlation analysis, multiple regression, and prototype reduction are used. It was determined that the parameter significantly associated with students' academic achievement over time was students' perceived management. Time management behaviors were found to be somewhat unaffected by gender, age, enrollment eligibility, and duration of program participation [12].

C. Pitre et al. stated that the need for multitasking is often not emphasized in graduate degree medical education curricula, which often contributes to the emergence of poor time-management habits earlier than usual in training. Time management is an important skill set for practitioners. Increasing time-management methods can help practitioners feel better, work harder, and be more effective. The audience for this collaborative workshop included junior academics including trainees. It was intended to draw attention to specific clinicians' unresolved questions on cognitive restrictions and to provide a useful time-management approach. It also sought to educate children about how multitasking can improve their satisfaction with related careers as professionals. The curriculum includes thorough explanations with organized tools to support talent development. Healthcare professionals can learn time management practices in this program. The results show that this course meets the demand for newly qualified practitioners by emphasizing a critical skill set. Being a good time manager can generally help maintain a profession within medicine [13].

B. Pradhan stated that Poor time management can damage a career that is in demand. The problem of not spending enough space can be solved through time management. In simple words, time management is all about building the knowledge, attitudes, and attitudes needed to work effectively every day. One can understand that most senior members like to spend time together, so senior members need to know the time management process to improve

productivity. Money is not nearly as valuable as completing tasks. The importance of timing and how to control it is largely overlooked. Many senior members sometimes disregard the importance. Due to intense competition in the job market today, any aid registrar who can utilize another part of time management is more likely to survive in life. This paper emphasizes the importance of completing tasks and the barriers to effective management [14].

H. Yang suggested that Companies think about and use information and technology outsourcing, which calls for an external information technology infrastructure provider to handle internal knowledge system maintenance, in strategies actively adapting to a rapidly shifting information environment. to do. Information technology services companies must accurately manage resource consumption and authorized share capital information technology skill levels at the same time, even though one of the main goals of information and technology outsourcing is to reduce information and technology costs while maintaining an acceptable customer experience. This research demonstrates the impact of the month-to-hour time management units for a startup that was previously built from the internal IT community and culture of a specific corporation. Due to changing perceptions over time, corporations turned from cost centers to commercial enterprises. Resource utilization, employee orientation time, and work-life balance can all be improved. Integration of a resource management system including an information technology management system will be designed to link these impacts with information and technology effectiveness [15].

3. DISCUSSION

One of the oldest problems in the field of learning as well as study techniques is organizational skills, which have a prominent place in courses and many study skills manuals. This question isn't much different than what happens daily in a classroom setting; one of the most common complaints students have about their teachers in both middle school and college is that they don't have enough to complete. There isn't even time. All the tasks were assigned to him in multiple education areas. In most cases, students refer to multiple classes, homework, readings, test preparation, etc., which require constant attention over a long period. Similarly, students and instructors often ask psychologists and psychotherapists for help in developing study habits, especially those involved with time planning and organizing. Effective teachers seek guidance on how to address these issues and/or the facilities allocated to honor these abilities. As well as complaining about their professors, children often struggle with organizing, organizing, and completing their classroom tasks. This guidance asks the counselor to take positive measures in this area. Consequently, from a professional and scientific standpoint, it is important for school counselors to keep academic time management in mind and to seek help when needed.

4. CONCLUSION

The objective of this paper is to explore the connection between time-management skills and the theoretical success of university students. Overall, we found that the factors influencing a student's academic development are closely related to their time-management skills. The above concluded that the learners' conduct in the area of schedule management was at the lowest possible level and that the student's performance in the planning development category was to the best of their ability. The students got the success was above normal. As well as time organization, the speculative realization of something students were significant and strongly linked. The description of the research methodology had a somewhat significant relationship with completing tasks, but there was a moderate and positive relationship between includes

acquisition and school performance. In secondary school, it turns out that student time management scores significantly underestimated student management and leadership scores, with students who had technically poor time management scores dramatically underreported. In the future, this paper showed a relationship between time management methods, relaxation techniques, and improved school performance. A correlation has been observed between time control techniques, academic performance, and safety strategies. Additionally, there is a correlation between effective time management and good academic performance. Allocating time for study away from class or school shows some advantages while spending so much time has some adverse consequences on student's performance.

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CHAPTER 15

CONCEPT OF THE RIGHT TO PRIVACY: A COMPREHENSIVE STUDY

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ABSTRACT:

This right, which is a subset of the larger right to privacy, must be weighed against other fundamental freedoms such as freedom of expression or the press, which are essential to a democratic society, to avoid becoming a right to be eradicated. The right to privacy supports the maintenance of social boundaries. Everyone has information they don't want specific individuals to know. For successful relationships and jobs, it's important to have the freedom to set boundaries. In the past setting, boundaries were as simple as deciding to avoid talking about a particular topic. The author of this paper explores the idea of the right to privacy and explains how it functions in the modern world. Thanks to privacy, we can decide with whom to share our thoughts and feelings. Information that we do not wish to be made public, including our health or financial information, is protected by confidentiality.

KEYWORDS:

Fundamental, Information, Privacy, Private, Rights.

1. INTRODUCTION

The idea that people have a right to respect their private lives is relatively new. The idea of a right to privacy has become so widely accepted, in large part because of the way society has changed in modern times. The human currently lives in a panoptic society, which Foucault likened to the local "face-to-face society" of earlier times [1]. What was previously unreachable is now accessible thanks to technological advancements. Images or information about us may be made available to a potentially global audience through modern communications. Many international agreements recognize privacy as a basic human right. It is important for the protection of human dignity and serves as one of the fundamental elements of democracy. It supports the rights of itself and others [2].

Many government and private organizations regularly compile data about our attitudes, behavior, relationships, and activities. We live in "a conscious and ongoing state of visibility." Government, media, corporate organizations, and the Internet have penetrated so deeply into our social fabric that they have taken over and commercialized what was once the exclusive domain of the individual. Our society is evolving into a globalized goldfish bowl where personal space is becoming increasingly limited [3]. According to many critics, the current pressure to protect the private rights of individuals is a direct response to this growing intrusion. Reflecting on this awareness, it says, the potential for privacy invasions is greater today than ever before. All people have the right to privacy based on survival only physical integrity, personal liberty, the right to free expression, and the freedom to walk or think [4]. Thus, privacy encompasses more than just the physical body and also includes integrity, personal autonomy, data, voice, consent, objections, movement, views, and reputation. As a result, it is a connection that is neutral and

free from interference, unwanted intrusion, or invasion of personal space between an individual, a group, and an individual. All contemporary societies agree that it is important to maintain our privacy for both humanitarian and legal reasons.

The concept of privacy is famously vague and flexible. The "Protein ability to be everything to all lawyers" is what he has. Its ambiguity as a concept has given rise to much controversy and discussion in academia. The extensive literature in this area devotes a large percentage of its pages to the preliminary work of defining confidentiality [5]. There has been much debate but not much consensus as a result. In reality, "the most important aspect of the literature has been the almost complete lack of consensus about both the definition of privacy and the goals it claims to be supported by legal protection of the private". The varying results, sometimes even contradictory, are supported by multiple, varied definitions of privacy [6]. Privacy is hard to define. The initiatives mentioned above are either too broad to be practical or too underdeveloped to capture the true depth of the right to privacy [7]. Intuitively, secrecy is understandable, but it is difficult to define. It is doubtful that any spontaneous attempt to summarize the idea in a single statement will be successful. Clarifying and defining the appropriate extent of a confidentiality claim is likely to be easier with the knowledge of the interests that privacy protections are meant to protect. Understanding the rationale for protecting privacy can put us in a better position to create a legal system that meets this goal.

➤ *The right to privacy is defined as:*

- 1) The right not to disclose or make public any personal information.
- 2) Freedom from excessive government interference in fundamentally private matters and choices (see Legal Information Institute's definition of "right to privacy").

The right to publicity is a subset of the right to privacy, but it differs from the right in that it protects an individual from illegal commercial exploitation, rather than addressing non-commercial rights abuses [8]. Figure 1 shows several stages of the right to privacy.

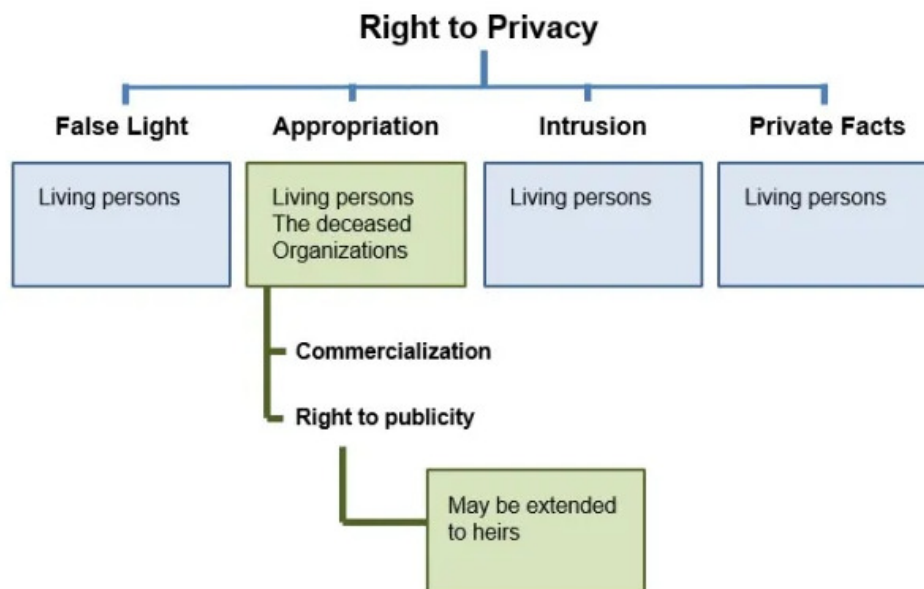


Figure 1: Illustrate the different steps of the right to privacy.

1.1 Right to Privacy in India:

Paper 21 of the Indian Constitution provides, as already stated, "No person shall be deprived of his life or personal liberty unless it is following the law provided by law." According to a broader interpretation, the right to life guaranteed by Paper 21 includes more than just animal existence or basic existence. The right to privacy is one of the many aspects of life that give more purpose, fulfillment, and worth living to human beings. In *Kharak Singh v State of UP*, the Supreme Court determined that Regulation 236 of the UP Police Regulation was unconstitutional as it was contrary to Paper 21 of the Constitution. This was the first time the topic had ever been raised [9]. The Court ruled that the right to privacy is a component of the right to protection of life and personal liberty. In this case, the court had linked personal liberty to privacy.

2. DISCUSSION

It is difficult to understand what is meant by privacy and the right to privacy. The natural rights doctrine is used to support privacy, which is generally adapted to new information and communication technology [10]. The right to privacy gives us the freedom to decide which parts of this domain can be accessed by others and to manage the scope, mode, and timing of use of those parts that we wish to be disclosed. This domain includes everything that is part of us, including our body, home, possessions, thoughts, feelings, secrets, and identity [11].

2.1 JURISPRUDENCE AS TO BEING A HUMAN LAW:

A basic human right, the right to privacy is protected by various international treaties and conventions. It is important for the protection of human dignity and serves as one of the cornerstones of democracy. It supports the rights of itself and others. Every human being has the right to enjoy his privacy only based on survival [12]. It includes the right to bodily integrity, personal autonomy, freedom from coercive speech, and freedom to travel, think and protest. The purpose of the right to privacy is to prevent public and private acts from endangering or impairing personal privacy.

"Once a civilization has made a separation between the 'outer' and the 'inner' man, between the life of the soul and the life of the body, the private space in which man can become and be himself," Warren and Brandeis noted. It is said eloquently [13]. This shows that the concept of confidentiality encompasses more than just the body and also includes integrity, personal autonomy, data, communication, consent, dissent, mobility, thought, and identity (truth). Consequently, there is no unwanted or intrusive interference or infringement of personal liberty in the relationship between individuals, organizations, or individuals [14]. Every modern culture now recognizes the value of privacy, not only from a human point of view but also from a legal point of view.

2.2 Timeline of Development in India:

In India, the right to privacy is a strange fusion of constitutional, common law, and traditional rights spanning many legal fields. The discussion of the right to privacy has not only become more prevalent in the country. This argument has a long history [15]. In the early post-independence era, the courts accepted fundamental rights as they were and did not include the right to privacy. As stated by the court in the case of *MP Sharma v Satish Chandra*, where it was held that the court refuses to recognize the right against search and seizure of documents as such a right was not included in the authors of the Constitution [16].

In the case of *Kharak Singh v State of Uttar Pradesh*, where the majority opinion was that the right to privacy is not a right guaranteed by the Constitution and therefore an attempt to trace the whereabouts of a person while infringing on their privacy, is not a fundamental right. Violation of this right then began. But in this instance, the opposing view of Justice Subha Rao raised concerns about the right to privacy being protected as a fundamental right [17].

The courts began to agree with Justice Subha Rao's dissenting opinion in *Kharak Singh v State of Uttar Pradesh* as more such cases came to the fore as they believed that fundamental rights should be treated as indisputable. The notion of plausible and logical ideology and the like should be discarded [18]. In the same way, as the Court held in *Govind v State of Madhya Pradesh* that "the right to privacy must include and protect the personal intimations of home, family, marriage, motherhood, reproduction, and child-rearing and is only mandatory. Subject to restrictions on grounds of public interest [19].

The case of *RM Malkani v State of Maharashtra*, where the court recognized the need to maintain the privacy of an innocent person, led to a change in how courts viewed privacy as a fundamental right to be interpreted. However, it will not provide the same protections for anyone who breaks the law. Thereafter, there were several cases where the right to privacy was challenged and discussed in various fields. But in 2012, Justice KS Puttaswamy filed a writ petition in the Supreme Court challenging the government's Aadhaar project because it violated the fundamental right to privacy, with the nation making the right to privacy a fundamental one witnessed a significant uproar or debate. Correct [20]. In this petition, it was argued that the government's intention to establish a surveillance state which goes against the right to individual liberty and liberty - was challenged [21]. It took five years for a nine-judge bench of the Supreme Court of India to decide the most prestigious and anticipated case, *Puttaswamy v. Union of India*. The unanimous decision of the court states that Indian citizens have a fundamental right to privacy, even though it is not explicitly stated in the text. Instead, it must be inferred from context and from the way the matter was thought.

In 2017, the Srikrishna Committee was also set up, and it said in its opening line that "India should create a legislative framework relating to personal data that can serve as a blueprint for the developing world if it is to shape the global digital environment 21st century [22]. Such an approach recognizes that empowerment, advancement, and innovation depend on the protection of personal data. Creating a legal framework for personal data that will impact both India and Indians applies, also implied.

Many laws of the 19th century recognized the idea of privacy without a clear definition, such as Section 509 of the Indian Penal Code from 1860, which protects individual interests. In addition, Sections 26, 163, and 164(3) of the Code of Criminal Procedure, 1898, allow for the protection of public interest [23]. The right to privacy should be seen as an important component of these Fundamental Rights as the Constitution explicitly protects them. These fundamental rights include the right to private life and liberty, along with freedom of speech and expression. In this case, the confidentiality of the location, body, choice, and information was guaranteed.

India has in response ratified the International Agreement on Civil and Political Rights (ICCPR). According to the Human Rights Committee, states signing the ICCPR have to "take legislative and other measures to give effect to the ban on such interferences and attacks as well as to protect the right to privacy."

2.3 Privacy and its relation to different aspects of society:

Privacy is a value that is aimed at individuals, groups, or society as a whole and has different meanings for different people. A democratic nation with a reputation for diversity like India. The people there come from a wide variety of beliefs, cultures, and backgrounds, so it's easy to determine that one thing may not mean the same thing to everyone in the nation the same is true of privacy. Different people have different definitions of privacy. Informational privacy, physical privacy, and other approaches can all be important factors for different people. Therefore, secrecy can be interpreted in several ways, along with many different characteristics of a community or nation, which are further examined.

- i. *Privacy and person:* In addition to guaranteeing the right to life, the Indian legal system protects from all forms of fear, force, and infirmity, as well as freedom of speech and privacy in all circumstances. No one can be forced to talk about their marriage, confess or act in any particular way. It guarantees that an individual's agreement should be given freely when required, making confidentiality extremely important for individuals.
- ii. *Privacy and home:* Most countries respect the right of a sensible household. It is a sanctuary where people can withdraw from the outside world and no one should feel any danger or security there. Because of this, maintaining your privacy at home is sacred and should be protected.
- iii. *Privacy and family:* If the primary has any social impact, they are on families, which are perceived as a set of personal relationships that can flourish if hidden from the public eye. From maintaining one's financial status to maintaining one's legal marriage, family privacy is of utmost importance. Everyone considers and views their spouse as their confidant, and if such confidentiality is not maintained between spouses, a person will have no one to confide in and will eventually be left alone. As a result, the law protects all communication between husband and wife, which is essential to make the world a better place to live.
- iv. *Privacy and press:* It is sometimes called the Fourth Estate and is the basis of any democracy. However, in a non-democracy, the freedom of the press is total. Even though there is no law requiring the fourth property to respect the privacy of the people in the country, it is right to do so from a moral and ethical point of view.
- v. *Privacy and gender:* In addition to protecting the improper disclosure of personal information, this right also works to prevent the accurate representation of others. This right belongs to everyone, whether famous or not, male or female. This right also exists for women in this patriarchal society, even though they can be a housewife, an employee, corporate junkies, a salesperson, or even a prostitute. No one has the right to break into her private life, no matter who or what information she has, including her period, her sexual interests, her marriage, or her marital obligations. This right has been given to all genders, not only to men.
- vi. *Privacy and Health:* An important concern in the health industry is privacy. A trusting relationship is one where there is mutual trust and trust between the parties. It is the kind of relationship that exists between a doctor and a patient. Everyone is free to share their medical history with anyone or keep it private. No one has the right to investigate another person's private affairs, including their medical matters, and to disclose any information to a doctor who has been ordered by a court to respect patient confidentiality is not permitted.

- vii. *Privacy and Data Protection:* There is no privacy regulation in our country, yet data banks have been developed extensively in all types of organizations, locations, and government records as well. Because no one wants to disclose their personal information, privacy becomes increasingly important when it comes to data privacy. As a result, any government must take the data protection of individuals' personal information, including information about their families, jobs, health, and other factors, very seriously.
- viii. *Privacy and Aadhar:* With the program of the Aadhar government, which is run by the Bharatiya Janata Party (BJP), an important discussion about privacy in our country first came to the fore. In the Puttaswamy v Union of India case, the petitioners argued that the program's collection of biometric data and personal information violates their right to privacy. He said Aadhaar is a tool of widespread surveillance that undermines security and raises concerns about the possibility of sensitive data breaches online. All this is a huge problem as there is no study on cyber security infrastructure in this country.

2.4 Privacy and Surveillance in India:

A country like India is held in much higher esteem than any other country because it has the largest democracy in the world, the second largest population, and individuals from all diverse backgrounds who follow many different cultures and philosophies. The reason privacy discussions have picked up steam is a matter of discussion. States and businesses continue to breach privacy because such policies are portrayed as international human rights standards. Technology has advanced so rapidly and to such a high level that surveillance has become a privacy intrusion. The processing of data, which includes anything from images to messages to bank information to a person's daily activities, etc., has progressed to the point where it has, like anything, surpassed existing regulations.

To add to the progress achieved by the expanding global monitoring business. It hinders efforts to counter terrorism and maintain international security. It has given organizations more authority to break human laws. Everyone's life has been affected by state surveillance, and no one is aware that anyone is being watched until they inquire about it. This has come to the fore in several instances where civil society organizations have been attacked while recording abuses of the right to privacy or investigating government policies and practices.

2.5 Necessity for Privacy in Society:

When discussing an individual as an individual rather than a member of society as a whole, confidentiality is important for several social and psychological reasons. Since privacy is all about protecting your space and respecting others, there are many factors involved, starting with people's respect and reputation management. If one doesn't like others to interfere in their issues, others will too. It is rude to disobey someone's request to keep something secret. The ability to regulate one's reputation thanks to secrecy affects opportunities, relationships, and credibility, even if it's not a win-win scenario for everyone.

Then, secrecy enables people to avoid past criticism, bring about change, take control of their worries, and seize opportunities to move forward in life. This gives them a second chance, sometimes referred to as a second chance at redemption. This helps them to develop their cognitive processes in a way that benefits society and prevents criminal psychology, feelings of vengeance, remorse, and other negative emotions. It encourages optimistic thinking and allows people to re-establish themselves without worrying about being condemned for prior behavior or

actions. However, this does not mean that there is never a chance for these individuals to change their ways. Not everyone deserves to be punished or imprisoned, and if the "eye for an eye" principle is followed, almost the entire population would be under scrutiny and almost half would already be behind bars.

People are more likely to trust each other when they are aware of where their data is and how much of it is accessible to the public. In this condition, the person becomes more aware of the environment around him. People are more likely to rely on others even in situations where it is necessary, such as for professional services, government affairs or activities, or commercial purposes, when there is a clear distinction between what is allowed and what is not. A person may hesitate to trust others after having betrayed their trust in a relationship.

In addition, these individuals are exempted from defending their actions, beliefs, or words unless they are offensive, illegal, or punishable. The ability to participate in political affairs and the affairs of society grows out of secrecy. Due to threats, friendships, relationships, and many other factors, our country protects the privacy of voters during elections. Confidentiality is important in associations and activities because prying eyes can influence people to behave against their better judgment. In the end, secrecy keeps the state from sticking its nose everywhere and limiting government action. Not only the government, but also private citizens, because data is vital to many life decisions, and no one wants to be a puppet of someone else.

According to Paper 21, both the right to life and personal liberty depend on the right to privacy. In addition to a contract, the right to privacy can also stem from a specific connection, such as business-related, matrimonial, or even political. The right to privacy is not inalienable; It is subject to reasonable limits for the reduction of criminal activity, the control of public order, the protection of morals and health, and the protection of the freedoms and rights of other people. In a famous judgment, Louis Brandeis J. said that the right to privacy is "the right most treasured by civilized men." According to Lord Hoffman, there is no logical justification for claiming that the publication of personal information should receive less protection than the state against a private individual, for which there is no justification in respect of complaints against the media.

According to US Supreme Court justices, the pursuit of pleasure includes the right to privacy. The pursuit of happiness requires certain freedoms that are legally granted to us, to act as we deem fit while following the rights of other people. The right to freedom is unlimited and indisputable. This is evident throughout the legal framework. When examining the early Supreme Court rulings, one can see how important it was for the Court to consider fundamental rights such as watertight containers. This was especially evident in the case of the AK. The judgments of *Gopalan v State of Madras*, and *Maneka Gandhi v Union of India* softened this tough stand. The assurance of a full and meaningful life was seen as the essence of the right to life rather than as a representation of purely animal existence.

We often put being a member of society above ourselves. Everyone is entitled to the private sector to engage in any activity, provided it is legal. As a result, the state gives freedom to everyone to spend private time with anyone away from the prying eyes of the outside world. According to Clinton Rossiter, maintaining one's privacy can be seen as an attempt to gain autonomy in at least some personal and spiritual matters. One of the most unique experiences a person can have is a sense of freedom. There, he is truly a free man. It is a right against the whole world instead of the state. The person will benefit from this privilege as he does not want to broadcast his ideas to the whole world. This right is becoming more and more important in the

modern world. We need security so that we can live our lives as we please and don't put the needs of others above our own. These days, everything about us is documented in the media, be it through social networking sites or surveillance cameras. After all, the only people we have to explain to are ourselves, not everyone else.

3. CONCLUSION

The government, the so-called representative of the people, is the entity that has the greatest impact on maintaining the privacy of individuals. Protecting the rights of citizens becomes a fundamental duty of the government if it is recognized as a fundamental right. It is the job of the government to address issues of data security, protection against illegal interception, surveillance, use of personal identities, and physical privacy. Legislation should be passed holding data controllers accountable for the information they collect, manage, and use. It should also strengthen its cyber security norms, provide internal procedural safeguards with independent external oversight to protect rights and align technologies and laws with the changing ways people use the Internet. But most importantly, it should inform users about their options. Even despite their concerns and difficulties, residents still urgently need to be protected as modern life is based on the realities of the digital age. India is becoming increasingly digital and advanced, and as a result, the issue of identity theft or fraud has become a serious concern. Additionally, since information on the Internet may be used inappropriately, data collection systems must take into account privacy risks and include safeguards to protect such data and information.

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CHAPTER 16

INVESTIGATING THE ROLE OF CRITICAL THINKING FOR THE IMPROVEMENT OF COMMUNICATION SKILL

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ABSTRACT:

Critical thinking allows people to think independently of their prejudices. Increasing communication confidence through critical thinking. By developing their skills, elementary school students are better prepared to deal with the complex issues they face in everyday life. The use of role-playing as a form of creative learning can be beneficial for promoting critical thinking and speaking abilities. It provides a setting where students can collaborate in potentially real-world situations. It is a person's ability to use critical thinking that allows them to analyze any situation. Critical thinkers are more equipped to understand their goals, motivations, and self. If people can learn to recognize the most important factors and use them in their lives, people can influence their circumstances, encourage personal growth, and increase their level of happiness. The goal of this paper learns more about the role of critical thinking in effective communication. In the future, this paper help to understand the importance of critical thinking for effective communication.

KEYWORDS:

Critical Thinking, Communication, Development, Learning, and Skills.

1. INTRODUCTION

Education is at its peak when it combines all the charm in the mind, body, and spirit. It helps in maintaining harmony between the mental, moral, and physical well-being of a person. According to Tagore, the goal of education should be awareness and importance rather than merely gathering information. This means that physical, intellectual, artistic, and spiritual development must all be in sync with each other [1]. It has emphasized moving towards a learner-centered curriculum in education. In modern times, the all-around development of students is the goal of education. Education experts with this goal in mind are developing activity-based curriculums that engage students and require the use of cognitive skills, emotional competence, social skills, or moral values to help them succeed in learning [2]. Being able to communicate effectively is essential since it is one of the primary aspects that affect how well teaching or learning proceeds. In addition to imparting knowledge, the term educate is meant to teach pupils linguistic skills that would aid in their personal development. Higher education has altered the economy and greater society over time in several different ways.

The learning process should involve the learners not only cognitively but also emotionally or physically to make it more meaningful. Students who actively participate in the learning process, link what they are learning to past experiences, but also apply it to real life, leaving a lasting impression. Critical thinking as well as fostering communication abilities in students helps them to think logically, analyze, question, or evaluate information. If students are taught to handle a variety of issues well in real-world scenarios, critical thinking or communication skills may be developed effectively [3]. Adapting the curriculum to include proactive and research-based practices can help students enhance their communication and critical thinking abilities. Role-playing felt like an intriguing and useful way to satisfy such needs. As an engaging tool, it encourages students and makes learning about numerous facets of language or communication entertaining and successful. Role play is frequently employed in various academic fields and enhances learning in a variety of ways. It not only makes studying easier, but it also has a big impact on how students behave [4].

1.1. Critical Thinking:

Critical thinking abilities are frequently referred to as higher-order skills since they call for deeper but more sophisticated modes of thought than those we use daily to do things like to prepare meals or keep track of our schedules. To begin comprehending the idea of critical thinking, it might be beneficial to use a framework that explains several stages of thinking [5]. The teaching of communication skills should concentrate on the four skills of reading, listening, writing, and speaking as well as break each skill down into its micro skills to increase students' communication competence. For instance, the instructor could divide the ability to listen into the following smaller skills, which are shown below in Figure 1.

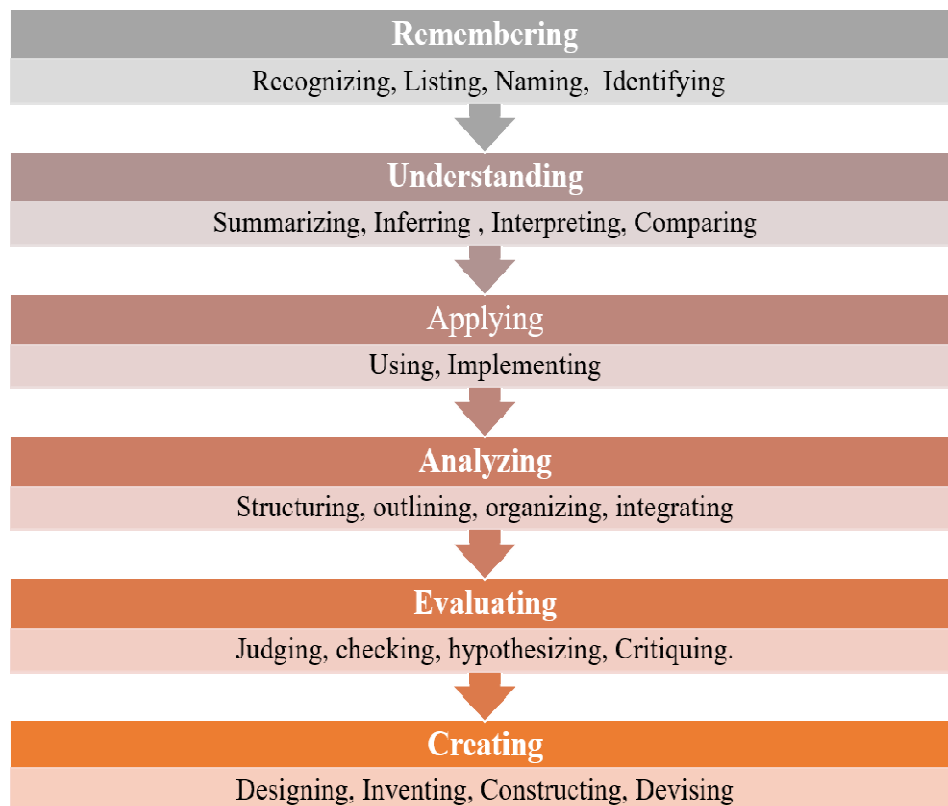


Figure 1: Illustrate the Process of Critical Thinking Skills.

1.1.1. Remembering:

According to this theory, acquiring new facts, numbers, concepts, or other information and remembering them are all 'lower order' talents. Of course, having the ability to accomplish these things is crucial, but they are only the beginning. People must be able to analyze and evaluate the material they come across during their studies to develop inferences or conclusions that are supported by their analysis and assessment if they want to achieve great academic success. Critical thinking is fundamentally based on these three essential higher-order skills. The ultimate goal is to produce unique academic work that is all your own of course, appreciating the ideas or efforts of others.

1.1.2. Analysis:

Involves reading a piece of writing carefully and analyzing it to find and identify its major ideas, supporting evidence, and conclusions. Analysis sometimes entails contrasting the writing of several writers, locating major themes or points of disagreement, and/or drawing connections between various viewpoints or methods of approaching the subject at hand. Examining additional data in-depth, such as the results of an experiment or a computer simulation, is another aspect of analysis [6].

1.1.3. Evaluation:

It involves assessing and looking at several perspectives, justifications, and evidence that you have uncovered to determine their feasibility, application, and strength. This may require questioning the author or authors' conclusions and examining what they omitted as well as what they included. When analyzing anything it is common to consider how well the data or logic fits with a certain theory.

1.1.4. Inference:

Involves building on your evaluation and analysis of the already-available information by using it to get your conclusions. This might involve discussing the implications of the evidence you have considered, accepting or rejecting the theories, justifications, as well as conclusions of others, or even making suggestions or comments for the future. People will be able to master reflective judgment or the capacity to make an educated decision based on the information at hand by developing these skills. You will also be aware of the nature and bounds of knowledge or knowing. Your confidence in producing creative work should increase as your critical thinking abilities advance since you will know that your concepts are supported by strong critical underpinnings [7].

1.2. Importance of critical thinking:

Critical thinking abilities are described as soft skills that help the critical thinking process. People can improve their ability to think critically by honing these skills. One of the transferrable skills in the workplace is the capacity to think critically. Many of them are soft skills that may be used in various situations. The importance of critical thinking abilities cannot be overstated. These assist you in problem-solving and autonomous work. Not every job needs constant critical thinking. But everyone looking to further their career should have such talents. And even the least demanding jobs demand at least a basic level of critical thinking abilities [8], [9]. For instance, the majority of the time, working as an accountant might be simple. But critical thinking abilities can be necessary. What happens, for instance, if some costs are difficult to divide into straightforward categories? Without the ability to think critically, an accountant will

find it difficult to operate freely and come up with solutions on their own. Critical thinking skills are important in daily life as well. Having a solid foundation in critical thinking will enable you to evaluate many potential fixes for issues that arise in the house. You can benefit from it by:

1. Analyze various perspectives
2. Find the best answer to a complicated problem.
3. Improvement in learning

Teachers must support students' holistic development by implementing cutting-edge teaching strategies in their classrooms to promote and improve students' communication or critical thinking abilities. Children in elementary school benefit from role play by developing their communication or critical thinking abilities. These methods can keep youngsters interested in the learning process for a longer period.

2. LITERATURE REVIEW

Yusuf et al. studied critical thinking and its importance. It's crucial to realize that criticism does not necessarily indicate negativity. The word critical may have negative implications for some pupils, who interpret it to suggest that they should solely point out flaws in concepts or written work. Being critical requires viewing problems with fairness and objectivity and coming to decisions using logic and reason rather than intuition, feeling, or conviction. It is therefore essential that teachers possess a solid understanding of critical thinking, and communication skills, as well as the importance of each for efficient teaching or learning. Teachers' ought to implement techniques that encourage pupils to think critically. Every level of teacher should have access to in-service training and capacity-building seminars for professional development on methods to increase students' communication or critical thinking skills [10].

Ji-Hyoung Han et al. investigates the benefits of critical thinking or effective communication on dental hygiene students' capacity for problem-solving. The author of this paper employed convenience sampling to choose 508 dental hygiene students from three colleges as part of the survey procedure. The results showed that system activity had the lowest intellectual fairness score, 3.19, while critical thinking had the highest, 3.60. Reaction, social competence, and focus had good communication skill ratings, with an average of 3.65. Clarifying the issue, looking for answers, and making decisions were the three steps involved in problem-solving. Each of these factors noise controls, wearing each other's shoes, social tensions, and efficiency affected communication skills, which in turn affected the ability to solve problems. To handle interpersonal issues with patients and caregivers, dental hygienists need to be able to think critically and communicate effectively. Therefore, these abilities should be encouraged in dental hygiene students to improve their capacity for problem-solving [11].

Malika Abdikarimova et al. studied the importance and necessity of verbal communication in daily life. The study elucidates how teachers might encourage pupils to strengthen their verbal communication abilities. To assist students to develop their oral communication skills and speech etiquette, we must put into practice several effective and practical methods for teaching the English language. The importance of speech manners and verbal communication in a person's success in life has piqued the curiosity of several academics and readers of the paper. Speech etiquette is based on how individuals behave as much as it is on their belongings in terms of how the world is represented linguistically and culturally [12].

L. G. Snyder et al. studied teaching analytical and problem-solving abilities. A taught talent, critical thinking takes training or practice. Critical thinking abilities may be improved by business education teachers at both the secondary and post-secondary levels. Several obstacles can prevent critical thinking teaching. Critical thinking-promoting learning environments are threatened by a lack of expertise, a lack of resources, preexisting biases, and time constraints. However, instructors may help students develop their critical thinking abilities by using effective questioning techniques, modeling the thought process, and actively involving them in project-based and collaborative activities [13].

3. DISCUSSION

It is already known that poor communication is a role in the enormous potential that students in the higher education system possess. Critical thinking when sleeping covers a bigger portion of the damage radius. Communication and critical thinking will be the key two abilities for pupils' advancement in the post-pandemic world. After the clouds, part and a fresh day's breakthrough, when the lockdown is lifted and the coronavirus is eradicated, both are required. Skills in critical thinking and communication will save the jobless by helping them find work and maintain their employment. These abilities are valued since they need communication skills and fast thinking [14], [15].

Communication is sometimes referred to be the "skeleton" of critical thinking since it involves thinking deeply and organizing those thoughts into well-organized phrases. A person's capacity to use critical thought is what allows them to analyze any condition or circumstance. After that, effective negotiation of their opinions is made possible by their communication abilities. Problems with supposedly intractable solutions appear in reels. Speaking is simply one aspect of communication; listening is also seen as an essential component. It is the key to unlocking other people's ideas to provide crucial information. The four styles of listening appreciative, sympathetic, thorough, and critical when mastered, make a person an excellent communicator [16].

Better critical thinking abilities make for better communicators. They can offer their viewpoints and depict circumstances from many aspects. Most of the time, people or bad circumstances do not intimidate critical minds. A critical thinker may make a reasoned link between ideas and reality by being able to digest thoughts via data analysis and reasoning. Clinching to the point and staying on topic are two of the most crucial communication and critical thinking abilities. It might be challenging to recognize a difficult issue and then come up with the necessary aspects to resolve it on your own. But a competent communicator and critical thinker can pull it off. While discussing solutions with close friends or family members deepens the connection, a smart communicator stays true to the main themes [17], [18].

3.1. *Non-Verbal Communication and Research:*

Finding reasons and evidence to back up challenging ideas is vital, and it's also crucial to keep your attitude in check through your voice, body language, and physical gestures. It is a method of nonverbal communication and research for gathering information and supporting arguments.

3.2. *Controlling Emotion and Curiosity:*

It's not a good idea to base decisions on emotions. Because it is detrimental to the profession, emotion regulation is a method to stifle unpleasant ideas. It is a desired attribute, and employers frequently identify applicants who possess it. A thoughtful mind understands how to restrain

their emotions and ask inquiries that will yield useful information. An open-minded individual is aware of how to restrain their emotions and look for solutions to difficult problems. Employers will be looking for workers with excellent talents during the difficult post-pandemic days. These two abilities may both be cultivated over time and now is the ideal time to start.

3.3. Benefits of Critical Thinking & How to develop it:

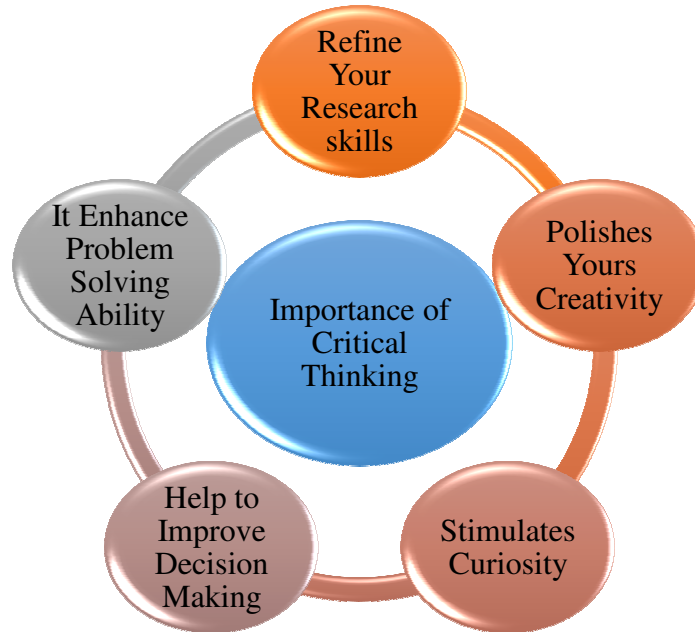


Figure 2: Illustrate the Importance of Critical Thinking nowadays.

Before discussing the usefulness and benefits of critical thinking for students, it is essential to understand what critical thinking is. Any subject, problem, or work of literature can be critically considered. It has quick thinking. Later, it applies those theoretical concepts and imbues them with them. As seen in Figure 2, the amazing thing about critical thinking is that it improves thinking skills. It exemplifies the values of the mind, including justice, correctness, consistency, breadth, and sound reasoning. A correct procedure is necessary for critical thinking; it entails conceiving with expertise, examining many elements, synthesizing, and, most importantly, assessing the knowledge that has been obtained, as well as acutely monitoring all of the contributing components and experiencing the entire.

3.3.1. It Helps to Improve Decision Making:

Decisions can be made independently by individuals using critical thinking. As a result, you will be able to choose wisely. When choosing a profession or changing careers, students must make quick decisions, and this is where critical thinking is needed.

3.3.2. Enhances Problem-Solving Ability:

The essential skill needed to handle boundaries or transitions is critical thinking. Students should use logical reasoning to avoid making any situation more difficult to handle and to help them do so. For example, two people are given the same scenario and asked to come up with a solution. Instead of someone who needs five minutes but can't devote enough time to research, someone with critical thinking skills will devote ample time to the task.

3.3.3. *Refine Your Researching Skills:*

By carefully watching, evaluating, synthesizing, and experimenting with every part of your research for a better outcome, critical thinking will improve your research techniques and assist you in doing accurate research. Your creative side will be able to flourish. Undoubtedly, creativity has established itself as a key skill to possess in the collaborative modern workplace. Because becoming more creative is facilitated by critical thinking.

3.3.4. *Stimulates Curiosity:*

It awakens people's curiosity about the issue or topic you're working on. Curious people may go further and deeper in their research to provide superior results. With this strategy, you can keep learning new things all your life long. The Thandomal Shahani Centre for Management in Mulund, Mumbai, one of the top MBA schools, stresses holistic development by providing students with a globally relevant curriculum, an innovative teaching strategy, and foreign faculty members with real-world corporate leadership experience.

3.4. *Effective Communication:*

Many of us engage in everyday social interaction with others, whether in person or via the many digital avenues at our disposal. But how successful is our communication in reaching the target audience or individual? Humans need to be clear and thorough in their communication if people want it to be effective. Being a great communicator in both our professional and personal lives requires learning how to convey information with clarity, compassion, and understanding. People will describe effective communication in this paper, go through its advantages, and provide suggestions for how to get better at it.

The most popular method of conveying concepts, information, viewpoints, and facts to make sure the message is understood clearly and in the context of an aim is through compelling correspondence. When people communicate effectively, the shipper and the recipient are both happy. Writing, visual, audible, and nonverbal communication are just a few of the many ways that people may communicate. It might take place face-to-face, over the phone (using calls, apps, or video), over the mail, or online. Successful correspondence must have these key components: it must be intelligent, honest, point-by-point, and unambiguous. Even though your scenario will be unique, the “5 Cs” of correspondence, as some refer to them.

3.5. *Benefits of Effective Communication:*

There are benefits to effective communication in the workplace, school, and in your personal life. Learning effective communication techniques can help in each of these situations.

1. It boosts creativity, fosters curiosity, and sharpens analytical skills.
2. There are several elements to this technique.
3. It fosters independence
4. It's a talent for life, not just a skill for learning.

3.5.1. *Effective communication must help you in the workplace:*

1. Assemble personnel into teams.
2. Boost business expansion while retaining staff.
3. Benefit from more innovation and creativity.
4. Establish enduring relationships to provide new opportunities for you or your business.

3.5.2. *Being able to Communicate Well in Your Personal Life:*

1. Improvements in social, emotional, or mental health.
2. Already, deeper relationships have been forged.
3. Openness and trust are the foundations of new relationships.
4. Increased ability to solve problems and settle conflicts.

4. CONCLUSION

Beyond speaking, communicating effectively verbally requires a variety of talents. Verbal communication includes both the transmission and reception of messages. Every student, teacher, and individual should be able to communicate effectively to succeed in life. Employers place great value on employees who can do this. Employees with the ability to decipher communications and take appropriate action in response to information have a greater chance of excelling at their jobs. It is hard to begin and continue a conversation without proper speech manners. Speech etiquette is a set of standards that this society has developed for the specific form, substance, sequence, character, or situational significance of remarks. Realizing that being critical does not equate to being rude is essential. Some pupils misunderstand the word critical, thinking it means they should only point out errors in an idea or a piece of writing. This is false. Being critical means analyzing events objectively and impartially, drawing conclusions based on logic and reason rather than intuition, feeling, or conviction. This paper aims to educate readers on the need for critical thinking in effective communication. This paper will assist readers to comprehend the significance of critical thinking for effective communication in the future.

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CHAPTER 17

ROLE OF YOUTH IN POLITICAL PARTICIPATION AND NATIONAL INTEGRATION

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ABSTRACT:

Youth politics includes all aspects of youth policy that directly affect youth, including those related to education, housing, work, leisure, and their political participation in elections, political party membership, youth groups, and protest movements. Young people are empowered to play an important role in their development as well as in the development of their communities through active participation, enabling them to learn essential life skills, develop an understanding of human rights and citizenship, and foster good civic engagement it helps to encourage. The author of this paper explored the influence of youth on national integration following political participation as well as the role of youth in political participation and national integration. Youth participation activities are informal educational activities that focus on the participation of young people. These initiatives are designed to provide youth with experiences in future exchanges, collaborations, cultural engagement, and civic action.

KEYWORDS:

Country, National Integration, National Unity, Political Participation, Youth Generation.

1. INTRODUCTION

The basis of any nation is its youth population. Just as no structure can stand without a solid foundation or foundation, similarly no country can exist or progress without youth who are capable, capable, and committed. No nation will delay in becoming a powerhouse if children are given the right motivation and opportunities. However, this cannot be accomplished without promoting the spirit of national integration [1]. Real national unity emphasizes gathering all in the nation on a single platform, while they are all tied together. It is a feeling that takes pride in our history and unites all the citizens of the country. The development of any nation depends on its youth, who plays an important role in taking the country on the path of peaceful development. They need to remove all distinctions based on caste, creed, religion, and language to maintain the spirit of national unity.

National unity is the consciousness of a shared identity among the citizens of a nation; In other words, the realization that despite our differences in caste, religion, and language, we are all part of the same country. It is not just a national sentiment; rather, it is a spirit that unites individuals of diverse languages and religious beliefs in a common goal. The concept of "national unity" derives from civic action and resolve [2]. It is the responsibility of every citizen to fight against the forces and ideologies that undermine the integrity and unity of the country. It is clear why national integration is important as it helps to preserve democracy, promote economic

development, move the country forward, and provide citizens with all-important rights and obligations [3].

Youth play a vital role in maintaining national integration as they constitute about 66 percent of India's population. The youth who took part in the freedom struggle have a long and rich history. Even though today the country is divided based on caste, faith, and religion, corruption is still rampant in the corridors of power and most of the political parties are trying to make themselves prosperous [4]. To take the country in the right direction, youth will have to form a large number of social and political parties. To promote national integration by involving youth. One of the most important challenges is how to promote national integration among all citizens. In light of the foregoing, national integration is a strategy that can prevent the nation from falling into the hands of extremists and fundamentalists. Future leaders including young people are vital to maintaining national unity. If youthful energy and passion are channeled into development work, they can do wonders on a large scale. The strength, power, and talent of the youth should be harnessed to remove any threat to national unity and unity.

The next generation of youth can make a significant contribution to the socio-economic progress of the society. If the ideas, ideologies, and idealism of the youth are used meaningfully, then the task of achieving national integration will be easy and the future of the nation will be promising [5]. The goal of the youth should be to rid society of the oppressed victims and to take the country forward on the path of prosperity. Additionally, everyone plays a distinct and clear role in this wonderful work in this new era of hope and joy. Encourage national integration by involving youth like a machine tooth.

The young generation should be aware of any problem facing the country. They should sit because they should not put the responsibility for everything on politicians or powers[6]. They should exercise the appropriate level of initiative to remove the impediments to promoting national integration and integration. In the past few decades, great progress has been made in political participation research. Our understanding of the topic has been expanded by contributions from many disciplines, but as a result of this interdisciplinary input, it has become less clear what the basic concepts and meanings underlying the phrase "political participation" are (PP). Consequently, this section outlines the history of the term and provides a solution to the fundamental question of what constitutes political participation. Figure 1 the social media use in political efficacy, political knowledge, and political knowledge.

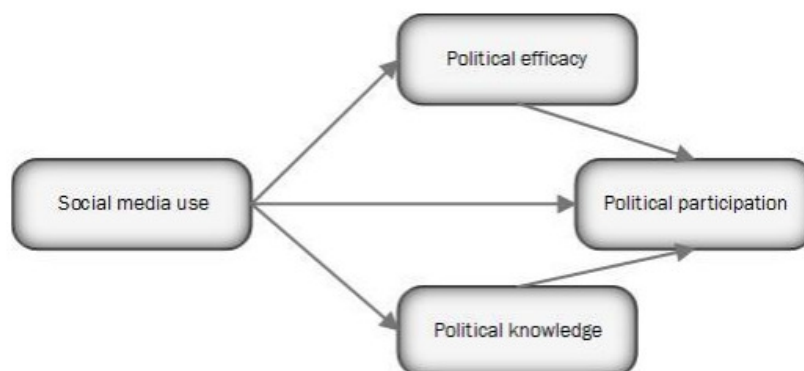


Figure 1: Illustrate the social media use in political efficacy, political knowledge, and political knowledge.

The most widely accepted behaviors identified as PP include signing a petition, joining the party, and voting. But the extent of the agreements ends there. To address the issue of how PP can be defined, one must look back at a scarce decade. Robert Dahl gave an early indication of what it would include in 1973. He claims that the PP is an important component of contemporary democracies because it allows the people to hold their rulers accountable in a "monarchy: participation and opposition"[7]. Dahl, however, did not formally specify what he meant by participation. Even though they can be held accountable to governments, their concept of participation only includes activities within a nation's specific institutional framework, thus making behavior such as shopping or clicking the "Like" button referred to as participatory will not be considered. However, his writings contain some important components of our contemporary understanding of PP, including accountability and the divide between ordinary citizens and professional politicians, which are also present in widely acclaimed books.

2. DISCUSSION

Political engagement, according to these scholars, is "those private civic activities that are more or less straight aimed at persuading the choices and/or actions of public figures." Verba and Nie argue that common people have different ways of getting involved in politics besides voting and joining political parties. Voting, contacting public authorities, campaigning, and cooperative and community actions form their recommended typologies. The term has opened the door to investigations of political participation through non-election measures, such as protests, petitions, or strikes [8]. Similar views have been put forward, emphasizing that political engagement needs to target not only governments but also other institutions or corporations. PP can consequently influence how policies are made and how government services like education and health care are provided. They continue, private civil acts must be noticeable, explicit, and voluntary in order to qualify as the PP, but it also focuses on interactions between the people and the political elite.

All types of civic activities, including activities and acts that may be political but are not always, have been examined using the notion of civic engagement. For example, according to Putnam's "bowling alone", going to the bowling alley is an important sign of participation. Because the number of indicators is ever-increasing, claims have been made that this notion is being exaggerated, making it unsuitable for academics. The views of most of the authors of the PP from the initial stage of the study have three characteristics: Acts should be carried out by the common people, not by elected officials; They must be voluntary; Structural pressures that compel individuals to perform specific tasks do not qualify as participation; and they should be directed at governments, organizations, NGOs or institutions. The three elements form the "hard core" of almost all existing definitions of PP.

The evolution of the repertoire of political participation between the 1940s and 1990s, following the release of the seminal works. The PP was mostly confined to voting and campaigning during the 1940s and 1950s. However, later, the so-called "standard" types of PP began to emerge in the initial 1960s [9]. Political participation was then seen "mostly as actions related to the traditional concepts of politics, such as propaganda by parties, politicians and with well-accepted relationships between individuals and public officials." These traditional forms were developed throughout the 1970s, while "unconventional" forms that did not conform to the cultural standards of the era emerged.

Protest, rejection, and recent social movements like the pacifist or women's movement were some of these unconventional manifestations. Later, during the 1990s, the distinction between political and the non-political spheres of contemporary society vanished as the range of political participation expanded to embrace "civilian" activities like volunteering and social engagement. Additional PP types have emerged in the modern era challenging PP research. What was previously considered unusual or elite-challenging conduct is now standard in new forms of expression, which employ non-political behavior to communicate political beliefs. Therefore, the distinction between conventional and unconventional PP can no longer adequately describe these forms.

Additionally, it has explored current changes in citizens' political participation and argued that these amendments define today's PP repertoire and cause a divergence between institutional and non-institutionalized PP. First, as a result of the development of new social organizations and advocacy networks, "the agencies or institutions through which individuals organize and participate have changed." Second, as relations with political and civic groups deteriorate, participation patterns are becoming more individualistic. The distinction between institutional and non-institutional types of PP capture that takes place inside or outside the institutional framework (eg voting and party membership) is widely used (eg, protest or boycott). Given that young adults are more likely to engage in non-institutionalized forms of participation than non-institutionalized ones, this difference between institutional and non-institutionalized PP is significant for different types of research on adolescent participation.

It takes time to get used to or be dared by new types of attachments. Online participation is a recent innovation in this area. It is still up for controversy as to whether or not Internet connectivity fits into pre-existing ideas. There is concern that the idea of participatory politics as a whole runs the risk of being overstretched due to this controversial argument and the myriad of ways online participation is incorporated into pre-existing forms of engagement. To prevent this, a unique definition of participatory research (PP) is provided that should allow researchers to "identify a method of participation if they find one. To "see one," research teams should look for involvement that meets the following criteria: it is optional, not required by the ruling class or the law; it refers to individuals in their capacity as novices or non-professionals; and it has something to do with the state, government, or politics. This statement, "two more variations depending on the purpose," serves as a minimal definition to which additional forms are added.

This conceptual map is the result of five analytically explicit modalities of political engagement. Therefore, the first version of the minimum definition emphasizes context more than outcomes, while the second and third forms focus on the goals of activities based on the intents or motivations of the participants. Only the participants' intents and goals are taken into consideration after Form 5 to determine one form of political engagement. The political nature of actions is based on pertinent evidence in the fourth form. The authors provide the advantage of adhering to these judgment standards as being, for instance, "the ability to discern between political behaviors that match definitions with tight or flexible requirements, as well as the ability to systematically reject individuals who do not fulfill specific demands." This factor allows online PP to be categorized as PP. However, this example also demonstrates that PP cannot be defined in a straightforward manner, which is already reflected in the literature. Instead, it begs the issue of whether a definition like Van Dieth's allows for the formulation of strategies to bring the current conversation together. The ability to classify newly developed literary forms is also provided by a definition that is both broad and well-defined. This appears to

be an important component of creating a definition of PP that can be used to take into account constantly changing social conditions and behaviors over a long period.

1.1 Differences between the Youth and the Adult Political Participations:

The preceding section has now demonstrated the lack of need for a separate definition of youth political participation, instead emphasizing the importance of multiple modes of political engagement of young people. The question, therefore, becomes to what amount the PP behavior of young people differs from the other groups. A review of earlier studies reveals a perceived divide between young people and adults. According to several surveys, young adults score poorly in practically all political affiliation categories, giving rise to the impression that they are not politically active enough [10]. This belief is supported by trends, such as the lowest rate of turnout among young adults across all age groups, which is also the lowest rate of youth participation in political parties. The phrase "young people are less concerned with politics, less politically aware, do not participate in social or political activities, are more apathetic, and have lower levels of political interest" can be used to describe that's how indifferent young people are to politics [11]. Even though this portrayal may seem unambiguous, the literature is still divided on the issue of youth disengaging from politics. At this juncture, three important questions need to be answered. According to some academics, the most important factor influencing disparities in political engagement between young people and adults is lifecycle. A curvilinear effect of age can be observed in this situation, meaning that association increases from puberty to middle age and declines as one ages [12]. Researchers have been studying this trend for decades, and it is important to distinguish between generational effects and lifetime effects. What matters in terms of lifetime impacts is the change in political engagement due to different stages of life.

In this view, no one prioritizes political engagement because it contests more urgent personal issues, particularly for young people. People only have so much time, so participating in politics is more expensive for those whose lives are not yet settled. Along with the reality that young people have more expertise with the election and political process as they grow older, certain phases of maturity have been found to have an impact on political engagement behavior. Making a career, getting married, and starting a family are some of these [13]. According to other scientists, lifecycle belongings on other types of political engagement may only account for some of the observed disparities and these findings are only related to the effect on voter turnout. But not all scientists have the same opinion. Lifelong implications are also relevant in this situation, according to non-institutional participatory research. They specifically point to a "lack of the personal boundaries that can increase the cost and dangers of movement participation, such as the full-time jobs, family and marriage commitments" and relate to personal availability. Young adults are significantly affected by social movements, as the lack of such restrictions makes participation easier.

According to the generation effect theory, pre-adult socialization has long-lasting consequences on political socialization. From this point of view, the youth of every individual is a period related to the maturity of political thought. Based on this claim, some authors say that because today's youth are less politically engaged than current elders, they would never do so. The fact that young adults today are having a harder time achieving maturity milestones and this causes an irreversible delay in political engagement is one explanation for this. According to studies, young adults continue to exhibit traits that set them apart from older generations, and it will lead to the current constituency being replaced by a younger generation of political members who will be less active.

The different meanings of politics or political activity are another reason for the perception of different behavior between age groups. Every researcher should start with a precise definition before proceeding. Additionally, the survey population should use this definition of political affiliation and accept what it means. This is the exact point when youth and adults separate. Are the same activities considered political by young adults and adults alike? Studies generally reveal a discrepancy between the definitions of researchers and survey respondents. According to the study's findings, only 18% of those surveyed and considered political were given a list of activities to consider. This is why some academics advocate a more inclusive definition, which can result in higher levels of political participation.

When considering non-institutional forms of political engagement, the definition question is equally relevant. Young adults cannot classify themselves as such, even though their actions are political. It is concerned with an individual's understanding of politics and the political consciousness of being involved in politics. Only a few studies specifically examine how young individuals define politics, but they show that they do it more narrowly than researchers and older adults do. Thus young adults are less engaged in politics than adults because they do not see politics in their limited concept which has any impact on their lives. In light of this, "the low rate of political participation among young is a by-product of their weak comprehension of politics and their perception that politicians don't care about their issues." Therefore, rather than being a result of the young's lack of interest in politics, youth disintegration is a result of the way politics is structured. Because of this, more research has been done on what political engagement means to young people and how they define it. They show that past research used a very constrained definition of involvement and that, for instance, the subject of not participating in politics has not yet gotten enough attention.

One faces a paradox when examining the political engagement behavior of young adults in modern Europe. Literary proponents of the disengagement paradigm support their claims with empirical data, such as the fact that young adults are less likely to contribute to national elections, youth political party membership is declining, and politics more generally very interesting. However, the literature on the engagement paradigm of youth participation gives a more upbeat perspective because it depends on research about new forms of political participation that young adults find more attractive and uses more regularly.

Concerning the place of young adults in European democracies, both approaches are current concerns. The above two approaches are the separate culmination of a much more complex route of investigation of the matter. While some research in this area may seem vague, it is generally clear that a complete picture of both the extent and mechanism of youth political engagement is deficient. This paper attempts to take the first step toward resolving this issue. It aims to give the reader a glossary of the many words and arguments used to explain young people's political affiliations. On the one hand, because it summarizes prior research in the area of youth political engagement in Europe, this paper will be useful to those learning about this study topic for the first time. On the other hand, it allows knowledgeable researchers to reproduce the state of exploration in this area at the moment. Additionally, this report clarifies where more research is needed.

Based on this, make three elementary arguments for this paper. First, even though the current definition of political engagement is broad enough to include youth participation, the literature in circulation now is uneven in encompassing the new forms of participation that young people are increasingly using. Second, there are substantive and methodological issues with literature,

resulting from how young people view politics and how they understand political affiliations compared to adults. Third, and as a result, if we accept that youth holds the key to the future effectiveness of our political systems, the state of research in this field currently lacks thorough cross-national studies that provide enough conceptualization to bear in mind. Who carries out comparative studies on young people's political behavior and how do young people interpret political engagement?

The following section gives a brief history of political involvement research. In doing so, it reviews definitions of political participation from both the past and the present and explains why it is important to be aware of them when examining young adults' political engagement behavior. The possible differences between the political engagement behavior of young adults are discussed in the following section. This paper identifies the role that the measurement question plays in this, in addition to providing a general summary of the current discussion, if so, what types of inequalities exist. After examining studies on political socialization, the fourth part focuses on young adults' political views because political socialization is an important factor in the development of young adults' political attitudes. The last part, as is customary, summarizes the prior sections and lists the unsolved questions. Thus, it aims to address the topic of youth political engagement as it is and identifies areas that require more study.

1.2 Youth, Governance, and Participation – Major issues:

- i. Since the Arab Awakening, many young people in the area have engaged in politics via "political movements" as opposed to political parties. Young men and women are often politically active at colleges (where allowed), but they frequently lose interest in political leadership and institutions and are left out of the policy-making process. Teenage political activity is thus not organized into recognized organizations.
- ii. Opportunities for young people to be involved in governance and to participate in political and decision-making processes are largely dependent on the political, economic, and cultural conditions in which discrimination against young women is widespread in many regions of the world due to social norms.
- iii. Political participation can be considered as both formal and informal participation, both of which must be encouraged to maintain a strong and vibrant democracy. Strong evidence suggests that globally young people participate in formal, institutional political processes at a much lower rate than older citizens. It undermines the democratic system's ability to be representative and prevents youth from exercising their right to vote.
- iv. In light of recent events and democratic revolutions in the Arab states as well as other countries, focusing on youth and their participation in politics is a relatively new priority, but one that is urgently needed. Although the "World Action Plan for Youth in 2000 and onwards" mentioned the value of youth participation in decision-making at the time, it did not provide any specific action.

One could argue that the current concept of youth political affiliation is nothing but more than general political affiliation. Concerning the use of political participation by young individuals, there is still some debate. Hopefully, this paper will inspire other investigators to focus more on this issue and address the discrepancy between the description of political participation and understanding of the young adults with "political" activity, as well as reviewing current and upcoming datasets so that they can investigate this concept.

The issues of integration of new nations should be seen as a historical stage of political development that the Western political system has also gone through. Integration issues are at their worst during the transitional phase of political development, when governments begin or want to take on additional responsibilities. The most common integration issues relate to issues of national identity, territorial control, the creation of standards for the management of public disputes, the relationship between the governed and the governed, and how people organize for the fulfillment of common goals. The major options open to governments with integration issues are examined.



Figure 2: Illustrate the framework of the factors related to regionalism with politics.

In reaction to socioeconomic and political upheaval in the 1980s, which saw the rise of neoliberal ideas, practices, and policies as well as a greater focus on regional responses to national and international developments, the multifaceted notion of new regionalism evolved in the 1990s. The "old" regionalism has to be rethought in light of these modifications. It has been suggested that new regionalism incorporates several ideas, including new urbanism, smart development, and sustainable communities, with an emphasis on the regional scale shown in Figure 2. It is acknowledged that it occurs in a fundamentally different and dynamic world and that it possesses traits like being rooted in place, focusing on competitive advantage, being co-constructed, and putting an emphasis on open governance processes that encourage trust, collaboration, and empowerment among a variety of development actors.

According to our research, some aspects of the so-called "new regionalist paradigm" may be detected in Canadian regional development during the last several decades. However, we also find that there are large discrepancies between federal, provincial, and municipal policies and practices as seen in Canada's rural areas and the aspirations, theorization, and, in some instances, rhetoric of contemporary regionalism. In summary, there is patchy and inconclusive empirical evidence for emerging regionalism. Examples of cross-level and intra-level cooperation with other regional development players were discovered, but there was little proof of policy co-construction. Identity plays a crucial role in supporting regional development processes, but in

our study locations, it is still mostly emerging or is actively rejected, thus its strength as a major driver for place-based regional development is stalled. An emphasis on innovation and infrastructure for economic development rather than well-being and quality of life that drew on different rural and regional assets was also notably missing, as were integrated methods. The significance of supporting rural development strategies with a focus on the regional scale and the possibility for regional collaborations and fruitful rural-urban interactions, however, go beyond the perception of rural communities as subordinate to or in service to metropolitan growth centers

3. CONCLUSION

This review paper has been set out to serve several purposes, including providing an overview of "political participation" and identifying the distinctive features of adolescent political participation. It also sought to shed light on the state of youth political engagement in the European setting and the methodology already employed to address it, to classify gaps in the literature, and to recommend areas for additional study. It became clear that long discussions on what political affiliation is have resulted in very narrow definitions. Even if there is no single definition of youth political engagement, some broader definitions seem more useful. These more modern definitions of political engagement are sufficient to capture the political participation of youth, but the literature that is now in vogue is inconsistent in including new forms of participation that are becoming more and more popular among younger generations. This one significant drawback leads to the fact that non-participation has not yet been sufficiently problematic. Even though this issue has been addressed for a long time, so far little attention has been paid to it in studies. Because of this, there is a risk that the dissolution thesis will be supported more often than not necessarily what young adults are participating.

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CHAPTER 18

A COMPREHENSIVE STUDY ON THE VALUE OF THE HUMANITIES AND SOCIAL SCIENCE

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ABSTRACT:

The tales, concepts, and words found in the humanities are what teach us about ourselves and the world around us. The academic disciplines known as the humanities focus on people and their cultures or on analytical as well as critical research techniques that are inspired by respect for individual values and the unique capacity of the human soul to express itself. This broad field includes archaeology, anthropology, history, linguistics, language, and other disciplines. This study focuses on the humanities and social sciences and emphasizes the crucial role of the humanities in society. One needs a solid grasp of social science to comprehend the state of the world today. International relations, economics, and law are all just subfields of social science. Humanities, on the other hand, assist people in better comprehending human nature. You will be able to analyze events more clearly and accurately if you study the humanities. The humanities will enable you to understand and derive meaning from almost everything you encounter.

KEYWORDS:

Culture, Economics, Humanities, Social Science, Social Science Humanities.

1. INTRODUCTION

Humanities is an unmistakable scholastic discipline that spotlights human civilization and culture and uses subjective examination strategies that are for the most part scientific, basic, or speculative. Humanities concentrate on the thoughts, works, movements, and deeds of humankind in both over a significant period. Most of the time, it highlights flaws in human nature and suggests ways to fix them. Fundamentally, humanities work to improve a person's humanity. Additionally, it suggests the best behavior to exhibit to qualify as a refined person. Humanities teach a person about their beginnings, their surroundings, their forebears, and, shockingly, about themselves. It introduces us to real people we have never met, places we have never been, tales we have never heard, and concepts we will never consider [1]–[3]. The social sciences are crucial because they teach individuals how to evaluate not just their conduct but also that of their peers and their reasons. The social sciences also help us learn how to design organizations that are more inclusive and efficient.

The study of all attempts to document and comprehend human experience is referred to as the humanities. Students develop their critical and creative thinking skills, as well as their ability to reason and ask questions, through studying philosophy, literature, language, art, and history. These abilities provide pupils with fresh perspectives on the human condition and broaden their understanding of the world. Students gain knowledge about the values of many cultures, the processes involved in creating works of art, and the creation of history via work in the

humanities. Humanities education offers pupils the skills to envision the future and to comprehend the society we live in (Figure 1).

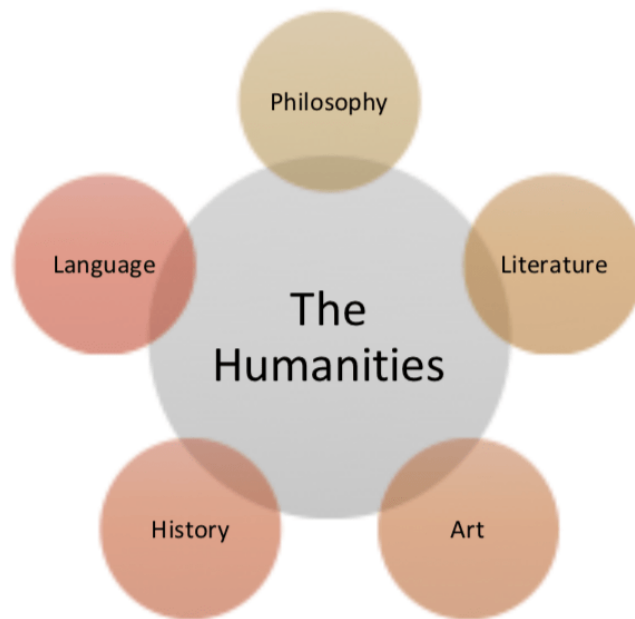


Figure 1: Illustrating the Various Phases of Humanities [bangorhigh].

It is a vast subject that encompasses, among other things, archaeology, anthropology, language, history, linguistics, literature, politics, philosophy, psychology, law, and the arts. Research in the humanities adds to our understanding of the world. It demonstrates how different cultures and communities are around the world and across time [4]–[7]. The humanities are those fields of study that attention to individuals and their societies or scientific and basic procedures of request that are enlivened by regard for human qualities and the unmistakable limit of the human soul to communicate its thoughts. The humanities are an assortment of scholastic teaches that are unmistakable from the physical and natural sciences with regards to content and philosophy, as well as from the sociologies less significantly. The investigation of all dialects and literary works, artistic expression, history, and reasoning are undeniably viewed as a component of the humanities. In numerous American schools and colleges, the humanities are once in a while set up as a school or regulatory division [8]–[10].

Humanities deepen our understanding of human civilizations and aid in our comprehension of the similarities and differences between human cultures. However, they also provide useful applications that may help you improve your professional skill set and give you a competitive advantage, in addition to these high-level insights. Formal university-level education in the humanities may help you develop marketable, transferable talents and attributes that can help you achieve your career goals.

1. Critical thinking
2. Communication
3. Empirical and Quantitative
4. Personal responsibility

5. Being Socially Responsive

Modern humanities have their roots in the Classical Greek *paideia*, a comprehensive education program developed by the Sophists in the Fifth Century BCE to prepare young people for active citizenship in the polis, or city-state. Albeit the term *humanitas*, not at all like the substance of its constituent sciences, become undesirable in the later Middle Ages, it saw a blossoming and transformation all through the Renaissance. Italian humanists in the fifteenth century utilized the expression "investigation of humankind" to allude to mainstream scholarly and scholastic pursuits (in language structure, manner of speaking, verse, history, moral way of thinking, and antiquated Greek and Latin examinations) that they accepted to be on a very basic level compassionate as opposed to extraordinary [1], [2], [11], [12]. The humanities are a broad range of disciplines that investigate and analyze our culture, society, and beliefs. The humanities, in a nutshell, explain who we are and what it means to be human among the humanities are shown in Figure 2.

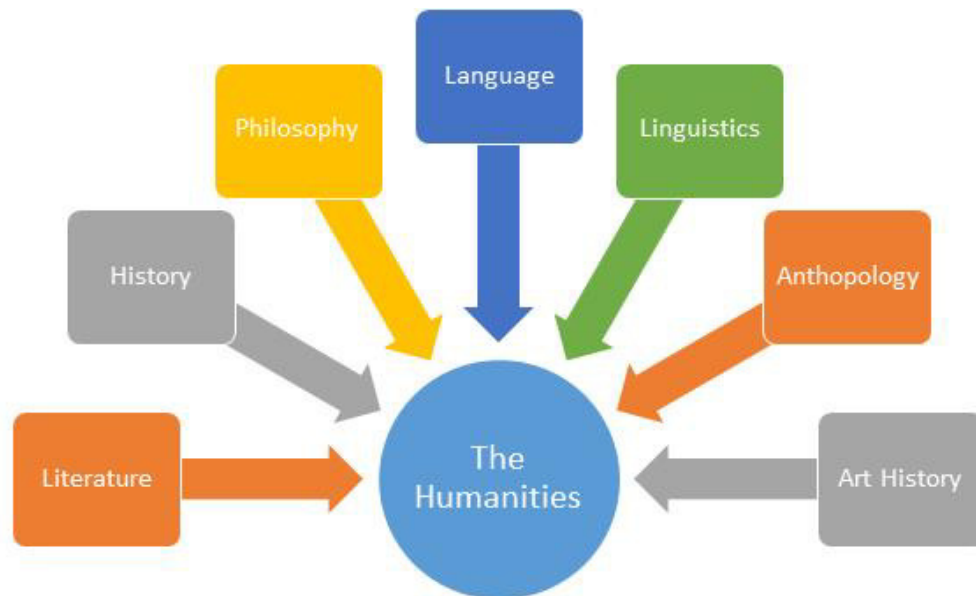


Figure 2: Illustrating the Various Aspects of Humanities [humanitiescollaborative].

In an ideal world, the humanities might find justification in what we do. The act of justification has seen many researchers in the humanities ask many questions: the importance of their field is in and that the value may be justified as a rationale without raising any doubts. Being able to provide justifications for why university teaching and research in the humanities should be seen as a public benefit is a contemporary endeavor that is influenced by institutional, political, and economic factors. Its practitioners might draw inspiration from two connected but distinct historical endeavors: "the defense of poetry" and "the notion of the university." The first of those genres is in somewhat better shape, but it only addresses one aspect of the wide range of practices that have come to be grouped, since the 1940s, under the term "humanities." The second of those genres is now frequently seen as endangered, discredited, or completely defunct. The value of the humanities undoubtedly includes characteristics connected to poetry and liberal education, but the dual comparison draws attention to a scale-related issue: any claims made about "the humanities" must be more specific than claims about poetry and less specific than claims about universities. There are circumstances where it is necessary to respond to

requirements from govt, and even from university officials who have to answer to authorities, that individuals who study and teach the liberal arts should be able to articulate the public value of their work: giving reasons why their course content matters in comparison with other subjects. Given the difficulties, there is a severe temptation to insist that ongoing pragmatic commitment is enough.

By the 19th century, when the humanities' scope widened, they had started to distinguish themselves less from the divine realm and more from the developing physical sciences, whose material and methods tended to inspect the world and its occurrences objectively as well as without consideration of human meaning and purpose. Humanities broaden our awareness of many human cultures and help us see how they vary and how they are similar, both historically and in the present, giving us a more comprehensive view of the world in which people live. The humanities include all branches of the performing and visual arts as well as history, literature, languages, religion, philosophy, music, and all other forms of human thinking and creation. Students may acquire the fundamentals of all of these in a formal educational environment, but they also have the opportunity to learn more about certain topics that interest them. This does more than make it easier for someone to determine which artistic movement or time a piece of music or artwork represents. It equips individuals with marketable, adaptable talents that they may use in both their professional and personal life.

2. DISCUSSION

2.1 Social Sciences vs Humanities:

Social science is a field of study that focuses on society and how people interact with one another as members of that society. Social science and humanities both focus on people and their cultures, hence there is a tight relationship between the two fields. The term "humanities" refers to a field of study that seeks to comprehend, recognize, and examine all facets of human behavior. Social sciences and humanities study topics related to people, including politics, law, linguistics, economics, and psychology. One of the main differences between the two is that humanities utilize a more critical and analytical perspective while social scientists use a more scientific one.

The humanities branch of science looks at our past and the question of what makes us human. Humanities study a variety of subjects, including history, religion, and law, philosophy, ancient and modern languages, and the visual and performing arts. Humanities are seen to be more theoretical than social sciences. Given that they have a scientific base, social sciences are seen as a subfield of study between humanities and natural sciences. Sociology, administration, archaeology, criminology, economics, education, psychology, political science, law, linguistics, and history are all considered social sciences.

Humanities education dates back to ancient Greece. The idea of seven liberal arts, including rhetoric and logic, language, arithmetic, music, astronomy, geometry, and astronomy, emerged during the Roman period. But in the 15th century, there was a significant movement toward the study of the humanities. Humanities weren't thought of as a topic to be practiced but rather studied until the 15th century (Figure 3).

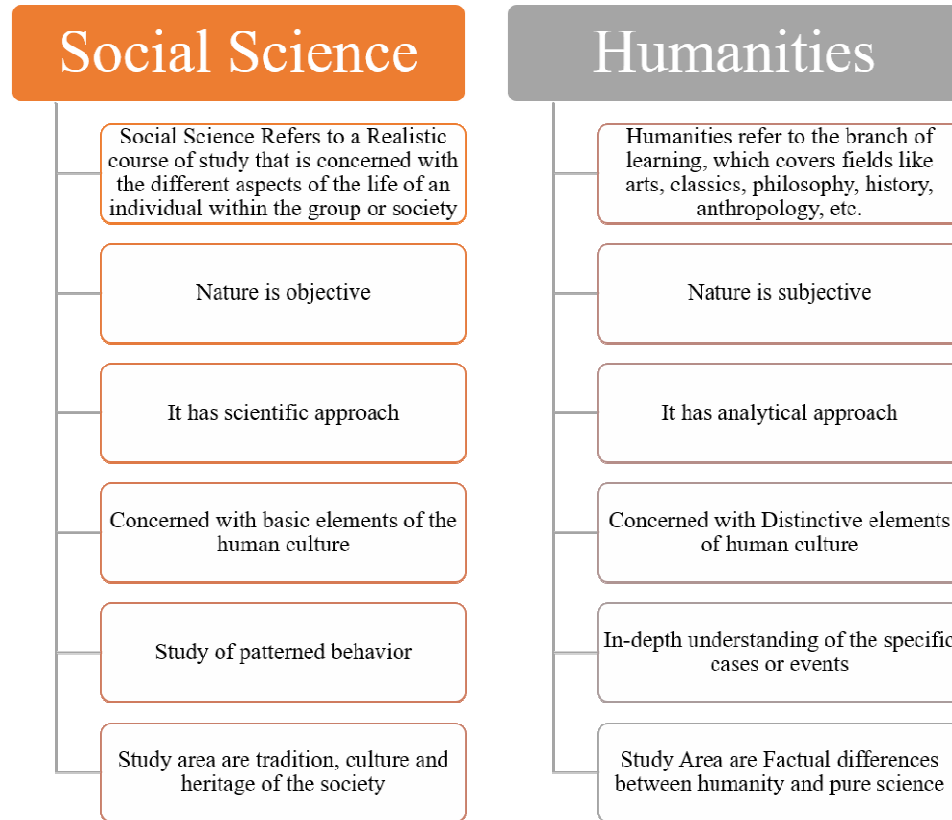


Figure 3: Illustrating the Comparison between Social Science and Humanities.

2.1.1 Important Points of Social Sciences and Humanities:

1. One of the key distinctions between the two is that social science works with a more scientific approach while humanities entail a more critical and analytical approach.
2. The humanities are a branch of science that studies human nature and our historical past.
3. Because social sciences have a scientific foundation, they are seen as a field of study intermediate between the humanities and the sciences.
4. It is thought that humanities are more philosophical than social sciences.
5. Humanities research dates back to ancient Greece. The idea of seven liberal arts, including rhetoric and logic, language, music, astronomy, arithmetic, astronomy, and geometry, emerged during the Roman period. But in the 15th century, there was a significant movement toward the study of the humanities.

2.2 Important of Humanities

Recognizing everything our capacity to reason, ask questions, and think critically and creatively is enhanced by studying the humanities. Humanistic subjects have been at the focal point of aesthetic sciences instruction since the old Greeks utilized them to teach their kin because these abilities permit us to get new viewpoints on everything from verse and craftsmanship to business strategies and governmental issues. Graduates in the humanities are not just useful for the cultural sector; they also seek careers as leaders and their transferrable abilities are used in many other sectors of the economy. In a culture that is becoming more technical and where there is a strong emphasis on STEM topics, the value of the humanities sector is sometimes questioned.

However, graduates in the humanities are better able to "meet the requirements of the existing and future labor market" since they have a cultural understanding and critical thinking abilities.

2.2.1 Knowledge of the World

Concentrating on the human condition progresses how we might interpret the world. Humanities specialists' exploration shows us the social upsides of different people groups, the interaction that goes into making a piece of craftsmanship, as well as how history is composed. Their endeavors assist us with understanding the world we live in, safeguard the astonishing accomplishments of the past, and give us the apparatuses we want to guess what lies ahead.

2.2.2 Giving the Future More Clarity

Humanistic knowledge still offers the best framework for investigating and comprehending the human condition. Investigating a philosophical topic could make you consider moral dilemmas. Gaining an understanding of the commonalities between other cultures may be facilitated by learning a second language. You could consider how an artist's life influenced her artistic choices while you look at a sculpture. You may be able to better understand what democracy means by reading a novel from another part of the globe. You could get a better understanding of the past and a clearer vision of the future by listening to a history lesson.

The humanities both receive and provide the voices of many eras via prehistoric studies, literature, history, morality, logic, dialects, and religion, as well as the vast array of other disciplines of thought and culture that make up the record of human movement. The humanities preserve our beloved customs and transmit them from generation to generation. The humanities are valuable in certifiable circumstances. They allow individuals and society to scrutinize thoughts or activities and think about the outcomes. The humanities give a structure to envisioning the valuable and adverse consequences of original thoughts on our general public, governmental issues, and everyday presence. They benefit people by preparing them for life's surprises and difficulties in advance and by assisting when necessary. It is possible to make informed judgments thanks to the humanities.

2.2.3 Capacity for critical thought

The abilities and attributes that humanities graduates possess are broken out in depth in the Right Skills, "Humanities and Social Sciences" (AHSS) study, which was released in 2017. People with a background in the humanities are skilled debaters who have a natural inclination to question facts and take into account other opinions.

2.2.4 Useful social abilities

However, not all of the talents that humanities graduates have are exclusive to their degrees. Diverse fields may help students improve their writing skills by teaching them how to do research, analyze data, and communicate findings. The environment in which these talents are used is where graduates in the humanities vary.

2.2.5 Support for the services industry

Humanities degrees are not often seen as vocational, and few graduates go on to work in fields directly related to their field of study. Graduates in the humanities may pursue a range of careers thanks to their transferrable talents.

2.2.6 An important position in the cultural field

The Right Skills study emphasizes that graduates in these fields possess specialized knowledge, including design, archaeology, and conservation procedures. It emphasizes, even more, the value of academic research done by humanities Ph.D. students and organizations, which supports cultural advancements in the UK. The significance of the humanities sector and its contribution to society must not be diminished in the future by the need for new technology development. According to the statistics, it is certain that graduates in the humanities are a tremendous benefit to the workforce since they provide a variety of knowledge and abilities. Universities must make an effort to showcase the unique value of a humanities degree to both students and employers, emphasizing how the graduates' acquired abilities help them be prepared for the workforce and lead to a variety of vocations (Figure 4).

The various benefits of humanities are as follows:

1. Give us wisdom and insight;
2. Clarify our responsibilities as citizens of a democratic society
3. Assist us in weighing the opinions, claims, and discourse we hear and read;
4. Make us interested in people and locations
5. Open our minds to other people's experiences and help us comprehend things we haven't personally encountered
6. Give us the tools to identify the underlying principles that all human thinking and activity share and to establish links between them.
7. Assist in making sense of the world we inhabit
8. Enhance our Learning by Challenging our Minds
9. Motivate our imaginations
10. Explore what it means to be human
11. Make sure we know we're not alone
12. preserve and share our stories

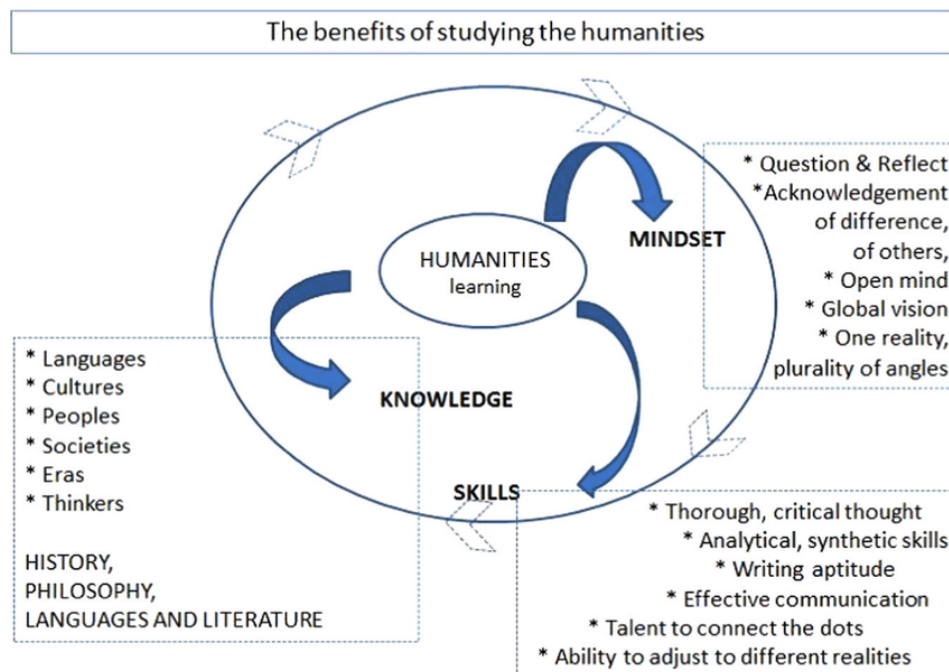


Figure 4: Illustrating the Merits of Studying Humanities [Source: Research Gate].

2.3 Benefits of Studying Humanities:

First and foremost, humanities may foster our ability to reason, think critically, and creatively so that we can obtain an understanding of a range of themes and issues. Since the time of Ancient Greece, humanities have played a significant role in society, and the study of poetry, history, culture, and the arts have benefited from this knowledge.

2.3.1 Develop your imagination

You will be able to analyze events more clearly and accurately if you study the humanities. For instance, you might just think, "It's just a piece of art," when you look at a painting. However, if you study humanities, you will be able to appreciate the painting for what it is and perhaps be able to understand how it was made and how even seemingly insignificant details may have profound meanings. Humanities will enable you to understand and derive meaning from practically everything you encounter. Additionally, by doing this, you'll be able to draw inspiration from unexpected sources, which will encourage your creativity.

2.3.2 Develop your social abilities

Humanities will improve your understanding of everything, including people, as was previously said. Your ability to understand spoken and written language will be much improved, improving your communication abilities!

2.3.3 Assists you in comprehending the effects of science, technology, and medicine

Studying history, philosophy, and literature may help you appreciate how far science, technology, and medicine have gone and how essential they are to people's lives. Since these three variables sustain human life on some levels, you can then see what kind of an impact they will have in the future and how they are related to one another. Additionally, it will enable you to approach these fields with more knowledge and openness.

2.3.4 Go "International"

Finding common ground with individuals from different origins will be a lot simpler if one can better grasp other cultures and foreign languages. This is certainly more crucial now that globalization is more and more visible since cultures and ethics are merging and people's cultures are becoming more and more similar.

2.4.Reasons for Choosing Humanities and Social Sciences:

The humanities, arts, and social sciences are broad fields that touch on many facets of everyday life. It covers everything from development, the creative arts, and languages to history, politics, and international relations. It is interdisciplinary and works with industries including business, law, health, and the sciences.

1. The ability to think critically will improve as you study and work in the humanities and social sciences.
2. The ability to communicate verbally and in writing will increase when you study humanities and social sciences.

3. May learn how all information is related and how it all fits together by studying humanities and Social sciences.
4. Studying various cultures all across the globe can help you acquire a global perspective in the humanities and social sciences.
5. Comprehension and admiration of other people's cultures and points of view will grow as a result of your study of social sciences.
6. Creative abilities will be strengthened by humanities and social sciences since they will boost your inventiveness.
7. Comparing and contrasting your values with those of other individuals, humanities and social sciences will aid in the clarification of your values.
8. Understanding how others have handled setbacks, successes, difficulties, and victories may help you enrich your sources of understanding in the humanities and social sciences.
9. Humanities and social sciences will enable you to recognize what endures and to distinguish between significant and meaningless things.
10. You may be inspired by some of the most fascinating and brilliant brains of all time by studying the humanities and social sciences.

3. CONCLUSION

One needs a solid grasp of social science to comprehend the state of the world today. All of these topics law, economics, and international relations are just subfields of social science. Humanities, on the other hand, aid people in better comprehending human experience. Because those who have never studied the humanities and often do not even fully comprehend what they are, love to disparage them. These individuals often provide an appallingly false impression of what the humanities are, which is typically backed up by a variety of misconceptions and evidence that has been selectively chosen. Since many detractors of the humanities appear to have a vague idea of what the humanities are, let's start by discussing what they are. The study of the Greco-Roman classics is where the word "humanities" first appeared. The phrase first appeared to contrast the study of the classics with the study of theology, or the "divinities," which was formerly called the study of religion. These days, the humanities include all academic disciplines that focus on human civilization and culture. This inevitably implies that a wide range of disciplines are included in the humanities. History, architecture, literature, foreign languages, art, music, philosophy, law, anthropology, politics, linguistics, archaeology, classical studies, and many more disciplines are included in the humanities. Although sociology, psychology, and economics are often categorized as social sciences, they may just as readily be labelled "humanities" since they focus on human behavior and decision-making.

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CHAPTER 19

AN ANALYSIS OF THE COVID-19 PANDEMIC PERIOD AND ITS MAJOR IMPACT ON SMALL AND MEDIUM ENTERPRISES

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ABSTRACT:

The sudden unexpected attacks of COVID-19 on this earth in the past year have had a profound and painful impact on both human lives and businesses. All governments were forced to close all state borders to prevent the spread of Covid-19. Which affected the small businesses of the state and many businesses were closed. The situation became alarming to the extent that the global number of active businesses in the states fell to a much lower level than normal, and as a result, the production lines of everyday goods were severely affected, resulting in heavy losses for trade and businessmen around the world. The purpose of this paper is to show the impact of small businesses on owners and employees and the changes in the way corporates operate in the face of their financial imbalances. As well as the drastic changes in the market, transportation, supply chain, and mobility, as well as the safety of workers, all difficulties have to be mentioned. On the other hand, the future scope of many small businesses has also improved rapidly during COVID-19. Like many small companies started manufacturing masks and sanitizers and they also benefited well. In the future, this paper will form a basis for other researchers to base their research on an excellent basis.

KEYWORDS:

Business Plan, Covid-19, Economic Crisis, Global Economy, Pandemic.

1. INTRODUCTION

The COVID-19 pandemic commenced in China and has now extended to 188 other territories. In addition to the deaths of millions of people it has wrought, the virus's spread has also had an impact on a variety many industries and worldwide trade [1]. The financial number of fatalities of the epidemic appears to be immense, and everyone is apprehensive about how the economy will recover. Millions of individuals all over the globe are being impacted by the COVID-19 virus, which is expanding at an astounding rate and sending developed economies into a tailspin, generating economic woes [2]. The coronavirus, which joins producers from every corner of the world, is causing a decline in demand, a lack of rare metals, a rejection of consumer sentiment, and problems with transporting. COVID Small firms supposedly suffered because employees lacked the resources required to cope with or plan for such an extended interruption. As of the end of March 2020, most governments have already approved it, apart from lockdown.

According to this paper, some firms somewhere at the time has much less than two weeks' cash in reserve and more than \$10,000 in current payments, while others who had historically made considerable profits only had available cash for two months. COVID-19 not only promotes patient safety but also has a major economic impact [3]. Within a week, influenza had wrecked small enterprises before federal assistance became available (Robert, 2020). Given the consequences of the employee's physical difficulties, about half of the companies had to cease operations. Because of the exceptionally elevated danger of contamination from one person to another and the administration's recommendations that people stay indoors when breaking the Novel Coronavirus chain, regular employees and managers were first disturbed by the COVID epidemic [4]. They eventually discovered that their supervisors were fired as a result of the impact of their incapacitation to keep their businesses operating as a consequence of various disturbances. Even faltering businesses at the time has always been compelled to decrease their laborers by an average of 40% as a result of the epidemic. However, the government is undecided if the current economic breakdown is long-term or merely temporary. After lifting the shutdown and easing regulations in many places, governments may pinpoint operating enterprises, but there is currently no way to tell whether locked companies remain inactive intermittently or continuously [5].

Sudden changes in demand, supply chains, travel and mobility, and worker security are just a handful of difficulties that many if not all, businesses face. Despite the recognition that business executives are concerned about a series of matters, the author desires to place workers and other regular citizens at the center of ongoing discussions. Every company's profitability depends on how happy its regular customers and staff members are. And to guarantee that as few individuals as possible suffer harm during this economic recession, they all involve having clear thinking and logical coordination [6]. As a result, individuals from all over the world will have to make do with the illness for weeks and perhaps years until attempts to manage it are made. Not just you, but also your teammates, clients, and neighborhoods will be impacted by these transformations. People must make decisions while thinking about the group's interests in common. All firms must uphold civil rights as a founding concept in all of their continued strategic partnerships. It makes sense to just use civil rights through this study techniques to locate, minimize, lessen, and evaluate their civil rights effect. These tools can assist you in understanding how COVID will impact your supply, marketing, and communication chains [7]. The preponderance of small and mid-sized service-based- based organizations have found themselves in new normal operating scenarios, even though some businesses have exhibited resilience or even adopted a new operational specialization.

The negative consequences of the pandemic have been recognized in many facets of life, including psychology, society, politics, and indeed the economy. To stop the transmission of COVID-19 from individual to individual some nations have halted commercial activities and imposed cultural barriers [8]. Lockdowns, decreasing consumerism, municipal closures, and company closures have indeed occurred as a result. The extraordinary closure has had a massive negative impact on the market. Multiple lives and hundreds of millions of occupations are now

under threat, and in March 2020, a report on the coronavirus (COVID-19) hurting Indian startups and SEMs will be made available to the public as shown below in Figure 1.

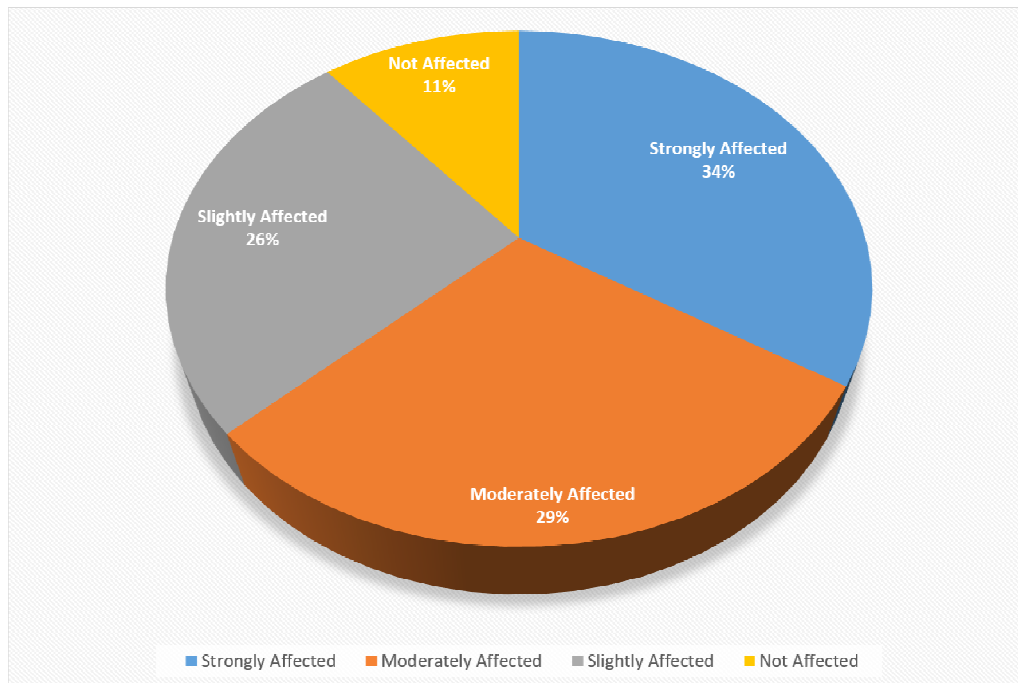


Figure 1: Illustrated that in March 2020, COVID-19 is affecting Businesses.

Industry insiders refer to this as a global interruption, which could be viewed as a chance or a responsibility to restructure strategic planning or incorporate new information as a business network of support. The unprecedented suspension has had a significant adverse impact on the market. The jobs and lifestyles of many thousands of individuals are now in danger [9]. Over fifty million migrant laborers arrived back home or were sent to shelters in towns whenever state borders were blocked, even though the nation's economy came to a screeching standstill. Even if some workers moved to cities seeking employment and a higher standard of living, the majority weren't able to come back, which harms the labor supply in big cities [10]. There were constraints on the flow of refined products and natural resources throughout nations. International commerce has ceased as a result of nation-state demarcation line closures. This is wreaking havoc on transportation computers and applications across almost every sector. Millions of people simply stayed in their homes as well as put off non-essential purchasing, which has reduced customer requirements.

2. LITERATURE REVIEW

R. Sinha et al. illustrated that the purpose of their study is to determine the impact of Covid-19 on the business performance of Starbucks. Plenty of research on the impact of Covid-19 on the world economy has been done, but this research will focus more on the food and beverage industry, especially one of the famous brands called Starbucks. Qualitative and quantitative research methods such as online research and questionnaires were carried out to ensure the evaluation of the research is fresh, valid, and reliable. It is assumed that the impact of Covid-19 has influenced Starbucks financially, economically, and socially, which includes the behaviors of consumers toward the company. However, Starbucks was able to remain optimistic and position itself well to overcome the pandemic crisis [11].

T. Thepchalerm et al. embellish the preliminarily examine and summarize the impact of COVID-19 on airline business and briefly investigate how the airlines respond. The author synthesizes data and information collected from industry organizations' reports and related academic literature. A traditional narrative literature review was implemented to examine and summarize the impacts of COVID-19 on the airline business. The results show that COVID-19 has operational, market, and financial impacts on the airline business. In response to the COVID-19 situation, the airlines have updated their operational procedures and searched for alternative revenue streams. The authors also provide suggestions for future research. COVID-19 is an emerging infectious disease. Very few scholars have conducted studies on the impacts of COVID-19 on the airline business. This paper contributes to the academic literature by categorizing the impacts of COVID-19 on the airline business. Future studies can further investigate the impacts of COVID-19 on airline business using this paper as a starting point [12].

D. Zhang et al. stated that COVID-19 has generated an unprecedented degree of social and economic impact on the planet, but few researchers have explored the repercussion of COVID-19 on sustainable development and corporate social responsibility, especially from the perspective of Chinese businesses. This paper is the first to outline the priority changes of both sustainable development and corporate social responsibility throughout COVID-19 incidence in China. The research was carried out at the end of the first COVID-19 wave in China but during the period of lockdown in some parts of the country. It was found that there was a priority change regarding three dimensions of sustainable development and 13 aspects of CSR. While the social dimension of sustainable development (SD) was prioritized during and post-COVID-19, the environmental dimension was the only one deemed to be less important and less prioritized over the longer term after the pandemic. The top three short-term corporate social responsibility (CSR) priorities were having in place a workplace health and safety plan, engaging in philanthropic activities, and protecting biodiversity, and the top three longer-term CSR priorities were job creation, protecting biodiversity, and having in place a workplace health and safety plan. Environmental protection and using clean energy were not reported as a priority. The paper concludes that China's recovery mode cannot be called 'green' and suggests ways this could be changed.

3. DISCUSSION

Together with Align Capacity, an infrastructure network targeting small companies, they conducted a questionnaire. In North America, Align Capability has 4.6 million small businesses connected toward its connections, enabling them to communicate and operate together. The network has largely developed automatically and without any outside promotion. Alienable often collects information from its users [13]. Applicants received an email asking them to participate in a more comprehensive survey conducted by researchers at The Harvard Business School within a week of completing a typical pulse poll. The applicants were shown a declaration form and consent procedures. Between March 27 and April 4, the recognized 7,511 responses, among which 5,843 may be directly attributed to US-based companies the maximum number required for policy study. Even though the 7,511 responses only compensate for 0.017 percent of the whole participation, participating in the biweekly pulse polls of COVID-19. The typical per capita payroll based on research and census data is shown in Figure 2.

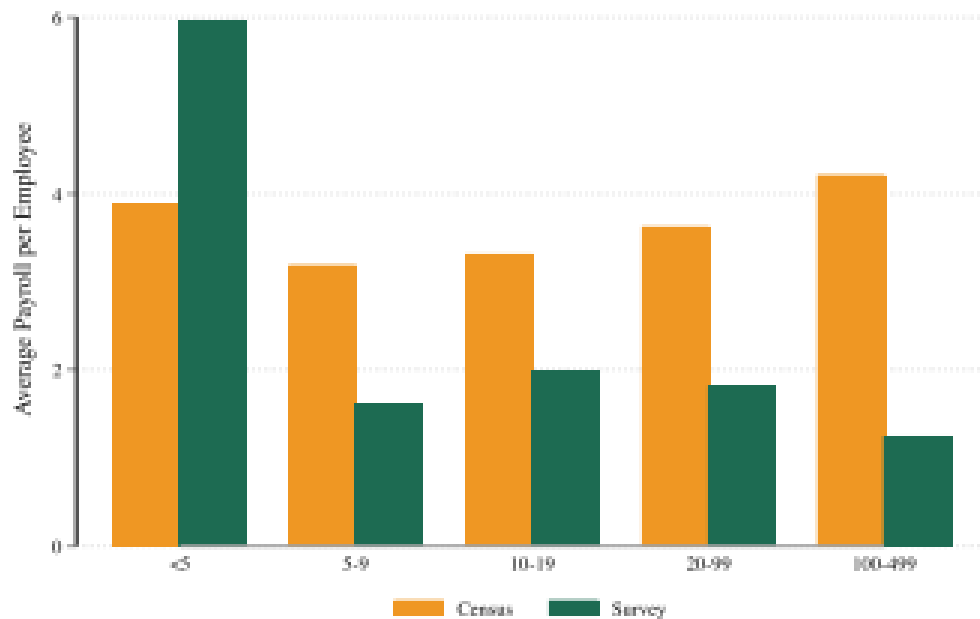


Figure 2: Illustrated that the surveys the average per capita payroll [14].

The poll comprises three baseline questions which enable us to assess the pattern's generalizability of the results on measurable variables like the number of employees, typical costs, and the percentage of expenditures that go toward payroll. The general principle of relocation could also be used by citizens to appraise their state's leaders. People match our data with data from the 2017 Census of United States (US) Businesses, which was prepared using data from the US Census that was made available to the public [15]. The Counties Company Business sample frame, which operates extensively with paid workers, serves as the framework for the necessary data and the sample might well be skewed toward retailers and service companies that interact with customers directly since respondents' network allegedly allows members to communicate consumer leads. Since small stores are particularly vulnerable to COVID-19 failures, our examples may exaggerate the problem's total damage.

There has recently been a lot of research on business continuity programs among major process manufacturing organizations or in developing economies. On the other hand, there is relatively little micro-enterprise research in underdeveloped countries. Furthermore, the majority of work on crisis management strategies focuses on how to handle terrorism, unintentional incidents, financial and economic catastrophes, natural catastrophes, and worldwide disease outbreaks. There is generally a dearth of studies on how emerging disasters, such as a pandemic, affect small enterprises [16]. Microbusinesses in less prosperous countries are expected to experience more difficulty than bigger companies or urban areas, particularly during times of economic hardship. Because a crisis or catastrophe may affect both the current and projected performance of an organization, it should worry organizations. According to research, 75% of firms without the need for an approach to business continuity will fail three years after such a catastrophe or disaster. The author emphasizes the need of managing and organizing activities during emergencies. Planning is described as the actions that need to be taken to implement a strategy designed to address a future condition, whereas administration has been classified rather as crisis contingency measures [17]. The authors of the study believe that while business continuity

management planning is a post-crisis preliminary design, business continuity is considered a disaster management method for company owners.

A crisis rescue attempt that incorporates the maintenance and restoration of operations is commonly included in a company's business continuity plan. After experiencing a crisis, business owners are far more rational and guided by planned behavior when making a judgment. Entrepreneurs use crisis-management strategies including alternative marketing or marketing, alternative distribution services, product reconfiguration, and the use of low-cost, high-impact digital advertising to show off their technological skills. According to the Malaysian Institute of Economic Research (MIER) and the Malaysian Entrepreneurship Academy (AUM), the government's budget stimulus package ought not to be seen as a long-term solution for easing the consequences of the disaster on SMEs [18].

As a result, businessmen need to get prepared to carry on managing their business in a novel or interesting way throughout the crisis reaction in order, particularly during addressing, continue, reclaiming, and rebuilding. Pre-crisis, crisis, and post-crisis stages, which are occasionally separated further, are at least three of the most prevalent phases that are explored in much research on response operations.

According to the International Organization for Standardization (ISO) standard, these measures can include preventive (ii) risk assessment, (iii) reaction, (iv) readiness, (v) learning, and (vi) restoration, which have been notably effective within fields of disaster prevention and contingency planning. This idea is incorporated into the study's data in an attempt to understand how the crisis affected Malaysia's marketing strategy at each stage of the directional movement order (MCO) throughout Covid-19.

3.1. Business Succession Plan during Crisis:

Big corporations employ a variety of sequenced techniques during MCO, including significantly reducing the distribution channels through centralized sequence supply companies, (ii) producing emerging goods and services to satisfy current customer needs (customers are looking for essential foods, clean-up, and sanitation facilities products during MCO), and (iii) using digitalized marketing via cell phone platforms and social networking media, like Twitter and Facebook.

So according to surveyed companies, synchronous distribution enables businesses, particularly in agricultural production, to retain a respectable profit throughout a crisis. This methodology is akin to the Omni channel strategic marketing, which asserts that using various channels, such as distributors, business applications, and products sold, to deliver the product to the customer is superior to using a discrete, solitary frequency band.

Additionally, the conclusions of the interviews point toward the development of a "frozen food hub," a "centralized wholesaler marketplace" that would offer perishable products including fish, vegetables, and melons. Supporters speculate that this frozen Centre may be situated in a multitude of busy locations, such as directly reflected in the final estates, higher learning facilities, and government department buildings. Businesses had a different distribution approach throughout the standard and MCO periods, as seen in Figure 3. Surprisingly, respondents believed that this strategy was more economical, and even though it isn't suitable at the current, it can be implemented in the future.

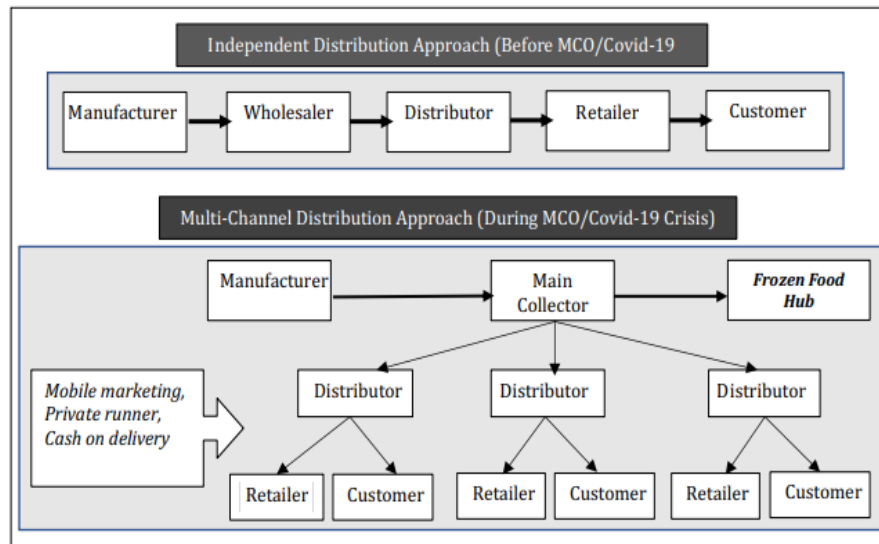


Figure 3: Illustrated the Entrepreneur's Varied Distribution Strategies used during ordinary and MCO periods [19].

This Covid-19 conundrum could be viewed as a stressful environment for microenterprises as a result of sudden threats. Following the statistics, competition, and market authority do not appear to follow a formal or systematic manner to crisis management; nonetheless, their responses to crises are substantially more ad hoc in an attempt to minimize the damage. Entrepreneurs appear to demonstrate their capacity regarding company continuity and recuperation by utilizing several tactics, notably in terms of providing merchandise and marketing.

3.2 Business and Pandemic

As you may be aware, a variety of external and internal factors influence the effectiveness of businesses. In this regard, businesses assess the risks connected with developments in their internal and external environments and alter their activities in reaction to national and worldwide events. Certain variables with a low risk of producing harm, on the other hand, can occasionally do more harm than those with a higher potential of doing so. This situation is shown by the coronavirus epidemic that has overtaken the world since December 2019. We'll look at the dynamics of the situation in Russia "in numbers" in the sections below. Numerous small companies in sectors like accommodation, food service, and educational services may close as a result of changing client behavior, notably the physical separation and mandatory operational limits that happened during the epidemic. Other small enterprises may be forced to close as a result of pre-crisis financial troubles. As per a new Federal Reserve survey, just a 35 percent of small businesses remained steady at the end of 2019, and those that were less healthy were 3 times more likely to close or sell in the eventuality of a financial crisis than those that were strong. Small firms that are most susceptible suffer both financial and COVID-related issues. Small businesses employ over half of all private-sector workers before the financial crisis. Increasing business exits because of more long-term unemployment and damage to the economy than short closures, therefore it's crucial to know which small-scale businesses might close entirely.

As time goes by, the pandemic's possible repercussions become increasingly catastrophic. Another 2 million small enterprises fight in industries like construction and manufacturing,

where there are few pandemic-related difficulties but less financial stability. The longer COVID-19 has an economic impact, the bigger the danger these businesses face. Construction, for example, is thought to be very sensitive to the overall state of the economy, therefore a slow recovery paired with such a lack of resiliency might make the sector susceptible in the coming days. Evaluating the amount of imminent threat in each area will aid in determining the severity of the challenge small firms confront in the early months of the crises. To these company owners, COVID-19 may cause the closure of 50% of all small enterprises that risk a "substantial and detrimental impact." A quarter of small enterprises, on either hand, may be compelled to shut down due to a "moderate negative impact."

The differences are based on the extent to which COVID-19 has affected each industry, as well as the likelihood of affected enterprises closing. Smaller businesses with major issues, such as restaurants as well as hotels, aren't the only ones to suffer. Numerous small enterprises in the sectors of education, medicine, and social services are also thriving. Many private-sector educational facilities, including children's education centers, sports programs, and technical schools, may be vulnerable due to the difficulty of physical separation. Furthermore, small enterprises in the healthcare industry are impacted, such as ambulatory care and small private offices that customers may be scared to see in person. Small enterprises accounted for half of the jobs in the private sector and two-thirds of additional jobs produced between 2000 and 2017, before the COVID-19 outbreak. Short cutbacks and layoffs are projected to result in more long-term unemployed than small firm closures. However, if the economy improves, current employees will be forced to hunt for work at alternative organizations, resulting in decreased compensation. In previous recessions, all who lost their jobs received 17.5% less at their new occupations, which is particularly important for women, as pay pressures may push them to drop out of another workforce dis-proportionately.

The specific entrepreneurial opportunities given by small businesses assist women, minorities, and immigrants in particular. Upward mobility is higher for families that own businesses than for those who work for others. 8 Small-scale business Closures that are widespread and permanent could wipe out the actual assets and investments that have gone into them, which could include everything from restaurant tables and décor to small manufacturing machines. For many of its consumers, large corporations rely on small businesses as suppliers, direct clients for services, or employers. Since very small firms make up a large share of companies with high employment factors, such as real estate and data services, job losses in these sectors might have a huge impact on the economy. Public health and economic policy initiatives will decide the crises' conclusion. On the other hand, continuous interventions are required not only to provide immediate assistance to small firms but also to preserve restoration through establishing long-term resilience. Until a vaccine is available, the economy may continue to run at a reduced capacity, with small business operating constraints. According to such possibilities, which are described at a deeper level in McKinsey's larger economic study, small businesses may require help throughout the crisis. COVID-19 has caused a severe economic dilemma for numerous small enterprises in the US. It also can place many more people at risk, particularly the least resilient. Governments and businesses that encourage them may assist them in staying in business and establishing a more sustainable, solid base, permitting them to anchor areas by assisting the regional economy.

4. CONCLUSION

The lives and finances of individuals from all over the globe were drastically affected by this sickness. Organizations have experienced massive losses as a result of temporary suspensions and other actions. The ordinary person in the period lacked a lot of money, and those who did have to rely entirely upon their savings to get by. The read information mostly focussed on small enterprises, their reactions toward the illness, and how firms were damaged. Statistics show that small enterprises had comparatively insufficient cash on hand at the outset of the pandemic to keep the detentions in place. Small firms have thus been forced to reduce expenditures, acquire more debt, or file for bankruptcy protection. Many smaller firms will fail as a result of the worldwide economic crisis, according to polls. Workers from both sides are either discharged or forced to abide by the no-work, no-pay policy of their respective employers. The upshot is that people have considerably less money that they can spend, and businesses are nervous to take a chance and invest in commodities to stock up on items as a result of decreasing demands, which has impacted the financial system.

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CHAPTER 20

AN ANALYSIS OF EFFECT OF THE SOCIAL MEDIA AND THE INTERNET ON HUMAN LIFE SATISFACTION

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ABSTRACT:

In today's society, technology has a really strong influence, and new technology is constantly being developed. This both makes the whole thing easier for humans and creates some issues. Social media, which is a subset of social media technology, encompasses a wide range of applications with communication, neighborhood input, interaction, sharing, and collaboration as its strongest points. Social media is used by individuals to communicate and connect with acquaintances, family, and other groups. Internet and social media platforms are becoming more prevalent nowadays. According to calculations, it affects more than 210 million residents globally. Given the harm that chemical addictions do to abusers, it is important to reduce them. The effect of life satisfaction in reducing both generalized Internet addiction and social media dependence is investigated using the conceptual framework of pathological Internet use. Additionally, it is looked at how stress and contentment affect these addictions through subjective well-being. The findings imply that both general Internet addiction and specific reliance on social media are significantly affected by life satisfaction. This work will provide a starting point for future academics who are interested in learning about social networking sites, enabling them to research more challenging aspects.

KEYWORDS:

Facebook, Mental Health, Life Satisfaction, Social Media Addiction, Whatsapp.

1. INTRODUCTION

The Internet is widely available and the use of Internet-based technologies is becoming more prevalent in practically all electronic devices. These gadgets have a huge market share and are effectively dominating the planet. For example, there were approximately 2.4 billion smartphone users in the top 50 countries using smartphones as of April 2018. Meanwhile, these global communication technologies can be seen as helpful or harmful to users and social communication. Using the Internet as an example, we can share information at rates that are several orders of magnitude higher than ever before, with many beneficial effects. However, it can be difficult to stop employing it as one becomes more dependent on it for informational and recreational purposes. Internet addiction appears to be a problem with impulse control in which users believe they have not balanced daily tasks because they cannot even stop using a computer.

It wants to continue using the World Wide Web, and may soon be crippled. According to a recent meta-analysis, 6% of people worldwide are at least moderately addicted to the Internet. This corresponds to the approximately 210 million people who may be affected based on the estimated 3.5 billion Internet users in 2016. It is comparable in size to the population of Brazil. From a medical standpoint, Internet addiction is considered credible, and many governments have implemented specialized treatment techniques, attesting to the importance of qualified support for individuals who are suffering. Recent research has shown that social media use, a subset of Internet use, may ultimately result in addictive behavior. The social networking sites tools of the Internet are widely used and, for many people, addictive. Using social media takes an average of 27% of online time, more than other forms of entertainment, which include email, and news all at once. The enjoyment of social media can encourage the formation of a strong use habit, which in turn serves as a precondition for the creation of a serious degree of use addiction. It is now more important than ever for investigators to figure out how to prevent addictive technology behavior because many users are having impacts associated with adopting their innovations that appear to be addictive [1]. The effects of emotions and feelings on electronic addictions are investigated following prior neuropsychology, which has identified a wide range of mental states that influence addictive behavior [2]. Thus, the primary objective of the study of this manuscript is to determine how happiness in life drives the Internet and social media addictive behavior into pervasive happy and negative feelings and emotions. Earlier publications are consulted, to set the stage for consideration of this manuscript on online and social media addictions [3]. The authors immediately use the cognitive component of PIU and provide evidence from previous research of the interrelationships between emotional responses, life satisfaction, contentment, stress, and various substance abuse behaviors common to these states. The findings of an empirical examination of these correlations are then examined and interpreted.

1.1. Internet Addiction:

Internet addiction is a phenomenon in which a person's use of the Internet becomes obsessive, within which they become dependent on it for their mental health, and without which people feel uncomfortable. As a result, individuals tend to believe that individuals are unable to conduct their normal activities without the Internet. Recent research has identified such website use as problematic internet use (PIU), although, in the context of this study, PIU and Internet dependence are treated interchangeably in the literature [4].

The block diagram shown in Figure 1 indicates that reducing the acute bitter attitude associated with deprivation is a major driving force for continuing drug abuse. Considering PIU, it can be assumed that users become dependent on it due to an increase in happy memories and a decline in negative ones. Addicts maintain their addiction to avoid an increase in the uncomfortable feelings caused by the restriction.

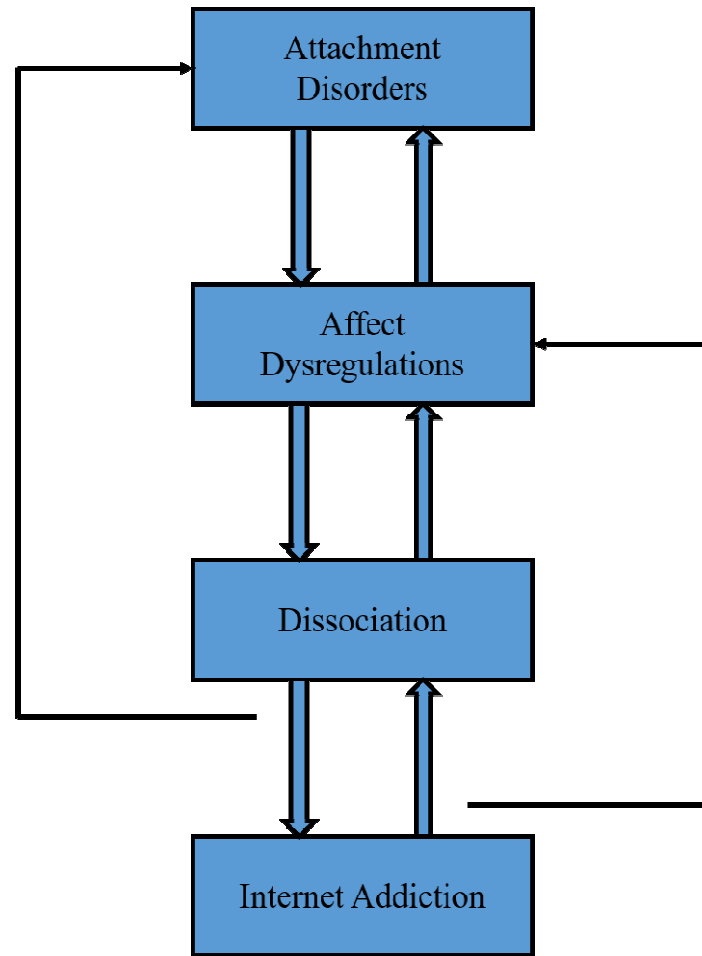


Figure 1: Illustrates the Psychopathological Factors of Internet Addiction.

1.2.Social Media Addiction:

There is a subgroup called "social media addiction" in the use of Facebook that focuses solely on social networking sites (SNS). Since information systems are so pervasive in the contemporary environment, such addictions have become very common. Every device people have on the Internet is being used by customers to check Facebook posts, friend apps, news feed alerts, and more. According to a new study on Social Media Addiction, the user performs these behaviors to spend time, make themselves look good, and develop relationships. However, it has been shown that each of the following three main categories is favorably associated with social media dependence [5].

The main cause of social media addiction is shown in Figure 2. This is the first time; that whenever a user increases the time and gets bored, he/she uses online networking and utilizes the available time. The second is a period; the user must specify the length of time he/she is using social media. If the time exceeds the stipulated time limit. Users eventually get attracted to social media after several months. The third cause of social media addiction is the need for friendship or intimate relationships that permeate all fellow human beings. The strongest factor is the use of social media on a consistent schedule [6].

1.1. Growth of the Social Media:

These visualizations, along with growth arrows and data rows, show how, although the average time spent on Facebook per day per user increased by only 12.8% between 2017 and 2021, the total number of Facebook users globally increased by 60.9%. Over the past several years, there has been a decline in the rate of economic growth for both the users as well as the time spent. A significant number of 19.6% in 2017 and 7.3% year on year in 2020 [7].

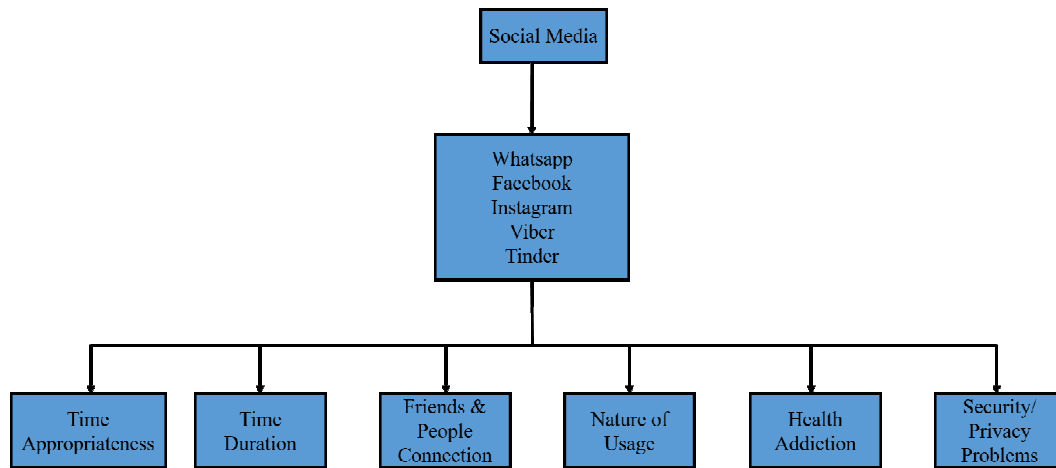


Figure 2: Illustrates the Psychopathological Factors of Social Media Addiction.

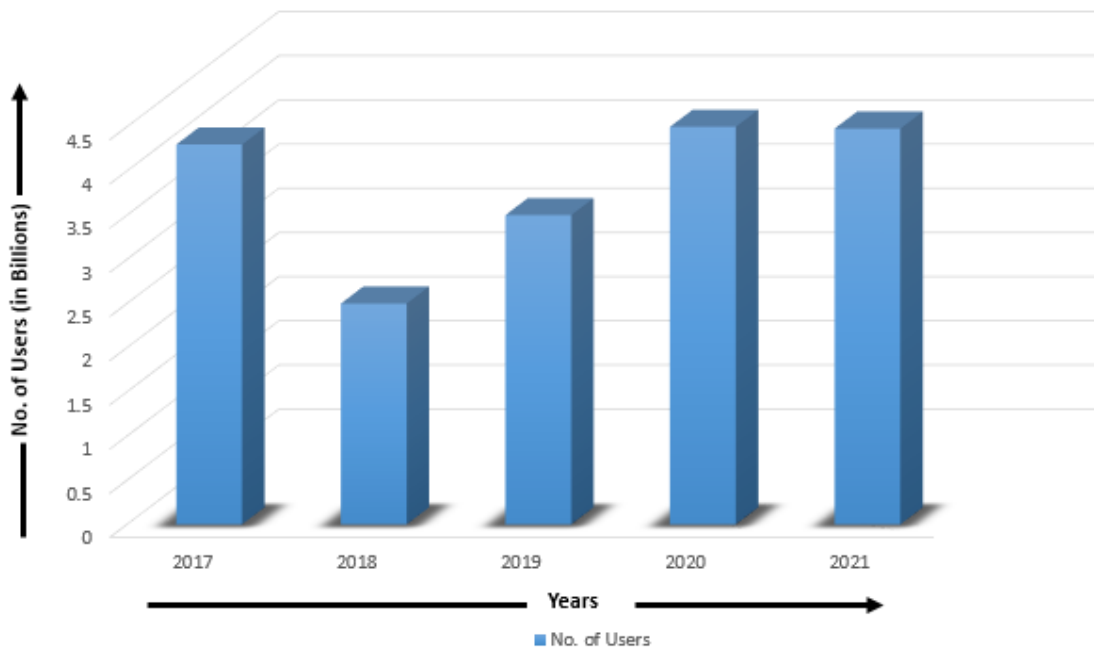
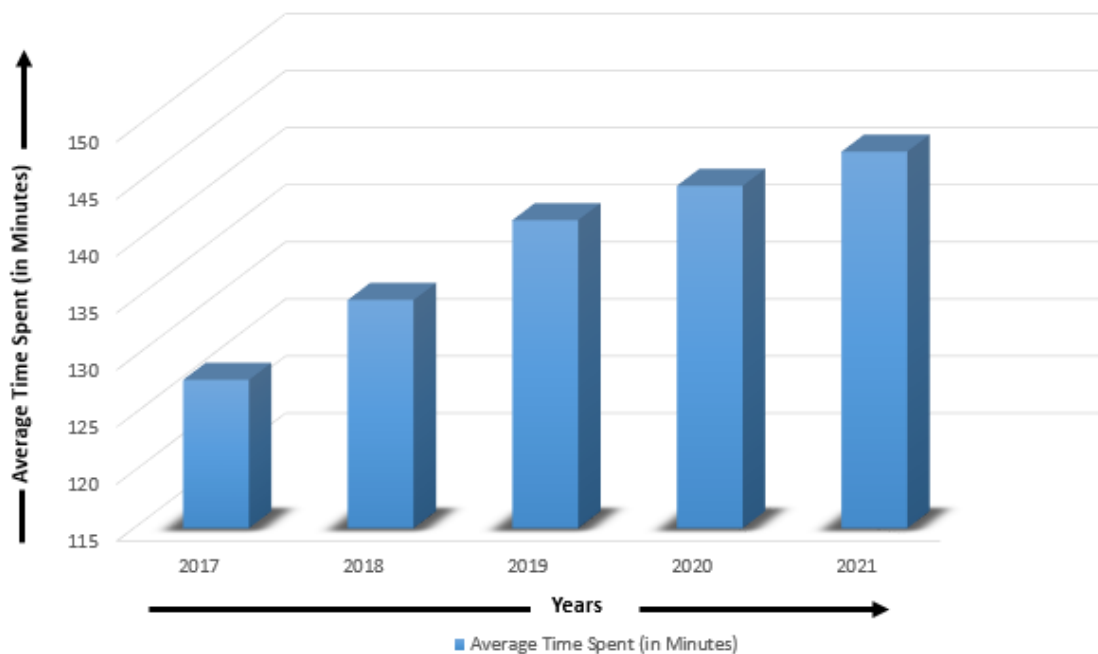


Figure 3: Illustrated the Graphical Representation of the Users.

Over the same period, the quarterly change in time spent per user fell from 5.2% to 0.5%. According to Figure 3, in 2017 there are the numbers of users that were 4.3 billion and in next year in 2018, there are the numbers of the users and that were 2.5 billion, in 2019 there are the numbers of the users and that was 3.5 billion, in 2020 there are the numbers of the users and that was 4.5 billion and at last in 2021 there are the numbers of users and that were 4.4 billion [8].

1.2.Average Time Spent on Social Media by The Users:

The penetration rate for social media networks is now 54% worldwide. In terms of international social media usage by geography, Western Europe topped with a 79 percent market share. East and Central Africa came in last on the list, with usage reaching 10% and 8% respectively. People are using social media for a variety of purposes. Users prefer to exchange photos and videos with acquaintances and receive humorous or humorous information, although they mainly use social media with their acquaintances who are passionate about current events [9].



Internet users everywhere spent an average of 148 minutes a day browsing social media by 2021, up from 145 minutes a year ago. Currently, the Netherlands is the country where consumers spend the most time on social media with an average of about three hours 53 minutes per day. In contrast, Americans spent only two hours, and three minutes each day, using social networking sites.

1.3.The Role of Social Media on Human Mental Health:

The human species is a communal animal and humans need the company of others to be successful in life the quality of our relationships has a significant impact on our happiness as well as mental health. Interpersonal communication with others has been demonstrated to reduce stress, anxiety, and depression, improve self-esteem, promote comfort and joy, reduce loneliness,

and even extend life. On the other hand, a lack of strong social ties can seriously jeopardize your psychological and emotional health [10]. Many people living in today's world depend on social media websites like Facebook, Twitter, Snapchat, YouTube, and Instagram to find and interact with each other. While each has advantages, it is important to note that social media will never completely replace face-to-face communication. Hormones that reduce stress and make you feel happier, healthier, and more energized are only released when you are in immediate physical contact with other individuals. Ironically, social media, which is designed to connect people, can make you feel lonelier and isolated and can exacerbate mental health issues like anxiety and depression if you use it too much spend time [11]. If you've been using social media a lot and experiencing unhappiness, frustration, irritation, or sadness, it may be time to reevaluate your online behavior and establish a healthy balance.

i. The Positive Aspects of Social Media:

Social media can continue to be a great way to adequately respond and promote your well-being, even if it doesn't offer the same special circumstances as a face-to-face conversation [12]. By using the digital platform you can:

1. Keep up to date and communicate with friends and family members around the world.
2. Creating new connections and connections in the local area; Network with some of them who share your goals or passions as you.
3. Support or join honorable causes; Spread awareness of important concerns.
4. When situations are tough, ask for or provide emotional support.
5. If you live in a remote country, for example, or are dependent on someone with anxiety and depression, or are a member of a marginalized group, find relevant social connections.
6. Explore the techniques of imaginative and expressive expression.
7. Seek out (carefully) suppliers of excellent knowledge.

ii. The Negative Things About Social Media:

Since social media is a recent development, little has been studied to see whether its use would have beneficial or harmful long-term effects. But so many studies have shown that there is an increased association between excessive use of social media and a higher risk of unhappiness, anxiety, loneliness, self-harm, and even suicidal behavior [13]. Social media can generate adverse experiences such as:

1. Disqualification in your life or form,
2. Loss Concern (FOMO),
3. Solitude,
4. Anxiety and depression,
5. Cyberbullying,

6. Self-absorption,
7. Worried about being lost (FOMO)
8. Social media is a "security blanket" for many of us.
9. Other underlying issues may be hidden by your extensive social media use.

2. LITERATURE REVIEW

M. Savci and F. Aysan illustrated that his study examined the estimated effects of multiple technology addictions on social interaction, particularly the Internet, social media, video game, and smartphone addiction. The study included 201 teens who had at least one international account, and a smartphone and had used the Internet, played digital games, and had used social media for at least a year. Three tools were used to collect data: The Young's Facebook Addiction Test—short form, Facebook and Twitter Disorder Scale, Digital Internet Addiction Scale, Social Media Usage Scale-short version, Social Connectedness Scale, and the Personally Identifiable Enquiry Form. The data were analyzed using a parametric statistical method, which took into account the unique and eg regularity, linearity, and multi-collinearity of this phenomenon. Facebook use, social media addiction, Internet gaming addiction, and social media addiction predicted 25% of social interaction, according to the authors' analysis of their research. Additionally, it has been proven that Internet addiction has the greatest impact on social interaction, second only to mobile phone addiction, digital game addiction, and video game addiction [14].

N. Hawi and M. Samaha stated that the authors are interested in understanding this worldwide phenomenon in depth because excessive Facebook and other social media use has been linked to addictive behavior. This research sought to fill the knowledge void by analyzing and contrasting the correlations between electronic addictions and personal qualities, particularly personal characteristics, self-esteem, and self-construction, taking advantage of only a single sample. There were 512 undergraduate students in the entire sample. The research showed that the discrepancies between the Internet and social media dependence were much to be compared. Internet addiction and social media dependence were both predicted by openness to experience, conscientiousness, openness to personal experience, emotional health, self-esteem, frequency of cash withdrawals, and Internet use. Age, well-being, and interdependent self-restraint were not associated with Internet or social media addiction, although true self and extraversion did; Gender, posting updates, something familiar, and the Autonomous State did; And only extroversion predicted addiction problems[15].

N. Al. Ghifari et al. embellish that today the use of social media and the internet is an essential part of our daily life. Addiction to social media and the internet can be the result. This research aims to determine whether the state of the Internet and social media addiction is a factual theory in Indonesia, particularly within and among Indonesian students who are transitioning about the educational experience from traditional classroom settings. So that the consumers can be benefited as a result of the covid-19 pandemic. A 2002 survey of respondents was conducted to collect the data. All subjects on the questionnaire passed a validity and reliability test that used

Cronbach's alpha coefficient before being provided answers. Study findings suggested that 20.18% of respondents had a moderate addiction, 4.85% had a substance abuse problem, and 0.45% had a significant online addiction. According to the History of Science, Internet, and Social Media Addiction, the survey findings on social media dependence showed that 14.99% of respondents had a mild addiction, 4.7% had a moderate addictive nature, and 0.45% had severe alcoholism. Was. Meets the requirements of science, which includes being rational, empirical, and falsifiable. Consequently, it is called science and not superstition. Facebook and other social media addiction among Indonesians need more attention to predict and address the attendant symptoms [16].

3. DISCUSSION

Current studies have revealed empirical evidence showing that social media addiction was associated with poorer academic and mental treatment outcomes for college students. The current investigation also produced the first verifiable research showing that self-esteem mediates the relationship between personality and mental health, which is similar to previous research findings that smartphone addiction has negative effects on self-esteem and therefore lowers it. Mental disability is linked to self-esteem. Additionally, using a cognitive-behavioral program significantly reduced social media addiction and benefited mental health and school performance. What's more, our findings concluded that social media addiction was associated with reduced self-esteem as well as decreased mental health and that addiction to social networking sites served as a predictor of poor mental health. Self-esteem had an opposite partial mediating effect on health. The alternative hypothesis was also not meaningful. Unfortunately, this does not exclude the possibility that mental illness may also help fuel social media addiction. People with poor mental health, such as those who have low levels of self-esteem, may use social media to make up for their real-life interactions and eventually become increasingly dependent on it. Additionally, people with poor mental health often rely on social media to lift their spirits, and when this need is not entirely comfortable, their schizophrenia worsens. As a necessary consequence, there is a good chance that social media addiction and poor mental health are related in both directions. Using several indicators, the current research strongly supported the association between social media addiction and educational outcomes. Finally, since social media addictions can be overcome quickly, it can be difficult for these pupils to learn and maintain. Our rehabilitation process can be easily facilitated by reducing reliance on social media while also increasing students' interpersonal well-being and achievement in maths. This has important practical consequences as it demonstrates how information processing reinstatement and some other consequences can largely underlie social media addiction. The students were too aware of both the potential harms of their technology addiction and the potential benefits of cutting back too much in a broad observational phase. Daily evaluations and the subsequent use of suggestion cards as the phone's lock screen continued to serve to further strengthen this understanding. These findings confirmed that having the ability to reduce reliance on social media and enhance psychological status and academic performance may help university students to better appreciate the negative effects of social media dependence through premium self-help approaches.

4. CONCLUSION

In Malaysian tertiary institutions, platforms on social media are shown to significantly alter students' academic performance. Time rationality and health addiction had a more significant impact on student academic performance than the remaining six factors included in this study. This is because a person's ability to manage their time productively determines whether they succeed or fail. Thus, time-poor students are more aware of the shortcomings that social media websites have for their users. Similar to health dependence, students who depend on social media platforms sometimes miss meals, resulting in adverse effects on their health. Such students struggle with malnutrition and may become ill, which can have an immediate impact on their lives as students. Additionally, use patterns and interactions with classmates and other individuals have an impact on their student achievement, while insignificant compared to the above subsystem. Finally, the length of time and security, and perhaps even privacy issues, have a negligible impact on students' academic performance.

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CHAPTER 21

AN ANALYSIS OF THE IMPACT OF ECONOMICS ON MODERN PSYCHOLOGY ASPECTS

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ABSTRACT:

Psychometrics are used by economists to identify traits that lead to individual differences in economic behavior and, as a result, make economic behavior difficult to predict. Economic psychology is the interdisciplinary study of how psychology and economics interact. It deals with both the psychological causes and consequences of economic processes, as well as the psychological foundations of people's economic behavior. The main objective of this study is to explain how psychology and economics are related and to identify the psychological elements that influence consumer behaviors. The psychology of individual behavior should support and enlighten economics, as archeology, physics, and neuroscience do for anthropology, chemistry, and cognitive science, as economics is the study of how individuals and collective institutions such as firms and markets do handle money. No matter what the future holds, a degree in economics can help individuals thrive. Understanding how elections are made, how markets work, how rules affect outcomes, and how economic forces shape social institutions will enable people to solve more problems and make better decisions. This applies to both personal and professional achievement.

KEYWORDS:

Economic Psychology, Economic Behavior, Psychology, Psychologist, Psychological Factors.

1. INTRODUCTION

What economic psychologists undertake is the best way to characterize economic psychology. They are often transdisciplinary anthropologists who comprehend [1]:

1. The economy has a serious influence on community relationships on a psychological level, influencing emotions, thoughts, and behavior;
2. Economic life is composed of people's emotions, attitudes, and behavior patterns; and
3. Despite having extremely distinct methodologies and explanation philosophies, economy and psychology might also contribute to a broad range of educational and conduct in this research.

Macroeconomic psychology was founded in the early 1950s by a combination of accountants with powerful emotional backgrounds and physicians with a strong academic backgrounds in economics [2]. As a result, industrial psychology is not a department of psychology instead it is an interdisciplinary study of something like the intersection, or more frequently the chasm, between economists and psychologists. The concept of economic decisions, in particular in the areas of risky choice like Empirical Research findings on Decisions and Decisions to make,

limitations on rational thinking like Bounded and Costly Logic and reason, and partial equilibrium choice, has proven to be one of the most efficacious and fruitful ways to evaluate that interface [3]. Therefore, as well as with discussions of numerous other dimensions of moral philosophy, this research on macroeconomic psychology is appropriately integrated into this area. However, it is also closely connected to research in this encyclopedia on topics like economic principles, developmental, social, personal traits, and motivational psychology, as well as governance and managerial studies, like those on customer satisfaction or business strategies, and many others. A selective group of highly acclaimed academics who are prominent and respected across both psychology and economics has freely transferred between the two sectors. The majority of them, however, would self as choice theorists in contrast to economic social scientists [4]. In "ManyPieces," Plato believed that the presence of eyes, ears, and even the complete body is interfering with factors that prevent the soul its building knowledge [5]. In general, it is the truth that much more individual people practice socioeconomic psychology than identify such. Very similar methods can be used not only within decision science but also in various other interdisciplinary fields other than cognitive science, consumer science, or socioeconomics, as well as within specific subfields of psychology and economics. Because there are numerous of these fields of study are covered elsewhere in this Reference book, the remainder of this paper will primarily concentrate on the research of those researchers. The noticeable author shown in Figure 1 is likely to have encountered the term "economic psychology" for the inaugural time.

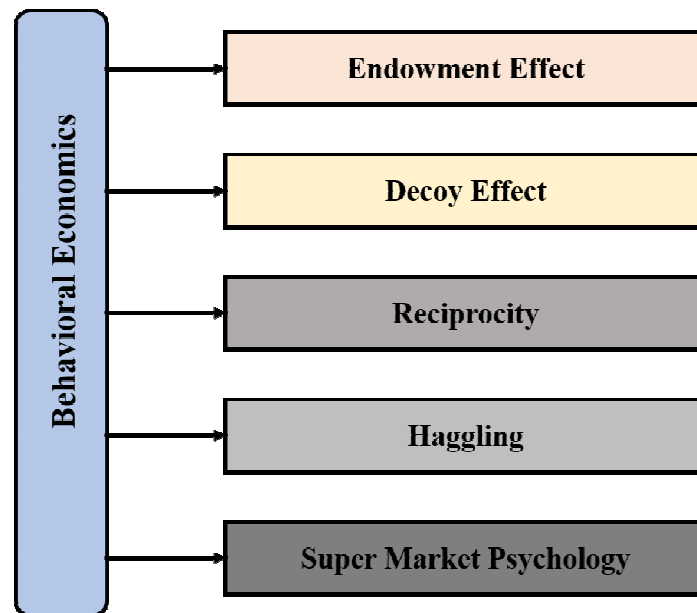


Figure 1: Illustrated the Impact of Behavioral Economics on a Variety of Psychological Fields.

1.1 Relationship between Economic Psychology and Other Field's Study:

Therefore, instead of being a department of psychology, economic psychology is a complete and accurate analysis of the relationship, or often disconnect, connecting both economics and psychology. One of the most effective most fruitful approaches to examining that interrelationship is via the study of financial choices, notably in the areas of risky choice, rationality constraints, and the highly regressive decisions to make [6]. A study concerning

economic psychoanalytic theory is thus effectively included in this portion, along with treatments of several other sections of decision theory. Furthermore, it is also closely connected to papers in this encyclopedia on leadership and organizational studies, economics, and other topics. A few eminent researchers who are well-known and renowned in both psychology and economics have freely transitioned between the different systems [7]. In general, there are even more people who practice financial psychology than those who identify as such. Not only is decision science a broad discipline, but customer science, behavioral economics, environment factors, and certain areas of economics and psychology are also [8] using similar approaches. Economic anomalies have been identified and progressively acknowledged by economists. The expansion of observational research psychology analysis is a fresh and encouraging trend. Finally, experimental economic psychology technologies that are described in a way that combines economics and psychology may more accurately explain and predict human economic behavior [9]. Figure 2 further demonstrates that psychology, unlike economics, allows for the validation and creation of concepts by validating the conceptual framework with something like a small sample.

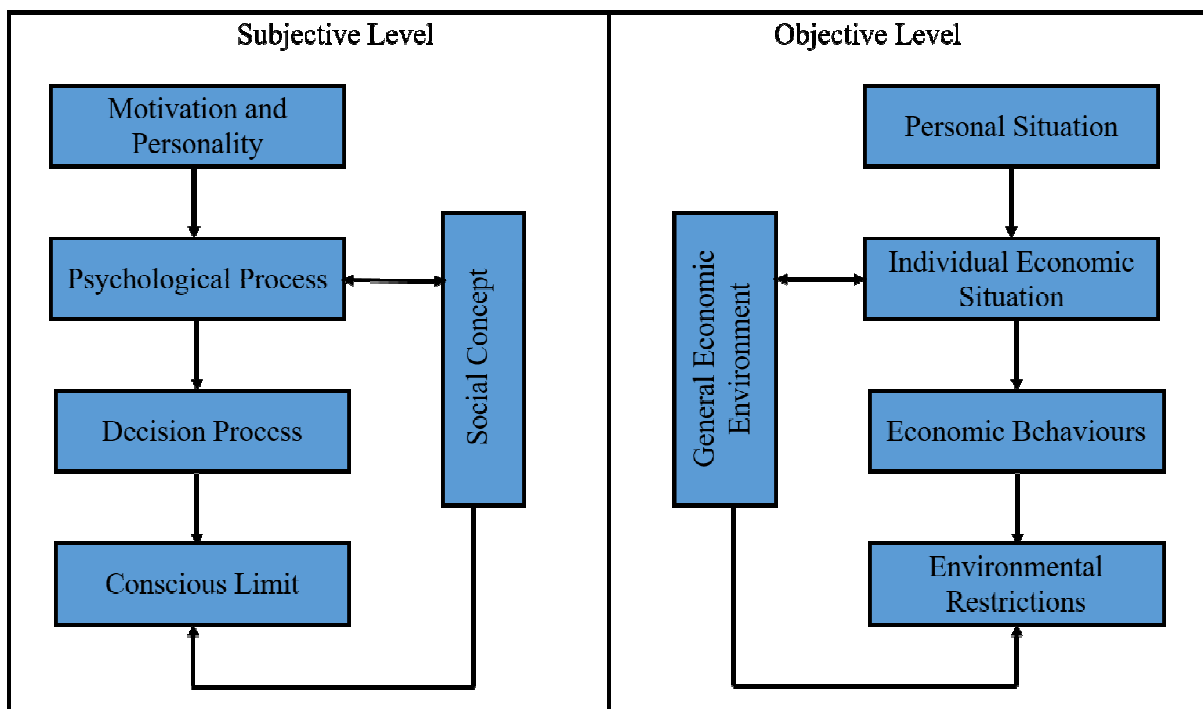


Figure 2: Illustrated the Psychology's Personal Level and Objective Level.

Most neurological and physiological variables have little to do with economic thought verification since economics and diverse decision-making models omit putative physiological pathways; other economists are aware of components [10]. Recognizing the influence of the action but refusing to include it in economic principles, such as the behavioral view that economic analysis should only research willingness and intentional behavior economic growth is not considered a member of the internal tissues and instinct's detached response to stress, because it is not monitored [11]. Traditional economics has long overlooked the physical variables of behavioral subjects for judgment, and the effect of economic behavior such as preferences became an economic theory of apart from. It examines psychological variables in the

economic system using psychological views, the judgment processes of customers and businesses, and the psychological factors that impact these decision-making procedures [12].

The main goal is to figure out how consumers, businesspeople, and government decision-makers will behave in various scenarios and what decisions they will make to better understand and anticipate business strategy. Its research topics include: examining and analyzing psychological factors that influence people's economic behavior, such as needs, motivation, expectation, attitude, willingness, and other psychological conditions [13]. Investigating, studying consumer and corporate decision-making figures' behavior, analyzing and trying to compare the economy under varying situations, and generalization; and focusing on behavioral decision-making believe that the proposed to consumption, savings, and investments.

1.2 The Psychology of Individuals and the Effects of the Economy:

Even the most developed economies experience capricious economic and fiscal changes, such as seasonal fluctuations; some business activities cause a permanent transformation, such as the switch from internationalism to neoliberal capitalism in Eastern and Central Europe and the former Soviet Union in 2000; again within economic sectors, different product segments and private companies go through bumps in the road [14]. Individual companies and industrial companies also explain the effects. The economy is often overlooked as a predictor variable in psychology even though the many distinct elements of economic change should have enormous psychological consequences. Economic psychiatrists have put forth an effort to fill up this gap.

Examining how students experience skills for engaging with the given economy they are born into has become a common methodology. The study of economic institutionalization is what this is known as. Much previous research addressed how children's understanding of economic ideas develops with age from such a cognitive approach. Recent research has primarily concentrated on children's actual economic conduct, and as a result, it has emerged clear that in addition being participating in the adult economy, children also engage in at least two additional types of economic life [15]. They have a significant effect on the financial decisions that are made by their parents and their whole community due to their unquestioned needs and young capacity to influence these decisions. Children were therefore the target of significant promotional and marketing campaigns, the usefulness of which has been vehemently debated. However, teens interact in transactions that are only loosely connected to the adult business, if at all, and engage in an opposite international context [16]. These relationships might point to ever more advanced financial intelligence than have shown in this other research into the subject.

Examining the organization as an explanatory variable often through cross-sectional or, less often technically, longitudinal studies have therefore proven to be a popular solution. Only a few of the unbelievably good cross-sectional investigations both of which are featured are the phenomenal comprehensive and integrated multi-dimensional and multi-evaluations of economic socialization, misappropriation, and viewpoints toward the brand-new, international corporate Euro currency. Because there are just so large administrative significant differences across countries and people, such analyses may help us fully understand the country's most important causes of population contradictions. When such formal results can be obtained, participants of a specific socioeconomic background are contemplated or given processes and tools to try to understand how they correspond from more typical groups [17]. These studies primarily focused on the protection of stress brought on by living in poverty in a meritocratic society or the impacts of the tourism and hospitality industry on the local population.

1.3 factors in Psychological that Influence the Consumer:

A person's psychology and the elements that influence it are what motivate him to seek happiness. Figure 3 displays many of the most crucial psychological elements:

i. Enthusiasm:

The level of enthusiasm of consumers affects their buying behavior. It is illustrated pretty successfully by Maslow's Hierarchy of Needs, which comprises fundamental requirements, security needs, esteem, and self - actualization, socialneeds, and self-actualization needs. Basic requirements and security measures are often more important than other demands, therefore shoppers are driven to look for fulfillment by these requirements.

ii. Observation:

The way consumers feel about a business and its brand determines the things they seem to want to buy. The process that occurs when a person selects, arranges, and interprets material to draw a meaningful conclusion is defined as perception. For example, people are lured to buy the Apple iPhone even though it is seen as a quality brand and they want to be associated with the current societal upper class. Advertising agencies' priorities for having full control of perceptual processes like e executive function include things like selective perception, selective recall, and something. To get clients to focus on their products, the marketer exploits selective attention. When various people's opinions of the same object alter dependent on their attitudes and beliefs, this is termed selective distortion. In conclusion, before creating marketing techniques to maintain clientele, marketers should endeavor to comprehend people's viewpoints and attitudes.

iii. Knowledge:

Skills, knowledge, and intention all influence each person's learning. Talents are formed by practice and knowledge but instead, the purpose is obtained through experience. There are possibilities, such as the face of a challenge or learning strategy. In the context of learning, the consumer learns by being accustomed to certain stimuli; that seems to be when the same circumstance is repeatedly shown to someone, he develops a particular answer to it. When learning conceptually, a person applies everything of his or her knowledge, ability, emotions, values, and convictions to a problem to understand the resolution.

iv. Attitudes and Opinions:

People's opinions and views on many things affect whatever purchases they make. These behaviors and beliefs indicate a consumer's predisposition to respond to a business in a certain style, and they collaborate to create the brand image that influences purchase decisions by consumers. Therefore, to alter people's beliefs and beliefs via different promotional activities, marketers seek to understand these belief systems and attitudes.

The Perspective of Economic Psychology:

i. Concerning Economic Psychology and Macro Environmental:

A macro-perspective, which investigates microeconomic phenomena, as well as stutter-stepping, which examines things from the viewpoint of microeconomic units (such as one shopper's decision-making behavior), are both included in institutional psychology (e.g., depression and unemployment). While behavioral finance explores fiscal and monetary dynamics, managerial accounting examines political phenomena via personal and familial decision-making.

Institutional psychology may look at macro-phenomena like marketing strategy and others require a significant amount from a macro perspective. Even if both the micro and macro conceptions are important, it is equally important to look into how macroeconomic events are related. To illustrate, a popular phenomenon comes and goes swiftly, but since it can be thought of as an accumulation of people's social assessments and decision-making processes, it can be comprehended from the micro-perspective of individual decision-making. Although the relationship between these micro- and microeconomics has not yet been properly analyzed, future studies will focus considerably on this problem.

A significant variety of economic psychology and behavior research and ideas must be checked out and integrated. Even though numerous studies have demonstrated the impact of somatization on economic behavior such as preference, judgment, valuation, consumption, decision-making, and risk perception, and a slew of scientific concepts with domain character traits have emerged, behavioral economics investigation on decision-making and judgment has blurred the line between economics and psychology. People who study neuroeconomics begin to see the linkages between the neurological foundations of economic behavior. Furthermore, we may discover that launching paradigm studies are fraught with difficulties. Much economic psychology and behavior research rely heavily on the starting paradigm. It is conceivable to launch alternative symbolic representations or metaphors for the same bodily clues even if different modes of thinking under different cultures if the increased reach of economic science is not acknowledged or if individuals do not truly utilize this information. Numerous research, such as the touch study, have revealed that contact can lead to more charitable economic behavior. Behavioral finance explains why we buy products and services in the ways individuals do, why we make particular decisions about ourselves or others, and how we choose plans of action. It's an extraordinary lens that reveals our inherent biases and decision-making methods.

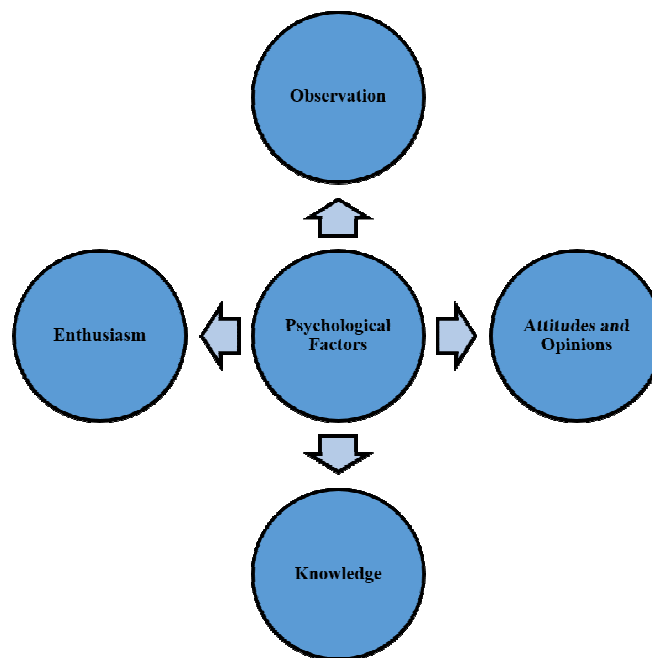


Figure 3: Illustrated the several elements of Psychology in Management.

2. LITERATURE REVIEW

R. Mayrhofer et al. illustrated that the experimental is the preferred technology in modern psychology to carry out this extraordinarily difficult task. This hegemony has impacted the whole field, from its perception of itself as an empirical science to its theoretical and epistemological underpinnings, via research practice, scientific discourse, and instruction. Experimental knowledge and positivism, which are fundamental to contemporary debates, were the foundation for experimental psychology and continue to be supported today.

Despite this apparent steadfast devotion to recent developments, developmental psychology has several features that, although they are seldom recognized as such, are best defined as characteristics of postmodern philosophy. Because they carry out tests, many psychologists take great pleasure in being true natural scientists, but because of the unique character of their field, it is particularly difficult for psychologists to avoid specific aspects of postmodernism thought. The concept of neoliberalism first appeared in the 20th century as a reaction to the modernist campaign's perceived weaknesses and as a way to comprehend the complexities, ambiguity, and ambiguities of the century [18].

M. Ermolaeva et al. stated that the analysis of the resources available of the collectivistic orientations parameter with both the psychological capital component; the idea of collectivistic alignment Specification and classification were necessary for the phrase human capital" to be translated from the economics discipline to psychology. The terms socio-psychological capital, relational social capital, and psychology capital highlight the main components of the human element that may be seen as capital in the broadest sense. Both socio-psychological capital and cognition social capital have similar concepts.

Researchers look at four different aspects of psychological capital, including resource, network, institutional, and socio-psychological. The financial method, which views cultural power as a mix of people's actual and projected resources, and the socio-psychological technique, which investigates the information from social capital, are the two principal areas of emphasis in this research.

Method of comparative analysis for positive organizational psychology. The social presence of employees is seen in sociopolitical sciences as a system of personal resources, consisting includes self-efficacy, optimism, a future-focused viewpoint, and resilience. The cognitive functioning of employees and the efficiency of their professional journey are related to their mental capital [19].

L. Quiroga et al. illustrated that Law, economics, sociology, politics, and psychology are a few of the viewpoints was using to analyze complex emotional issues. Each uses a certain approach or approach that is in some ways distinct to understand the breadth of the mentioned situation. Therefore, the goal of this study is to assess the value of utilizing organizational economics and law as a single analytical technique in a piece of information that pertains.

I refer to the two disciplines as finance and business rather than the socioeconomic study of law because this is a subject that economists implement naturally, but the former approach emphasizes that these two professions are universally applied but less precisely and with a broader spectrum. The paper briefly looks into the notion of the property utilizing administrative analysis and the contemporary normative framework of systems to back up its claim. Thus, this paper provides a comprehensive overview of the basic components of property within both legal

and economic research and also defends the application of the law and economy methodology [20].

3. DISCUSSION

Though there are several government interests, there isn't that much study on the cognitive neuroscience of donating. The perfect example of the core idea that every gift incorporates both an online transaction and a social interaction. Even though they are sometimes undiagnosed and untreated, every culture has commonly accepted attitudes and behaviors that outlines who is eligible for how much and what. For instance, in the UK, a young person's mother should never get money as a Christmas gift. Surprisingly, the transmitter hears the negative remarks louder than the sender and receiver. Money is a component of almost all economic interactions. The psychology of extra income has since piqued the same attention of economic psychologists. Modern "fiduciary" money is a psychological construct; its value derives from how we all envision it to be, which makes the issue worse. The types of currencies that circulate, support in the form, and the automatic identification types that don't make people feel unable to maintain records of their spending could be a few of the factors that institutional psychologists have monitored to determine what makes excellent capital. Additionally, they started looking at some of the bizarre things young adults do with their money but this seems to be a moral axiom that having money helps to prevent conduct that is out of total percentage to its actual economic benefits. Leadership and how it might keep the economy ahead of its rivals are topics that psychologists are well-versed in. People react naturally to strong leadership because they're social beings who understand that what is good for the group is also excellent for them. To look at it another way, the author thinks that psychologists are better at explaining economic growth than economists. The challenge is utilizing this knowledge or discovering great leaders who are motivated by the general welfare rather than self-benefit. Figure 4 shows the different Characteristics of Economic Psychology.

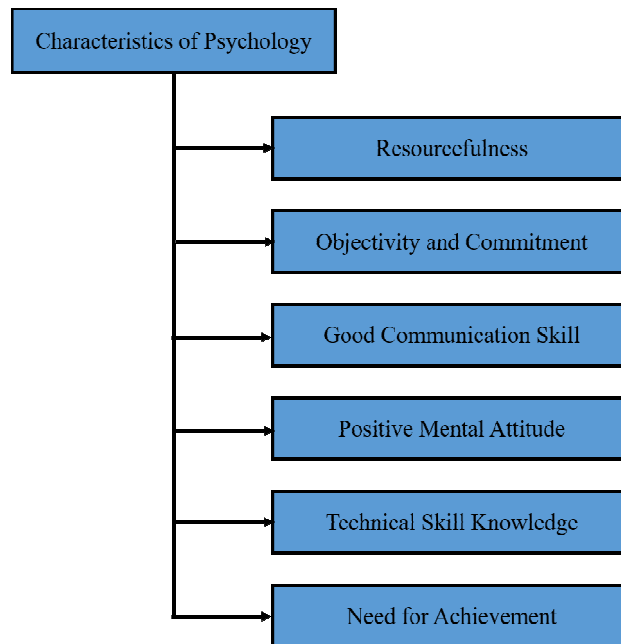


Figure 4: Illustrated the Different Characteristics of Economic Psychology.

Even though there are several crucial aspects of economic growth, they are often left out of psychological predictor variables even though they must have significant psychological consequences. Economic psychiatrists are working to clear up this misconception. Looking at how kids are developing their ability to operate in the economy they are born into is now a trendy method. This is known as research on economic socialization. Much earlier research looked at whether children's understanding of financial concepts increases with age. Recent research has focused on the real economic activities of youngsters and shown that, in addition to contributing significantly to the adult economy, youngsters have at least two other considered in the economy. Due to their fundamental needs as well as their capability to influence their parents' purchase and job choices, they have a considerable effect on the financial activity of their whole families. Children have however been the focus of extensive marketing and advertising campaigns, the usefulness, and legitimacy of which have been severely debated. Second, children create their economic world in which they engage in exchange with only tangential connections to the adult market. In these discussions, they would show far more comprehensive economic knowledge than that which is frequently suggested through studies of macroeconomic cognition.

i. Psychological Effects of the Economy on Individuals:

How well and how long we live may be significantly influenced by social and economic considerations, including revenue, education, work, neighborhood safety, and support networks. These elements have an impact on our capability to make informed choices, pay for housing and healthcare, regulate stress, and other matters. While a psychologist's primary objective is to use their studies and training to benefit people, there are additionally major benefits for businesses, corporate interests, and governments, including increased productivity at a reduced cost, more positive work surroundings, and happier and healthier employees, and better services and goods. Economics is the research of how individuals behave in the face of economic activity. It focuses on how somebody spends money to fulfill their wishes and how they allocate their income in terms of their financial choices. Psychology and business are closely related though both fields are interested in social cognition, thought, and understanding. You look at the person, infer a set of beliefs and behaviors from their behavior, and reliably estimate their future behavior.

Spending decisions are based on future possibilities and vision. This relates to how trade unions' psychology affects their capacity to predict future profit and loss. Investor psychology is used to predict possible returns. The psychology of the business and the client is just another element. It relates to choices made by employees and employers about their jobs. Customer needs and desires are essential, and they should be met with strategy implementation. Psychology is a factor in very many choices, including process improvement and sales management methods. To achieve increased development and economic growth within the nation, it's also crucial to understand simultaneously consumer and business mindsets. Economic psychology is the interdisciplinary field of how psychology and economics interact. It is concerned both with the psychological effects and consequences of economic processes, as well as with the psychological foundations of people's market behavior.

4. CONCLUSION

Economic psychology involves the study of how skills and characteristics impact economic development, and doing business is the application of this research. Economics cannot be disregarded in psychology, which studies human behavior and psychology. Three areas

involving economic psychology research behavior level, body signal, and other people's relocation or migration have produced considerably more significant results and recommendations, which are covered in this paper. The classical economics theory's logical human premise is examined, together with the effects of economic psychology and potential strategic research. From the view of economic psychology, it is critical to investigate the complex reasons causing conflicts and inclinations to establish a harmonious behavior link based on the logical reasoning of interest attribution.

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CHAPTER 22

AN ANALYSIS OF THE ADVANTAGES AND DISADVANTAGES OF SMARTPHONES ON HUMAN LIFE

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ABSTRACT:

In today's technology era, technology has made a necessary and important place in all three countries developed, developing, and underdeveloped. Technology has changed every aspect of human life, that is, doing the work which required a lot of time and manpower earlier; today technology has made the same work easy and easy. Today, whatever change is seen in the human community and education system, it is the effect of technology itself. On the other hand, technology has also changed cultural and human behavior from within. Video games, cell phones, the web, and email can all be considered as a type of technology. In the last few years, it has been observed that parents, doctors, educationists, and some policymakers are concerned that all the electronic, especially mobile phones, affect violent movies presented on the internet affecting the people living in society especially and it's too many happening to the children. The purpose of this paper is that special attention should be paid to the use of mobile technology and the whole routine of children and work should be done to prevent the effect of all this by taking information from family members from time to time. In the future, this paper will provide a clear roadmap for another researcher who wants to know about it and want to make research according to hi capability.

KEYWORDS:

Digital Technology, Human Relationships, Information and Communication Technology, Mobile Technology, Technology.

1. INTRODUCTION

Mobile technology has evolved rapidly over the past decade and network connections, and software infrastructure are now widely available [1]. As a response, smartphone specialists, makers of mobile applications, are racing to outdo the fast-moving mobile customer business, seeking to meet the needs of their customers. Technology in voice communication advances us on two different levels. First, it is reviving the projected gains in productivity and productivity that provide avenues for spending on the infrastructure of technologies [2]. Second, the advancement of technology encourages people to pay attention to what is the demand of modern times and what is happening in it. Because it enables human beings to communicate with new people, leading to socialization and change in social status. Information and communication technology is a field of technology that aims to communicate and discover knowledge and new things [3]. Due to the revolution in technologies for information and communication, society is now at the forefront of innovation. Information and communication technology has been promoted as a high quality of human life as the development of the modern electronic age has

made our daily life useful and immeasurably convenient. The term information and communication technology is more specific and highlights the role of multiple channels. Information technology is commonly employed as an extended synonym for IT. Each technology can have both positive and negative consequences on our daily lives, and they have become an increasingly important aspect of human communication and interaction. However, mobile technology is currently being tried to develop further which is also being increasingly used [4].

On the other hand, in progress among the things that have a huge impact on human life is the employment of application development, which has grown tremendously in the last decade and enables customers to do new things. Today every youth, teenager, elderly, and people of all ages use mobile phones. People use their phones while driving, eating, or doing any work. It is also helpful in disasters as it enables individuals to reach out to people around the world through video or audio calls, text messages, and communication with friends and loved ones [5]. Despite the many advantages of modern phones, it is also important to pay attention to their negative aspects. For example, today many people use mobile phones while driving their vehicles, which is extremely dangerous, and due to this millions of people become victims of road accidents. On the one hand, where the mobile phone has ruled human life, on the other hand, its negative effects are also being seen. In today's era, mobile phones have transferred the actual communication to the communication network [6]. So that this change has given rise to strained relations within his family or social forums. Today's young students have been seen spending most of their free time with mobile phones and they avoid communicating with their families in their own homes, in this whole process they have to give up their responsibilities and work at the right time and time. Prevents completion with haste. They are also more interested in using their mobile phones than in studies. Similarly, a variety of scientific research has investigated how mobile waves affect the developing brain and information processing and it is capable of causing cancer and other health conditions to some extent.

According to its positive impact, the smartphone has also improved the way everyone conducts their daily lives. It is said that the author cannot ignore the fact how beneficial the smartphone is for our daily life and society, on the other hand, it is proving to be disastrous, and living in a time when even a child is not able to operate a smartphone is enabled [7]. Even so, the grandparents may have allowed their child access to the phone by negligence on the part of both parties, although there was no need. Some young people give their smartphones to their employees to stop crying. Thus it is not unexpected to see someone else fully engaged in their phone, taking in beautiful landscapes from coffee shops to the bus waiting for areas and traveling with the person sitting next to us on the bus or breaking the ice [8]. In addition, phones have a lot of negative potential consequences on our daily lives. Let's go into more detail about these adverse consequences of smartphones and tablets. Table 1 shows the **no. of Smartphone Users from 2012 to 2021**.

Table 1: Illustrated the No. of Smartphone Users from 2012 to 2021.

Sr. No.	Years	Smartphone Users (in Billions)
1.	2012	1.05
2.	2013	1.30

3.	2014	1.57
4.	2015	1.85
5.	2016	2.6
6.	2017	2.7
7.	2018	2.8
8.	2019	3.1
9.	2020	3.6
10.	2021	3.9

1.1. *True Effects of Smartphones on Human Life:*

What most people probably try is how we can relate to others or how equal we are to others. The solution to all this, people consider smartphones only. Mobile devices, where properly implemented, can, provide a means for highly customizable. Mobile devices are a good fit in marketing strategy for companies that aim to better enhance the overall customer experience, which Forbes has described as one of the more important business benchmarks of the contemporary period. Mobile devices are ideal for improving customer experience as they open links or documents in attachments to communicate with customers and prospects in a more personalized way. According to IBM, people who think social technology intelligence can be used to generate a better email in the cloud may usher in a new way of working. This is why many businesses are focusing on the customer experience. The entire design of this new system is focused on enhancing the customer experience, regardless of the device being used to access it. It's important to note that one idea that contradicts the overall idea that mobile gadgets damage relationships is a simple one: interpersonal relationships. Mobile devices will not break these personal ties as long as people want to interact with each other.

1.1.1. *Advantages of Smartphones in Human Life:*

In the age of globalization, technology, which incorporates both computational and non-computational methods, has assisted in bridging a gap among nations. Numerous individuals were able to interact with others and gain insight into the world in ways that were once unimaginable because of this bridge. By using a smartphone to purchase hotel rooms and airline tickets, it has become possible to travel anywhere in the globe quickly, easily, and efficiently [9]. Unlike in the past, the technology eliminates the need for a travel agent, simplifying the procedure and making it more effective. Automatic Tailor Machines (ATM) and online and mobile banking have indeed largely removed the requirement for contact with a bank teller for financial transactions. These advancements reduce the costs associated, with time, and resource

requirements while enhancing job productivity and effectiveness. The Internet has indeed given individuals access to a practically limitless number of information, academic tools, and learning program that they may use to work or learn from home alone while having to interact with anyone and everyone [10]. This has resulted in a rise in digital telecommuting, as well as distance learning educational establishments, which translates into increased simplicity for those on the go, but then also frequently has the unfortunate effect of causing students, workers, adult women, and children to lose their interpersonal skills as a result of increasing the amount of socially isolated. Additionally, consumers often meet friends or relationships through apps, all from the convenience and ease of their own homes. In contrast, in a former era, women would socialize outside of their respective homes on a daily to meet acquaintances and find partners [11]. The drawback to this is that it may result in a rise in antisocial behavior and a lack of interpersonal abilities since some young people could only be able to send messages or use dating apps to connect with others as opposed to going out to meet fresh individuals.

i. Quicker and Comfort of Communication:

The way of conducting ourselves has altered as a result of cellular telephones and with their constructed cameras, they now make it quicker than ever to do anything at all from booking hotels and taxis to collecting memories! They can even help us remain connected with relatives and friends through social media or chat with someone on a video call while paying for data consumption! More knowledge than ever before is already at our fingertips. Rapidly hunting down useful materials for every task we need to complete has become natural and easy. Even better, our technologies can anticipate what knowledge we'll need and provide it to us at the right moment [12].

ii. Day-to-day Utilities:

Smartphones have greatly elevated the status of life for many people as well as enriched our daily lives in many ways. Although it is still in the early stages of adoption, the pharmaceutical industry has embraced communication devices and it is already benefiting many people negatively. Through such applications developed for medical practitioners, they can check the results of a patient's home diagnostic test from any location and make significant modifications to the patient's health status. Using the phone, health experts can remotely test the heartbeat and modify the device's settings to take into account changes in the patient's health. When the patient is comfortably at home, doctors can use sophisticated diagnostic imaging and a smartphone to see the cause of a disease that requires immediate medical attention [13].

iii. Healthcare Services:

Mobile phones have raised the standard PF life of many people a lot, as well as enhanced your daily life in many ways. Although it is still in the early stages of adoption, the pharmaceutical industry has embraced mobile technology and it has started to benefit many people negatively. Through such applications designed for healthcare professionals, they can check patient home health test results from any address and make significant adjustments to the patient's health status. Using a telephone, health experts can remotely test a pacemaker and adjust the device's software to take into account changes in the patient's health. While a patient is comfortably at home, specialists can use a smartphone to view complex diagnostic tests and identify diseases that require immediate medical attention [14].

1.1.2. Undesirable Effects of Smartphones on Human Life:

Technology also has closed and opened a gap and the people who are physically available yet emotionally distant from one another because they are engrossed in a technology gadget, such as a laptop, smartphone, or tablet, are said to be enduring virtual distance. This means that whereas individuals are occupied communicating with others in the online sphere through their technical gadgets, marriages, parents, and children, as well as any other kinds of personal interactions, are pushed to the margins.

i. The End of Confidentiality:

People often prefer to message over personal conversations or, at least, prefer to speak and listen to a real voice. Furthermore, it is very unusual for someone to be oblivious to their surroundings as they walk or sit, unaware of their digital device. As a result, closeness and human-to-human interaction have decreased significantly, while social feelings have largely replaced them. Given that this distanced individuals from one another, as well as reduced proximity, electronics may have contributed to modifying human behavior [15]. This interaction between individuals and technology is only going to increase the moment robots and AI are finally turning people into jobs.

1.1.3. Technology's Harmful Impact on Men and Women's Health:

By no means are advocating against using technology. In reality, we like maintaining contact. Instead, we aim to promote wise technology usage, make the most of its benefits, and mitigate the negative impacts of abuse. You may continue to use technology's capacity to enhance your general well-being while remaining connected by taking into account the following signs associated with technology addiction [16]. As shown in Figure 1, there are a few important things to keep in mind while using technology and how it impacts our health.

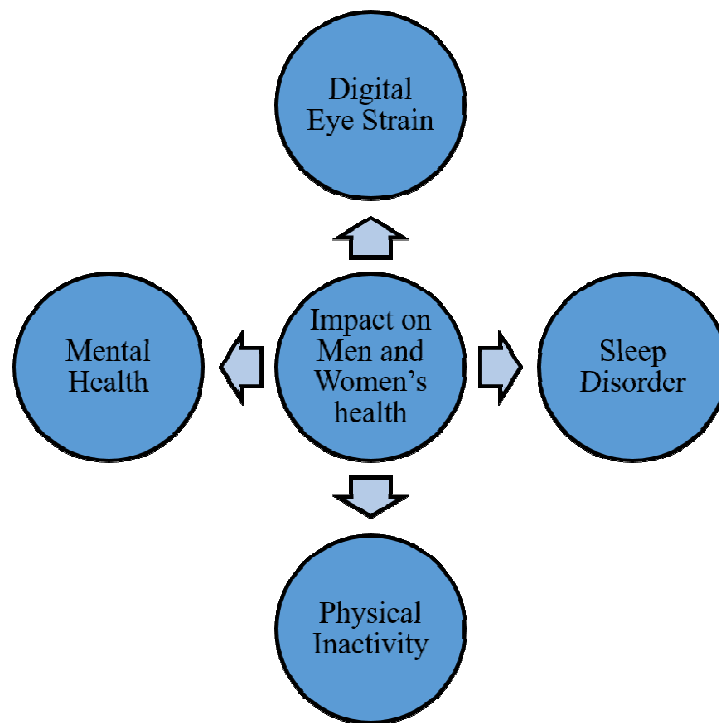


Figure 1: Illustrated the Health Issues via Mobile Technology.

i. *Digital Eye Strain:*

The gadgets are so adored by everyone that many of us even sleep with them. According to one research, 71% of smartphone users keep their devices near their beds at night to prevent missing anything. According to a different survey, more than 40% of smartphone users who have their devices besides their beds wake up due to sounds or brightness caused by alerts. Late-night electronics usage may seem like a harmless habit, but it might make it difficult for you to fall asleep. 40 percent of Americans believe they don't get enough sleep, according to a Gallup study. Heavy mobile phone usage has been linked to an increase in sleep disturbances in both men and women, according to the National Sleep Foundation and Swedish researchers. Exposure to artificial light between sundown and when we go to bed at night inhibits the production of the hormone melatonin, which promotes sleep, increases alertness, and changes circadian rhythms to a later hour, making it harder to fall asleep [17].

ii. *Sleep Disorder:*

Everyone loves the devices so much that many of us even sleep with them. One study found that 71 percent of smartphone owners keep their phones next to their beds at night to ensure they don't miss a thing. Another study found that over 40 percent of bedside smartphone users wakeup from noises or lighting from notifications coming from their device. It might seem like a harmless habit, but late-night technology use can interfere with your ability to sleep. According to a Gallup poll, 40 percent of Americans say they're not getting enough sleep. The National Sleep Foundation and Swedish researchers discovered a link between heavy cell phone use and increased sleep disorders in both men and women. Artificial light exposure between dusk and the time we go to bed at night suppresses the release of the sleep-promoting hormone melatonin, enhances alertness, and shifts circadian rhythms to a later hour making it more difficult to fall asleep [18].

iii. *Physical Inactivity:*

We often don't exercise whenever utilizing technology like computers, video games, or TVs. In response to this, a growing amount of research has connected excessive consumption of electronic devices to decreased levels of physical activity and endurance. For instance, researchers discovered that people with smartphone addiction engaged in less physical activity than those who restricted their usage in the latest report involving college students in Thailand. It seems to sense that people who spend more time watching TV or playing video games somewhat on the sofa would lead to serious in less time spent exercising. However, there is simply a weak positive relationship between overweight and obese children and gaming, with exposure to artificial blue light from just a TV and other electronic gadget being more linked to weight gain [19].

iv. *Mental Health:*

Every day, more than three billion groups and people interact with each other on social media. Although most of our interactions are fairly safe, abusing these programs excessively can harm our health. In particular, including many adolescents, dependence on social media has been associated with an increase in mental health disorders including depression and suicidal thoughts. Social demands that both youth and adults experience on platforms such as Instagram, and Twitter pressures that can culminate in cyberbullying, a high desire for acceptance, and generalized feelings of unhappiness have been linked to that correlation, as evidenced by

Researchers have said. One research found that young people who use social media for five or more hours a day have twice the risk of developing depressive symptoms. Additionally, it showed that compared to men, women were more likely to display signs of sadness when using social media at the same rate [20].

2. LITERATURE REVIEW

H. Wilmer et al. illustrated that related digital applications rather than smartphones are accepted as versatile and plentiful tools that, when used judiciously, can enhance human knowledge, there is also a growing perception that these devices are generally used and can have negative but long-lasting effects. Perception, memory, the ability to pay attention, and the capacity for emotional distortion. The present review aims to identify tasks in which there is growing evidence of a significant association between mobile phones and cognitive performance as well as to identify those in which academic evidence has yet to support any conclusive conclusions on specific tasks. Not there. The review takes into account a wide but still limited area of research able to explore the important cognitive effects of touchscreen habits. The authors focus on three areas of cognition attention, memory, and then delay in gratification which are undoubtedly included in discussions about the consequences of mobile technology before significant regression on the more general interrelationships between smartphone use and daily cognition. Along the way, it reflects notable observations, discusses limitations in empirical approaches and interpretation, and recommends changes for how the subject can evolve into a more concrete and robust form of scientific inquiry [21].

K. Tuuri, Kai, and O. Koskela embellish that While cellphones are rather related communication devices accepted as powerful and flexible and plentiful tools that thus when used judiciously, can improve personal cognition, there is also a growing belief that The duplication of these tools can have negative but long-lasting effects. User's capacity for perception, childhood memories, close attention, and dialectical behavior therapy. The current analysis aims to evaluate the functions within which there is growing evidence of a significant association between mobile phones and brain health, as well as to identify some of these in which the published research has yet to support any comprehensive results with technological advances. Not there. The review takes into account a wide but still limited area of research able to explore the associated cognitive effects of touchscreen habits. The authors focus on three areas of cognition attention, and memory, then wait for gratification times that correspond to results from cell phone technology before considering data on smartphone use as well as more general interconnections associated with daily cognition. Involved in the debate about. Along the way, it emphasizes the same notable observations, discusses flaws in the empirical approach and presentation, and makes recommendations for how the topic might mature into a more concrete and robust field of scientific review[22].

K. Allabouche et al. stated that the term information and communication technology refers to a wide range of contemporary technologies for knowledge communication and exchange, including the Internet, computers, and communication devices. One of the newest technologies to improve in the underdeveloped world over the past ten years is the expansion of telecommunications services. Mobile phone use becomes more common in underdeveloped countries, which brings both possibilities and challenges, especially for important aspects such as social. Countless aspects of society are being significantly affected by the use of cellular telephones, and considerable attention has been paid to both positive and negative consequences. These include interactions and participation in public life, the small communities that have

arisen, and the inevitably changed nature of human relationships. Smartphones can take photographs, play music and games, perform location-based services, and connect to the Internet in addition to acting as communications technology [23].

4. DISCUSSION

The authors presented cell phone users with six different implications that can emerge from smartphone penetration, and these results were balanced equally between good and negative ones to determine the international impact of mobile devices on community relations. to focus on increasing the level. These answers indicate that smartphone users are mostly in favor of mobile technology. However, there are some downsides related to the constant connection and mental temptations that cell phones provide. Two-thirds of cell customers believe that having a phone has made it "much easier" for them to keep in touch with those they love, while only 6% say having a smartphone doesn't help personal relationships with loved ones. Has happened more than half of smartphone owners said their device made it at least partly possible for them to organize and plan their daily activities as well as to be productive while doing things like waiting in a line or getting stuck in traffic made simple. Nearly one in five cell phone owners reveal that having a phone can set aside work at home or on the weekends, giving these people their full attention, or focusing solely on a task without going on tangents. It has become difficult. This is known as the dark side of cellular phone ownership. Most mobile phone users say that none of these harmful consequences of their phone have ever happened in their life.

5. CONCLUSION

It is wonderful to watch how the great age of communications devices that we are in develops. Even though it's entertaining to anticipate what the next tablet or cellphone may look like and what functionality it might have, it is only trivial stuff. What important most are the developments that are taking place in society as a whole and our everyday lives particularly. It is a very beautiful occurrence that is bringing the globe together. Although it may not be conceivable for human existence simply exist without smartphones, the author can take action right now just to lessen the harmful impacts of this obsession. One option is to spend less on your phone and attempt to interact in person instead of relying on it for every little chore, so you can concentrate on the things that are important in daily existence. These are just a few recommendations on ways you could attempt to live less agitated by technology.

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CHAPTER 23

A CONTRIBUTION OF AUTOMATION IN HUMAN BEHAVIOR TOWARDS PRESENT TECHNOLOGY

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ABSTRACT:

A variety of technologies that reduce human involvement in operations are called automated. By predetermining decision criteria, sub-process linkage, and related actions, and by integrating those predetermines into the computer, human involvement is reduced. Tasks previously performed by people have now become automated using objects such as electronic gadgets, machinery, and even robots. Software, machine learning, and robotics innovations are increasingly enabling businesses to function more efficiently with fewer employees. The authors of this paper discuss how, while automation promotes economic growth, creates jobs, and raises living standards, it can also cause serious problems for workers and communities, such as job displacement, local disruptions in economies, changes in skill requirements, and increased inequality. The author also explained how human behavior is changing as we move towards automation. In the future, we as a society may be able to fully automate our lives through the use of bioengineering, machine learning, or any other form of technology, which goes beyond the technological limitations.

KEYWORDS:

Automation, Automated Systems, Human Behavior, Interaction, Machines.

1. INTRODUCTION

Artificial Intelligence (AI)-powered technology advancements have changed the way people live and work in the twenty-first century. John McCarthy, who pioneered AI research, said that intelligence and its domains can be reduced precisely so that a computer can replicate them. In this sense, artificial intelligence is defined as the study of intelligent problem-solving techniques and the development of intelligent computer systems [1]. On the other hand, automation results in solving issues, improving production levels, bigger profits, cheaper costs, economic benefits for businesses, and recognition in international markets. This becomes tangible when companies around the world move forward with their challenges to make the future better. Rapid advances in technology have already streamlined many of our daily duties, allowing behavioral scientists to investigate the psychological effects of human-machine interaction. Current research focuses on some important issues regarding how people interact with fully automated technologies and view their consequences in a variety of contexts.

Within the realm of human-robot interaction, the topic of how human groups react when engaged in an elaborate interactive environment is largely unknown. Such information will be necessary to guarantee that the interactive living and working environment of the future will be both safe and beneficial to their people. Theoretical and empirical research into this topic now focuses on how pedestrians behave in non-interactive urban settings to improve person flow in corridors and

emergency exits from buildings or stadiums. These experiments provide a rather crude solution to the main technical problem of recording human behavior.

Methods for conducting systematic behavioral research with small numbers of participants appear to be accessible with the introduction of interactive settings that can monitor and interact with a few users in limited areas in activities such as normal apartment living and workplace collaboration. However, implementing real-time interactions with more people in wider areas has proved more challenging [2]. Building control systems have been developed that use input-only (non-robot) monitoring systems and passive infrared sensors and light switches to manage room lighting and window coverings to follow people and other things over relatively wide areas can do. Despite these advances, monitoring and repeatedly stimulating large numbers of interested human participants remain significant technical and logistical barriers to conducting applied research.

This study is an assessment that aims to evaluate the literature on the effects of automation on human behavior and to elucidate both the beneficial and harmful effects of automation on human behavior. Almost all daily tasks are now made easier by computers, algorithms, and software, and we hardly know how we would get by without these computer-assisted automation systems. The exponential expansion of AI has also radically changed the world's industrial and labor markets, creating a great fear of losing human workers and replacing them with machines. The impact of AI on changes in the work environment, working hours, wages, potential threats to employment, and the wider social impact, including mass unemployment, widespread poverty, and other social maladies, leaves the future unclear [3].

Automation is defined as the performance of a task by a machine agent, often a computer, in place of a person. The concept is straightforward and readily apparent, thus it stands to reason that the development, application, and administration of automated systems will also be straightforward and clear. This straightforward statement hides layers of complexity, mostly because of how complex the human designers, users, and managers are. Failure to understand and account for these complications has been a major factor behind automation-related accidents in the fields of transportation, process control, medical and other industries and also these problems are summarized in this paper.

2. DISCUSSION

Automation, mechanization, and automated work are ideas that have been around for a long time. Automation, according to the Encyclopedia of Britannica, is the use of machines to perform tasks that were once accomplished by humans or, increasingly, operations that are otherwise impossible. Although the term "mechanization" is often used to describe the direct replacement of machines for workers, "automation" usually refers to the inclusion of machines in an autonomous system. The need for a computer processor is not included in the definition of automation given above. However, many contemporary automated or sometimes autonomous technologies, such as chatbots, automated autos, drones, and robots, use computers [4].

Humans use these computer-automated systems, and it is anticipated that they will continue to play an important role in developing new artificial systems and automated systems in the future. As a result, the study of human-computer interactions, or more specifically, human automation interactions, is still important because end users who are not technically or professionally trained may be using automated systems to support daily tasks [5]. This study demonstrates that the domain of human-automation interaction is one that continually diversifies into new domains and

situations, as well as increasing its effectiveness within those domains and contexts. Given these developments, exposure to different conditions, and a larger and more diverse collection of end users, the human-computer interface is likely to expand.

Despite the rapid expansion of surveillance cameras that record human activity, it is difficult to interpret the significant events occurring in a single scene. In general, a video received from network cameras must be analyzed in such a way that it produces useful information that we can use and proceed with the process necessary to avoid "intelligent" surveillance of ambiguity. Event recognition mining and reasoning, a current topic of study in intelligent monitoring, could increase the usefulness and reach of multiple media collections. Event recognition, which has many uses, can be used to pinpoint specific events to identify abnormal human behavior. An event in the real world is an event occurring at a predetermined place and time. It is important to reach a certain level of automation in information processing from video to reduce the amount of human labor required in visual recognition and identification of events/activities from video streams and now describing a surveillance system as "intelligent" [6].

2.1 Automation and Human Performance:

Many studies describe the results of automation and human exposure. On human performance, automation has both positive and bad consequences. If not fully understood before management or use, automation technology faces significant operational issues. The complexity of the equipment employed in automation technology increases the cognitive and physical burden of the operator, leading to unwanted stress at the workplace. Such a system is described as "clumsy automation", which is the exact opposite of what the automation anticipated. For the employee or operator, the situation is unfavorable when the deployment of automation technology results in an increase rather than a reduction in the workload [7]. The use of highly automated techniques can leave an operator in the dark in the event of a problem. In such a scenario of the unreliability of automation in decision making the operator may not be able to keep track of or even notice automation errors. This behavior has been described as the complacency brought about by automation.

On the other hand, when the dependence on the automated system was high and stable, the operator supervision of the automated system was less than in the manual control conditions. The complacency effect was also reduced when the reliance on automation fluctuated between high and poor or when it was the only job available [8]. The primary underlying component in the management of complex, automated systems, namely human out-of-the-loop (OOTL) performance, also contributes to human performance issues in automated systems. The ability of a human operator to intervene in the system control loop and take manual control as needed while monitoring an automated system is known as the Out of Loop Performance (OOTL) issue. First, in case of automation failures, human operators acting as monitors have difficulty seeing system flaws and performing duties manually.

In an assessment of automation issues, Billings identified six significant aircraft accidents that may be directly linked to automated systems or negligence in the maintenance of flight parameters under their control. The philosophy of human-centered automation has been suggested to overcome some of the shortcomings of the technology-centric approach to automation [9]. To facilitate cooperative relationships in the control and management of a complex system with potential performance benefits, he defined human-centered automation. There are several definitions for human-centered automation as "the assigning of duties best

suited to human beings, to jobs completed entirely by an automated system." These models focused on the selective assignment of tasks to automated and human systems [10].

Compared to the LOA method, adaptive automation (AA) places more emphasis on multiple levels of computer support in complex systems that are managed based on conditions, including task characteristics. Additionally, it listed the benefits of AA in supporting human performance, dynamically defining a clear job role for operators, and preserving an appropriate level of human workload in systems management [11]. According to several authors, AA allows the dynamic start and termination of various forms of automation based on the situational demands placed on the system, including those carried out on the operator. The primary difference between AA and LOA techniques is that the former uses dynamic control allocation, which can be either automatic or human and may change over time, while the latter uses static function assignment which specifies is how automatic an operation [12].

Robots can only function in conjunction with humans because they are programmed by humans. The idea is to develop a new employee with potential and increased productivity. One that enables a human worker to perform tasks that would otherwise be difficult for humans to do or that were considered to be too taxing on his body, such as lifting large objects or engaging in repeated motion. Robotic peers are capable of performing an almost unlimited number of tasks. Production flow can be improved by making robots operate safely with people; it enables the automation of new processes by combining the best of human and robotic capabilities. Given the significant change in the environment brought about by automation, collaborative robots are now built to operate side by side with people without any hindrances. Understanding how people react to change will help answer many concerns.

Most of the time, buyers base their decisions on innovative ways of manufacturing things because they enable them to categorize products according to criteria such as "best" or "great quality at an affordable price", automated in this shifting environment. Product services are indispensable. Consumer needs because they are less expensive and more effective. But human labor remains the main concern. Humans are the primary resource who can build an entire production system from scratch, can repair broken equipment, add and swap components, and constantly alert to problems within an organization [13]. Robots can see mistakes, but they are currently unable to maintain or repair themselves. "Real thinking machines" are essential to the development of artificial intelligence. Researchers are concerned that automation systems could cause job losses because it has been argued that robots can perform tasks that humans simply cannot, such as cleaning ducts, and fixing oil spills, are dangerous or extremely dangerous. Analysis of hazardous polluted environments, space exploration, or risky drilling operations [14]. On the other hand, researchers are also concerned that automation systems may perform tasks that humans cannot, such as analyzing dangerous or extremely dangerous polluted environments.

Intelligent robots and machines can play life-saving as well as supporting roles. Robots with great accuracy in medical diagnosis or those that analyze risky objects using integrated cameras and remote control systems are two examples. These enable tasks such as guarding tense borders or defusing bombs remotely without requiring a person to approach them. However, according to studies, automation makes workers more productive by providing better technical support rather than terminating employment entirely. Still, employers are required by businesses to maintain and oversee robotic assembly lines. Employees who show symptoms of job-loss anxiety can harm a business by instigating internal conflict or even purposefully destroying office

equipment. Companies can provide solutions for human employees, such as job enlargement or job rotation, to keep them engaged. This could be one of the issues at this level.

Employees should be aware of the possibility that automation may result in more open roles within their organizations. There may be a large favorable bias in favor of the effects of automation on human behavior. Currently, these digital assistants (robots) are only useful when there is a request for assistance; they are certainly not free thinkers. Therefore, is the human component being replaced by artificial intelligence? Instead, it simply deprives an employee of a difficult task so that they can focus their efforts on a more difficult issue. Artificial intelligence is unlikely to ever be able to demonstrate the creative and innate talent needed to compete with humans in activities. Tasks are not always more precise and precise, as robots must be aware to act on behalf of humans. Right or wrong, good or bad, are not necessarily the only choices. In short, industry is the service that solves the problems of the people for the people. Modern technology is seen only as a tool that must be used effectively to deliver the maximum possible benefit. So, while technology will significantly change the nature of our businesses, it will not replace them.

The worker mindset is where automation can have the most negative impact on people, leading to low self-esteem, feelings of worthlessness, and course resistance to new ideas and innovations. Nevertheless, long-term social, economic, and environmental sustainability and retraining people to offer the supporting activities needed by these new technologies is the key to fixing such a problem [15]. But until real artificial intelligence is developed and put into use, businesses will need workers to maintain and manage robot manufacturing lines. Employees who show symptoms of job-loss anxiety can harm a business by instigating internal conflict or even purposefully destroying office equipment. Companies can provide solutions for human employees, such as job enlargement or job rotation, to keep them engaged. This could be one of the issues at this level. Employees should be aware of the possibility that automation may result in more open roles in their business.

Automation has inherent limitations, which must be properly taken into account. In this highly developed era of technological automation, the results of all the extensive studies and investigations on automation and its impact on human behavior reveal that the driving force behind automating processes is providing opportunities for increased efficiency and productivity in the workplace and more comfort in personal life [16]. Automation frees up a lot of time for us to enhance the automation processes and add more innovations in these systems for more effective and better management of work and manpower. Automation reduces the stress brought on by workload, burnout, business demands, time, and complexity.

As a result, automation is transforming almost every aspect of human existence, not just enterprises. Our efforts are focused on outlining methods for investigating how computer autonomy affects human behavior. Rather than the characteristics of the machines themselves, we are interested in how humans react to autonomous robots. An important finding of this study is that the transition from manual to automated work processes can result in severe stress, poor process and system management, and psychological problems. As people may be hesitant to delegate or over-delegate, entrusting control of the options to the machine when we should intervene, or the machine being left alone, avoid these problems by making careful decisions in these situations can be avoided.

These issues must be addressed, and relevant work should focus on conflict avoidance as a field. Additionally, human factors and ergonomics research and advances are effectively applied to regulate human behavior in highly automated systems. In conclusion, it is clear from a vast body of research papers that automation affects human labor and lifestyle in both good and bad ways, but the latter is much less common than the former [17]. People who fear that some of their workers may be left behind and those who don't want to learn new things and meet new sets of jobs, pieces of training, and qualifications are reluctant to automate. It is necessary to learn to operate automated systems frequently to maintain them.

The human operating system, in engineering terms, was built, for several reasons, not to do all that the rational mind knows it should do. We don't expect computers to do tasks they weren't designed for. But when it comes to people, we create systems that depend on them and don't make common human mistakes. However, a person's design and programming are such that in certain situations, which are difficult to detect, humans will not act as they should, and we refer to these examples as human mistakes. However, these working "errors" are the result of humans acting normally. Beyond "it is human to make mistakes", we know a lot about how people behave. If we do so we run the risk of ignoring this information. If we, as designers, assume that operators will behave like machines, then we are to blame. It is possible that what we call human error can be defined as the unexpected negative effects of specific human behavior. The suggested work allocation scheme cannot possibly account for all human failures as it is too limited. Sometimes, regular human conduct will have adverse effects. However, assigning tasks based on roles can lead to more complementary and cooperative use of automation. Additionally, it can help maximize human performance during space missions. As stated earlier, instead of the broad topic of human-computer interaction in general, we focus on the communication between industrial machines and people. However, both parties need to understand some of the terms used in the HCI research field, as shown in Figure 1.

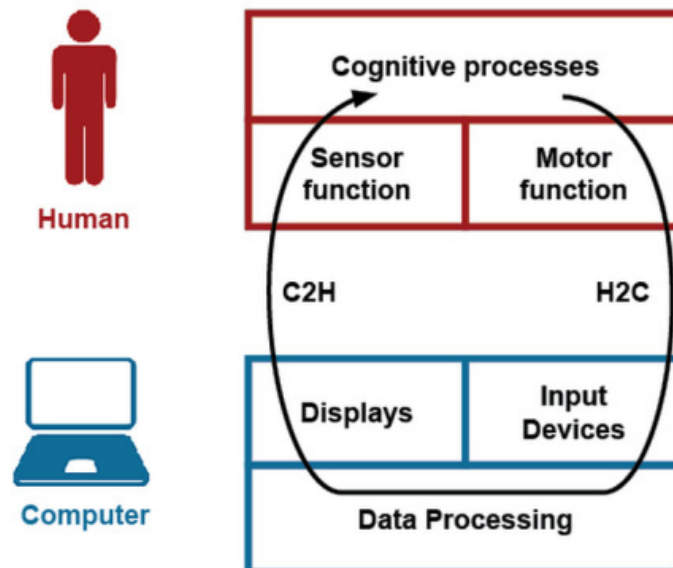


Figure 1: Illustrate the relationship between the human and computer interface [1].

When analyzing human-computer interactions it is important to consider the "socio-technical system" as a whole as "a combination of organizational, technological, educational and cultural structures and interactions". Both the inputs and outputs of humans and computers are connected in a feedback loop. The whole feedback loop has to be taken into account even though we can differentiate between human to computer (H2C) channel and computer to human (C2H) channel. The latter parts, which are centered on the waterway, form this part.

When we go further into the cognitive component, we find that many models explain the processes of thinking and doing. The model shows an architecture with multiple layers. The sensor-motor behavior level is where simple problem-solving techniques (bottom layer) are found in everyday situations such as control operation and pressing the emergency stop button. The second layer, rule-based behavior, includes actions that have been learned. Figure 2 shows where most of the decision-making and problem-solving tasks required in the industrial sector are located. Man has to employ a knowledge-based behavioral level only when there is no appropriate rule (topmost layer). A man should act appropriately according to rules or knowledge in critical situations. However, user stress, high information demand, and high information supply can result in stereotyped behavior at low behavioral levels. A computer system that provides the necessary data with simulated training and pre-defined "ready-to-use" rules can eliminate this. But can't be specially trained for every situation. Systems designed for everyday operation may be particularly unsuitable for handling system breakdowns because such situations require knowledge-based action. Training in problem-solving techniques is particularly preferable at higher behavioral levels. This training can be supplemented by software.

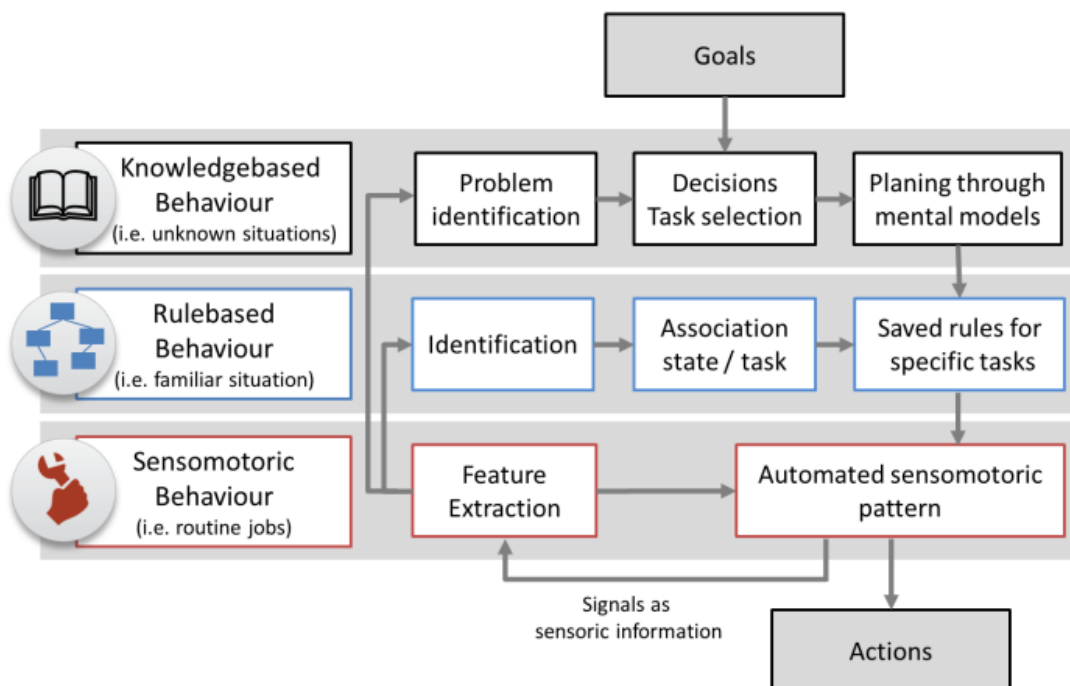


Figure 2: Illustrate the steps which help to understand the human behavior with automation [1].

2.3 Automation and Society:

The social benefits of automation have been debated for years by company executives, government officials, and college lecturers. The main point of contention has been how automation affects jobs. Other important features of automation include its impact on quality of life, economic competitiveness, productivity, and education. Here, these topics are covered. Most industrial automation projects, especially those involving robots, substitute automated systems for human labor. Therefore, the displacement of human labor from the workplace is one of the direct consequences of automation in manufacturing operations. There is debate as to whether automation will have a long-term impact on employment and unemployment rates. Much of the research in this area has been controversial and unclear. Although automation has resulted in job losses for workers, these losses have been offset by population growth and consumer demand for automation goods. The argument made by labor unions, accepted by many businesses, is that people who have been laid off because of automation should be retrained for other jobs, perhaps increasing their skill level in the process. Increase. This claim is valid as long as businesses and the economy are expanding rapidly enough to replace the jobs lost by automation with new ones.

The impact of industrial robotics on the labor force is of particular concern to many labor experts because robotic installations involve the direct replacement of machines for people, often in the ratio of two to three people per robot. The counterargument in the US is that robots can increase productivity at American manufacturers, make American businesses more competitive, and prevent job losses for foreign corporations. Because there are not as many robots in the human workforce in the United States, the impact of robotics on the labor market has been relatively small. In the early 1990s, fewer than 100,000 robots were in use in US companies, but more than 100 million people were employed nationwide, of whom about 20 million were working in factories.

Automation has an impact on both the number of employees in industries and the nature of the work performed. Instead of using human labor, the automated factory focuses on using advanced programmable machinery and computer systems. There is more focus on knowledge-based employment and technical expertise rather than manual labor. More equipment maintenance, better scheduling and process optimization, systems analysis, and computer programming and operations are some of the occupations that can be found in contemporary industries. Consequently, to perform their tasks in automated facilities, employees must be knowledgeable in technology. This concentration on manufacturing automation is affecting professional and semi-professional businesses as well as traditional workers.

Automation is often credited with advantages including higher production levels and productivity, better product quality, enhanced safety, shorter labor work weeks, and shorter lead times in factories. Higher production and increased productivity are the two main justifications for using automation. Despite the assertions that trained human employees produce goods of a higher caliber, automated systems often finish the production process more consistently than human workers, resulting in better product quality and consistency. Additionally, improved process control makes better use of resources and reduces waste.

3. CONCLUSION

The primary characteristic that differentiates and significantly differentiates humans from all other species in the universe is intelligence. The era of automation has transformed human existence since the field of artificial intelligence first emerged. AI may very well be a simulation

of human intelligence. Because, broadly speaking, humans are intelligent, they can see, act, learn, reason, and communicate effectively despite the vast complexity of activities. It is important to understand how automation affects human-machine interaction because different automated systems cause different reactions in people. The interaction of people with fully automated systems or machines is a major concern for psychologists, robotic scientists, and ergonomics experts. This paper examines the impact of automated technologies on human behavior in several contexts and focuses on some of the key characteristics of those effects. To elucidate both the good and negative consequences of automation on human behavior, this research evaluates how it affects human behavior.

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CHAPTER 24

A COMPREHENSIVE STUDY ON THE OBLIGATION OF RICH COUNTRIES TO HELP DEVELOPING COUNTRIES

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ABSTRACT:

A group of nations that have amassed a large amount of financial wealth is called a wealthy country, even though everyone on Earth uses the same resources, industrialized nations take advantage of unequal resource allocation to make their inhabitants extremely prosperous. The problem in less developing countries such as global hunger, inequality, biodiversity loss, poverty, and climate change. Hence to overcome this problem with the help of rich countries which provide advanced technology, improvement in health infrastructure, give financial aid to poor countries, improving the economy of poor countries. In this paper, the author discusses the various factor of developing countries such as the contribution of rich countries in fighting global poverty and accelerating the development of poor countries. It concludes that rich nations can offer to fund the necessary infrastructure as well as suggestions for development plans. Governments and communities can count on organizations such as the International Development Association to help end extreme poverty and advance shared prosperity. If affluent nations want to care about the future well-being of their populations, it is both morally acceptable and prudent to help the most disadvantaged regions of the world.

KEYWORDS:

Development, Economy, Financial, Poor Countries, Developing Countries

1. INTRODUCTION

A group of nations that have amassed a large amount of financial wealth is called a wealthy country, not an artistic term. This national public radio segment evaluates thirty wealthy nations according to the total amount of aid they have provided [1],[2]. The idea that one of these three countries should raise development aid is something for those whose object will need to be explored [3],[4]. Allowing the positive to support that at least one out of 30 (or two, which is the country's claim) is negative, makes the subject almost difficult to adequately prepare for argument. Here are some more lists of compulsions from rich countries [5],[6]. A mode of conduct to which a person is morally or legally bound is referred to as an obligation[7]. Given that there is no contractual or legal requirement to assist, it is logical to regard this decision as morally imperative [8],[9]. To refute or distort any morality claims, negative debaters may wish to suggest that the positive should support the idea that it is morally necessary to help developing countries [10]. They may also argue against our assistance or offer a strong counter-argument,

but they are not morally obligated to do so. Since they live on the same planet, they use similar resources. However, industrialized countries have benefited from the unequal distribution of resources which makes their citizens very wealthy.

To the rich, it is indebted to the underdeveloped nations, who were oppressed by their colonial overlords to help them. With its abundant natural resources, the United States began. But many European countries, such as Britain, had economic success as a result of their colonial dominance in Asia. He expanded his empire to include the underdeveloped yet resource-rich nations of Asia. They took advantage of the cheap labor of the region, providing little compensation for the workers' labor. However, Hong Kong was unique. People believe the more than 150 years of British administration in Hong Kong have benefited both sides. Today, the city has a strong economy and serves as a global financial center. However, not all nations benefited from colonial control. Diocesan Girls' School, Naomi Ng, 17 shares a planet and its resources, and both live there. However, industrialized nations have benefited from the unequal distribution of resources to make their inhabitants extremely prosperous. To the rich, it is indebted to the underdeveloped nations, who were oppressed by their colonial overlords to help them. With its abundant natural resources, the United States began. But many European countries, such as Britain, had economic success as a result of their colonial dominance in Asia.

It expanded its empire to include the underdeveloped but resource-rich nations of Asia. They took advantage of the cheap labor of the region, providing little compensation for the workers' labor. However, Hong Kong was unique. People believe the more than 150 years of British administration in Hong Kong have benefited both sides. Today, the city has a strong economy and serves as a global financial center. However, not all nations benefited from colonial control. The spirit of commerce is important for maintaining peace on Earth. Even though they may not have a legal obligation to do so, rich countries have the capacity and responsibility to ensure that less developed countries receive aid. However, whether this is necessary is a matter of debate. It believes that the government of a country should be responsible for the well-being of its population. It is wrong to allow outsiders to influence the development of a country. This can have serious consequences. Choosing someone to help presents many difficulties for a developed country. First, its choice may offend many and damage its relations with other countries. Second, it may not be a good idea to have a significant influence of outsiders on a nation. They may be able to harness their power to their advantage. This can lead to financial loss and corruption in a less-developed country. Third, a growing nation may need outside aid. Additionally, some financial backers may charge higher interest rates. Without any help, it can be a huge headache, rich countries should be careful while helping developing countries. Due to the complex politics involved, the wealthy have the right to choose the recipient and control the recipient of the aid.

The present paper is a study about the develop an ethical rationale for increasing the total amount of development aid, perhaps by claiming that doing so will spur a country's economic growth, reduce poverty and promote long-term economic growth for poor countries. This study is divided into several sections, the first of which is an introduction, followed by a review of the literature and suggestions based on previous research. The next section is the discussion and the last section is the conclusion of this paper which is declared and gives the result as well as the future scope.

2. LITERATURE REVIEW

Josué Banga [11] has examined the ability of green bonds to provide funding for adaptation and mitigation efforts of poor countries. The main objective of that study is to use this brand-new but rapidly growing source of climate finance to assess the recent development of the green bond market by focusing on its key drivers and obstacles standing in the way of developing countries. The author states that national and international development banks are effectively used as intermediary organizations for the administration of local green bonds. The results demonstrate that, as part of the Paris climate agreement, poorer nations can fully benefit from green bonds to finance major adaptation and mitigation programs. It concluded that local authorities should guarantee payment of transaction expenses related to green bond issuance to local green bond issuers.

Christina M Pollard and Sue Booth [12] have explained that family food insecurity is a serious public health issue associated with inequality in purely economically prosperous countries. Although the authors acknowledge that helping the hungry is an important strategy, they claim that the current emphasis diverts attention from how poor government policies address the social causes of food insecurity. According to its conclusion, parties outside the health industry should take on a significant share of responsibility for improving household food security. There are indications of promising measures to address the socioeconomic roots of food insecurity in many developed countries. It concluded that the issue of food insecurity in industrialized countries is a developing issue with significant negative impacts on public health, society, and the economy.

Dima Jamali and Charlotte Karam [13] have explained that local manifestations of Corporate Social Responsibility (CSR), which are gaining more attention internationally, are becoming diverse and more pronounced in both developed and developing countries. The author gives a multi-layered analysis of the literature on corporate social responsibility in developing countries and outlines the fundamental differences and complex issues related to CSR that make it a remarkable area of research. According to the studies, it is often necessary to look beyond the market level to a wide range of multinational corporations and social and political organizations that exist outside the traditional constraints of a national business system (NBS) to make acquisitions. In-depth understanding of CSR in developing countries. Conclusions were drawn about the complexities of NBS in developing countries and how corporate social responsibility (CSR) expressions integrate themselves into larger official and informal institutions and systems of governance.

Alok Raj [14] et al. have examined the barriers to the adoption of Industry 4.0 technology by the industrial sector in established and emerging countries. The primary objective was to draw attention to the challenges faced by the dissemination of technological innovation in emerging countries due to the lack of nationally coordinated strategies for Industry 4.0. 15 constraints have been identified by the author and examined using a Gray Decision-Making Trial and Evaluation Laboratory (DEMATEL) method. It was found that decision-makers including businessmen can help remove key barriers, thereby paving the way for the successful implementation of Industry 4.0 in the industrial sector. It concluded that within the framework of the manufacturing industry, implementing Industry 4.0 is a top priority for both emerging and developed economies.

The above study shows the potential of green bonds to provide funding for the adaptation and mitigation efforts of poor countries. And family food insecurity is also a serious public health issue that is closely related to inequalities in prosperous, developed countries. In this study, the

authors discuss several factors that rich countries should help developing countries such as cooperation in advanced technology, responsibility for funding climate efforts, and poor countries to accelerate development.

3. DISCUSSION

Rich countries can play only a small role in development as poor nations usually define it for themselves. Developing countries themselves have emphasized the issue, yet it is often overlooked in developed countries in Figure 1. It is also important that financial aid and the wide openness of markets in rich countries are only partially effective strategies for promoting growth, especially in the poorest countries. One danger is that the enormous amount of time, effort, and political capital devoted to these initiatives in official circles could hinder alternative ways that wealthy nations can make a more positive impact on the world.

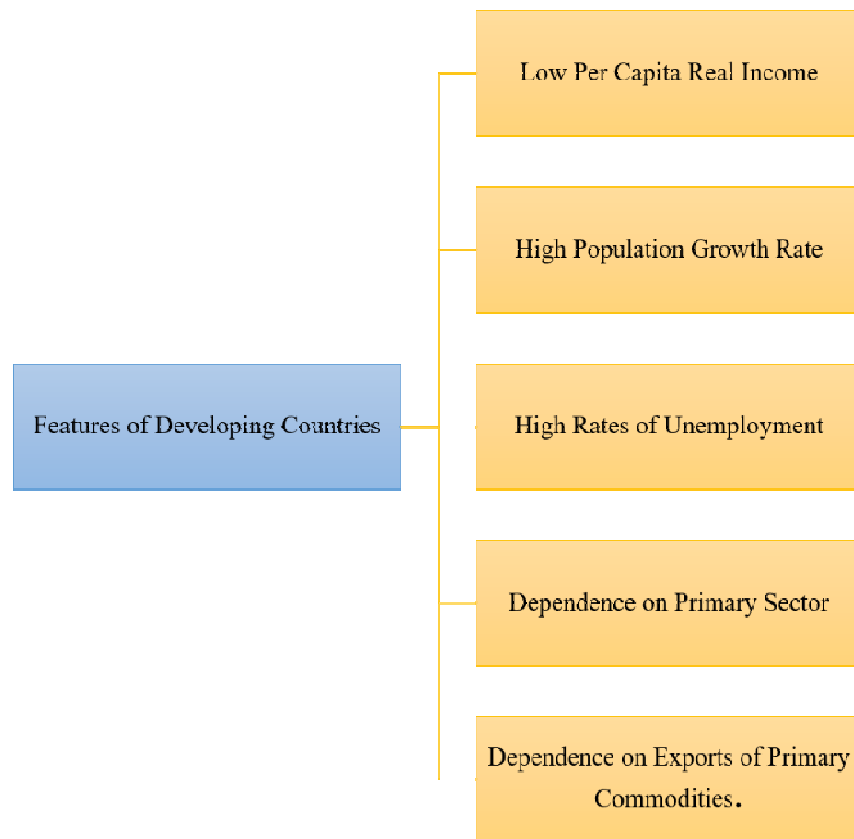


Figure 1: Illustrates the Features of Developing Countries which Provides Effective Rates of Industrialization and Individual Income.

3.1. Contribution of Rich Countries in Fighting Global Poverty:

Members of the World Bank Group's International Development Association (IDA) will soon gather to debate the organization's 19th replenishment, a three-year plan to help the world's poorest developing countries, scheduled for July 2020. Algeria, Egypt, Iran, Qatar, and Saudi Arabia contributed. Funds for the eighteenth replenishment of IDA covering the period from July 2017 to June 2020. These countries, along with other countries in the Middle East and North Africa (MENA) region, should be present and begin to engage international platforms to advance interests around the world [15]. MENA countries have the opportunity to be accepted into the

upcoming IDA replenishment. Starting in 2020, the Middle East and North Africa (MENA) region will be the focus of many international conferences and celebrations: the Kingdom of Saudi Arabia is hosting the G20 participants; Egypt is the president of the African Union, And Dubai is hosting the World Expo for the first time in the region. The first football tournament in the region will be held in Doha in 2022, while Marrakech will host the World Bank-IMF Annual Conference in 2021. Even though each of these opportunities is remarkable in its own right, the MENA region will make a significant contribution financially. Potential for the region to act as a worldwide leader in long-term concerns including climate change, equitable economic growth, as well as poverty reduction.

IDA is an important development partner for the poorest countries outside the MENA region, from the conflict-torn Democratic Republic of the Congo to Pakistan, which was recently hit by the earthquakes in Haiti, Nepal, Uzbekistan, and Myanmar. Based on its experience supporting Syrian refugees as well as the surrounding community, IDA has helped rebuild displaced people in more than 10 countries, notably Afghanistan, Bangladesh, Nigeria, and Pakistan. Some of the world's poorest communities and regions depend on international institutions, of which the IDA is a well-known leader. Independent studies have shown the enormous benefits of IDA funding for the advancement of developing countries. Many people are unaware that countries such as South Korea, China, and India, which previously received IDA aid, are now providers to the global community. They should fully support organizations like IDA because, in difficult times, their knowledge and financial resources can help save, preserve, and sustain lives. These organizations can offer funds for necessary infrastructure as well as suggestions for development plans. Governments and individuals can work together with organizations such as IDA to reduce extreme poverty and advance shared prosperity. The excellent financial support of the international donor community to IDA has been acknowledged and appreciated by the World Bank Group. More developed MENA countries can and should contribute as much to the IDA. Many countries in the MENA region are among the richest countries in the world. His good fortune allows the MENA region to lead on this important platform. Additionally, it is a wonderful opportunity to help those who continue the region's long tradition of generosity towards the less fortunate.

3.2. Moral Obligation to Help Poor Countries:

Developing nations become more concerned about getting and distributing vaccinations on time and eventually leave behind such dreadful epidemics as wealthy countries step up their vaccination efforts. The concerns are reasonable, as vaccinating the poorest of the poor requires a massive international effort, both rich and poor. This is first and foremost a moral argument. Every day, some deaths could have been prevented, to varying degrees of efficiency, even though vaccination already exists. Instead, developed nations practice vaccine nationalism, paying for limited supply doses that can cover their populations. When it comes to saving lives it is illogical to block all vaccine deliveries from the market because no one is safe until they are all safe. Beyond the ethical issue, there are also strong views against abandoning vaccination programs in underdeveloped countries because of the potential for extremely serious consequences. This snippet, which highlights the following three points, does an excellent job of describing some of these arguments.

The more the virus mutates, the more difficult it will be to eradicate globally and the less effective vaccination may be. Although it is scary, they think it is one of the more important ones. As long as the virus exists, it will have a significant impact on trade and global supply

networks. If vaccinations don't spread fast enough in poor countries, these disturbances could cost a certain global economy more than \$9 trillion, with wealthier economies absorbing the majority of that loss. The virus's extension of life could exacerbate poverty and further destabilize the already precarious lifestyles of millions of disadvantaged individuals in emerging countries. Based on past patterns, this could lead to a global-scale political stability-destroying conflict that affects all of us. Additionally, the war would certainly reduce the chances of reversing adverse trends seen in the form of rising unemployment as well as rising poverty rates after decades of reform shown last year. There is no doubt that rich countries, with funding and support from the World Bank's other regional development banks, should help poor countries obtain and accelerate adequate vaccination.

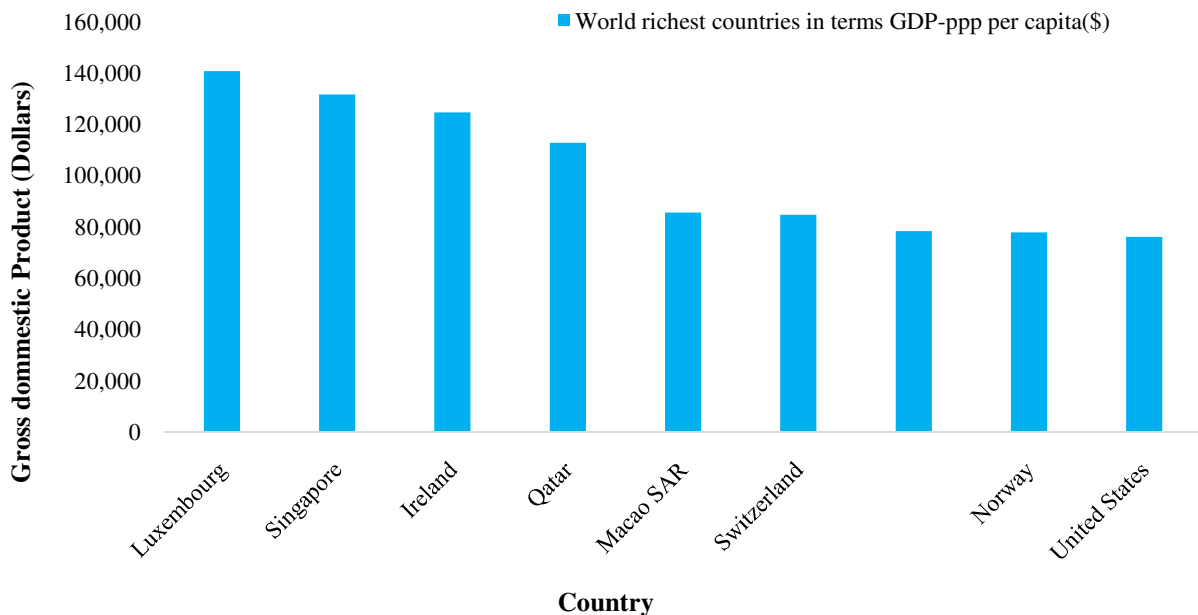


FIGURE 2: Illustrates the World's Richest Countries in Terms of Gross Domestic Product (GDP) Ratio in 2022.

3.3. Cooperate in Advanced Technology:

Rich nations can also encourage technological advancements that particularly benefit poor countries. Private enterprises in a prosperous world have little motivation to create technology for underdeveloped countries because they lack wealthy customers. Catch-22 is, therefore, the result of limited technological opportunities that contribute to the continuing poverty of emerging countries, and a lack of resources making it impossible to create new opportunities. The health industry serves as a good example of the current issue. Pharmaceutical companies in developed countries focus most of their research on diseases that are common in the wealthy world but afflict only less than ten percent of the world's population. Because there is no commercial reward for such investment, minimal studies have been conducted on diseases prevalent in poor regions of the world. However, medicine is desperately needed in underdeveloped countries to prevent and treat diseases such as AIDS, and malaria, as well as sleeping sickness. In addition to better health care, developing countries also need new energy sources that can slow tropical deforestation and grow better crops that can better withstand heat, and drought, as well as the Stalinization of irrigated land.

The world needs to focus on this case study to harness the resources of rich companies to create critical technology for the world's poorest countries. A direct but effective change would be for the governments of wealthy countries to be legally committed to supporting the development of such breakthrough technologies, for example through guaranteed purchase agreements. The global community will essentially guarantee a minimum financial return for private research conducted for the benefit of poor countries. But people can only get a more accurate representation of a country's average living standard because once people take into account inflationary pressures and the expense of local commodities and services; this same resulting number is referred to as known as the purchasing power parity (PPP) in Figure 2, which is frequently expressed throughout international dollars to enable comparisons between various countries.

3.4. Responsibility to Finance Climate Efforts:

Every day, the negative consequences of climate change on the ecosystem and the way people live are getting worse. Its wide-ranging effects are becoming more and more apparent, from severe weather to rising temperatures including ocean acidification, but not everyone is equally prepared to deal with them. Indigenous people, women, and vulnerable groups can be found in the world's poorest countries. The cost and impact of the climate problem, even if they have only a small fraction of the blame. In contrast, developed nations that have historically benefited from environmental plunder are mostly unaffected. There are treatments for this problem, but they require extra attention. One of them is doing climate funding. Few monetary promises have been made during the past ten years to support the efforts of poor countries to mitigate climate change. High-income economies committed to contributing \$100 billion annually through 2020 to support adaptation and mitigation initiatives during the COP15 climate summit in Copenhagen in 2009. This simple agreement offered aid in the form of money and technical assistance to help poor countries combat climate change. However, the truly wealthy nations have failed to meet their demands.

3.5. Health Workforce:

Developing countries are promoting innovative ways to address the global shortage of professionally prepared healthcare workers by introducing specialized labor education and training and increasing customized service delivery techniques. For example, many developing countries successfully and efficiently educate mid-level workers to perform emergency interventions. This strategy has led to creative work transfer applications that have broadened access to healthcare in Mozambique and Bangladesh. There has been a significant reduction in road traffic deaths in Ghana as a result of general workers, and commercial drivers receiving pre-trauma training from the hospital. Strengthening trade relations between traditional healers and public health professionals is credited with improving the quality of health services in Nepal. No doubt developing and industrialized countries have different development and planning strategies for their human resource department. However, as the healthcare workforce expands into rural and remote areas of affluent countries, workforce planners may benefit from using developing country methods for labor replacement, mobilization, recruitment, and retention.

3.6. Help the Poor, for Two Main Reasons:

Because we are all human, those of us who are successful are often very successful because we consume too many calories and eventually become obese, helping people whose basic needs are not met. Used to be. Much of our personal and social wealth was also made possible through the

exploitation of the underprivileged, particularly the slave and opium trade, colonial exploitation of resources, unjust international trade and banking practices, and many others. With only 1% of the world's wealth, severe income poverty can be eradicated in an instant. Those better people would be fools who wouldn't help the underprivileged. Because they want a prosperous, politically stable, and ecologically healthy future for themselves, they must help poor people in other countries (as well as our children and grandchildren). Given that their international influence is increasing, issues such as international migration, developing epidemics (including Ebola), criminal enterprise, terrorism, and climate change require international efforts.

3.7. Accelerate the Development of Poor Countries:

Because conflict and war stifle development, destroying not only life but also the cohesion and infrastructure vital to it, peace and stability are vital to development. Literacy and the value of education, especially for women, are critical to reducing gender inequalities. Evidence indicates that these are important elements in both reduced fertility and improved family health and nutrition. Infrastructure spending is essential for achieving growth, investment, and better health outcomes. These expenses should focus on clean water, sewage, electricity, and rural roads. To ensure that the private sector is given room to grow, it is essential to uphold the rule of law and provide an equal playing field through regulation and competition laws. It has been shown that when monopolies or small elites control the market, often with the help of politicians or other public servants, progress becomes uneven, and inequality increases. No country is an economic island, and how countries connect to the rest of the world has a significant impact on how successfully they develop. Given the increasing level of global interconnectedness concerning financial, trade, aid, and other economic activities as well as possibilities in the areas of health, schooling, and research, there is a need for a more sophisticated capacity for policymaking. The several factors for the development of poor countries are:

3.7.1. Literacy, Education, and Health:

According to both theoretical and empirical arguments, education and literacy are important for the development of the economy and society. Girls' education has helped reduce widespread gender inequality and uplift the status of women in developing countries. Women's empowerment and education have been linked to significant reductions in infant mortality and fertility, as well as improvements in many development outcomes. Education, health care, and the economy are intricately linked in many different ways; often, good and terrible things coexist. The demographic change explains how differences in conception and mortality arise from economic and social progress. In the early or early stages of development, poor education, nutrition, and medicine result in high birth and death rates [15]. Conditions that were typical for many emerging countries before World War II resulted in very low population growth. Mortality often decreases during the second phase of change as living conditions, dietary habits, and public health all improve.

As long as birth rates are high, population growth will be rapid, a phenomenon widespread in much of Africa, Europe, and Latin America in the second half of the 20th century. More than half of the world's two countries, many of which are emerging countries, have now entered stage three of demographic change. This is highlighted by advances in health, education, and technology, such as the widespread use of contraceptives that give women more choices. Urbanization and a large proportion of working women now reduce the social and economic benefits of being young while increasing their costs. In the fourth stage of demographic change,

population growth begins to slow, and both the death rate and the fertility rate drop to low or stable levels. Many developed countries have already crossed this limit and now there is a danger of having zero or negative growing population. Countries are experiencing dramatic declines in fertility rates, well below replacement rates, as this trend continues. The combination of ever-increasing life expectancy and rapidly declining fertility leads to a significant increase in average age, which is projected to double by the year 2050 in all regions except Africa.

3.7.2. Gender and Development:

The development process is heterogeneous due to gender inequality and unequal power relations. Women's job prospects are often limited to subsistence farming in developing countries, sometimes without full land ownership rights, financing, or access to technologies that can alter production relationships and women's negotiating power. In many cultures, women are confined to under-employment in the unorganized sector, where wages are pitifully low and employment conditions atrocious, or in specialized home-based occupations that generate little profit. In addition, women often have to bear double workloads in the household, which include babysitting, cooking, cleaning and collecting firewood, and many other tasks. Several studies over the past 40 years have shown that families do not always store their own money and that their source as well as the amount of money can have a major impact on the way a community functions.

The relationship between infant feeding practices, women's market labor, and early childhood nutrition suggest that children of wealthy parents receive better nutrition. For example, it has been shown that improvements in economic opportunities for women working in the gold mining industry in Africa have resulted in the removal of barriers to health care, particularly a reduction in neonatal mortality for girls and acceptance decreased by 24%. In domestic violence, the allocation of benefits and responsibilities becomes more equitable when women have a stronger voice and better access to education and employment. Enhancing women's economic prospects can be a very successful way to fight poverty, elevate the status of women and improve the lives of their children. If more women get an education, have the necessary literacy and numeracy skills for jobs, and are enrolled in school, the general well-being of families is expected to increase. In this regard, it is necessary to take measures to overcome oppressive cultural rules and regulations that limit opportunities for women to education, work, property ownership, and other resources, the right to inheritance, marriage, and the freedom to contribute to society.

4. CONCLUSION

To turn good intentions into tangible benefits for the world's poorest countries, the international community must reflect on what matters most to development. The poorest countries themselves are responsible for achieving sustainable progress. Both affluent and developing countries need to recognize this fact, not least because it will help avoid the constant temptation to make promises that cannot be fulfilled. Developed countries should not ignore the condition of the underprivileged. But if wealthy nations want to help developing countries achieve sustainable development, they need to rethink the development agenda. The two traditional pillars of growth would benefit from larger and more effective aid delivery as well as efforts to reduce trade inequalities. However, these benefits should not be underestimated. Alternative strategies, such as giving poorer countries more influence over economic policy, supporting innovative technologies that drive growth, and opening up labor markets, may have greater benefits. The time has come for the world's richest countries to develop new ways to help the underprivileged,

which have long been ignored. This suggested that in these countries, aid could directly contribute to political unrest. Similar to earning natural resources, aid money can maintain a position of authority for corrupt elites, enabling them to benefit themselves without having to deliver infrastructure, education, health care, or other public goods that the whole country will benefit from. Many economists have gathered evidence showing a volatile relationship between endowments in natural resources and foreign help.

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