

Sloth:

Sloth or laziness is aversion to work. Sloth is a vice that is often associated with adults as children are rarely seen to be lazy. The tendency of being lazy and indolent develops with a love for ease and increasing desire for taking things easily, without a desire to make any extraordinary effort. Not only sloth is associated with physical work but also an aversion for mental labor.

The necessity of being active:

Physical and mental effort has been called the very basis of human evolution. Therefore goes the common phrase which adds that “A lazy mind is the devil’s workshop”.

People fall prey to easier ways as they start deeming hard work as unnecessary. However, as there is no end to human curiosity or to knowledge, one must continue striving for excellence and hence, activity is a natural process.

Plato calls knowledge to be the biggest virtue. By giving up activity, we lose our physical fitness as well as mental capability to assimilate information and process it for better use.

The importance of being productive and working hard has been associated with almost all the religions. The famous dictum of Gita, “karmanyē vadhikaraste ma phaleshu kadachana”, expressly binds us to performance of our duty and being detached from its results.

Protestant ethics, on the other hand, asks the followers to devote wholeheartedly to their work. Max Weber has traced the origin of Capitalism to the work ethics of Protestant.

Examples of sloth:

Being lazy is not only an individual trait but it can be present at every single level. A few commonly observed examples of laziness are:

- A student not working hard for his studies.
- An unemployed person not looking for working opportunities, even after realizing his/her economic struggles.
- An employee making regular excuses to avoid exerting herself for the demands of the workplace.
- A lazy enterprise lacks innovation and therefore lags behind the market direction, eventually losing their position ex Kodak.

Overcoming Sloth:

Laziness not only kills physical and mental activity but it also impacts the confidence of a person. A lazy person lacks the enterprising attitude to perform a single function and even a simple task becomes a burden for them. Therefore, a lazy person becomes an unwanted person in a social gathering.

Laziness can be overcome with identifying the root cause of the problem. One may be unwilling to perform a task because of disinterest and a dislike for the same. This is akin to Marx's idea of laborers being disassociated with the work they perform. Such cases can be solved with reassigning the duties of a person to their liking.

However, the internal laziness, whereby a person is not interested in any kind of activity needs a fresh look and may even warrant an external help. Simply killing time without any physical or mental activity is very unhealthy and can have long term consequences such as mental health issues or slipping into depression. It is therefore advised to be active and develop a habit of activity.

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