**Society and It’s Growing crisis**

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# **Abstract**

Poverty is one of they most widely seen problems effecting citizens today yet not many talks about it. We see it in our neighborhoods and in our random places on vacations. This simple state of living harms all not only in its grasp but hurts those who know of others in effect. Poverty starts simple and crushes the mental health of those involved making them, believe this is the life they have to live and will never escape. Though this is not true in some cases some people never find a way out of this pessimist way of thinking. It then targets them physically and slowly as time goes on and they can’t afford food they become malnourished, and it becomes their normal. This is seen in countless places and makes everything even harder for people to decipher this cryptic riddle of how they deserve better or if they should work to escape it. To fix this we as a people need to band together as more than a simple group but as a union to make it almost impossible for others to end up in these conditions regardless of background. In order to do that we must allocate funding from less essential funded programs. We see this in schools where people give some children reduced lunch and free transport to and from school. We even see attempts at it ion college entrances by allowing for numerous scholarships and food stamps so people can eat from low income jobs. These opportunities help relieve the problem but not directly solve it. When asked what poverty really is, some say it is being “poor”, while that connotation is harsh it is true, but it is not always meant as literally as possible. As mentioned before some stay in those states and choose to live that way by taking what little money they acquire and using it on non-essentials for recreation and not for actual survival or basic needs. We must find a way to stop them from taking that allocated money and their assistance and wasting it so that they remain in their sorry conditions. As for whom should do it, that boils down to anyone. I could do it or even my neighbor, we as people could band together to help others so that the result is someone else coming home in better conditions because we said enough is enough.

When asked what poverty is, some might consider it a state of mind or a state of wealth, well the true answer is it’s both. Poverty not only affects the income challenged people but those around them and can drag all into a hell of sorts. Poverty is defined as “lacking enough resources to provide the necessities of life—food, clean water, shelter and clothing.” (Visons, 2021). That being said poverty is still not limited to that. When some enter that section of their life, they find it to be there default. Some born directly into it and some forced into it through life’s unfortunate circumstances and that is a cause for a hug in most cases. Like how I was born into it a very much lower-class family I have experienced firsthand how it can affect others and their loved ones. No one deserves to grow up that way and the reason being for the strain on their mental and physical health. Though it is not limited to those things they tend to be the first thing hit. For example, take my friend Seth who when to school day to day and looked normal other than wearing the same clothes in day in and day out. On the surface he seemed normal yet when a deeper look is taken it’s found that he didn’t have much food on table. He was failing in some classes and was just struggling in his everyday life. None of this horrible chain would have started if he didn’t start in his awful predicament. However, no matter how dark a beginning might be we as a group can turn this around. To truly do that though we must first understand how it hurts people first

Poverty at first glance it just not having a high-income home in the eyes of some just wanting to be rude. However, actual poverty is being unable to support ourselves and our family in those conditions. This is seen in numerous areas across the states and though it widely discussed in passing conversation only has minimal solutions for it growing problems. Firstly, comes the mental blow of poverty and how it puts people into a box. That box and its wall have the strength of steel in this case. Once in this box it is quite difficult to escape or even carry open a “window” to see clearly out of it. When I say this, I mean that when born into poverty like some it becomes ones “Default” and no one thinks anymore of it and just moves on thinking its normal and never thinks to break free from those conditions. This can be seen in my life and in the lives of my friends over the years. Not a whisper or word is said about it when we are in the box and that comes at a a price. Just like the rent that their family can’t afford the person in poverty finds that their box costs them their mental health. When is ay this I mean that it hurts them over time when they see how other people live and operate. Those with so little se others with so much and hope for their live and end up hating their own. Though hate is a strong word that most avoid it is nothing but accurate when describing how people develop when they grow up, they being to feel envy, jealousy or even an intense depression. That depression stems form thinking they can never arise from the conditions that they face. This is not a guaranteed effect yet it is seems in numerous children developing and in adults later in life as we watch their behavior.

Now that we have established how it can effect a person mentally lets talk about the negatives physically. Physically on the surface as I mentioned an indicator of poverty might be their clothes and how they look in general like their hair nells or even skin. These small indicators are just ways to identify if someone is in crisis however if we take a deeper look, we see how serious these problems are. For instance, seeing them in their clothes all the time with little deviation can mean they do not have other clothes to use, or they can’t wash what they have and they are currently wearing dirty clothes in their daily life. In my own circumstance I didn’t have running water for some time and found it hard to wash clothes or even bath. With that in mind as I mentioned their skin is a good identifier. For some like myself they don’t have running eater so they cant wash the daily dirt and smut all over them and that can lead to an awful odor that attracts attention. Again, these simple physical traits can who where they are. However, the biggest physical change in my own opinion would have to be the eating portion on this side of poverty. As mentioned not being able to provide for ourself or family means we cannot feed or even take care of either. When they cannot feed a child or themselves they become mal nourished overtime and start to lose weight in the worst way possible. I assume most understand what I mean but foe clarity I mean that their stomach will start to sink in farther than a healthy one might. Their ribs will even be begin to show and their muscle mass will start to diminish and if this happens to a child going through puberty this can be extremely harmful to their development.

After hearing all of that one must ask themselves how poverty comes to pass. Well poverty occurs in one of two ways. One being as I have mentioned earlier being born into it directly and knowing nothing else. The second is falling into it through either economic decisions involving their money or underlying circumstances forcing them into it like losing their job and having no back up to recover. Once their all people have a choice though, to stay or go is all up to the persons mentality and what they choose to do with their life. Some choose to move forward and try their hardest to escape. These individuals are they exception to the box rule I have mentioned earlier. The others tend to self-sabotage for example, when they selfishly spend their money with no concepts of actually attempting to support themselves or others. They don’t save money or do anything to prepare for hardship they focus on pleasure and satisfaction in the moment. We see this in drug pushers or even those who gamble meaning that they aren’t caring about the future they care about the present an how good they can feel or make it big right now. Sadly, I can relate to this as well due to my background growing up in more than one state over time. In my experience I have found that being born into poverty does give everyone a chance to get around the box despite how high the chance is. The way to avoid it is to listen to those around. In today’s day and age people are more supporting of others and do their very best to help others and listen to their problems. Those simple acts of kindness are enough to tip the scale, however for those who self-sabotage that help is sometimes taken advantage of and they use it instead to fuel their bad habits.

When confronted with this problem there is no simple one sentence answer to fix every problem poverty has given birth to. That being said we already have things in place to at least apply relief and help those who actually want to better themselves. For example, reduced lunch and bus transportation to and from school is a phenomenal help to those in poverty because otherwise they would be unable to get to and form school at a chance for a better education to escape poverty. On the track of education there are also scholarships or numerous opportunities for under privileged kids who want to go to college to further their education, so they have a better chance at paying for better opportunities to escape their rough upbringing. Yes, some will take these and take advantage of them and self-sabotage but there are those who will excel beyond their wildest dreams with that newfound freedom. Once removed form a detrimental environment people begin to move forward in leaps and strides. That it something I can also relate to, college was the most incredible opportunity for me so far and it has helped me move up in the world so well. As for help with adults or people of older age there are programs like section made to help under privilege or low income having people live in affordable homes and food stamps so they and their family can eat if they ration out and plan carefully.

From an outer perspective it is easy to dismiss all of these problems and their causes as a simple terrible instance of luck or fate. Though in some cases that may be true in others it is definitely not. Through my own life in poverty, it is found that we as people are unable to sometimes grasp the concept that luck is not the only factor in poverty or despair that fallows a drop in income or in lively hood. Some have chalked it up to be such a way but take our local “hobo” as they are called this is an example of extreme poverty and how it can truly affect another person. Did they get their just by luck and do they try and do any better to make their own life better. Truth of the matter is some of them did just get there by luck. However, some of those men and women ended up there and can’t get back on their feet and that is not due to their lack of trying. This argument can span forever but one really has to ask themselves and see if they can really nail poverty down to something as simple as luck. Look back at a previously mentioned reason for some poverty and that would be being born into such a terrible way of life. Some have no choice and grow up inside the conditions that give birth to numerous problems later in life.

With that in mind it brings me to my next point and how some believe poverty is not as bad as it seems. To that I have to say that’s the fattest lie anyone can tell a person. Poverty is not only a terrible state of living but a terrible mindset for anyone it grasps and sinks it filthy claws into. Poverty can take someone as simple as any neighbor and turn them into a drug pushers or a murderer. Inhospitable conditions give birth to numerous problems that can damage a person physically if not mentally. Some take it in strides and thrive by adapting to it but some succumb to it and “fall from grace” as some like my grandfather might say. Speaking of the mental, some find in poverty as a mentioned despair and depression because they feel as if that is it for them. I have experience with those who have lived through poverty and have tried their best and have fell from a more pristine status and committed murder to survive. That person actually became both a drug pusher and a murderer and that alone has given me reason to believe that poverty is dangerous. Yes, poverty is not the only thing that lead them down this path however, I have found that the root stems from poverty that created the conditions to go down this path to change their mindset.

Poverty is not in fact an evil thing though, poverty is simply a condition some live under that can make or break them. However, through all of its negatives I have found one positive. Poverty has introduced to me to the compassion of others and how it is immeasurable. Through out the last ten years alone I have found numerous acts of kindness from people in similar situations. Situations such as not having a place to sleep at night and not knowing how to get from work. They showed me a way to live that would allow me to sleep safely at night and that would get me from point A to point B. I have been shown kindness by others when I couldn’t afford new clothes or food to eat. Poverty can create such a terrible environment and destroy futures and that isn’t limited to a certain gender or any prerequisite and that alone is impressive. However, what’s more impressive is the kindness it can give birth to. Though poverty is a terrible thing it is clear that it can give real growth to important qualities in people and bring others together in awful situations that cannot and will not be overlooked. That being said I still can’t overlook how awful poverty can be and how it corrupts people into perverted versions of who they are and could have been. Don’t take the wrong idea though. Some do lose their path on the way to becoming great people but the truth is they still have more than enough potential to become amazing people but poverty makes it a tad bit more difficult for people to become who they could’ve been. This is seen time and time again in under privileged communities that make lower income than the average worker because of their lower paying jobs they took due to a lack od education.

When looking at this problem from an inside and outside perspective it is not easy to find the solution. However, it was found the same way it was brainstormed. With people, people of all varieties and backgrounds. Their combined efforts and experience are currently working together in those programs and in others to find ways to help others so that they can lead happy healthier productive lives and that is priceless not matter much is spent on them. Anyone can help someone in poverty may it be for their mental health to make sure they bear no ill will towards themselves or even others in better instances. To hold them up and guide them down the right path or even show them a new way to help themselves. Help by giving them old clothes so that they can stay warm or live comfortably and teach them that accepting Help is a phenomenal way to survive or even just grow as a person. Anyone can help someone in poverty it just takes a single thought of “What can I do?” and the change will start.

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