

Unit 5

Write short notes on value of work and value of selfishness.

Value of Work

Values are a key component of a healthy workplace culture because they clarify how your organization and its staff should behave. They provide the framework within which you can test decisions, accomplish tasks, and interact with others.



1. Responsibility and dependability

Organizations value workers who come to work on time, handle their duties at the right time and are always responsible for their choices, actions, and behaviour. It is essential to keep your supervisors abreast of all changes in your daily schedule or if you are likely to be late for some reasons. Besides, you should keep your supervisor or superior informed on how you are handling all the tasks you have been assigned. Being responsible and dependable shows that you value your job.

2. Ability to point to success at work

If someone asks you, 'can you tell a story about a time you felt triumphant?' What specific stories from your past are likely to spring in your mind? Here, you are supposed to talk about your successes and prove that you can always point successes in a project. You don't have to have climbed Mt. Everest or competed in Olympics. Just tell simple stories regarding saving the day at home, at work, or even in a volunteer situation.

3. Being proactive

Most workers wait for orders or directions at work, but there are individuals who are proactive and don't wait for orders. They figure out what needs to be done and simply jump into action. Business and other employers want to hire individuals who will simply get things done.

One way of illustrating this work value is by enquiring about the work that you will be doing. Sadly, most job applicants don't do that. Asking questions (when appropriate) show that you have been thinking about the entire job description – and your employer will really appreciate it.

4. Strong work ethic

Managers value workers who possess the willingness to work towards achieving the organizational goals. That means mastering the most effective way to complete projects on time while maintaining a positive attitude.

Sometimes, going an extra mile to get the job done is a good way of showing your manager that you have good time management skills and you never waste your employer's time attending to issues not related to your job. Remember, downsizing in the current job market is common and it's essential to know and keep the work values that employers want. Whether you are preparing for a job interview or you simply want to maintain your current position, it is always good to maintain a strong work ethic.

5. Self-confidence

Throughout history, self-confidence has always been the critical difference between someone successful and someone who isn't. An employee with self-confidence can inspire others. Such a person is never afraid of asking questions about areas where they require insights.

A self-confident people do what feels right and are always willing to take a risk if it's worth the effort. They admit their mistakes, recognize their strengths and weaknesses. They are also willing to correct their mistakes and work on their weaknesses.

6. Honesty

So far, there has been enough corporate scandals to decorate front pages of newspapers. Employers want honest people who can help build a strong brand and keep the entire corporate image positive. Finding an honest employee with integrity is a priority for employers. They need someone who can live up to their values and ideals – there's nothing wrong with showing the positive attributes you live by, particularly if they align with the organization's mission and vision.

7. Good teamwork skills

All organizations rely majorly on teamwork to achieve both short-term and long-term goals. As an employee, you must be able to collaborate with other people and handle a

project to its completion. If you have been called for an interview, get ready to convince your interviewers that you are a good team player.

8. Loyalty

Employers are looking for workers they can trust fully and who exhibit loyalty to the organization, and the competition to retain this talent is very high. Organizations appreciate workers who aren't hopping from company to company. Rather, they need an individual who understands his or her career path and is interested in building an outstanding career with their organization.

9. Motivation to learn and grow

The advent of technology has initiated a never-ending evolution in the workplace. This has prompted employers to seek workers who are interested in expanding their knowledge and keeping up with developments in their specific fields. Learning new techniques, skills, and theories through professional development can keep the company you work for at the top of its industry. Besides, it can make your job more exciting.

10. Ambition

Being ambitious simply means you have the objective of getting stronger and smarter in your life. Sometimes, it could imply moving up the corporate ladder, launching your own brand, or even going off the grid for something entirely new. Organizations are looking for ambitious people.

Good work values and attributes are what makes the right foundation for an outstanding employee. Your efforts to practice professional ethics at work, honest, proactive, self-confident and other desirable work values can make you a better employee.

Value of Selfishness

Some theorists say being selfish is necessary in order to give back to others. We need to take care of ourselves, love ourselves, and nurture ourselves. Others, including your parents and most religions tell you that being selfish is bad and you need to put the needs of others before our own.

1. Self-Compassion

Developing and refining your compassion skills so you can fully relate to others is a great reason to be selfish. Compassion is the feeling you get when you want to help someone who is suffering. You see the person standing on the side of the road holding a sign asking for help. You automatically think if you had a bunch of money you would help them out.

Guess what, you are suffering too. Your inner self is holding up a huge sign that says “Help Needed: I’m tired, depressed, hungry, and emotionally drained”. It is important that you pay attention to your own signs. If you ignore those inner signs when you first start hearing them, they will become louder and present themselves in a negative way, like through panic attacks or ulcers.

Developing self-compassion can give you the desire to fix whatever is ailing within you.

2. Self-Esteem

You are at work, you have a great idea that you know will save the company big dollars. You have your chance to offer your idea at the monthly meeting. You don’t do it. At the last minute your inner thoughts turned against you and you believed every negative thing they told you. Your self-esteem was too low.

Improving your self-esteem is another big reason you should be selfish. Self-esteem means having confidence in your abilities. This will lead to feeling like you are worthy of a happy life. No matter how many people tell you that you won’t become

successful or put you down in some other way, you can still have high self-esteem. It comes from within you. You can train yourself to ignore the negatives.

Don't get this confused with cockiness, which has a strong element of arrogance and entitlement associated with it. Most arrogant people don't have that much self-esteem, believe it or not. But they do, they hide their insecurities behind their cockiness.

Having a good level of self-esteem allows you to take more risks, be more ambitious, and cope with loss or rejection. People with high self-esteem are generally happier.

3. Self-Love

No, this doesn't mean you fall in love with yourself and marry yourself or anything like that. That's just weird.

Self-Love is caring enough about yourself to want to take care of all your needs. If you don't have self-love, nothing else will matter when trying to be selfish in a good way. Means you know you are valuable and you recognize that if you were not here, other people would be affected in some way.

Having self-love can almost seem spiritual and deepen your spiritual relationships. Start loving yourself by first stopping all negative thinking. Anytime a negative thought enters your mind be aware and make a conscious choice to change it into a positive thought. Praise yourself, support yourself and forgive yourself are also great ways show love to yourself. Finally, have fun. Your life is meant to be enjoyed.

4. Self-Care

Self-Care is shown through things you do to keep yourself healthy by making improvements and maintaining a good balance. You are nurturing yourself so that you feel well or being able to rebound quickly when you don't feel well. It is here you give yourself proper tools to enhance your overall self both inside and out.

Hygiene is a great area to start. Your personal hygiene not only shows you how much you care about you, but it also shows the world how much you care about you. If you only bathe twice a week you may have an odor on the days you don't bathe. People who have to sit next to you may not appreciate your natural aroma. It shows them you don't care enough about yourself to do even the basics of cleaning your own body. Good hygiene is just one way you can nurture yourself.

There are many other ways to nurture yourself like journaling, getting a massage, reading self-improvement materials, attending counseling, and taking a yoga class at least once a week. As you can imagine, there are hundreds of great ideas on how to care for yourself.

You have to figure out which activities make you feel the best about yourself. Don't take a yoga class if you are stiff as a board. Or at least don't take the advanced class. Don't go on a hike if you have a broken foot. Pick activities that you actually enjoy, that you choose (not your friends or family), that make you feel good.

5. Self-Worth

Another good reason to be selfish is to gain self-worth. You are not putting a price value on yourself but a life value. Your life is priceless and you need to feel that.

Self-Worth tells you how you feel about you, not about what things you have done. It has to do with the value you place on yourself and whether or not you feel you deserve good things. If you feel you are bad and deserve bad things, then you have a low self-worth.

If you base your worth on what you do rather than who you are then you will be in for a long ride filled with stress and anxiety. This is where the Jones family comes to visit.

You know the ones you are always trying to keep up with, who really don't have any worth themselves. Yes, that Jones family.

Get a higher self-worth so you can enjoy the life you have, not the life you think you need. Self-worth is closely connected with thoughts so the goal should be to replace any negative thoughts about yourself with positive ones.

6. Self-Management

Being dependent on others is necessary in some rare cases. However, being dependent on others when you are perfectly capable of taking care of all of your own needs is just wrong. The feeling self-management can give you is priceless.

Self-management means you take care of all your health needs yourself. This doesn't mean you quit going to the doctor and stop taking your medicines. It does mean that if you need a ride to the doctor you obtain that ride yourself instead of asking a friend to do it for you. It means making sure you take all of your medications as prescribed.

As a good manager, you work with others who can help you; you just don't depend on them for all of your health needs. Managing yourself gives you a sense of responsibility because you are holding yourself accountable. This gives you pride and a feeling of reward, both of which are healthy for you.

7. Self-Respect

Maybe you have heard the phrase, "You teach people how to treat you." Dr. Phil is famous for saying this. It basically means if you don't respect yourself then no one else will. Don't get mad at your brother for calling you a slob if that is how you present yourself and your surroundings. An example may be just lying around being lazy, food stains on your clothes, not brushing your hair, and not cleaning your house. Now if you are one who takes great care of yourself and your surroundings, then your brother has no right to call you a slob.

Self-respect revolves around how you feel about the choices you make. When you make the right choices you feel proud of yourself. Piling up a bunch of right decisions in your corner can increase the amount of respect you have for yourself.

Self-respect means a lot of different things. Mainly, you are honest with yourself, have good manners, are responsible in areas of work and money, have positive goals for your life, choose positive friendships, and are able to say you are sorry when you mess up.

संक्षिप्त टिप्पणी लिखिए

कार्य के मूल्य बनाम स्वार्थ के मूल्य

कार्य के मूल्य को समाज में महत्वपूर्ण स्थान प्रदान किया गया है | कार्य व्यक्ति समाज दोनों के लिए महत्वपूर्ण है, कार्य के माध्यम से व्यक्ति एक ओर अपने लिए आर्थिक कौशलों का विकास करता है, तो दूसरी ओर जीविकोपार्जन के लिए अर्थ एवं धन की व्यवस्था करता है | कार्य का मूल्य जीवन की आधारशिला है, कार्य को जहाँ सकारात्मक मूल्य के रूप में समाज द्वारा स्वीकार किया जाता है, वही स्वार्थ के मूल्य को नकारात्मक मूल्य के रूप में | कार्य के मूल्य एवं स्वार्थ के मूल्य में किसी प्रकार का सहसंबंध नहीं है, फिर भी पाठ्यवस्तु में शामिल किये जाने के कारण दोनों की एक साथ चर्चा की जा रही है |

व्यक्ति जब किसी संस्था में कार्य करता है तो वह वहां के मूल्यों एवं निर्देशों का पालन करता है तथा मूल्यों का पालन नहीं करता है तो संस्था द्वारा उस पर अनुशासनात्मक कार्यवाही की जाती है, क्योंकि उसके मूल्य संस्था के प्रत्यक्ष या अप्रत्यक्ष रूप से लागू होते हैं, कार्य के प्रति निष्ठा एवं ईमानदारी का होना भी आवश्यक है, वरना संस्था के कार्य में शिथिलता आ जाती है और सभी निष्क्रिय भी हो जाते हैं, इसलिए इन मूल्यों का पालन आवश्यक हो जाता है |

स्वार्थपरकता के मूल्य को नकारात्मक मूल्य की श्रेणी में शामिल किया जाता है। प्रत्येक व्यक्ति से अपेक्षा की जाती है कि वह व्यक्तिगत स्वार्थ को त्याग कर सामूहिक

तथा अन्य व्यक्तियों के कल्याण के लिए कार्य करें | स्वार्थ का मूल्य वर्तमान में अत्यंत व्यापक हो चुका है, प्रत्येक व्यक्ति स्वार्थ से परिपूर्ण आचरण करने लगे हैं | स्वार्थ के बिना कोई भी कार्य नहीं किया जा रहा है | वर्तमान आधुनिक एवं प्रतियोगी वातावरण में स्वार्थ के मूल्य में और वृद्धि हो रही है | स्वार्थ के सामान्य अर्थ से सभी परिचित हैं आगे हम स्वार्थ का विस्तृत अध्ययन करेंगे |

स्वार्थ के मूल्य के अंतर्गत व्यक्ति स्वयं निजी हितों को ध्यान में रखकर मूल्यों का निर्माण करता है इसके लिए वह अपने हितों का वर्गीकरण करता है तथा उसके आधार पर मूल्यों का निर्धारण करता है, परन्तु यह आसामाजिक मूल्यों के अंतर्गत आता है, क्योंकि समाज में रहकर व्यक्तियों को समाजहित को ध्यान में रखकर कार्यों को किया जाता है | स्वार्थपूरक मूल्यों को समाज द्वारा स्वीकार नहीं किया जाता है | यह मूल्य व्यक्ति को पतन की ओर ले जाते हैं |