SELF-AWARENESS

Self-awareness refers to the knowledge one has about oneself. It can as well be defined as the ability to recognize one's personality or identity or likes and dislikes. Through self-awareness a person can know his or her:

- ➢ Strength and weaknesses
- ➢ Likes and dislikes
- ➢ Feelings and emotions
- ➢ Capabilities and limitations

Importance of self-awareness

Self-awareness enables an individual to

- ➢ Set realistic goal
- ➢ Accept criticism
- ➢ Improve one's image
- ➢ Modify one's conducts or behavior
- ➢ Accept responsibilities
- ➢ Take responsibility for one's actions

Growth and development

"*Growth*" simply means increase in quantity such as height, weight and size. "*Development*" on the other hand refers to the change in form and function. As human beings develops from childhood to adulthood, there several changes that take place and these are categorized into two namely: Physical change and Psychological, emotional or mental change.

1. Physical changes

These are new observable characteristics that appear on the person as he/she grows up. The following are physical changes that take place in:

Both boys and girls

- ➢ Increase I body height
- ➢ Development of pubic hair
- ➢ Growth of hair under arms

➢ Pimples appearing on the face

Boys only

➢ Deepening of voice

➢ Penis and testes growing bigger

➢ Broadening of shoulders and chest

➢ Growth of facial hair

➢ Sperm production and wet dreams

Girls only

➢ Development of breasts

➢ Menstruation begins

➢ Ovaries get enlarged

➢ Enlargement of labia and clitoris

➢ Ova(egg cells) develop in the ovaries

2. **Psychological, mental and emotional changes**

These are changes in an individual thinks and behaves. The following are the emotional and mental changes in both boys and girls:

➢ Sexual curiosity(desire to know about sexual organs especially of the opposite)

➢ Keen on reading books concerning sex and social activities

➢ Desire to have sexual intercourse

➢ Shyness which is more in girls than in boys

➢ Concern about their facial appearance

➢ Desire for independence from adults

➢ Rebellious attitudes such as rudeness, short temperedness and quarrelsome behaviours

➢ Choice of companions

➢ Feelings of love or hate

➢ NOTE: One may not experience the same changes as of others of the same age because different people experience these changes differently. There are some factors

that affect the rate of change of these physical and psychological, mental and emotional changes.

SELF-ESTEEM

Self-esteem refers to the way one values or feels about oneself. It is the confidence that one has in oneself and appreciation of one's worth. We create a picture of ourselves through among others things, feedback from other people and expectations of the society. When we create a good picture of ourselves, we feel good about ourselves then we can say that our self-esteem is high. When, on the other hand, we create a bad picture of ourselves, we do not feel good about ourselves then we have low self-esteem.

Factors that lower self-esteem

➢ Lack of recognition by peers and others

➢ Poor upbringing

➢ Negative comments or feedback

➢ Lack of self-confidence

➢ Rejection by peers

Factors that can raise self-esteem

➢ Positive comments

➢ Recognition of one's uniqueness

➢ Recognition of one's achievements

➢ Acceptance from others

➢ Self-confidence

Characteristics of low self-esteem

A person with low self-esteem shows the following characteristics:

➢ Laziness

➢ Aggressiveness

➢ Anger

➢ Depression

➢ Boredom

➢ Withdraw

➢ Negative attitudes

➢ Uncaring

➢ Irresponsibility

➢ Pessimism

Characteristics of high self-esteem

Person with high self-esteem shows the following characteristics

- Enthusiasm
- Ambition
- Optimism

- Cooperation
- Respect for self and others

- Kindness
- Sense of humour and responsibility

Effects of low self-esteem

Some of the negative effects of low self-esteem on schooling are:

- Poor performance
- Indiscipline conducts at school
- Conflicts and succumbing to peer pressure in relationships
- Low productivity due to laziness at work

Importance of high self-esteem

High self-esteem can result in

- Good performance
- Hard work
- Self-confidence
- High productivity
- Successful relationships

Building self-esteem

The following are ways of raising one's self-esteem

- Knowing that each of us is special and unique
- Avoiding feeling guilty every time you make a mistake
- Believing that you can achieve every time you make a mistake
- Listening to each other and valuing the words we each say

- ➢ Accepting each other

- ➢ Saying good things about ourselves and others

- ➢ Developing a positive attitude to our problems

- ➢ Telling each other when we have done well things we like about each other and our strengths

- ➢ Encouraging people to praise us by praising them

STRESS AND ANXIETY

CHAPTER

Stress refers to the body's physical, mental and chemical reaction to things around it. It can also be said to be an individual's reaction to events and pressure which perceive to be a threat in his or her life. Some of these threats to an individual's life may include:

- ➢ Long range security

- ➢ Reputation

- ➢ Immediate physical safety

- ➢ Peace of mind and other things that one values

- • **Eustress** is a good stress

- • **Distress** is a bad stress

Anxiety on the other hand refers to uneasy feeling about something. The physical and mental demands are called **stressors.** This implies that stressors are things that cause stress. There are two types of stressors namely:

1. **Physical stressors**: These includes: hunger, thirsty, cold, feeling of tired etc

2. **Mental or emotional stressors**: These include: worry about examinations; money; poor healthy; problems in relationships

Situations that may lead to stress and anxiety

Some of the situation that may lead to stress and anxiety are:

- ➢ Child abuse

- ➢ Poor relationship

- ➢ Overcrowding

- ➢ Poor or unsafe working condition

- ➢ Too much or too little responsibilities

- ➢ Death of the loved one

- ➢ Social isolation

- ➢ Academic failure

- ➢ Rejections

- ➢ Overworking

- ➢ Unemployment
- ➢ Interviews
- ➢ Family problems

- ➢ Insecurity
- ➢ Lack of promotions
- ➢ Not having money

- ➢ Inability to bear children
- ➢ Starting or leaving school

NOTE: Events and situation which may cause stress and anxiety in one person may not necessarily have the same effect on another.

Table below shows some general warning signs of stress

PHYSICAL SYMPOTOMS	EMOTIONAL	MENTAL	RELATIONAL	SPIRITUAL
• High blood pressure • Lack of appetite • Tension • Fatigue • Insomnia • Teeth grinding • Pounding heart • Increased alcohol • Drug and tobacco use	• Anxiety • Frustrations • Mood swings • Bad temper • Depression • Worrying • panic	• forgetfulness • poor concentration • negative attitude • confusion • boredom • negative self-talk • irrational thought • cannot relax	• isolation • loneliness • intolerance • resentment • distrust • fewer contact with people • lack of intimacy	• Emptiness • Loss of meaning • Unforgiving • Loss of direction • Hopelessness • Looking for magic • Confusion of values • apathy

Effects of stress and anxiety

Some can have good effects. For example, stress can provide someone with energy to get things done

On the other hand, stress has the following negative effects:

- May cause some health problems such as mental anxiety, depression, heart failure, high blood pressure and ulcers

- Lead to anti-social behavior such as shoplifting, child beating drug and substance abuse alcoholism, delinquency violence and even suicide.

Ways of managing stress and anxiety

- Having enough time to rest (relaxing properly, mentally and physically)

- Playing games

- Seeking counseling

- Jogging and listening to music

- Watching sporting activities

- Talking to friends, parents teachers or adults

- Doing physical exercises

- Eating well

- Sleeping well

- Having a positive attitude to your problem

REMEMBER "a problem shared is half-solved"

 # LEADERSHIP IN A DEMOCRATIC SOCIERTY

Democracy is a system of government that is run by people's representatives who are regularly. It is said to be the government of the people for the people by the people.

Both leaders and the citizens have their own role to play in a democratic society. A democratic society is run based on the following values:

1. Participation
2. Rule of law
3. Accountability

Some examples of leaders that are elected are: mayors/mayo, president, members of parliament (MPs) and ward counselors.

Roles of leaders and citizens in a democratic society

Roles are different functions one plays in a democratic society. The society can be: at home, church, school, mosque or a community. Related to role is status. Statuses are different positions of importance one holds in a society at different times as one grows up. You may wish to know that one can have a high or low status in the society. For example A Traditional Authority (T/A) has a high status than a Group Village Head. Leaders and citizens have different but complementing roles to play in a democratic society. The following are some of the roles different leaders in a society

POSITION/STATUS	RENSIPONSIBILITIES/ROLES/DUTIES
Member of Parliament (MP)	• making laws of the parliament
Ward counselors	• initiating development at a local level
Citizens	Responsibilities: • obeying the laws • participating in development activities Duties: • paying tax

Leaders in general run the government on behalf of the people to promote the economic, social, and political interests of the citizens

Qualities of a good leader

As voters or potential voters, you need to know the qualities of leaders who can govern in the interests of the people and nation. Good leaders should be

- honest
- transparent
- impartial
- tolerance
- accountable
- humble

Problems associated with democracy

The problems of democracy arise from the misunderstanding of the concept of democracy. Some perceive democracy as granting them a license to break the law by doing whatever they wish to do. Some young people involve themselves in bad habits or behavior like smocking "*chamba*" and alcohol abuse under the excuse of democracy. Many students burn school properties, citizens being involved in vandalism, engaging in delinquent behavior, violating other people's rights in the name of democracy. NOTE: All these problems of democracy can be solved by among other things intensive civic education to people.

MORALITY IN THE SOCIETY

Some of the important terms under this topic are listed below:

Morality: is the belief that certain behaviours or conducts are either good or bad

Morals: these are principles or standards of right conducts or behavior

Immoral: this simply means bad conducts or behavior

Values:

- these are things one consider of great importance

- ideas or concepts which a person considers important

- convictions, interests, attitudes and behaviours that enables one to judge a situation as good or bad

Ethics: these are morals or rules that guide how people behave

Core values and ethics of Malawian society

The Malawian society provides a code of acceptable core values and ethics by which people should live. Some of these core values include

- respect for life and human dignity

- respect for leaders and elders

- respect for woman

- humility

- honesty

- obedience

- diligence

- generosity

- love

- cooperation

- trustworthiness

- unity

These ethical values are initiated into young people so that they can develop moral uprightness

for a health society. Some of the ethical values carry the themes such as:

- ➢ good and evil

- ➢ justice and unfair

- ➢ modesty and boastfulness

- ➢ obedience and indiscipline

Factors affecting core values and ethics

The following factors can negatively or positively affect or influence moral and ethical values of an individual in particular

- • level of education

- • association with peers

- • the community in which one is brought up

- • type of government and its laws

- • types of family

Sources of morals and values

Morals and values originate from family, school and the entre society. These morals and values undergo a continuous change because of several factors some of which may include:

- • interaction between and among people at school; social gatherings; media; and religious institutions

The common types of morals and values

The following are types of morals and values and their importance in everyday life

Integrity: this simply means one should be honest and have very strong principles of morals. A person with integrity is not easily corrupted and cannot be moved by peer pressure

Fortitude: this is the ability to stick to one's convictions or values. Such people are not easily moved by emotions or appearances or sweet words.

Prudence: this is the ability to apply wisdom to practice matters. One needs to use this in order to avoid risks. The application of prudence in one's life helps one to make informed choices and sensible decisions

Humility: it simply means the thinking that other people are as importance as oneself. This helps one to associate well with others in any society.

Honesty: this is the ability to tell truth, not to steal or cheat in any circumstances. This is a sign of righteousness which is encouraged at worship places.

Dilution and erosion of values and ethics in the society

This refers to the moral degradation. Moral decay can be manifested through many ways some of which may include

- crime
- rape
- vandalism in school &home
- theft
- drug and substance abuse
- corrupt practices
- murder
- violence

Solutions to dilution and erosion of values and ethics

Some of the solutions are:

- practicing self-control
- practicing self-discipline
- assertiveness
- refraining from all immoral behaviours

Situations of moral and ethical dilemmas

A situation a person has to choose only one competing alternative is referred to as a moral or ethical dilemma.

Consider the following situation: If you saw your father cutting telephone wire (or a telephone pole). What would you do?

a) Ignore him

b) Try to get him to stop

c) Report him to police

Referring to the situation above, the differences in the choices may be based human needs and their understanding of nature of the world and the place of human kind within it. Sometimes moral dilemmas reflect differences of culture rather than religious beliefs as such.

Moral decadence in the society

Moral decadence means the going down of moral standards. When citizens of a country are doing wicked things, such malpractice may lead to moral decay

Causes of moral decadence in the society

Some of the causes of moral decadence in the society are

- Lack of parental guidance

- Misunderstanding of democracy

- Drugs and substance abuse

- Lack of respect for oneself and others

- Poverty

- Peer pressure

Effects of moral decadence

• Conflicts	• Robbery	• Nepotism
• Corruption	• Poverty	• death
• Imprisonment	• Illiteracy	

Effects of peer pressure on morality in the society

Peer pressure can have both negative and positive effects. However, most of the peer pressure negatively affects morality in the society. Some of the effects are:

• violence and delinquency among youth	• cheating in examination	• robbery
• vandalism	• rape	• sexual abuse
• riots	• teasing and bullying	• fraud
	• corruption	

Ways of improving morals in the society

Morality in the society can be improved among the following ways:

- learn to live by good moral standards

- be role model of your society

- learn to respect life and other people's property

- practice self-control

- through civic education

- parental guidance

- respect for the rule of law

- be assertive and resist to negative peer pressure

- peaceful conflict resolution

SOCIAL RESPONSIBILITIES

Social responsibilities are responsibilities or activities that people in the society do for the benefit of others. Such responsibilities may include:

- caring for the needy people

- sharing material, financial and human resources

- providing guidance and counseling

It is of great importance to see women and men, boys and girls participating equally in the social activities to ensure gender equity

Importance of social responsibilities

- promote cooperation among members of the community

- enables people to get the help they need from others

- promote unity among members of the community

Needy people

There are different types of needy people in the society. These are

- People living with HIV/AIDS

- The aged

- The orphans

- The poor

- The physically challenged

These are groups of people that feel marginalized due to various reasons. This people need assistance of those who are privileged (those who are well-to-do). This is a gesture that is encouraged in different religious and faith groups worldwide. Even God encouraged the spirit of giving. The origin of such a gesture started with God when He gave life freely to all living things. Therefore, as His created beings we also have to take that example of giving others whatever we have.

NB: "There is no receiving without giving"

Helping for needy people

Needs of the needy people are love, food, shelter and other forms of physical spiritual and emotional support. The following are some of the role and responsibilities that the community can do to support persons with HIV/AIDS; the orphans; the aged; the poor and the physically challenged:

- providing guidance and counseling

- providing care and support

- showing love

- consoling the grieved

- setting good examples for others to emulate

- promoting effective communication

- acceptance

- providing material support

The life skills required for one to help the less privileged people in the community are:

➢ empathy

➢ justice

➢ fairness

➢ humility and

➢ critical thinking

ACCESS TO SOCIAL SERVICES

Social services: these are public structures that are provided to people in the community in order to improve their life. These services meet the people's social, religious, health and educational needs.

Social services vary from one community to community depending on the social-economic status and needs of the people in the community. Some of the basic social services are health centre, schools and markets. Other examples of social services include;

- religious institutions

- community centre

- police unit or stations

- post office

- kiosks

- Hospitals, just to mention a few.

Social service providers

The social services are provided by

➢ The government

➢ Religious and other non-government organizations

➢ The community members themselves

The importance of social services

- Provide channel of communication e.g. post offices

- Provide good health e.g. health centre and hospitals

- Provide health education and counseling e.g. hospitals

- Provide education e.g. schools

- Provide security e.g. police stations

- Provide edutainment e.g. community centre

- Provide sexual and reproductive health services e.g. health centre

- Promote tolerance and empathy in the community e.g. community centre

Personal responsibilities in social services

Every member of the community is a beneficially of the social services available in the community. It is therefore important for every individual to take care of the available social services to ensure their sustainability.

COMMUNICATION IN THE GLOBAL VILLAGE

"Communication in the global village" is a phrase that can be used to refer to the interactions that take place among various communities in the world through the various modes of forms of communication like newspapers, magazines, radios, telephone etc

Physical distance does not deter people from talking, sharing views and interest with others. When this happens, the world becomes like a small place like a village hence the phrase global village.

Technological advances in the communication has enables people to ex-change ideas, spread ideas, react to global news and involve people in making decisions

Forms/modes of communication in the global village

There are various modes of conveying and receiving information. Today the following modes of communication have enhanced communication in the global village.

1. **Newspapers**

   - This is a publication containing news of current affairs editorials, informative articles, entertainment, advertisements, sports and obituaries.

   - They are mostly printed on cheap papers to make it affordable to as many people as possible. They are either printed daily or weekly.

2. **Magazines**

   - These are also publications that contain a collection of articles poems pictures and advertisements. There are different types of magazines published for particular leaders. For example fashion, student, business, science and sport magazines.

3. **Radio**

   - This is an electronic device that is used for listening to broadcasts from radio stations

4. **Telephone or cell phone**

   - A telephone is a telecommunication device that transmits and receives sound over a distance. Mobile phones transmit messages from one phone to another. A mobile has extra features such as messaging, internet, cameras and games.

5. **Video cassette**

   - This is electric equipment that is used to record and play television programs of films. It is usually connected to a television set for it to function. However, in modern days a compact disc (also known as CD) is mostly used. It was first used for recording sound to replace the audio cassette. A DVD (Digital Versatile

Disc) was formally known as Digital Video Disc. This term was later dropped as the device proved to have more use than storage capacity for digital data than a CD. A DVD can be used for recording or storing films, sound and other forms of data.

6. Television

- A television set is an electric device which receives electrical signals and transforms them into moving images and sound. These signals are relayed via television stations

7. E-mail

- E-mail stands for electric mail. This is a method of exchanging messages from one person to another. E-mail operates across a network of computers or what is referred to as internet. For one to e-mail, one must have an e-mail address to enable one send and receive messages from users.

Importance of the modes of communication

- ➢ Newspapers and magazines enables readers to be informed and be educated about what is happening round the world

- ➢ Newspapers and magazines keep records of important events and can therefore be used as reference materials

- ➢ The various modes of communication can be used to promote the economy through advertisement.

- ➢ Reading Newspapers and magazines promote skills such as literacy, critical thinking, creativity and numeracy skills.

- ➢ They are sources of entertainment for users

- ➢ They improve social interactions in the family or in other social setups.

Problems associated with these modes of communication

- ➢ Most forms of communication are only useful to those who know how to read, write and are digitally literate

- ➢ They can be used to spread malicious rumours that can initiate hatred and violence

- ➢ These modes of communication are not affordable to all. They are expensive

> ➢ Many hours can be misused when people get addicted to watching television or movies

> ➢ Some of the modes of communication contain sexual materials and violence that destroy or interfere with moral and spiritual growth of the people

Possible solutions to the problems associated with modes of communication

> ➢ Formal education in schools must be compulsory to enables learners acquire knowledge and skills in order to cope with the demands in the global world

> ➢ Computer lessons should be introduced in both primary and secondary schools

> ➢ Parents and guardians should protect their children from reading, listening and watching materials that are harmful

> ➢ The government should censor publications and programs that are harmful to the audience

THE MEDIA

A. THE MEDIA

Media are categorized as

1. Print media

2. Electronic media

1. Print media

Examples of print media include newspapers, magazines, posters novels etc.

Advantages of print media over electronic media

- They keep records of important event for a long period of time and can therefore be used as reference

- Most of them are made up of cheap papers to make them affordable

- Promote reading skills

Disadvantages of print media

- It has a narrow audience as most of people are illiterate

- They cannot easily be accessed by people in remote areas

- They can easily be affected by bad weather such as rain

2. Electronic media

Examples of electronic media include television, videos, E-mails, radios etc

Advantages of electronic media over print media

- It has wider audience e.g. radios

- Can be used by people who are illiterate

- Most of them are more entertaining as compared to print media e.g. television, video and radio programs

- They can be accessed by even in rural areas

Disadvantages of electronic media

- Needs electrical energy for them to operate

- Most of them are expensive

- Some of the electronic media require skills for one to operate

Importance and impact of media

Media promote social-economic development of the country through

1. Provide people with access to information, knowledge and different skills

2. Media entertain and educate people

3. Provide and promote good governance

4. It is a channel of communication for the flow of ideas from leaders to people and carries the voice of people back to government

Bias in different types of media

To be biased is to favour one thing over another

1. bias by story selection

This is when the media outlet selects a story from one group and leaves a story from

another yet both have the same issues to be aired out.

2. **bias by selection of sources**

   This is when the media outlet makes reference to more sources of information to support one point of view over the other.

3. **advertising**

   Media advertisement creates a bias mainly on a particular aspect of products or services that they intend to use to attract consumers. They usually do not mention other aspects of the same product that could be harmful. Consider the following examples of advertisement:

   a. "Drink GT beer and feel better"

   b. " buy a cigarette, smock and enjoy life"

In all the examples, there is no mentioning of the negative aspects attached to the products

such as "*Don't drink and drive*" and "*kusuta kukhoza kuwononga moyo*" respectively.

Effects of bias in the media

1. **undue influence**

   Some media can negatively influence the consumers to engage in unbecoming behaviours

2. **conflicts**

   Some media broadcasts facilitates the political tension or conflict in the country

3. **misinforming**

   Some media bias leads to inaccurate reporting or coverage of some events at expense of others

Practical solutions to bias in the media

1. **critical thinking**

   A person who analyses the messages and separate truth from lies can consequently make a wise judgment.

2. **proper training of media personnel**

   When media personnel are properly trained they will carry out their work properly.

Policy guidelines in the media

Like other professionals, the journalists pledge to abide by a special code of conduct. The Media Council of Malawi, among other its functions was established to enforce this code of ethics. Journalists need to undergo training to develop professionally and report in a balanced manner.

B. FREEDOM OF EXPRESSION

Freedom of expression is one of the basic human rights which is enriched in the Malawian Republic constitution. It provides that people are free to speak and write on matters which affect their lives on the nation

Importance of freedom of expression

1. provide people with chance to criticize freely and speak on government policies that affect their lives

2. it helps to spread information on matters of local and national importance

3. it promote good government

Freedom of expression is an important aspect of a democratic society it involves people airing out their views freely on matters affecting them and the country. Freedom of expression takes the form of speech and writing.

Problems associated with freedom of expression

1. some people misuse it to deliberately achieve their objectives

2. some media houses spread false stories or rumours about some personalities in the name of freedom of expression

3. some media houses are sued for malicious damage

4. high increase in cases where journalists are being arrested and imprisoned for exercising this freedom

5. incurring the wrath of some political or government authority

 CHAPTER

CULTURAL PRACTICES

AND HIV AND AIDS

Culture: Culture may be defined as the skills or arts of a given group of people in a given period. It may also look at as a way of life of the people.

Cultural practices

These are things that are practiced in a particular culture. Cultural practices can have good or bad effects on different people in the community.

Harmful cultural practices

1. **Fisi (hyena)**

   The fisi is a man from the village who is given a role of sleeping with young girls as a part of their initiation into womanhood.

2. **Death cleansing (kulowakufa)**

   In other cultures, when a man dies, a brother is supposed to have sexual intercourse with the widow to stop evil spirits from haunting the family and relatives. This is widely practiced in the Shire valley particularly in Nsanje and Chikwawa.

3. **Widow inheritance (chokolo)**

   This is a practice which happens when a widow is inherited as a wife by a relative of

the late husband. It is a common practice in Northern part of Malawi.

4. Kusasa/kuchotsafumbi

In some communities when a girl undergoes an initiation ceremony after her first menstruation, she is given pieces of advice on how to look after herself. At the end of the ceremony, a man is hired to have sexual intercourse with the girl to prove that she is sexually mature.

5. Chimwanamayi (sex orgies)

This is a practice done by married men who swap or exchange wives and have sexual intercourse with each other's spouse.

6. Mitala (polygamy)

This is a form of polygamous marriage. It is when a man has more than one wife.

7. Male/female circumcision

All these practices can promote the spread of HIV and AIDS. HIV can be transmitted from one person to another during sexual intercourse if the other partner is infected. Male and female circumcision on the other hand can also promote the spread of HIV and AIDS if the same instrument is used for different people.

Helpful cultural practices

There are some cultural practices that help in HIV and AIDS prevention. These practices include abstinence, delaying sexual intercourse or maintaining virginity before marriage.

Negative effects of foreign culture and technologies (TV &video) on indigenous cultural and traditional practices

Foreign culture refers to the practices, values, beliefs, attitudes and lifestyles from outside Africa. Most of these are from Western culture. Some of these effects of foreign culture are:

1. Moral decay

- Increased conflicts between young and old generations, parents and children. This is partly due to misinterpretation of democracy and human rights

- Individualism and greed for money and wealth have weakened African values of fairness, generosity and honesty hence increased cases of robbery, murder and prostitution.

- Violence and conflicts from TV and Video movies or programs may influence some people's attitude to behave the same way.

- Some western styles of dressing and fashion have led to indecency especially among the youth who embrace them without critical thinking.

2. Erosion of culture and tradition

The institution of marriage which was traditionally valued as a life-long and communal affair has been weakened by behaviours and attitudes from the west

- Television advertisements on cigarette smoking and alcohol consumption have misled some young people into drug and substance abuse.

Practical solution to negative influence of foreign culture and technology

1. Critical thinking

This will enable one to weigh good and bad effects of foreign cultures and values such as individualism and pornography.

2. Assertiveness

Application of assertiveness enables one to resist the pressure from foreign technology and culture.

3. Censorship

Censorship is a deliberate removal of offensive or unsuitable slides or sections or a presentation in any form of media. The censorship board has the responsibility to do this work.

Impact of HIV and AIDS on the nation and the world

1. Increased health expenditures

Most of the financial resources which could have been invested in other sectors or areas of development is spent on managing the disease.

2. Shortage of trained medical personnel and health workers

There is shortage of trained medical personnel to meet the demand for HIV testing and to administer medication

3. Reduced economic productivity

Due to recurrent sickness and absenteeism from work, people living with HIV and AIDS

cannot work all the time, hence economic suffer.

4. Loss of human resources or labour

Increased deaths due to HIV and AIDS related illness has caused many deaths of young and productive people, leading to reduction in the labour force.

5. Increased number of HIV and AIDS orphans

Many children have been orphaned by HIV and AIDS. Some of the orphans are living with HIV and AIDS.

6. Failure to continue with education

Some of the sick are unable to continue with their education while others die eventually.

Ways of alleviating the impact of HIV and AIDS on the nation and world

1. Language

HIV and AID messages should be communicated in a language that is acceptable and can be understood by the people targeted in different countries.

2. Culture

The Malawian government should intensify efforts to address cultural practices that promote the spread of HIV and AIDS such as initiation ceremonies.

3. Music and dance

Music and dance are powerful tools for HIV and AIDS awareness campaign. They usually go together. These activities should be used to attract people to voluntary counseling and testing centre (VCTs) in an effort to prevent the spread of HIV and AIDS.

Importance of critical thinking before adopting foreign culture and technology

Critical thinking is the ability to analyse the information. It is important because

- It enables one to make informed decisions

- One is able to analyse the situation he or she is facing and weigh the consequences first before making a decision

- It enables a person to solve dilemmas related to foreign cultural and technological influences that they face in daily life.

- It gives one an opportunity to think over their personal values and build them to become stronger

- It enables one to resist bad influence and risky behavior hence lead to a healthy life.

RESOURCE MANAGEMENT

There are many resources in our country. They include human, financial and natural resources. These are materials, skills or assets that are used to satisfy human needs. Resource management deals with the controlling and utilization of these resources in an effective manner.

Resources managed nationally and internationally

1. ### Finances:

   The government collects revenue through taxation and levying of tariffs on goods. Malawi also receives financial aid and grants from United States of America through USAID and United Nations Agencies like United Nations Development Programme, (UNDP), and World Food Programme (WFP) among others.

2. ### Water resources

   Water is used for domestic purposes, irrigation, hydropower, industrial, navigation, fisheries and tourism.

3. ### Electricity

   Malawi's electricity is provided by hydropower from Shire River.

4. ### Transportation

   Malawi is a land-locked country and it depends on the following forms of transport:

   - Lake Malawi and Shire River as the main water ways.

   - There are many airports in Malawi i.e.at Chileka, Lilongwe, Chitipa, Dwangwa and Mangochi. There is also railway system that links several towns.

Organisations which manage resources on national and international level

1. ### Ministries

   In Malawi ministries manage resources at a national level. The ministry of Natural Resources is given the responsibility of managing forests. Some water bodies like oceans are managed at international level.

2. ### Government department

   These are offices that work together with other government ministries.

Resources managed by Organisations.

- The ministry of finance in conjunction with other government ministries manage the financial resources

- Natural Resources are managed by different statutory boards and material resources like soil, crops and minerals are managed by the ministry of Agriculture and food security

Mismanagement of resources

1. **Bribery and corruption**

   Bribery involves giving money, materials, goods and services to influence another person to give a favour. It is a form of corruption.

   Corruption on the other hand is an act of using one's influence in a way that is not acceptable in the society.

2. **Fraud**

   This is a crime of deceiving people in order to get money. Many people are tempted to steal money from government offices by giving false information.

3. **Misallocation of funds**

   Misallocation happens when funds or services are set aside for undeserving projects.

4. **Over allocation of funds**

   Sometimes more funds can be set for projects that do not require funding.

5. **Misuse of the resources**

   This is when the resources are not put to proper use.

6. **Over use of resources**

Effects of mismanaging resources properly

1. Proper allocation of funds

2. Controlling the resources by planning, organizing and directing the use of the resources

3. Setting of ant-corruption bureau

4. Auditing will also help to examine the account of each ministry

5. There must be openness or transparence in the managing of the resources.

6. Reusing and recycling

7. Use of alternative resources

CONFLICT RESOLUTION

A conflict is a disagreement between two or more people. Conflicts are part of every person's experience. Sometimes the conflicts turn into open arguments and fights. At other times, there is an atmosphere of unspoken dissatisfaction and tension. Conflict can occur between family members, at school and other places where people gather.

Causes of conflicts

In the family

1. **Drug and substance abuse**

An alcoholic parent or children can squander family resources thereby provoking anger from other family members.

2. **Negative peer influence**

   This happen when parents run into conflicts with their children especially teenagers when the children get into bad habits due to bad company despite the parent objections

3. **Career choice**

   This happens when parents make very high and unrealistic demands on their children forcing them to take careers they are not interested in.

4. **Media influence**

   Children can run into conflicts with their parents due to negative media influence which may cause them to be violent, rude or disrespectful.

5. **Indecent dressing by children**

   Parents and children can disagree over dressing, such as when teenagers want to be free to wear clothes that expose their bodies

6. **Favouritism.**

   Some parents discriminate against some children causing resentment

7. **Generation gap**

   This is the gap between the old and young generation due to differences in values and beliefs.

8. **Poverty inheritance**

   Children may fight over property left behind by parents especially if there was no will.

9. **Poverty**

   Can leads to disagreement when the family cannot provide basic needs its members.

10. **HIV and AIDS**

    This can be a source of tension between spouses when they accuse each other of extra marital affairs and other risky behaviours that can cause infection.

11. Lack of infective communication

Can leads to mistrust and accumulated anger among family members.

12. Ideological differences.

This is when family members have different opinions over an issue in the family.

Effects of resolving conflicts

- Leads to fighting and even wars at both national and international levels

- Broken relationships such as between parents leading to family instability and loss of friends.

- Drug and substance abuse, whereby one may turn to alcohol and other drugs to escape frustrations.

- Truancy and dropping out of school in a case of a student who cannot cope with roles.

- Early marriages by girls to escape domestic violence in her family.

- Abuse of child rights in the case of violent parents.

- Stress, depression and other psychological disorders.

- Death due to suicide, murder or when parties fail to resolve their conflict.

- Poor development by the conflicting parties.

Possible ways of resolving conflicts

The following are peaceful ways of resolving conflicts;

1. Negotiation

This is where a person involved in a conflict meets and talk about and work together to reach a satisfactory agreement on the problem.

2. Mediation

This involves a third party known as mediator , who takes a neutral position and tries to help the conflicting parties to reach an agreement. The mediator listens to each parties side of the story before settling the dispute.

3. Aggression/fighting

The parties in conflict resort to physical confrontation out of anger.

4. Compromise

This involves giving in without a struggle, thereby sacrificing one's own needs even when they are legitimate.

5. Arbitration

In this case, the arbitrator acts like a judge. After listening to both parties, the arbitrator makes the final decision.

6. Withdrawal / avoidance

A person in this case refuses to confront a situation of conflict because he /she is unable to express their feelings or thoughts.

7. Use of courts and sections

8. Peace keeping forces

9. Enforcing laws and setting rules and regulations

10. Dialogue

Importance of resolving conflicts peacefully

1. Promote better quality of relationships such as negotiation when parties talk and agree.

2. Medication allows each party a chance to express their feelings and thoughts freely and accept their differences.

3. Negotiations encourage one to be tolerant and patient with the other person.

4. Promote justice and fairness as parties arrive at mutually amicable agreements.

5. Encourages the mediator to respect and accommodate differences in other peoples' views, values, and opinions and treat them with dignity.

6. Encourage intellectual and personal growth.

Disadvantages of some ways of resolving conflicts

1. Negotiation can ignore one party and make people angry and resentful if they feel the judgment is unfair.

2. Negotiation can leave the other party unhappy after the settlement, if one party

unhappy had to make a compromise on behalf of the other. (Usually referred to as the win-lose approach)

3. Fighting and other acts of aggressive are destructive, leading to loss life and property. The conflict may remain unresolved and relationships strained.

4. Withdraw and compromise may leave the parties dissatisfied.

5. The party that withdraws and submits does not exercise the skill of assertiveness which is necessary in dealing with some situation.

6. Some ways of conflict resolution stifle intellectual and personal growth, creativity, decision making and problem solving skills.

INTERPERSONAL RELATIONSHIPS

Problems in boy- girl relationships

Some of the problems facing boy – girl relationship includes:

1. **Early sex:** This occurs when a boy and a girl are attracted to each other and are not able to control their sexual desires.

2. **Unplanned pregnancies**: A live relationship between a boy and girl can result in unplanned pregnancy due to early sex.

3. **Abortion:** Due to unplanned pregnancy, girls may resort to abortion which can interfere

with their health.

4. **Stress:** when a boy and a girl relationship is strained it can cause them stress.

5. **Early marriage:** friendship between a boy and a girl can lead to early marriage even when they are not mature enough to raise a family.

6. **Conflicts with parents:** This can happen when a boy and girl are obsessed with their love relationship such that they ignore parental advice and academic in school.

7. **Dropping out of school:** Boy and girl relationship usually take much of their energy and time, such that they may become truants and drop out of school eventually.

8. **Diseases:** Sexually transmitted diseases can be acquired if boys and girls are sexually active. These diseases may cause health complications and death.

Possible solutions to the problems in a boy-girl relationship

1. Life skills education should be provided to boys and girls from early childhood to equip them with skills for coping with their physical and emotional changes.

2. Boys and girls should exercise self – respect and respect for one another so as to set boundaries in their relationships.

3. Acquisition of effective decision making and problem- solving skills.

4. Setting personal goals and targets in schools and commit oneself to pursue them help to avoid unplanned pregnancies early marriages and dropping out of school.

5. Seeking guidance and counseling to help them deal with their challenges.

6. Resisting negative peer pressure.

7. Avoid spending too much time alone as this increases their chance to focus in sex.

Qualities of a partner one would like to marry

When choosing a partner, people loose for a good girl or boy who has desirable qualities that will enhance stability in their families. Some of these qualities are:

- **Loving**: A loving person who care for others welfare

- **Honesty:** One who is trustworthy and who tells the truth

- **Respect:** A person who values other and treats them with courtesy. This starts with self respect

- **Self –confidence**: One who values himself or herself , hence can depend their rights

- **Humidity:** A partner who does not take himself or herself to be superior or above others

- **Generosity**: One who is ready to share ideas and give material support to friends and others

- **Responsible:** A partner who can make decisions and is ready to held accountable for their choices

- **Wisdom:** One who has the ability to weigh situations and make judgement that satisfy different parties involved, like in settling disputes

- **Hardworking**: One who can use their energy and abilities productively for their own and other peoples benefit

- **Assertive:** A partner who is courageous enough to face challenges and pursue their goals while respecting other people of the same time.

- **Physically attractive**: One who has the physically qualities that you admire

Qualities of a partner one would not like to marry

1. **Laziness**: One who is always looking for excuse to avoid work, hence cannot accomplish even simple tasks at home

2. **Aggressiveness**: A person who always wants to confront other to fight or use violence to resolve conflicts

3. **A gossiper**: A person who talks loosely, and can spread false or malicious rumours this creating animosity and conflicts among people

4. **Dishonesty**: One, who tells lies, does not value truth, hence can even steal. A dishonest person has no integrity and is liable to corruption

5. **Selfishness**; A selfish man or woman wants things for himself or herself and does not care about the interests and feelings of others

6. **Rudeness**: A stubborn person cannot listen to advice from anybody. They will always refuse to obey instructions from those above them.

7. **Arrogance**: one would not like to marry a partner who feels proud and talks as if other people are useless or do not matter

GROWTH AND DEVELOPMENT

CHAPTER

In chapter 1, growth has been defined as an increase in quantity such as size, weight, height etc while development has been defined as the change in form and functions. As people grow, they pass through various stages of life. One of the stages is teenager which ranges from age thirteen to nineteen years. Teenagers are adolescents. There are many problems that are associated with teenagers.

Sexually problems associated with teenage

1. **Early sex**

   Most teenagers lack the will power to make the right decision to control their emotions so to abstain from sex until marriage.

2. **Unplanned pregnancies**

   Unplanned pregnancies are problems to teenagers because they are forced to become parents pre-maturely.

3. **Abortion**

   Some teenagers who get unplanned pregnancies complicate their situation by choosing to abort. This worsens their situation due to feelings of guilt and stress because they know they have killed an innocent baby. They could also die in the process.

4. **Early marriages**

   This may be due to teenage pregnancy. Some parents also force their daughters to marry in order to acquire bride wealth or to be recognized especially if the girl is getting married to a famous family.

5. **Family planning**

Family planning is intended for married couples who have families. Some teenagers use contraceptives to prevent pregnancy thereby inter-fearing with their health. In addition, some family planning methods may only prevent pregnancy but not sexually transmitted infections.

Reasons for susceptibility to sexuality problems

Susceptibility means being likely to be influenced or harmed by a particular thing. There are factors which make teenagers more vulnerable. These factors are: emotional or cognitive changes, and social changes.

1. Emotional or cognitive changes

Adolescents experience changes that affect their emotions and minds for example, they may experience emotional attraction to the opposite sex, become self-conscious about their appearance and even become rebellious to the authority just to mention a few. There are examples of cognitive changes.

2. Physical changes

When a teenage boy or girl experience physical changes, he/she thinks that he/she is an adult. They also decide to engage in early sex.

3. Social changes

Teenagers want to interact more with their peers. They are more ready to confide in their peers. This makes them susceptible to negative peer pressure and wrong choices such as abortion.

Effects of sexually problems on teenagers

Sexually problems affect teenagers in the following ways:

1. Unplanned pregnancies which result from early sex and failure by teenagers to make the right decisions.

2. Abortions, which result from unplanned pregnancies

3. School drop outs due to unplanned pregnancies, abortion and early marriage

4. Early marriage resulting from early sex and unplanned pregnancies

5. Sexually transmitted infections(STIs) and HIV infection

6. Low self-esteem as a result of abortion or teenage pregnancy.

7. Decline in academic performance due to emotional and psychological problems associated with abortion and sexual encounters, such as feeling shame, guilty and low

self-worth.

8. One may commit suicide due to low self-esteem, stress and abortion.

9. Stress and depression as a result of regrets from early sexual activity.

Possible solution to sexually problems

1. Making wise decisions

2. Learn to resist negative peer pressure to avoid habits that can lead to sexually problems.

3. Avoid bad company

4. Practice skills that will enable them cope with strong emotional changes during adolescence

5. Effective time management will enable one to be focused and avoid time wastage.

6. Set goals and targets to give them direction in life

7. Practicing self-awareness enables one to prevent problems by accepting oneself and upholding personal principles and values of integrity, self-respect and self-control

8. Seeking guidance and counseling

9. Proper use of leisure time by engaging in healthy activities such as physical activities and sports.

EMPATHY AND TOLERANCE

A. EMPATHY AND TOLERANCE:

The global village

This is a phrase that refers to how the whole world has been interconnected. It has shrunk into a small place like a village through technological advancements. In a global village, people over the world share their ideas, opinions and even culture. Sometimes, people may not agree with other people's opinions and for the sake of peace, skills like *empathy* and *tolerance* are important.

Empathy is the ability to identify and share someone else's feelings by imagining what it would be like to be in their situation.

Tolerance is the ability to accept other people's view.

Areas or situations which require tolerance and empathy in the global village

1. **Language:**

   This is an important tool of communication. It can be used to bring peace of conflict. People should therefore learn to use language that cannot cause conflict in any gatherings.

2. **Culture:**

   Culture is the people's way of life. It varies from one community to another and people may not always agree with the culture of others. Therefore, to live harmoniously people need to accept each other's culture.

3. **Music:**

   Not everyone may enjoy the people's taste in music. It is therefore important to be sensitive to other s and learn to live with them.

4. **Dance:**

   Some people like traditional African dance while others like modern styles of dancing. Empathy and tolerance are therefore vital skills in understanding people's views on dancing.

5. **Education:**

   A class may have fast learners, slow learners and average learners. It may also have learners from well-to-do families while some learners may be from poor families. Others may be physically challenged while some may not form of any disability. In all the cases, one must be empathetic and sensitive to the needs of others and hence reacts compassionately.

6. **Religion:**

   Different religions have different doctrines or teachings. Some religions differ in many ways; the followers in the religions may as well disagree in some aspects. The skill of empathy and tolerance is vital to get rid of tension that can exist

among people of different religions.

Importance of tolerance and empathy in the global village

1. These skills foster cooperation and unity among the various communities in the global village

2. Promote peaceful coexistence. This is a type of relation between different communities devoid of wars.

B. THE GLOBAL VILLAGE

The global problems

1. Refugees

These are people who have escaped or have been pushed away from their own country for various reasons such as religious, economic or political conflicts.

2. Wars

This is a state where armed conflict takes place between nations or within a nation. The reasons for war vary from one nation to another.

3. Famine

Famine is a period when there is a shortage of food for people. It may be caused by wars, crop failure due to diseases, floods or droughts and overpopulation.

4. Drought

This is an environmental condition that occurs when there is a long spell of little or no rain. This brings about crop failure and many animals die from lack of food.

5. Natural disasters

Natural hazards such as floods, tornadoes, hurricanes, volcanic eruptions, earthquakes and landslides lead to natural disasters.

6. Global warming

This is the continuing increase in the average temperature of the earth's atmosphere and oceans. This is caused by concentration of greenhouse gases resulting from human activities.

7. Depletion of ozone layer

Ozone layer is the outer layer of gases around the earth's atmosphere. It is able to

absorb the harmful rays of the sun known as ultra violet light. Thus, it is an important protective cover that surrounds the earth.

Effects of global problems

1. **Refugees**

   - They are traumatized after witnessing the death of their loved ones due to disaster.

   - Lose of valuable property they have worked for so long

   - In adequate food supplied to them in their refugee camps.

   - Congestion and poor sanitation which may cause the spread of communicable diseases.

   - Few health workers to cater for their health needs

   - Vulnerable to physical and sexual abuse

2. **Wars**

   - People may be displaced

   - Victims of wars have emotional feelings of fear and insecurity

   - Destruction of properties

   - Economic stagnates during the period of wars

3. **Famine**

   - Causes health problems such as pneumonia, anemia, depression, kwashiorkor and other deficiencies associated with malnutrition

   - Causes deaths of people and animals

4. **Droughts**

   - Brings about deaths of animals and people due to in adequate food.

   - Causes social unrest and tension

   - Others are forced to flee their country to live in refugees camps where they hope to get assistance

5. **Global warming**

- It is linked to effects associated with spread of diseases, the rise in the sea level and very heavy rainfall that may cause floods.

6. **Depletion of ozone layer**

- Causes adverse climatic changes like floods and heat waves

- Causes diseases like cancer and eye cataract

7. **Natural disaster**

- Loss of life

- Destruction of properties

- Affect economy of a country

Possible solutions to global problems

1. Political and religious leaders should learn to tolerate each other so as to avoid situation where tension builds up in country and hence causing conflicts.

2. A forestation or the planting of trees is the best method to reduce the effect of global warming, depletion of the ozone layer, drought and famine.

3. Government must join organizations such as the African Union (AU) or other regional economic communities which help in the promotion of peace, security and stability of the continent.

4. In order to reduce the effects of global warming, the following can be done:

   ➢ Government should improve public transport so that people avoid using their personal vehicles to reduce to reduce air pollution

   ➢ Policies to discourage the use of plastic bags or encourage recycling should be enacted

   ➢ Sensitization on the need to conserve the energy and use renewable energy like wind power instead of using coal or petroleum.

   ➢ Life skills education is an important subject that has also helped students to be aware of global problems and how to solve them.

Support and care for people affected by global problems

- Provision of aids and relief

- Provision of shelter

- Provision of funds

- Provision of counseling

GLOBALISATION AND RAPID URBANISATION

A. GLOBALISATION AND URBANISATION

Globalization

- Refer to the social-economic trend whereby countries in the world are becoming closely interconnected.

- It can also be defined as the process by which the countries are being interconnected creating a global village.

New communication technologies such as the E-mail and internet have significantly transformed the world by reducing the perceived geographical distance between people. Globalization has facilitated the expansion of trade between countries as it removes some trade barriers.

Urbanization: this is the growth of settlement activities from rural areas to urban centres. It also refer to the process by which areas attains the characteristics of an urban centre.

A lot of people move from rural areas to urban areas to:

- Search for employment and other opportunities

- Search for ready market for their businesses

- Look for other social services

Urbanization therefore results into high population in cities hence causing numerous effects such as

- High levels of prostitution

- Insecurity

- Overpopulation

- Acute housing problems

- High levels of crime

- High level of unemployment

- Inaccessibility of social services due to overcrowding.

Advantages of globalization in urbanization

- Expansion of trade by removing trade barriers

- Allowing people to invest anywhere in the world would in a cost effective manner.

- It has created jobs.

- It has provided a ready markets for some products i.e. Overpopulation in urban areas in high competition over the products

- Promote the development of the nation

Disadvantages of urbanization and globalization

- Loss of jobs to some workers

- High cases of crimes

- High competitions over the resources like water, social services due to overpopulation.

B. GLOBAL TRADE

Global trade is also referred to as international trade whereby different communities all over the world exchange goods and services. This activity has lead to the growth of urban centre.

Globalization and rapid urbanization offer the following trade opportunities

1. **Access to information**

   ➢ Through the internet, business people are able to share ideas and get parts about what they would like in the global market.

2. **Access to products**

   ➢ Business people are able to purchase a variety of products and get services from the global market at competitive prices.

3. **Access to market**

➤ Modern technology also enables people to know the kind of product and services available in the market and how to get them.

4. Access to foreign currency

➤ Foreign exchange allows traders to convert one currency to another in order to transact business in another country. The needs of foreign currency leads to the development of other business like banks and forex bureau where such businesses can be conducted, consequently, urban centre image. The government is able to earn revenue through these trade transactions. The revenue earned is useful in improving infrastructure in the urban centre.

Advantages of global trade

Global trade is significant in many ways. They include:

1. Wide market

Traders are able to sell their surplus products to the global market.

2. Wide range of products

Trade between countries ensures availability of a wide range of goods. Customers then enjoy having to select from these goods with standards that are competitive.

3. Earning foreign currency

The government earns revenue from goods that are imported and exported. This revenue improves the economy

Problems associated with global trade

1. Devaluation of currency

This is the reduction of the value of a currency with respect to the goods or services with which that currency can be exchanged. In this case more currency is required to purchase another currency.

2. Depletion of resources

When global trade thrives, there is a demand for particular goods such as wood products. Manufactures of wood products implies that more trees will be cut down and cause other undesirable effects.

3. Custom charges

Custom charges are levies or fees imposed on imports and exports by government. This is done to protect local industries from unfair competition from imported goods.

This is a tool the government uses in controlling goods that comes into the country.

Possible solutions to the problems associated with the global trade

1. Government policies should be enacted to safe-guard natural resources like forests.

2. Doing business with others in the region economic blocs like the southern Africa development communities (SADC) and common markets for eastern and southern Africa (COMESA). The tariffs in these blocks are lower than the under global market.

3. Improvement of infrastructure by the government also helps in overall improvement of the economy. Traders are able to move freely and transact their business with ease.

CHAPTER

ENTREPRENEURSHIP

A. ENTREPRENEURSHIP

Entrepreneurship is the act of engaging in an activity that helps to bring in money through investment and profit-making.

An entrepreneurship is a person who undertakes to start a business using a lot of innovativeness.

Qualities of a good entrepreneurship:

An entrepreneur must be:

- Visionary
- Confident
- Hard
- working
- Educated
- Integrity
- Humility

People involved in entrepreneurship

These people include

- Producers
- Middle persons
- Consumers
- Buyers
- Sellers
- Employers
- Contactors.

In a way these people are interrelated. They all assist in social-economic development of their

country.

Acceptable and unacceptable types of entrepreneurship

Unacceptable types of entrepreneurship

These are illegal trade those that are not, morally accepted by the society i.e.

Prostitution, smuggling, money laundering drug trafficking.

Acceptable entrepreneurship

Acceptable types of entrepreneurship include farming, fishing, craft and designing, plumbing, tailoring bakery and so on. Out of these types of entrepreneurship people make money which helps to build better houses, pay school fees for their children and relatives, feed themselves and buy medicines to improve their hearth just to mention a few.

NOTE: unacceptable type of entrepreneurship in one community or nation may not necessarily an unacceptable type of entrepreneurship in another community or country. For example the buying and selling of "*chamba*" in Malawi is illegal or unacceptable yet in other countries is acceptable.

Effects of morally unacceptable entrepreneurship

- Risks to contracting HIV/AIDS and STIs.

- May read to imprisonment.

- May cause conflict in the family.

- Reads to depletion of the resources e.g. the burning of charcoal which is unacceptable type of business.

- Risks to the lives of innocent people.

Possible solution to the unacceptable entrepreneurship

- In a society where there is a lot of smuggling, prostitution, robbery, drugs trafficking and other illegal trade,

- Law must take its course. In this case no one must be above the law.

- The society should be corruption free.

- Practice self-control.

- The people running unacceptable entrepreneurship must be brought to book.

- The police must arrest those indulging in trafficking and smuggling without being corrupt.

Importance of integrity and hard work in entrepreneurship.

Integrity in entrepreneurship means being honest, sincere and transparent for one who under takes an enterprise or business.

➢ Helps one to create a good name in the society and get more customers

➢ Enhances good human relationships

➢ A person who works hard can make more profit since he/she is popular and is trusted by many people

➢ A hard has always reliable products

➢ People with integrity and who work hard in entrepreneurship, achieve greater in their lives and they are respected, trusted and lead a happy life.

Problems related to integrity in entrepreneurship

➢ Taking risk of being honest trust worthiness

➢ Losing relationships after retraining from any illegal activities in the course of their entrepreneurship

➢ suffer for welfare of others

B. CUSTOMER SERVICES

As an entrepreneur, you must have the following customer services

1. **Customer care.**

   This involves treating clients or customers with respect and empathy.

2. **Advertising.**

   This enables a customer to remember the image of a particular product and its value.

3. **Delivery**

   This is a service that entails taking products to a customer. Delivery services improves the relationships that one has with customers and it helps in marketing of the products

4. **After sales services**

In business, it is important to have the address or contact details of customers to encourage communication. In case customers are not satisfied with a product, their concerns can be addressed easily. After sales, feedback ensures that quality standards are maintained to avoid future complaints.

5. **Reasonable prices**

Reasonable prices will attract more customers and this result more sales.

6. **Courtesy**

By sponsoring some organizations such as sporting activities, one's business is exposed to a lot of people and this is hence a form of advertisement.

Effects of poor customer services

1. **Low profit margin**

Poor customer care discourages the customers from purchasing a product or getting a service.

2. **Loss of customers**

The leaving of customers makes one's business to collapse. Consequently, there are no people to buy the product thus no income.

3. **Loss of income**

Customers do not come back to the business when they are treated badly.

4. **Poor sales.**

The customers who are not listed become disgruntled and opt to go elsewhere.

5. **Wastage of commodities**

When the customers fail to buy products, due to poor customer service, the products become a waste especially when the commodities are perishable.

The importance of quality customer's services

1. **Better sales**.

This is realized when customers are treated well and they buy the product.

2. **Better profits margin**

This happens when there are more customers to buy the product

3. **Attraction of customers**

In business customers value the way they are welcomed and treated well.

Improving customer's service

The following are ways of improving customers' services of one's business

1. Training the staff of one's business to always be friendly and helpful to customer.

2. Getting contact details of a customer helps to keep interactions going on especially when there are complaints.

3. An entrepreneur should be innovative and find out the immediate needs of customers in the local area.

4. Offer some discount to royal customers if requested

5. Fulfill the promises made to the customer. In the case of any inconvenience or delay, the customer should be informed.

   NOTE: "a customers is the one who makes one's business to grow he/she is a boss and need to be treated well"

 CHAPTER # UNEMPLOYMENT

Unemployment simply means lack of job opportunities. This is one of greatest challenge young people in Malawi are facing. Many young people find themselves stranded without jobs.

Causes of unemployment

1. Over population

   When the population is higher than the available jobs, there is bound to be unemployment. In other ways, overpopulation result in high competition over available jobs.

2. Technology advancement

The coming of some technological advances such as computer and other machines can make someone to lose job if he or she does not have the skills to operate it. In some cases, one machine operated by one person can displaces more people leaving them jobless.

3. Few industries

Few industries mean that fewer people get employed.

4. Lack of employable skills

5. Lack of working experience

6. Changing of global markets

7. Downsizing in government department and industries

8. Limited employment opportunities for young people with no experience of work.

9. Changing of political government

Effects of unemployment

Unemployment causes a lot of social problems. Some of the effects of unemployment include

1. Cause anti-social behaviours which would result in alcoholism, drug and substance abuse, suicide,

theft, prostitution.

2. Read to hearth related problems caused by stress e.g. hypertension, depression mental breakdown.

3. Divorce.

4. Continuous dependent on either parents or siblings.

Possible solutions to employment

1. Self-employment

Self-employment means working for one's self. The activities however, may requires capita land recessing skills to begin the business venture

2. Training helps to improve one's specific skills needed at the work.

3. Retraining or continuing professional development (**CPD**) improves the performance of

employees, service delivery and helps in setting better standards.

4. Professional growth development allows employees to undergo professional growth and development by allowing them to go for training or further education.

5. Controlling population by practicing family planning methods, child spacing avoid early pregnancies and early marriages.

Forms of self employment

Self-employment is a solution to unemployment in our country. There are many forms of self-employment that people can initiate. This includes:

1. Farming

2. Small business such as vending, hawking carpentry and fishing. Nevertheless, these businesses may fail because of bad choice of ideas, poor customer relationships and lack of planning among other factors. Good customer service and some entrepreneurship skills must therefore be applied in one's small business if the business is to grow.

CHAPTER   # QUALITY OF EDUCATION

Education is a vital role in the development of any nation. It is a tool which requires expertise, and this expertise requires knowledge practice, understanding and proficiency in the social, legal, economic, political and technological aspects for natural development to take place.

Factors affecting the quality of education

The following are some of the factors that negatively affect quality of education in Malawi.

1. Poor physical facilities.

2. Inadequate teaching and learning material

3. Poor trained teachers

4. Irrelevant curricula

5. Overcrowding and indiscipline cases.

Solution towards the improvement of the quality of education

1. Provision of adequate teaching and learning materials

2. Adequate training to teachers/education personnel

3. Developing relevant curricula

4. Good use of library and other resources.

Improving the quality of education

The quality of education can be improved through

- Provision of adequate teaching and learning resources

- Appropriate infrastructure

- Well trained teachers

- Development of relevant curricula.

  This provision followed by hard work from both students and teachers will help to raise the quality standards of education.

  NOTE: everyone must take part in the improvement of the quality education in our mother land Malawi.

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