

CHAPTER TWO

OUR VALUES

1.0 MEANING OF VALUES

The word “Value” has several meanings. One is the actual worth of an object or item in monetary terms. Another meaning involves a more practical measure of worth such as how important an individual considers certain things, beliefs, principles or ideas. People attach different values to things based on their sense of values. When people attach great worth to something, they can stand up for it. A value is a principle or quality intrinsically valuable or desirable to you.

Values are rules, principles standards, ideas, beliefs and criteria that influence and determine how individuals behave in a society. They determine the worth of people or things. Values also have to do with what people like or dislike.

Values, therefore are deeply held beliefs about what is good, right and appropriate. It involves importance attached to certain things such as beliefs, principles and ideas. Values are deep-seated and remain constant over time. Values guide our behaviours and decisions. Values reside deeply within the sub-conscious and are highly integrated into the fabric of everyday living. We make decisions, choose behaviours, friends, employment and entertainment based to a large extent on our values.

Values are personal. They are your convictions, your beliefs and your ethics rolled into one. Your personal code of values may be identical to your family's values or they may be dramatically different. Therefore, values are the things that we believe in and which we think are important. Each person has a value system which has been influenced by their background and their philosophy of life. A value system provides the foundation on which people make personal and professional decisions and choices. Societal values encourage progress, growth and development and bring orderliness in the society. The country has become a society steadily but surely falling apart in every way.

In Nigeria today, we need men and women of good moral values, men and women of great values. Values that would mould people of diverse origins or backgrounds, cultural practices, languages into one, within a democratic framework.**Importance of Values**

The importance of values include:

1. Values promote unity in the society. In a society where good values thrive, people willingly agreed to do things together and work together for the growth and development of the society.
2. Basic human values promote positive relationships among people. Values guide human interaction and human behaviour. They give meaning and purpose to our daily interaction.
3. Values enhance good virtues and good behaviours, attitudes and feelings.
4. Values promote cooperation and harmony in the society. Cooperation encourages team work by working together with some people to achieve the common good or goal for all.

Harmony allows people to work peacefully and amicable. It promotes friendliness and discourages disagreements. In the society, we need

each other for the society to progress peacefully. The happiness of individuals is guaranteed where there is peace and harmony.

(v) Understanding our values helps us to resist pressure to conform to other people's values and behaviours.

(vi) Values help in decision making. We tend to live our lives in accordance with our values. When we face any decision and choose A instead of B, it's often because A feels right to us. We might use words such as "It's the right thing to do" or "that is the right way".

1. **LEVELS OF MANIFESTATION OF VALUES**

Values manifest at various levels but most importantly at the level of the individual and society.

Individual Values

Values guide our actions and also enables us to make good decisions. Values help individual in the following ways:

1. It helps individuals to recognize their own values and affirm them both privately and publicly (i.e. ability to take a position on the value and defend it).
2. The clarity of our own values and beliefs help us to make right decisions.
3. Values help us become the kind of person we want to be and live the kind of life we want to live.
4. Values are not the same. They vary from individual to individual. Values simply reflect different people's ideas and preferences. Therefore values help us to be sensitive to the issues which bother on societal peace. Knowing your values helps you to avoid unnecessary clutter in your life, life becomes simpler. Knowing your values helps you to identify any behaviours you need to change e.g. you treat another person with respect and earn respect from him.

Since values are the desirable principles in someone's character that society considers worthwhile, individuals intend to promote some good societal values like loyalty, hardwork, honesty, cooperative, tolerance, obedience, dedication, trust, justice etc

Societal Values

Individual values make up societal values. Societal values are certain values, qualities or beliefs that are shared within a specific group or community. Societal values dictate what the people in a community or society collectively accept as good standard behaviour. This connotes what people accept as good or bad in the society. Societal values promote peace, love, orderliness and harmony in the society.

Sources of Values

Most values are derived from family, religious teachings, community, cultural traditions and their teachings, school environment, peer group, the media and experience.

Children receive most of their values from parents, other family members, community, cultural and religious teachings, the media, school and peers. Most parents want their children to develop values similar to theirs, though members of the same family may have different values.

1. The Family serves as source of value - Parents and elders often emphasize respect for authority, community and duty to family. Family often prescribes strict codes of how males and females

should feel, dress and behave.

2. Mass Media - The mass media include television, radio, video, cinema, books, newspapers, magazines, billboards and large computer networks, including the internet. They help to shape the value system of individuals and the community e.g. the images projected by the media vary, they portray the individuals as having personal freedom, personal choices and the right to live his/her own life. Sometimes they send conflicting messages especially to the young ones.
3. Culture and religion influence the values of most people. Our culture and religion serve as source of value and help to shape our value system.
4. The economic and political environment also influence the values people acquire. When education is limited the values that must be internalized are dogmatically followed. But with more education comes greater exposure to new ideas and many existing values are questioned.

Factors that Promote Good Values in the Society

Values guide our behaviour, give purpose and direction to our lives. Values help us become the kind of person we want to be and live the kind of life we want to live. However, because of unpredictability of human nature and sometimes some difficult life situations that do confront us from time to time, there may be temptation.

1. **Consistency** - This is the condition of standing or adhering to one's values or beliefs or principle. The ability to maintain a particular standard or position, to maintain one's position on issues such as justice, or fundamental human rights. Consistency helps in promoting good values.
2. **Confidence**- helps in promoting good values. Confidence is assurance or freedom from doubt, belief in oneself and one's abilities. Having faith or strong belief in something or someone. The state of mind characterized by one's reliance on oneself. Confidence is trust or faith in a person or thing.
3. **Tolerance** is being open and receptive to beauty of differences. Tolerance is mutual respect through mutual understanding. Through understanding and open-mindedness, a tolerant person attracts someone different, and by genuinely accepting and accommodating that person, demonstrates tolerance in a practical way. As a result relationship bloom. Tolerance promotes good values and brings about peace, love and understanding in a society
 - In Nigeria, we need tolerance especially in area of religious difference to prevent religious crisis.
1. **Fairness** is conformity with rules or standards. The attitude of being just to all. The ability to make judgments free from discrimination or dishonesty. Somebody that will always stand for what is right is a fair-minded person. In fairness every person gets what he or she needs, not necessarily the same thing or same amount free from favouritism, self-interest, or preference in judgment. In judgment for example, a judge must judge without prejudice, fear or favour. He must be fair to all parties. Fairness promotes good value in society.
2. **Courage** is also a good quality or attribute of promoting good

values. Courage helps a person to uphold and demonstrate his or her values without fear or intimidation. An important personality in Nigeria that has demonstrated courageous quality in his profession and activism especially in the course of fighting for the masses of this country is **Chief Gani Fawehinmi, a lawyer and human right activist**. He has a history of consistently standing up for human rights and the rule of law. A man of great good values.



Rauf Aregbesola



Babatunde Raji Fashola



Bola Ige



Nelson Mandela



Dora Akuiyili

Pictures showing men of good values in the society – family picture

1.2 TYPES OF VALUES

Live : Positive - Values

Life should be guided by good principles. Develop the strength of an indomitable spirit. Be useful to others.

(i) Honesty

A very old proverb says “Honesty is the best policy”. The proverb is as true today as it was many years ago. Honesty elevates not only an individual. It also elevates a nation. Honesty is the quality or state of being honest, truthful and trustworthy, probity, fairness and straightforwardness of conduct. Honesty implies a refusal to lie, steal or deceive in any way. Honesty also means freedom from fraud or guile. A person can be described as honest when he does not steal or cheat.

Therefore, honesty should be practiced by all of us in our everyday life whether we are in public or private life. We should learn to be honest at all times in all our activities.**Honesty: Reflection Points**

- Honesty is telling the truth.
- When I am honest, I feel clear inside.
- A person worthy of confidence is honest and true.
- Honesty means there are no contradictions or discrepancies in thoughts, words or actions.
- Honest thoughts, words and actions create harmony.
- Honesty is the awareness of what is right and appropriate in one's role, one's behaviour and one's relationships.
- With honesty, there is no hypocrisy or artificiality which create

confusion and mistrust in the minds and lives of others.

- Honesty makes for a life in integrity because the inner and outer selves are a mirror image.
- Honesty is to use well what has been entrusted to you.
- There is a deep relationship between honesty and friendship.
- Greed is sometimes at the root of dishonesty.
- An honest person knows that we are all interconnected.
- To be honest to one's real self and to the purpose of a task earns trust and inspires faith in others.

Attributes of Honesty

The following are features of honesty; loyalty, respectability, sincerity, integrity, truthfulness, honour, probity, trustworthiness etc.

A person who is considered honest is one who displays integrity, is genuine and not deceptive or fraudulent. Honesty as stated above is characterized by truth and sincerity. Honesty connotes the quality of being upright in principle and action. It implies truthfulness, fairness in dealing with others and refusal to engage in fraud, deceit or dissembling.

Abraham Lincoln one of the greatest American Presidents was said to have walked back several miles to a store when he noticed he had been given one penny too much in change. That was a sense of being honest and not taking what does not belong to you.

Benefits of Honesty

1. A person is considered honest if he does not lie, steal, or deceive, but instead tells the truth and shows integrity.
2. If a person has a reputation of being honest, people will want to deal with him more because they trust him. Also you have a sense of pride in your honesty, so honesty pays.
3. Honesty brings about sense of satisfaction in a person. A person that is honest and shows integrity feels better about himself or herself. For example to take what does not belong to you leaves you with a dirty feeling.
4. People get rewards or even acknowledgement for their honest actions. However, we must be realistic that not everyone you deal with also has character. In such cases you can at least hold your headup high that you did the right thing.
5. People get recognition and thanks for an honest deed. But in general, honesty is not something that is directly rewarded. It is a feeling you have about your self. It is a feeling of pride and self-worth and character. I feel I am a stronger and better person because of being honest.
6. Honesty encourages patronage in trade and commercial activities.
7. Honest people are appointed into positions of responsibility in both public and private sectors.
8. An honest person commands respect from the general public.

Call For Action !

Be honest. It is worth your while to tell the truth, to return lost goods, and not to cheat or deceive. Other people will like to deal with you, if they can trust you. But you must not expect a reward or recognition for being honest. It is not the reward that is important. Rather you feel good about yourself for your own honesty. That is what counts.

(ii) Dishonesty

Dishonesty is a word which in common usage may be defined as the act or to act without honesty, a lack of probity, to cheat, lying or being deliberately

deceptive, lacking in integrity, to be knavish, perfidious, corrupt or treacherous; it can be called charlatanism or quackery.

Being dishonest: a person who is considered dishonest is disposed to lie, cheat, defraud includes stealing someone's pencil in school, not telling our parents the truth, not giving back something that a person has lost, cheating in a test or during an examination is dishonest. **Consequences of Dishonesty**

In our society, honesty is becoming more and more rare. It seems like on almost a daily basis we are bombarded with dishonesty. Unfortunately, this trend of dishonesty has worked its ways into various spheres of life in both public and private even up to the level of family system and it has equally eroded our family value system.

The consequences are enormous and the impact on the society is damaging and disastrous. Some of the consequences of dishonesty include

1. First of all, dishonesty causes us to lose credibility and respect. Anytime we lie, we run the risk of the truth being exposed and when that happens, we lose respect from others.
2. Dishonesty often leads to bad relationship. Dishonesty can damage good relationship. Let's face it, lies create a distance between people whether or not they have actually been exposed. Once a lie has been exposed, the lie usually hurts the person who has been offended and creates a sense of distrust in the relationship.
3. Dishonesty causes serious harm to the family, community and society or the country at large.
4. Dishonesty does not promote growth and development in a society. This act has impacted negatively on development of Nigeria; dishonesty permeates all spheres of life in our society such as in the areas of examination malpractice, electoral fraud (rigging of election), cheating, robbery, and Advance Free Fraud (419).

1.3 WHAT IS COOPERATION?

Co-operation is defined as the working together of people in the society in order to achieve a common goal. Co-operation is needed in all aspects of life. For co-operation to take place in our society or institutions, there must be love, mutual understanding, and commitment. Co-operation is vital for the development of the society. It is needed in our political, religious, economic and cultural and ethnic groups. Therefore, in different areas and levels of society, we need co-operation, in family, in school, in the group, community, in business, at the national and international levels. Co-operation is highly needed for the peace, harmony, progress and development of the society at large.

Co-operation is best achieved when people conform with the rules, norms and values of the society. Therefore, we should perform our social, civil and moral responsibilities for the proper functioning of the society so that peace, understanding, harmony, progress and development can be achieved in the society.



Picture of Cooperation in a Community

Types of Cooperation

(i) Bilateral Cooperation

This is the type of cooperation between one country and another. This cooperation is aimed at promoting economic, political, cultural, military, social and technical advancement of two countries involved. For instance a bilateral cooperation agreement is signed between two countries in an effort to share resources in an area of common interests. By sharing these resources which can include information, personnel and research findings, both countries are able to advance.

Two countries can cooperate to improve friendship and good governance between them e.g. Nigeria and Ghana, Ghana and Togo etc.

(ii) Multilateral Cooperation

The term multilateral cooperation is a term in international relations that refers to multiple countries working in concert on a given issue.

This is the type of cooperation that is formed and financed by many countries. A multilateral agreement is signed by many countries such agreement is binding on all countries that are signatories to the agreement. This type of cooperation can help to establish or restore a popular government in the countries of member state e.g. The installation of Winner of the democratic election in Ivory Coast by the United Nation Peace Force in the country.

International Organisation such as the United Nation (UN) and the World Trade Organisation are multilateral in nature.

(iii) Internal Cooperation

This is the type of cooperation where individuals and groups in the community or state come together with the purpose of fostering their social, economic, cultural and political interests or objectives. Individual or groups in a country can come together to form social clubs, political association and cooperative societies. This is usually for the inherent benefit of mutual assistance.

Attribute of Co-operation

1. Co-operation is about being part of community of which you are an important member.
2. Cooperation is about having your voice being heard in a constructive way for the benefit of society.
3. Cooperation exists when people work together toward a common goal.
4. Cooperation requires recognizing the value of everyone's part and keeping a positive attitude.
5. One who cooperates creates good wishes and pure feelings for

others and the tasks.

6. When cooperating, there is a need to know what is needed. Sometimes an idea is needed, sometime we need to let go of our idea. Sometimes we need to lead and sometimes we need to follow.
7. Cooperation is governed by the principle of mutual respect.
8. One who cooperates receives cooperation.
9. Where there is love, there is cooperation.
10. By staying aware of my values, I can give cooperation.
11. Courage, consideration, caring and sharing provide a foundation for cooperation.

Factors that Promote Cooperation

1. **Trust** is an important factor that promotes co-operation. Trust is the trait of believing in the honesty and reliability of others. It is a relationship of relevance. It allows people to form relationship with others and to depend on others. Therefore for effective and meaningful cooperation there must be trust. Trust allows us to have meaningful relationship with other people.
2. **Understanding** promotes co-operation in the society. Understanding is a logical way of coming to terms with others. The quality of having insight or good judgment of issues for the progress of the society. It is the ability to respect the feelings and opinion of others in the society. Anything mutually understood or agreed upon. Understanding also involves kindness, sympathy and tolerance.
3. **Good communication** - Good communication skills are skills that facilitate people to communicate effectively with one another. Good communication brings about co-operation, mutual understanding, mutual co-operation and trust. Good communication enables people to work together, share ideas and problems together.
4. **Respect** - Respect as a factor promotes cooperation among the people. Everyone in the world has the right to live with respect and dignity. Therefore, the first respect is to respect oneself - "to know that I am naturally valuable". Respect involves listening and having feelings for others. When we have respect for ourselves, it is easy to have respect for others. Those who show respect will receive respect. Respect requires good manners, politeness in language and show of high sense of civility.
5. **Tolerance** - Tolerance is being open and receptive to the beauty of differences. Tolerance is mutual respect through mutual understanding. Tolerance recognizes individual diversity while removing divisive mask and defusing tension created by ignorance. Those who know how to appreciate the good in people and situation have tolerance. Nigeria is a diverse country of about 250 languages and cultures. This means that we must show tolerance in our actions to one another.
6. In any society, people have common goals, needs, wants and aspirations especially when it relates to peace, progress and development and to achieve this, people must co-operate with one another. There must be team work and sincere co-operation for progress, development, peace and stability.

Benefits of Co-operation in the Society

1. It will bring peace, progress and development in the society.
2. It will lead to proper functioning of the society.
3. It will bring about national unity.
4. There will be respect for law and order in the society.
5. It will enable the people in the society to achieve their goals or aims for the common good.
6. It will promote harmony, transparency and understanding in the society.

Nigeria is a country with different ethnic groups, so we need co-operation for unity, progress, development and stability to be achieved in our country.

1.4 SELF RELIANCE

The capacity to manage one's own affairs, make one's own judgment and provide for oneself.

Self-reliance is the belief in one's capability and ability to provide for oneself independently without necessarily relying on other people.

Self-reliance is synonymous with self-sufficiency. It means doing things for ourselves rather than having things done for us. However, it does not mean that we do not need others in our lives. Only that the help we ask of others is the kind of help that makes us better able to care for ourselves.

Basics for Self-reliance

1. To build the kind of character needed to live both independently and freely in community with others.
2. Self-reliance is freedom to think right and do what is right.
3. To help oneself financially and economically.
4. To avoid becoming a liability or burden to other people and to the society.
5. To make life easier for members of one's family.
6. For self-fulfillment.

Attributes of Self-Reliance

1. It helps to discover one's talents.
2. It promotes independence.
3. It brings about self-confidence.
4. It helps in the development of the society.
5. It enhances cooperation of the society.

Benefits of Self-Reliance

Advantages of self-reliance are usually thought of in individual terms. But it is good for the country as well.

Self-reliance is beneficial to the individual, family and the society. The benefits include the following.

1. Self-reliance helps a nation to develop economically.
2. In virtually every area of our lives, with the exception of self defence, the government is incapable of accomplishing what we individuals can do ourselves.
3. Self-reliance enables one to achieve good results and solve one's personal problems without depending on others.
4. It enables the society to use its resources maximally and efficiently to solve its problems.

Ways of Identifying Self—Reliance

1. Discovering of one's natural skills and talents.

2. Putting one's skills and talents into use.
3. Learning from others in area of one's interest.

How to Nurture Talent

1. Regular and constant practice.
2. Interacting with people with similar talents.
3. Holding onto one's talent in the face of opposition.
4. Encouragement from other people.
5. Having good mentors to grow one in his or her area of talent.

Consequences of Undiscovered Talents and Undeveloped Skills

If a person does not discover his or her talents or skills, he or she would:

1. remain unhappy, underdeveloped and unfulfilled.
2. retard the progress and development of the society. There is a symbolic relationship between individual progress and nation's progress. So nation must create enabling environment to enable individuals realize their potentials for the progress of the country.
3. not be able to tap into the natural resources in his or her society.



Rauf Aregbesola



Chief Gani Fawehinmi

Pictures of Men of Values in Nigeria

Including Rauf Aregbesola

1.5 INTEGRITY

Integrity is the quality of being honest and having strong moral principles. Integrity is about being firm in one's moral principles. It is also about the quality of character a person exhibits on public issues. A man of integrity stands for honesty, accountability, transparency, loyalty, fair play, equity, probity, justice etc. **A person is said to have integrity when he is able to stand by the truth even at the point of death or in the face of threat e.g. Nelson Mandela of South Africa.**

A person of integrity is somebody who will not give or take bribe, engage in corruption, steal or cheat others, an upright person, hardworking, diligent, committed and dedicated person.

Integrity comes from the Greek words "Integritas" and "Integra" meaning whole. It refers to wholeness of a human being. Integrity is having values, being consistent with one's values or belief system not wavering due to outside influences, standing strong in how one should live and believe.

Integrity includes sincerity, keeping one's word and agreements, honesty, truthfulness, ethics, fairness and justice, punctuality, and never faltering from what one believes in. A quote regarding integrity is "**it is better to have an**

enemy who keeps his word than a friend who does not”.

In any society, there is need for people of integrity, because they serve as the conscience of the society, they also provide strong moral character for the development of that society. In Nigeria, there are few people of integrity, examples are Mallam Aminu Kano, Wole Soyinka (Nobel Laureat) Chief Gani Fawehinmi (Human Rights Activist), Dora Akunyili (a woman of integrity).

Students are advised to identify and emulate men of integrity in the society.**Attributes of Integrity**

An individual of integrity has the following attributes:

1. **Honesty:** Honesty is the quality or state of being honest, truthful, trustworthy, probity, fairness etc. Honesty implies a refusal to lie, steal or deceive in any way. Honesty elevates not only an individual, it also elevates a nation. A very old proverb says "**Honesty is the best policy**". The proverb is as true today as it was many years ago. A man of integrity must be honest.
2. **Contentment:** A man of integrity must be contended. Contentment is the feeling of happiness or satisfaction. Contentment therefore is the satisfaction with one's condition of life while working hard for a better future. A person is contented when he or she is satisfied with what he or she has when you are at peace with yourself and with fellow human beings, a contented person is happy and cheerful.

A contented person does not gossip, do not engage in rumour mongering, does not envy and avoid jealousy. A contented person minds his/her business.

1. **Fairness:** Is conformity with rules and standard. The attribute of being just to all. The ability to make judgments free from discrimination or dishonesty i.e. to be fair when dealing with people. In judgment for example, a judge must judge without prejudice, fear or favour. Fairness promotes good value in the society. A man of integrity must be fair to all.
2. **Trust:** Trust is the trait of believing in the honesty and reliability of others. It is a relationship of relevance. It allows people to form relationship with others and to depend on others. A man of integrity must be trustworthy.
3. **Transparency:** The condition in which nothing is hidden. Transparency means openness, communication and accountability. Transparency promotes accountability and probity. In Nigeria, government officials are often accused of not being transparent especially in financial issues. Transparency therefore is an important value that government officials must imbibe and exhibit in all issues.
4. **Probity:** Probity means accountability, openness. A man of integrity must submit himself for probe. He must be ready and willing to give account of his stewardship.

Need for People of Integrity in the Society

In any society, there is need for people of integrity, because they serve as the conscience of the society. Therefore, the society needs people of integrity for the following reasons:

1. Integrity promotes societal values and its development in both

- public and private lives of the society.
2. Integrity promotes community service and social development. People of integrity serve as role models for people to learn and emulate. They, therefore assist in promoting community service and social development.
 3. People of integrity live peacefully and harmonious with other people in the society. They show peace, love, tolerance and understanding in the society.
 4. It makes people to be honest, loyal and trustworthy.
 5. It encourages character development especially among the young ones. They serve as good examples to the young ones.
 6. It brings about value such as dedication, hardwork, commitment to work, justice etc.
 7. Integrity promotes courage and confidence.

Consequences of Lack of Integrity

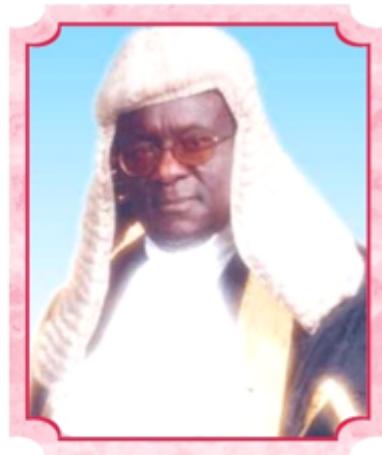
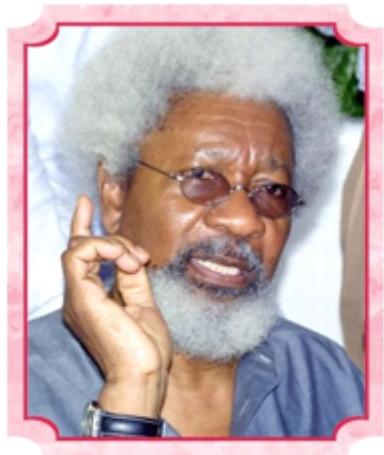
In any society that is bereft of or lack men of integrity, the consequences are enormous. They include

1. Lack of integrity encourages bribery and corruption in public and private lives.
2. It serves as obstacle to progress and development.
3. It discourages hardwork, honesty, dedication, commitment etc and encourages mediocrity.
4. Lack of integrity gives wrong perception of societal values e.g. ill-gotten wealth verses wealth gotten through hardwork.
5. It makes youths to show lackadaisical and deviant behaviour.

1.6 CONTENTMENT

Contentment is the feeling of happiness or satisfaction. Contentment therefore is the satisfaction with one's situation of life. A person is contented when he or she is satisfied with what he/she has. When you are at peace with yourself and fellow human beings, a contented person is happy and cheerful.

A contented person does not gossip, do not engage in rumour mongering, does not envy and avoid jealousy. A contented person minds his business.



**Pictures Showing Men of Integrity in Nigeria:
Wole Soyinka and Late Chief Gani Fawehinmi**

Attributes of Contentment

Some of the attributes of contentment include:

1. **Patience and happiness:** A contented person is patient and happy with his/her possession.

2. **Peace and Satisfaction:** A contented person is peaceful and lives with satisfaction and humility and humbleness.
3. **Avoid Envy:** He is not envious of other people's possession.
4. Avoidance of greed, corruption and covetousness.
5. He does not steal or cheat in his dealings.

Need for Contentment in the Society

1. It promotes peace, progress and development in the society.
2. It promotes simplicity and humility.
3. It reduces envy, covetousness, jealousy and unhealthy rivalry.
4. It encourages hardwork and healthy competition.
5. Contentment reduces conflict between individuals and groups of the society.
6. It gives room for peaceful co-existence, harmony, tolerance and understanding in the society.

Consequences of Lack of Contentment

1. It encourages bribery and corruption.
2. It leads to greed, envy, jealousy, cheating and stealing.
3. It may also lead to robbery and assassination e.g. political thuggery and assassination may be as a result of lack of contentment among politicians or corrupt businessmen.
4. It may also lead to social vices such as prostitution, robbery, stealing and advance free fraud (also known as 419).
5. It promotes gossiping, rumour peddling and unhealthy rivalry.
6. It serves as obstacles to progress and development.

1.7 MEANING OF COURAGE

Courage is the ability to face pain or opposition without showing fear. This is the ability to confront obstacles such as fear, uncertainty, intimidation, danger, difficulty in a brave manner. Courage shows the quality of boldness one exhibits when one is confronted with challenges of life. A courageous person possesses high moral standards. A person must be able to sustain courage in the face of difficult e.g. to be a military man, you need courage.

A courageous man must be able to act decisively, without fear or favour. You must stand by the truth. A courageous person is not afraid pursuing a course even in the face of opposition and persecution.

In any society, there is need for courageous men and women - people of high esteem. People who will stand for the truth and support what is good and condemn what is bad.

Nigeria today needs people of high integrity, discipline, courage and moral uprightness. Chief Gani Fawehinmi (SAN) is an example of a courageous man in Nigeria, a lawyer by profession, human right activist and a social crusader. He challenged the military courageously and fought for enthronement of Democracy in Nigeria.

Types of Courage

1. Physical Courage
2. Moral Courage
3. Spiritual Courage

1. Physical Courage

This is the willingness to exercise physical energy to get things done

properly. Physical courage involves the application of one's strength or use of one's body to effect necessary changes e.g. mobilisation of members of community to construct a hall or road needs physical courage.

(ii) Moral Courage

This is the ability to do what is right irrespective of pressure to do otherwise. Moral courage requires saying the truth and standing by it. We need moral courage in most of the things we do. It is the ability to do what is right consciously and conscientiously. Good morality is important in the life of an individual. Be morally upright at all times.



A Man of Courage – Late Chief Gani Fawehinmi

(iii) Spiritual Courage

This is the ability to live by one's religious beliefs. In other words, we demonstrate spiritual courage when we hold tenaciously to our religious tenets or doctrines. In Nigeria today, there are many religious organisations or institutions without demonstration of spiritual courage. We need to demonstrate spiritual courage in accordance with our religious tenets and doctrines. However, the demonstration should not be in a violent way.

Attributes of Courageous Person

The following are some of the attributes of courageous people:

1. **Commitment** - A committed person is one who believes very strongly in something e.g. a project for public good.
2. **Endurance** - is being calm in the face of danger, pain, fear and not to give up until the goal is satisfactorily achieved.
3. **Determination** - A courageous person is a determined person. Somebody with clear ideas of his/her goals.
4. **Steadfastness** - this requires consistency in achieving a task or a duty or set goals.
5. Other attributes of courage are diligence, confidence, boldness and bravery.

Living our values in Nigeria today has many challenges. There are often obstacles to being honest, to being compassionate, to being forgiving etc. To deal with these challenges we need courage. Be a courageous person.

1.8 MEANING OF DISCIPLINE

Discipline is the ability to control one's behaviour or the way one lives in line with the rules, laws and regulations of the society. Discipline involves self-control i.e. that is, controlling one's behaviour in any situation one finds himself or herself. Discipline involves training to obey rules and regulations, for self-control, good conduct, orderliness, conformity with the norms,

principles and societal values. A society is disciplined when people obey the laws of the land. Discipline is very important, it is when people obey the rules and regulations and conduct themselves in a manner that conforms with the laws that guide the society. The society expects certain acceptable standards of behaviour from us, therefore, we must show discipline at all times.

Indiscipline brings disorder, chaos, anarchy and lawlessness in the society. It thereby retards the progress and development of that society. In a well disciplined society, it is expected that people will obey the laws and constitution of the land, obey traffic rules and regulations, protect and guide public infrastructures, obey court orders, injunctions and judgment.

Attributes of a Disciplined Person

1. Self-control is one of the attributes of discipline. This is ability to control oneself or exercise self-restraint in the face of inducement or provocation. A disciplined man exhibits self-control in any situation.
2. Discipline encourages moderation, modesty, honesty, tolerance and respect for rules and regulations.
3. Discipline promotes the need to conform to societal norms and values.
4. Discipline promotes orderliness in the society.
5. Discipline leads to endurance and preservation.
6. Discipline promotes respect for legitimate authority. People in a society must respect and obey the legitimately constituted authority. This will bring about orderliness, harmony and peace in the society.
7. Discipline protects the fundamental rights of individuals in the society.
8. Discipline makes leadership to be responsive and responsible to the needs of the people.

Benefits of Discipline

1. Discipline is necessary for the provision of welfare services for the people in the society.
2. Discipline is a necessary condition for individual and societal progress and development.
3. Discipline promotes harmony, orderliness and a peaceful society.
4. Discipline brings about obedience of rules and regulations that guide the society.
5. A disciplined society is orderly and neat e.g. discipline can be observed in waste disposal. We need to cultivate the habit of using refuse bin.



Picture showing a person dropping waste in refuse bin

Consequences of Undisciplined Society

Indiscipline is the opposite of discipline. It is lack of self control or an outright display of bad behaviour. The following are some of the consequences of undisciplined society.

1. Lawlessness and disorderliness in the society. Indiscipline can lead to chaos and anarchy in the society.
2. Bribery and corruption - Indiscipline encourages bribery and corruption in the society.
3. It retards progress and development.
4. It also leads to breakdown of law and order.
5. It may also lead to social vices e.g. vandalism of public property.

Attitude of an Undisciplined Person

1. **Lack of Self-control:** An undisciplined person lacks ability to control himself or exercise self-restraint in face of inducement or provocation.
2. **Selfishness:** An undisciplined person is self-centred. He does not consider others. He is selfish.
3. **Greed:** An undisciplined person is very greedy. He has an excessive desire to acquire material wealth.
4. **Troublesome or Violent:** An undisciplined person can be troublesome or violent.



Picture showing two people fighting on the street (an act of indiscipline)

Exercises

1. Define value.
 2. Mention three importance of values.
 3. Mention three manifestations of values.
 4. Briefly explain self-reliance.
 5. List three benefits of cooperation.
 6. Mention three types of cooperation.
 7. Explain honesty.
 8. How can you nurture your talent? List four ways.
 9. Look at your society, identify one prominent personality of a good values. Explain why you pick him/her.
 10. What do you understand by right attitude to work?
 11. Mention five attributes of right attitude to work.
 12. Mention four importance of the right attitude to work.
 13. List three consequences of not having right attitude to work.
 14. Explain the following concepts:
 - (a) Integrity
 - (b) Contentment
 - (c) Courage
 - (d) Indiscipline
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1. List four attributes of integrity.
 2. Mention three consequences of indiscipline in our society.
 3. What is courage?
 4. List four types of courage.