

# Discipline

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Discipline is action or inaction that is regulated to be in accordance (or to achieve accord) with a system of governance. Discipline is commonly applied to regulating human and animal behavior, and furthermore, it is applied to each activity-branch in all branches of organized activity, knowledge, and other fields of study and observation. Discipline can be a set of expectations that are required by any governing entity including the self, groups, classes, fields, industries, or societies.

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To think good thoughts requires effort. This is one of the things that discipline – training – is about.

## Use of the word discipline

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Children being educated to use public litter bins is a form of disciplinary education that is expected by some societies. If a child cannot use a litter bin the lack of discipline can result in a reaction from observant people in public. Many people observe a form of disciplinary effort in their daily lives.

Discipline is a moral obligation among many groups of people. Disciplined behavior is required by some laws and other legal obligations. Commercial entities can also put in place strict disciplinary requirements for the length of the commercial agreement. Airlines enforce strict disciplinary and conduct rules upon flight passengers.

In the military, discipline regards the efforts made by superiors to punish the serviceperson. In academia, discipline can also regard the educators' responses and efforts that are designed to punish the student(s). In animal husbandry and training, the animals may be disciplined to perform specific task and activities without errors. Additionally, animals can discipline their young through numerous methods; including nips, bites, and grips.

## History

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Disciplinarians have been involved in many societies throughout history. The Victorian era resulted in the popular use of disciplinarian governance over children. Edward VIII had a disciplinarian father, and the English had modelled the royal families during this era. Edward's grandmother was Queen Victoria who had championed the role of the family unit during her reign. A disciplinarian will enforce a stricter set of rules that are aimed at developing children according to theories of order and discipline. Disciplinarians have also been linked to child abuse in numerous cases and biographies.

## Common Techniques

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- Time management is a form of discipline that utilizes time as the regulator and the observer of time as the governor. The requirement is for time to be used efficiently. This activity maximizes the result of a set of activities by marking each activity within a boundary of time. Time management can utilize skills, tools, or techniques to create specific time allotments according to a range of organization methods. A major theme arising from time management is that of modifying behavior to ensure compliance with time-related deadlines. This theme is interrelated with discipline and methods of discipline that can be used without punitive consequences.
- Responsibility-based discipline co-opts the participants to understand remedies for problems in an organization.<sup>[1]</sup>
- Physical punishment is a widely debated technique of discipline that can focus on spanking, slapping, and hitting with an object using mild to extreme degrees of force. The general aim is to instil an understanding of consequence in the subject. Punishment can be used to instil immediate compliance as it acts as a reminder to the offender that there are consequences to their actions, especially when it comes to breaking the law.

## See also

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|---------------------------|--|------------------------------|
| ▪ <u>Child discipline</u> | ▪ <u>Disinhibition</u>                           | ▪ <u>Positive discipline</u> |
| ▪ <u>Conformity</u>       | ▪ <u>Domestic discipline</u><br>(disambiguation) | ▪ <u>Rigour</u>              |
| ▪ <u>Deindividuation</u>  | ▪ <u>Norm (social)</u>                           | ▪ <u>School discipline</u>   |

## References

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1. Grote, Dick (2006). *The Birth of Discipline Without Punishment*. American Management Association International. p. 5. ISBN 9780814473306.

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