Summer Essay

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1. Social Development is not possible without effective social relationships. This is the pinnacle point in any healthy society or civilization. According to famous psychologist and social thinker Abraham Maslow, human beings have seven kinds of primary needs. His Hierarchy of Needs mentions some of the most important needs of human beings, and the one is about belongingness and affinity. It is no blinking the fact that relationships are much important for every individual, and feeling of partnership is even more important (Sherif, 2015). In this scenario, the experience of divorce is much traumatic for the person. As ill-luck would have it, if my friend is involved in a stressful divorce, I would suggest him some of the effective social techniques. Divorce and separation from a loving partner are undoubtedly a stressful situation which is much frequent in this world. Several studies depict a high rate of divorces between couples, and this is yet burgeoning in every society of the world. First of all, he needs to improve his attachment style. Anxious attachment style or the avoidant attachment styles are not good for effective human bonding. Better family life needs a secure attachment to build healthy trust level among its members. His stress can only be averted when his mind is not anxious or full of negative thoughts. Though negative thoughts are inevitable and so pervasive, they are not bereft of solution. There are numerous options to deal with negative and pessimistic thoughts, such as reading self-help books, meditation, or traveling. He can also seek recourse to the good people around him as it will become the impetus for more positivity in his life. Such effective changes are mandatory for him as he desperately needs a self-defense mechanism against his stressful living pattern. If stressful situations are unchecked, they leave a lasting impact on personalities and cripple their innate potential.
2. Human life is unpredictable and uncertain. Several philosophers have highlighted this complexity of life in their readings, and there have been varied schools of thought regarding the exact nature and purpose of life. Some of the existentialist and libertarian philosophers opine that an individual is in complete control of his life and all its events (Pereboom, 2016). On the other hand, the other school of thought, essentialism, where it is illuminated that human beings come with an essence in their souls which they have to realize on this earth. This phrase “being in control” of one’s life portrays the one has total authority on whatever happens in life, and one is the real actor who can shape and give it any desired direction. John Paul Sartre used to believe this option that human is free and once thrown in this world, he is responsible for everything he does. This notion is clear in his one quote, "Man is condemned to be free." Nevertheless, this libertarianism is not good for any individual as it becomes a source of distress for a person. It instills more pessimism in his personality. Besides, this is a lop-side view as a human cannot control the entire working of life on this planet. Conversely, Hard determinism states that human is not free in a sense that there is universal law which is governing every single being on this universe and his actions. In this vein, some of the events in life are decided by fate, luck, destiny, or karma whatever one calls it. An individual is free in its action only when he has the availability of options. If one does not have an option, one is not controlling that event and is being directed by some other force in the universe. Hence, one is empowered when one has the choice. Otherwise, one is powerless against this universe.

**References**

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