

WEEK THREE : DISCIPLINE

Discipline is an important characteristic to the life of every person and to the society. Discipline is an important value and virtue that all successful persons have . It is a necessary value of every society.

What is Discipline? The word is used in different ways but it can simply be defined as the ability of a person to control their self in such a manner that is expected of the society. A disciplined person controls his/ her mind to abide by rules and regulations. A disciplined person controls his/ her instincts.

As a matter of fact an undisciplined person is unable to control their mind or instinct.. While a disciplined person eats when he/ she needs to an undisciplined person will eat whenever he feels like while a disciplined person controls his body to rest less and work more sn undisciplined person is unable to control their mind or body and as such would most likely work less and rest more.

FEATURES OF DISCIPLINE

1. **SELF CONTROL:** This is the ability of persons to control themselves and behave in a manner that is acceptable to the society. Self control involves the control of our instincts and impulses in manners that are acceptable to people and do not go against the laws of the country; for example controlling oneself not to eat too much or sigh too frequently etc
2. **WILL POWER:** this is the ability of persons to push and pull themselves to behave in manners that they do not feel comfortable doing. Examples of people with strong will power are athletes and sportsmen who push themselves hard to train regularly
3. **CONSISTENCY:** This refers to behaving in a manner that is constant no matter the cost or challenge. A consistent person will act in the way that is expected even when there is no need to or no one is watching him/her
4. **TIME CONSCIOUSNESS:** The ability of a person to be mindful of time and do things within an expected or prescribed time period is an important element of discipline that is missing among a lot of Nigerians
5. **SERIOUS MINDEDNESS:** This is the ability of persons to concentrate on important issues and work towards achieving set goals and objectives

Advantages of Discipline

1. It helps people to develop good and strong character traits such as honesty, hardwork,
2. It is an essential attribute of leadership
3. It enhances the ability of a person to achieve set goals and objectives for himself or the society
4. It earns people the respect of others as well as their acceptance
5. It enables people to develop their skills and talents which could easily be wasted where there is no discipline
6. It helps in the inculcation(development) of other good values such as honesty, integrity, contentment etc

Disadvantages of Indiscipline

Some of the negative effects of indiscipline include :

1. Undisciplined people display weak and bad character

2. It disallows people from achieving their goals and objectives
3. It promotes the development of vices such as smoking, drug abuse, laziness etc

COURAGE week four

Courage is one of the most important values in life. It is a value that we not only need as citizens but one which we need as human beings. It can simply be defined as the ability of a person to attempt to do a thing or a task inspite of whatever challenges or difficulties they may face. We need courage in our every day to enable us carry out a lot of important tasks.

TYPES OF COURAGE

There are three major types of courage that we need to learn about. These are physical courage, Spiritual courage and moral courage

PHYSICAL COURAGE : this is the ability of a person that is observed when they try to accomplish enormous physical tasks. For example we see physical courage in the life of soldiers and generally in the life of people who are able to do a lot of work

SPIRITUAL COURAGE : this is the ability of a person to be self confident in practicing the pirinciples of their religion

MORAL COURAGE : this is the ability of a person to do what is right or stand up for what they believe is right irrespective of what others may think or what the consequences may be.

ELEMENTS / FEATURES OF COURAGE

1. Self Confidence: This is the sense of a person believing in his or her ability to do a thing
2. Sense of Understanding : this refers to the perception people have of a situation or a task. For instance when a person believes that a task is too difficult they will find it difficult to accomplish anything
3. Determination : This refers to the ability of a person to strive towards accomplishing a task inspite of any challenge or determination
4. Faith : this is the ability of a person to take actions on a particular task or situation even when it seems that there is no reason or sense in doing so because it seems that the task is no longer achievable or necessary

IMPORTANCE OF COURAGE

1. Courage is a necessary characteristic of leadership. It is necessary for attracting followers to the leader and also giving them a sense of confidence in the leader. Courage is also necessary feature that every leader needs to enable them accomplish difficult tasks
2. Courage helps individuals and the society to be able to overcome difficult situations and accomplish great tasks such as making expeditions to space and surviving the general pains of a difficult time or situation eg economic hardships
3. Courage enables people to achieve extraordinary things in their personal lives such as overcoming a personal challenge, striving hard to win a competition etc

COURAGEOUS INDIVIDUALS IN HISTORY

1. President Roosevelt who was crippled but became the President of America and ruled the country for twelve years including the period of the second world war
2. President Lincoln who showed moral and physical courage in his ability to lead the United states into war for the purpose of ending slavery
3. Yuri Gagarin who showed great physical courage by being the first man to fly out of space

inspite of the fact that no one had ever done it before

4. Nelson Mandela who showed great moral and physical courage in his fight for the freedom of South Africans

5. Mary Slessor and other missionaries who displayed great spiritual courage in crossing the Atlantic ocean and coming to Africa to preach the gospel in a place that was considered a continent of death and disease

6. Gani Fawehinmi who displayed a lot of physical and spiritual courage in leading the fight against the abuse of human rights by the military government

EVALUATION; Sit down and think seriously about some instances of courage you have observed in your life or around you.