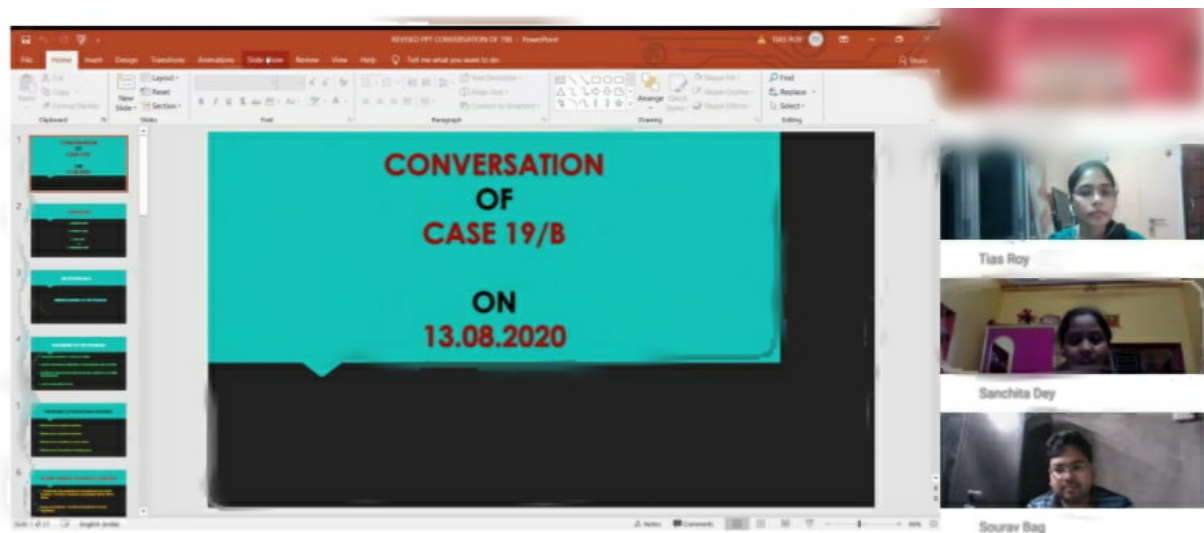


# Report of the Conversation

## Case-19/B

**Sumita Shaw**

The living of a good life is an art of a meaningful living. Long before, Aristotle had said that 'Man is a political animal'. He must be a member of a state for its fullest development or else is a beast. Likewise living and sharing with and in society along with peaceful existence is a necessity. We have often heard of expressions like 'sharing is caring' as the general norm of life without having an intent to know its intrinsic value. There are multiple ways that one can seek for its intrinsic meaning and unknowingly Activism in its journey got one such case, the Case 19B, a young adult girl came with modern problems for finding solutions. The relationship, be it of any kind, is of central importance in everyone's life just as the Case 19B has who asked the help of how to get rid of painful relationship as she's having severe emotional weakness towards it and failure to choose the right path and options for career development along with depression, mental and physical stress and lack of sharing space. The case at times applied her own different choice of solutions to come out of it or even tried to turn a painful relationship into a peaceful one but all went in vain. On the other hand, she has set high careerist goals to achieve in life which was also not on the right track.



Activism with its research methods and full findings brought the fact that the real problem lies somewhere else. It's not the painful relationship or mental weakness that she bears rather it is the 'Emotional Loneliness' that mostly matters. Her loneliness started since her childhood due to unfortunate death of her mother and she has been carrying a disturbed past and gradually led to childhood trauma. Once a psychologist had said 'unresolved emotional distress in childhood is an important cause of emotional distress in adulthood'. The unusual expectations in a

relationship culminated out of it and thus finally pushed to the grand problem of relational distress which arises out of emotional loneliness. Taking the help of social research Activism found abundance of already done works in this area.

An American sociologist Stuart Weiss had published a book named 'Loneliness: The experience of emotional and social isolation' (1973) in which he identified two types of loneliness- emotional and social. Another Psychologist Ami Rokach had also published a work after his 35 years long research titled 'Loneliness then and now: Reflections on social and emotional alienation in every day's life' (2004). The author had pointed out that there are some 'dangers of loneliness' which generally present in any case like problem of jealousy and possessiveness, thoughtless: premature and irresponsible decisions, unrealistically high and logically impossible decisions, problem of channelizing of creative and affective energy in a meaningful way, insensitivity, lack of immunity and self-destructive behavior, poor quality of life and others.

**DANGERS OF THE LONELINESS (AMI ROKACH)**

- Unrealistically high and logically impossible expectations
- Problem of the channelization of creative and effective energy in a meaningful way
- Thoughtless, premature and irresponsible decisions
- Insensitivity
- Lack of immunity and self-destructive behaviour
- Poor quality of life

Sanchita Dey

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Some of these points proved relevant for the case 19B as well. The emotional loneliness that she was facing was giving rise to her weakness and emotional dependency.

To overcome all of such problems she absolutely needed a well functionality and responding aptitude. Life can never be lived in isolation and so she must go for an emotional reconnection or involvement with others. The importance of making friends and friendship could not be ignored as philosophers and researchers like Cicero, Rawlins and Rubin etc. had already noted. Cicero in his 'On friendship' remarked that friendship is a king of relationship that provides a satisfied experience untimely'. There must be a shift from the understanding of popular notion like 'keeping private in personal' to 'personal happiness is not at all personal'. There's always a social cultural impact on our emotions as Sara Ahmed pointed in 'The cultural politics of emotion' (2004). Individualistic vision of life is a barrier to ensure happiness. Hence an alternative praxis in the form of interactive-intervening pattern is suggested to the case.

The young girl was advised to focus more on her career and full involve herself in BCS preparation as it's the best way of channelizing the plenty of time caused due to loneliness. The case was told to release emotional distress and decrease the burden of loneliness through intense friendship network. For this she could join in a regular group as per her choice so it could create a larger sharing space for her and helps in reducing the personal problems. Lastly, Health is wealth and for this she was recommended to do physical exercise regularly which will create a commitment for overall development and will provide positive enthusiasm for self-reconstruction. And lastly, it's not that loneliness only brings negativity in it rather it has some positive benefits also as pointed out by Christopher R. Long and James R. Averill in 'Solitude: An exploration of benefits of being Alone' (2005). The foremost benefit of loneliness is freedom which could be used for creativity, imaginative capacity and self-transformation. There are many examples of great figures who precisely used their loneliness for their best. Consequently, the case 19B was also recommended the same to utilize the positive dimension of the loneliness and simply solve the loneliness problem by getting oneself involved in careerist preparation.

**PROPOSITION:C**

- PRAXIS AND ENGAGEMENT
- ACTIVISM'S RECOMENDATIONS

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The starting period of young adulthood life is not less as a 'storm and stress' period of adolescence. With right approach one can succeed and Activism helped in its part so that the coming years for the case could be more blissful and less distressful.

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