

05

Let's Overcome Challenges by Solving Problems

Introduction

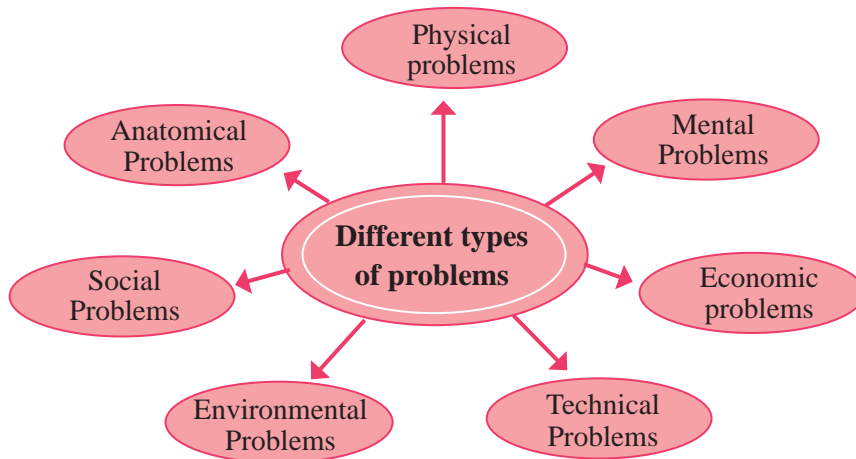
A person has to face various challenges and problems in his personal life as well as in social life. It is important to develop necessary power in persons to face them successfully. It is evident that children in present society are weaker in facing challenges and problems. While life becomes unsuccessful due to this, some damage their lives too. Hence, it is expected in this lesson to develop the necessary strengths in students to find correct decisions and win the challenges through creative alternatives found by identifying the problems correctly and analyzing them.

The basic process that can be seen in nature is that the birth, existence and death of everything. This theory is common to all living and non-living things of this world. Problems and challenges are also the same. Problems are something relative. Something that may become a problem to one may not be a problem to another. As an example, though crossing a river is a problem to a rabbit, it is not a problem to a tortoise. Yet, running with a rabbit is a problem to a tortoise. In the same manner, while running fast becomes a problem to a tortoise, it is not a problem to a rabbit. Accordingly, a problem may be relative to person and situation.



A problem can be defined as a barrier or an obstacle that blocks reaching a certain activity, condition or situation. It can be defined simply, as the gap between the situation of any moment and inability to achieve one's expectations as precise as one expected.

Accordingly, while problems are a normal phenomenon in human life, problems are always formed, since your expectations cannot be achieved as much as you expect.



Such problems occur frequently in your private life, school life, social life, family activities, social activities as well as in professional activities. It occurs as such, since we attempt to find solutions without having proper understanding and identification of problems. Though we receive temporary solutions through this it is not a correct solution to the problem. Thus, occurrence of such a number of problems has become a general phenomenon.

Due to the unquenchable desires and unlimited expectations in people, problems occur frequently. Since people suffer from problems throughout their lives, it is of utmost importance to help them to get those problems solved.

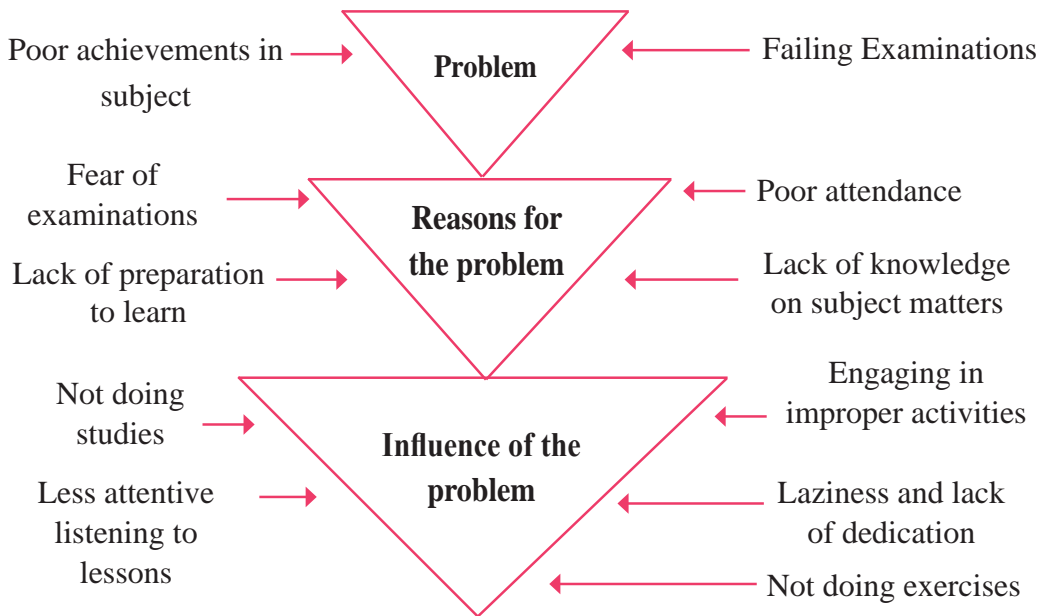
Examples of some problems faced by students

- Problems of food and nutrition
- Absence of things one likes
- Loss of security and protection
- Scarcity of resources in some schools

- Economic difficulties
- Failure in examinations
- Loss of love
- Mental pressure caused by the school environment
- Lack of time for sports or leisure
- Having to face examinations competitively

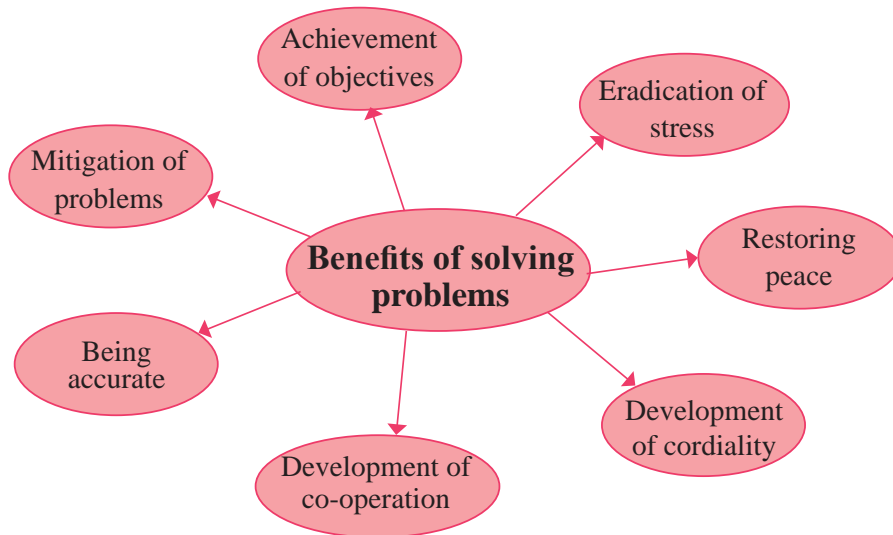
Finding causes for problems

When finding solutions to a problem that has arisen, it is important to find the causes of it. Most of the problems are caused by personal behaviour, personal reactions and personal activities. When finding causes for problems, they can be revealed by analyzing them as shown in the following diagram,



Accordingly, by revealing the causes for a problem, solutions can be found easily. When causes of a problem are identified, attention can be focused on alternative solutions too. While there may be several alternative solutions for a problem, it is important to select the best solution out of them.

In the present society, where a problem arises, some fear, evade, avoid or take revenge on life. It has become a common feature of reaching to a problem, though it is wrong. This is due to hypersensitivity and facing it unreasonably. Hence, when a problem arises, it is important to work creatively and with good reasoning, using alternative methods to achieve, correct solutions. Then, influences of the problem also can be mitigated.



Finding solutions to problems

It is extremely important to find solutions to get rid of a problem. When finding solutions to a problem, it is of utmost importance to have a good understanding and a realization of it. By that, suitable solutions can be achieved.

As an example, the steps that could be used to solve the problem of weakening of your subject achievement can be presented as follows;



When solving a problem, it is important to analyse it creatively and critically.

Activity

- Choose a problem that you or one of your friends face and identify the causes of it.
- State the identified causes as shown in the above diagram.
- Explain the alternative solutions that can be utilized to solve that problem.

Let's overcome challenges

Various barriers that occur when winning the targets in life are challenges



Victimizing into various difficulties in life are challenges

Examination too is a challenge for us



Why do we get challenges in sports too?

Alleviation of poverty is also a challenge



Winning nature too is a challenge for us



That means challenges occur in various situations



What you all mentioned here is totally correct. By facing these conditions successfully, all challenges could be overcome.



Nick Vujcic who won challenges

The following pictures show how Mr. Nick who was totally disabled by birth won his life.



The following is a life story of a pupil of who won challenges:

Pushpakumara Ranukge, a certain courageous boy, who was born in a very beautiful village called Kamburupitiya faced an unfortunate accident when he was three years old. While he was walking along the mountain located behind his house where rubber trees were being cut, he lost his leg due to the sudden falling of a rubber tree. Though he lost a leg, he did not repent over it. From his childhood, he had a strong determination to be a useful citizen after completing his studies successfully. So, with the determination of empowering his family and looking after his parents, he attended school daily on clutches walking around six miles, carrying his school bag. He, who was a popular student in the village as well as in school won the entrance to a university. He was a clever orator as well as a clever leader. He won a number of victories in sports which were held for the differently abled. Once he climbed the rock of “Sigiriya” too. After joining the government service as a graduate, he became a leader of a trade union. While engaging in his duties well, he became a totally successful person facing the challenges morally forgetting his unfortunate incident.

Challenges faced in day-to-day life

- Making education successful amidst economic difficulties
- Passing examinations
- Winning the targets facing failures successfully
- Winning the goals in life
- Winning the barriers
- Correcting errors
- Maintenance of a beautiful environment
- Maintenance of co-existence free from conflicts

As mentioned above, we will have to face various challenges in social life as well as in personal life. Therefore, it is important to face a challenge by being a challenge to the challenge successfully without fleeing from it.

Reacting in a positive way in problematic and challenging situations

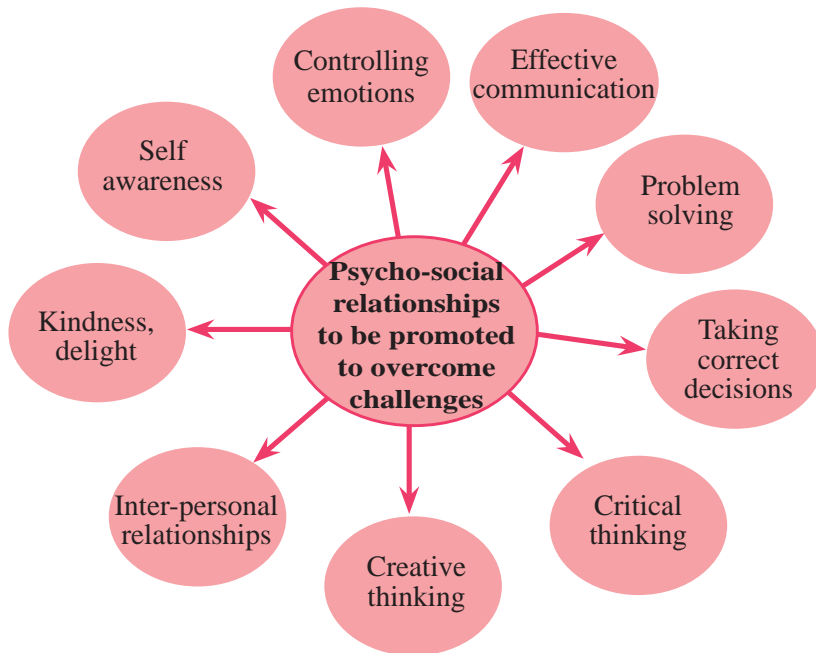
I have not failed. I have just found ten thousand ways that won't work."



The above statement was the answer given by Thomas Alva Edison to one of his friends when he asked whether he was going to commit 10 000 wrongs in the invention of electric bulb when even the 9999th attempt proved no success. What becomes vividly clear through this is that while most successful personalities ignore mistakes and regard them as blessings to win their challenges.

Activity

- Create a story collecting information about such a personality lived or living in our society who won the life facing such challenges.
- Explain the exemplars that can be obtained from it.
- Identify several challenges you will have to face in your day-to-day (in school or in your family) life.
- Suggest the ways of facing one of them successfully.

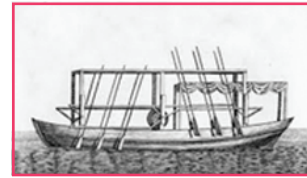


Accordingly, to win challenges, it is important to develop mental power from the childhood. Specially, psycho-social competencies must be improved. By improving these qualities your personality too can be developed. When these qualities are developed the power of facing challenges too gets developed.

Facing various problems and challenges in life successfully

Using different methods to overcome various problems and challenges, creative methods are very important. Some problems and challenges may occur at certain situations. Following creative methods on such occasions is of utmost importance. All inventions and discoveries of man are the results of various challenges. All the attempts from finding of fire to the high tech productions and lunar voyage are the results of challenges.

The following pictures show the creations made by man to win challenges.



Honda Who Won Challenges

The creative mind of Soichiro Honda who was born in 1906 in Japan provided transport facilities to the people in Japan when Japan was completely destroyed in World War II. Though Honda experienced thousands of sufferings, barriers, and drawbacks when whole of Japan was challenged, he came forward winning them all, due to power of winning challenges embedded in his mind. Not only Japan itself, but the world at large was benefitted by his useful creation.



Where there is a problem, there is a solution too

Problems, most probably, are created by the outward behaviour of man. Problems occur as you cannot perform your duties well. When you work without a goal or target it becomes unsuccessful as it possesses no strong foundation. Problems could be solved successfully, by resolving to take something towards the correct path, without letting it occur automatically. There may be not only one solution but also more solutions for a problem.

Some people suffer being unable to solve their problems as they do not see the problem through a wide angle. By observing different sides of a problem alternative solutions can be adopted.

As an example

- Should a child who suffers from severe economic difficulties stop his education half way?
- Should the money earned by doing some work be spent on education?
- If not, should he seek a job leaving school?
- Should he get his needs fulfilled by meeting persons or institutions that tend to offer help?



In the same way the attention can be focused on various alternatives to solve any problem. There are various solutions for any problem or for a challenge. The challenges are not pleasant experiences: they may be extremely difficult too. When you face them strongly, success can be achieved easily.

Susanthika Jayasinghe, who is one of the greatest athletes in Sri Lanka won her target through extremely difficult training and dedication. Participating in Olympic Games then, might have been only a dream to her as she was born and educated amidst-economic difficulties in a difficult area in Sri Lanka. Yet, existence of possibility of overcoming any challenge, if there are goals, determination and dedication, is well depicted in Susanthika's Olympic victory.

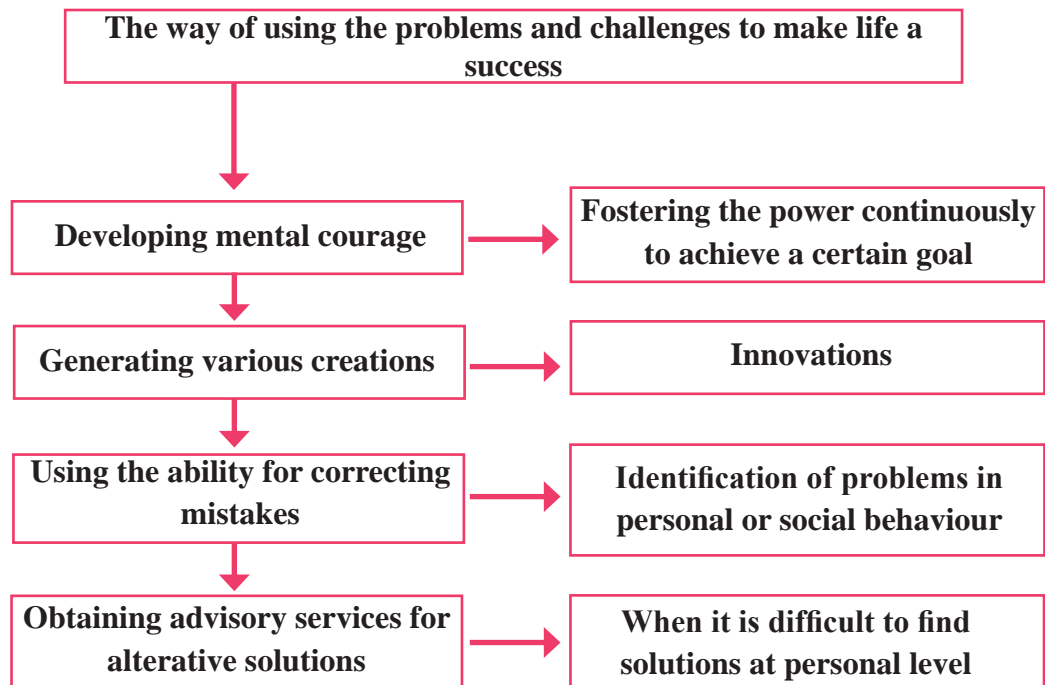
Man has to face various challenges frequently in his day-to-day activities. Fleeing, avoiding, and fearing in those challenges will damage the private personality as well as social personality of a person.

If there is a will there is a way. There is nothing one can't overcome if one has a strong will. Words like "no" "can't" etc. should not frequently be used. If one becomes a slave to them, the concept of "I can't" will be embedded in his/her mind with negative thoughts.

Hence, in winning challenges, the confidence that "I Can" is very important. As an example, more than 50% of our school children fail in Mathematics and in English annually. Most of the children who fail cultivate the negative concepts like "very difficult", "I cannot", "I cannot remember", "I cannot do maths", "I can't speak English" and as they engross in these thoughts frequently and continuously, they are subjected to fail examinations eventually. Yet, they foster positive thoughts, like "I can do maths well" or "I can speak English fluently", and eradicate the overcoming negative thoughts the challenge of examinations is definite. Accordingly, it is clear that, there are solutions to win any problem or challenge.

Activity

- Suggest alternative solutions selecting a problem you will have to face frequently.
- Make positive statements removing negative thoughts like "No", "Can't" and fostering the positive thoughts, like "I can do well", in your mind.



Activity

- Complete the following table associating the creations produced by man to win various problems and challenges.

Problem/ Challenge	Creation invented
Louis Braille lost his eye sight at the age of 15 by an accident	Braille reading and writing system

Activity

- Associating information and reports in newspapers discuss the ways of freeing school children who are subjected to various problems and challenges.

Summary

- ⇒ The gap between the condition that exists at any moment and the inability to achieve your target as expected, can simply be defined as problems
- ⇒ Various types of problems
- ⇒ Finding causes for problems
- ⇒ When solving a problem, it is important to act critically and creatively after analyzing it
- ⇒ Various barriers that occur when winning the goals in life are challenges
- ⇒ Facing various problems and challenges in life successfully
- ⇒ There are solutions to any problem or challenge
- ⇒ How the problems and challenges could be used to make life a success