

UNDERSTANDING DISCIPLINE.

“The man who removes a mountain, always begin with carrying small stones!”

Chinese Proverb.

A story is told of the young man who lived a long time ago. He was given an assignment by his father to be looking after the family's livestock as they graze some far place away from their homestead.

With time, the boy developed a bad habit of shouting that He has sighted a Leopard and he was about to be attacked. The neighbors would run to the scene only to realise that the boy was just joking and he had not sighted any leopard.

The boy continued with the bad behaviour of cheating the neighbors, and it came a time when the neighbors were totally angry with the boy.

One day as the boy was grazing in the field as usual, the Leopard appeared and for this time it was real, the boy started shouting, but no one would respond to his cry for they thought it was his usual jokes, and that gave the leopard an opportunity to kill the animals and even maim the boy.

Shouting about the leopard was not the wrong thing to do, but shouting when the leopard was not there was the wrong thing to do.

In its most general sense, discipline refers to systematic instruction given to a disciple. To discipline thus means to instruct a person to follow a particular code of conduct “order.”

In the classroom discipline is regarded as a code of conduct that both teachers and students agree upon and cooperate in its enforcement. It is important for learners to stick to the rules agreed by the stakeholders in the learning institution.

Discipline is basically an aspect of following rules and regulations set in any societal setting, May it be school, church, Home or any other societal setting.

For outright understanding, Discipline is an act of doing the right thing at the right time, at the right circumstances, at the right place, in the right season, with the right person and in the right state of mind.

Indiscipline is not only doing the wrong thing, but also doing the right thing at the wrong time, at the wrong circumstances, at the wrong place, in the wrong season, with the wrong person and in the wrong state of mind.

As we had earlier stated, discipline is a key consideration for success to be realized.

Young people should understand that a tree can only be shaped and straightened when it is young and hence flexible. After sometime the tree become firm and cannot be shaped into any desired shape or be straightened up, life seasons should be respected for today's preparations determines tomorrows achievements.

I compare a young person with a tree for their behaviour can only be well modified when they are young but when they are of old age, then the world will have shaped them so firmly that to change or modify their bad behaviorism is a hard nut to crack.

In a school situation the learner should be disciplined so as to ensure that his /her life will be desirable in future. No one can shape his /her life in old age if nothing was done to rectify it when one was young.

Everyone should be aware of the fact that Life is a gift which should be embraced and safeguarded by everyone. There are many occasions where life is affected in one way or the other, but we should all strive to remain on the path to progress, success and happiness, irrespective of the challenges we are facing.

We have already seen in the previous chapter that life has different aspects which have to be perfected for the life to be complete. This perfecting cannot be thorough without the essence of discipline being emphasized.

CAUSES OF INDISCIPLINE.

- Peer pressure.
- Lack of self-respect and self-esteem.
- Lack of self-awareness.
- Lack of self-identity.
- Disobedience.
- Environmental set up / social set up.

PEER PRESSURE.

Peer group can be defined as a group of people of the same age. Peer pressure is the act of being pressed to do what other people in one's age group or peers are doing.

People, who are of more or less of the same age, tend to emulate the behaviour of their friends irrespective of whether the behaviour is desirable or not.

Peer pressure is a source of indiscipline because the people of the same group copy one another without considering the degree of indiscipline in any of the acts they are involved in. For instance, a young person may smoke because his/her fellow friends are smoking without analyzing the behaviour individually. The Young person does not scrutinize the dangers of smoking individually but does it on the ground that the friends are doing it.

In my observation peer pressure ruins the lives of many because the groupings are broken now and again as the social settings are changed. Hence if one is influenced in one social setting to be undisciplined, he /she extends the same indiscipline to the other social group one is incorporated.

As the saying states ***“Show me your friends and I will tell you what kind of a person you are.”*** Then it is clear that one may be influenced in one way or the other in any relationship one is involved in.

If a person is in a group of undisciplined people then the learner is influenced to follow their ways.

LACK OF SELF AWARENESS.

Self-Awareness simply means that one understands himself or herself,

- What life one has been subjected to?
- What challenges one has encountered or is encountering?
- What weakness one has?
- What strengths one has?
- What talents and gifts one has?
- What direction is someone following in life?

- Is the person also aware of how to reach his/her destiny?

If one knows his /her origin then a direction is set and one is aware of what is expected of him/her and hence any act which diverts from the actual direction is discarded on notice. A dream is already set and hence has to be achieved.

For instance, a young person who is aware of the struggles parents are involved in when getting the school fees to retain him /her in school will work hard in academics and free himself from indiscipline so as to reward the parents with satisfaction and value for their money. When a young person lacks in self-awareness, he /she might waste all the time in indiscipline cases and at long run not achieve much in the school.

One should also realize the weaknesses and strengths and thereby rectifying the weaknesses and enhancing the strengths. If that is done the issue of despair, frustrations & depressions will be unheard of. Every person should celebrate strengths and put less emphasis on the weaknesses, although trying to rectify them; through this habit each one of us will feel important and hence cannot be influenced in bad behaviour easily.

One should also embrace his/her talents and gifts. Through this, the learner will be so much involved in nurturing the talents rather than being involved in undisciplined cases.

If a person does not have self-awareness traits, then he/she is vulnerable to any wave of misbehaviour which comes his/her way.

Learn, Share, Earn

LACK OF SELF ESTEEM AND SELF-RESPECT.

Self-esteem is a feeling of wellbeing or importance where one's relative standing in the society is positive according to individual's mind set.

- What value do you accord yourself when in the midst of other people?
- Are you proud of yourself? Do you value your existence?
- Are you confident in your undertakings?
- Do you value being known publicly?
- Do you respect yourself?
- Do you respect your family?

If you answer these questions and many others positively, then it can be concluded that you have relatively high self-esteem. It should be noted that self-esteem changes now and then due to prevailing circumstances but one should try to boost it now and again.

As a matter of concern, if one does not value him/herself, who will? If one does not love him/herself, who will? When one hates him/herself then one feels rejected, despised and hated by other people. For instance, assume you are wearing a dress that you are not comfortable in, it goes without saying that you feel as if everyone can see that but may be no one is even aware of the colour of dress you are wearing.

Self-confidence, self-esteem and self-respect are major traits that can actually define how far an individual can go in life. A person lacking these virtues often fail in achieving what they had set out for and end up being branded as a 'loser'.

The power of self-esteem should not be taken for granted and everyone should value his/her existence than any other thing in the world. After all who should celebrate your life? If you don't do it yourself?

How is lack of self-esteem and self-respect lead to indiscipline? If you are not proud of yourself, you don't value yourself, you will end up being influenced into bad behaviour by other people you feel that they are more superior or more advantaged than you.

LACK OF SELF IDENTITY.

KNOWLEDGE TO EARN
Learn, Share, Earn

Self-identity is the aspect of knowing oneself and identifying oneself with respect to the environment. This can also be explained by the effect that the individual knows his origin and destiny. An individual who knows the role to play in any environmental set up.

If you have fully defined your principles, values and virtues, it will be very hard to be influenced into accepting behaviours contrary to what you believe in.

Most people fall into traps of other people simply because they have not defined themselves well, they are in identity confusion where one is easily influenced by others.

Self-identity is the drive which propels an individual to a certain direction and hence if one has no direction then he/she is vulnerable to fluctuations as circumstances change. When someone has been put in a system and he/she does not identify with the set rules and regulations of the system, then that person is not well entrenched in the system and therefore cannot assist in the achievement of the set objectives.

In a school situation, the young people should take the challenge to have self-identity or simply understand themselves and set destinies for themselves. They should understand their strengths and weaknesses, they should set their own goals which they should be initiated to pursue and achieve in the long run, and there should be long term and short term objectives.

Lack of self-identity brings about self-pity which leads to lack of self-confidence. When one lacks confidence, he /she try to follow other people and emulate others for he/she cannot be valued by anyone. Therefore, the person follows things blindly which is actually one way that one can be influenced to bad behaviour which can be termed as indiscipline.

DISOBEDIENCE.

Disobedience is the act of defiance and putting aside the teachings of other people and terming them as unnecessary or time wasting, thereby continuing with one's self-destruction behaviours. A disobedient person is the one who takes serious advices and teachings as mere jokes or a total waste of time.

An African adage explains that, “ ***If a person does not heed to the teachings of wise men and women in the society, then that person dies***” In this case dying do not imply only physical death; it can also be mental death, emotional death, social death, economic death or academic death.

A person should listen and heed to the teachings of his/her masters and try to extract the values which will propel one to the desired levels in life.

In a school situation, administration, teachers and parents and all the other stakeholders, use most of their time advising learners on how to better their lives and the rules and regulations are set to direct them as they pursue their dreams. They do that as a responsibility entrusted to them by the society. Many resource persons and guest speakers are introduced in school with only one objective of shaping the lives of learners wholesomely.

Many advices are given so as to shape the behaviour of young people for them to be disciplined so as to achieve the best in their academics, however, some of them just take the advices as a normality and do not consider them as important to them and eventually they fail in their studies and even life.

Disciplined acts are defined now and again by the stakeholders of the schools but some learners just ignore them to continue in their usual undisciplined acts without a plan to change them.

In a school situation, the learners are all aware of how lack of hard work has put many past students in problems of failing in their studies, but they just ignore the realities and continue with their laziness which brings about failure.

Disobedience brings about indiscipline for someone is not in a position to follow what is good but follows what is wrong.

Listening and following instructions is a key component of growth and success.

ENVIRONMENTAL / SOCIAL SET UP.

“The first step toward success is taken when you refuse to be a captive of the environment in which you first find yourself.”

Mark Caine.

Behaviour of an individual can be shaped depending on their environmental or social set up. This can be entwined with peer pressure when a person emulates other people in his locality who are not disciplined.

If the environment has set a bad behaviour for people, then any person in that neighborhood may easily be influenced into the bad behaviour if one is not serious with life and highly principled.

If a learning institution is located in a slum, then some students if not self-disciplined can be influenced to the bad behaviour of some slum people.

Any person should be aware of what he/she is expected to do so as to achieve the best in life irrespective of how the environment is. If a young person is not self-disciplined then He/she can easily be manipulated in accordance to the doings of the people surrounding the school or in the school.

EFFECTS OF INDISCIPLINE:

"It is our choices that show what we truly are, far more than our abilities."

J. K Rowling

1. Failure in life.
2. Stress and depression.
3. Lack of direction / despair.
4. Death.

FAILURE IN LIFE.

In any establishment there is normally an objective to be achieved and if otherwise then failure is a reality. Everyone attempts anything for success.

In a school situation; the learner attend classes, do assignments, do examinations with only one agenda to be successful in their studies and life in general.

A reference that **"Education is the key to success"** has been entrenched into the minds of individuals and the society. We all agree that we go to school to be in a position to succeed in academics and live happily in our future lives.

As mentioned above indiscipline is the worst enemy of success and if not dealt with accordingly then it will just put the young people in positions which will bring regrets throughout one's life.

It is important always to remember that, **"Today's preparation determines tomorrow's achievements"**

Indiscipline and failure go hand in hand in whichever organizational set up, for instance, if one goes to school and does not follow the rules and regulations set by the school authority then the individual is vulnerable to personal grudges with teachers and the school administration. This brings about collisions with the administration; hence the full academic potential cannot be realized.

Conclusively, for any person to surely experience real victory and success in any action, then high levels of discipline should be taken into account. Do the right thing at the right time, with right people and in the right place and success will be part of you.

STRESS AND DEPRESSION.

Stress is an unstable state of mind when an individual cannot go to the next level of thinking before the current situation of the mind has been cleared. This situation is the one which a solution to a problem cannot be achieved overnight for it has taken long to develop.

Depression is the advanced stage of stress where an individual cannot (almost permanently) deal with current issues but has one disturbing thought which has to be cleared, but needs a process which the tormented person does not even know how to deal with.

In a school situation a learner may be too much riotous in the lower classes but on being promoted to higher classes, he/she realizes the need to work hard but since a bad behaviour has been developed which could be rooted in laziness, it becomes too hard to change. This creates stress in one's studies and hence one concentrates too much on how to eliminate the bad behaviour and be a good person but forget about the studies.

Stress and Depression are the real cause of failures in Education for one who has not been studying hard in lower classes on reaching the final year, he / she is so stressed with a lot of topics not understood throughout the school years.

For anyone who wants a bright future, discipline should not be a subject of compromise but a subject to be embraced. Learners should understand that regrets are a follow up to stress and depression. For one just contemplates so much on the bygones and what could have been done that time but forgets what should be done at the instant time. We normally say, let bygones be bygones" for life is a process and any particular episode is important to make a wholesome person.

4. LACK OF DIRECTION / DESPAIR.

Being in Despair means that you actually do not know what direction to follow or what other steps to take, you are simply hopeless. One seems to be content with what he/she already has in the hand but does not have the slightest idea of what else can be done to improve or to increase what one has acquired by that particular time.

As I have already mentioned indiscipline brings about failure in life. I can now explain it using desperation, one reaches a point where life is fully destroyed and the individual is following a direction which he had never thought of following. At this point an individual has no guts or means to change the direction and this is point of desperation.

For instance, in a school situation, a learner may be so indisciplined in a mathematics class that the concepts taught do not stick to the mind, the indiscipline may be lack of attention, failure to finish assignments, being late for class, etc. the learner realizes how he/she has been failing in the mathematics paper but how could that be changed in the final year, it is said that the last minute can save a man, but sometimes it cannot. The learner becomes desperate and does not put any effort in upgrading mathematically and eventually, the grade he /she gets is not friendly as they say.

All these indiscipline cases go a long way to ruin one's destiny. Any kind of indiscipline should be shunned and the student should always strive to be disciplined and concentrate with His/her studies.

Students should respect the parents and also school administration, teachers and all the stakeholders. This will ensure that they are in the right direction as far as their academic progress is concerned.

3. DEATH

A saying goes ***“As certain as death”*** meaning that each one of us will die at one time. This does not explain that we should not embrace life as a gift from God. Flashback to the old testament of the bible Methuselah lived for more than 990 years and you can mention others who lived exceedingly long like Abraham and many others. Does it mean that we have become different? Does it mean that we are created differently? Are they not our forefathers? All these questions and many others important philosophical questions explains that there is something wrong the present people are doing to bring the age expectancy to as low as 50 years.

Diseases have always been there and hence an excuse of diseases is ruled out. By level of my own understanding, I will try to explain the scenario, indiscipline is the root cause of our premature deaths, people want to do what they think is good according to their own understanding but forget that there are wise people who have come and left this world and had put some measures in place to be followed, take an example of cultures, African cultures were set by our forefathers who had general interest of our society and hence no one should tamper with the teachings and prejudices of the culture and failure to that death is the choice. There is an African saying which states the ***“Whoever refuses the teachings of his/her mother, that person is vulnerable to death.”***

The other issue is that of HIV/AIDS which has wiped many people from the face of the earth at an alarming rate. People are taught now and again how to protect themselves from HIV/ AIDS but some of us do not heed to the teachings but just do things in our own understanding forgetting that life is special but with HIV /AIDS life is very uncertain. Some people just say HIV/AIDS is like an accident and hence no need to worry. Those in that category take care?

In a school situation learners have been taught now and again that they should abstain from premarital sex until they marry but some of them are too smart for that, such that they start pre-marital relationships which opens them to dangers of contracting HIV/AIDS and the follow up is death.

Also the issue of drug abuse cannot be taken for granted for it also contributes to too many pre-mature deaths. Learners are now and again advised, do not smoke, alcohol is bad and many other lifesaving advices, but some just take the teachings for granted and hence involved themselves in drug abuse act which directs them to their graves even before they are 35 years of age.