

## CONTENTMENT

Contentment can simply be defined as a state of being satisfied with whatever you have. Contented persons are not covetous of other people's property or state of life. They remain happy and calm in spite of whatever they have or do not have.

The opposite of contentment is simply discontentment which simply refers to a state of life in which a person is never satisfied with what they have. Extremely discontented people remain unsatisfied no matter how much they have.

### Features of contentment

**Simplicity:** People who live simple and easy going lives are usually contented people

**Satisfaction:** contented people are easily satisfied as they do not always seek for too much

**Humility:** the attitude of acting in a manner that does not place too much emphasis on your sense of personal importance is a very essential attribute that promotes contentment

**Covetousness:** Covetousness refers to a strong desire to take other people's things or enjoy their life style.

### Merits of contentment

1. Contented people live happy lives
2. Contented people do not get into trouble with other people or the law
3. Contentment in the society makes it easier for the government to satisfy the needs of the people
4. Contentment makes a person to be more acceptable to the society

### Demerits of discontentment

1. Discontentment could easily lead a person into crime
2. Discontentment could easily lead to conflict in the society
3. Discontentment makes it difficult for the government to provide for the needs of its Citizens

**EVALUATION:** Do you think or believe that there is a lot of contentment among many Nigerians. Kindly state the reasons for your answer