TOP

Civic & Ethical Edu.

For

Grades 11 & 12

Based on the New Revised Curriculum

Top Book Series

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Unit Eight
Self- Reliance

Introduction

✡ This Unit is about self-reliance. It is expressed in different ways. It could mean making decision freely and developing the ability to take care of you. There have to the psychological, Economic and social independence to be considered as self-reliant person. Dependency is a clinging behavior seeking excessive support from others. Decision making is based on evaluating the pros and cons of their decision. Self-reliant people evaluate the morality aspect of their decision.

Objectives

✋ Having completed studying this unit, you should be able to:

- List down the preconditions that should be fulfilled to be considered as a self-reliant person
- Explain some of the features of an assertive person
- Explain what is meant by assertiveness and list down its distinguishing features
- Develop moral sensitivity to make good decisions
- Explain what is meant by dependency and list down its effects
- Show how self-reliance and decision making are related

8.1 Self-reliance: Its definition and characteristics

What is meant by Self-reliance?
(You can use the space below to write your answer)

☞ Self-reliance refers to the ability to make decisions freely. It also means the ability to support and take care of you.

What are some of the qualities of self-reliant people?
(You can use the space below to write your answer)

☞ Self-reliant people have good awareness. They know their good sides and bad sides (strength and weakness). They know their qualities and weaknesses. They devote their time and energy to live within the limits of their income. Self-reliant people have self- confidence and they make good decisions. In time of making

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decisions they give priority for the moral sensitivity of their decision. The term moral sensitivity refers to care and consideration of issues related to right and wrong decisions and actions. Self -reliant people examine the pros and cons of their decisions.

It is also equally important to discuss issues having moral significance. Discussing morally sensitive issues with other people has some good advantage. People around you may agree with your decision; or at least they may understand your decision.

Self-reliant people ask these questions to themselves: "Who am I? Where have I Been? Where I am going? ". They explore their capability to chart their own destiny and realize their potentials. Self- reliant people are also independent people.

What are some of the qualities of independent Persons?
(You can use the space below to write your answer)

☛ Independent Persons:

- Have their own views, explore different options
- Desire to earn their living from their own efforts and expect to be rewarded for them. They do not desire subsidy, unwanted payment or handouts. They will plan for their future by saving.
- Value achievement and do not seek power over others; they recognize that the purpose of life is to realize one's own potential.
- Choose their own lifestyle. They seek an existence that provides adequate time for relaxation and enjoyment of life, not rushing through life, or working like a slave.

Self- reliant people are assertive people.

What is Assertiveness?
(You can use the space below to write your answer)

☛ Assertiveness is standing up for your rights and making your voice heard. Assertive behavior includes:

- Taking a positive role in the conservations
- Sharing feelings, opinions and experiences with others
- Making requests and asking for favors

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- **Refusing others ' requests if they are too demanding**
- **Questioning rules and traditions that do not make sense or do not seem fait;**
- **Addressing issues that bother you**

What are the differences among Passive, Aggressive and Assertive Persons?

(You can use the space below to write your answer)

☞ There are mainly three behaviors in relation to self-reliance. These are aggressive, passive and assertive.

- **Passive communicators do not defend their own personal boundaries. They allow other people to harm or unduly influence them. They are unlikely to risk trying to influence anyone else.**
- **Aggressive people do not respect the personal boundaries of others and thus are liable to harm others while isolating themselves as a consequence**
- **When assertive people communicate, they speak their minds to influence others, but they do it in a way that respects the personal boundaries of others. They also defend themselves against aggressive incursions and may try to include the views of passive group members.**

📖 REMEMBER

1. **Self-reliance refers to the ability to make decisions freely. It also means the ability to support and take care of you.**
2. **Self –reliant people have good awareness. They know their good sides and bad sides (strength and weakness).**
3. **Assertiveness is standing up for your rights and making your voice heard.**
4. **There are mainly three behaviors in relation to self-reliance. These are aggressive, passive and assertive.**
5. **Passive communicators do not defend their own personal boundaries.**
6. **Aggressive people do not respect the personal boundaries of others.**
7. **When assertive people communicate, they speak their minds to influence others, but they do it in a way that respects the personal boundaries of others.**

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Notice: The following table clearly states the characteristics of passive, assertive and aggressive persons. Study all the listed behaviors carefully and see to which categories of behavior you could belong.

Passive Person	Assertive Person	Aggressive Person
Is afraid to speak up	Speaks openly	Interrupts- talks over' others
Speaks softly	Uses a conversational tone with confidence	Speaks loudly
Looks down or away	Maintains good eye contact	Glares and stares at others
Shows little or no expression	Shows expressions that match the message	Shows aggressive / threatening expressions
Slouches and withdraws	Relaxes and adopts an open posture and expressions	Stands rigidly, crosses arms, invades others' personal space
Isolates self from groups	Mixes well with groups	Controls groups
Agrees with others, despite feelings	Speaks to the Point, agrees when ideas of others are convincing	Disagrees and does not listen to the points of others
Sees self as inferior	Values self equal to others	Looks down to others
Hurts self to avoid hurting others	Values feelings of others	Ignores the feelings of others
Does not reach goals and may not have a set goal	Balances achievement of goals with relationships with others	Reaches goals but hurts others in the process

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8.2 Dependency and its consequences

What is Dependency?

(You can use the space below to write your answer)

- Dependency is a pattern of submissive and clinging behavior related to an excessive need to be taken care of.
- Dependency refers to an excessive reliance on the knowledge, resource and potential of others to solve one's own problem.

Dependent people lack confidence and suffer from inferiority complex. They cannot make free decisions. Generally, dependent people have the characteristics which are opposite to that of assertive people.

How does a dependent person look like?

(You can use the space below to write your answer)

- A Dependent person is:
  - Conforming
  - Passive
  - Sensitive to others
  - Vulnerable to the wishes of other persons etc

What are the Psychological, Economic and Social Impacts of Dependency?

(You can use the space below to write your answer)

- Dependency has psychological, economic and social impacts. Psychologically, dependent people lack confidence and suffer from feelings of inferiority complex. They fail to argue in support of their position. They do not forward their decision freely fearing that other people will ridicule on them. Dependent person who live on the support of others also develop the habit of long term economic dependency. Dependency has social impacts. A dependent person may not be socially accepted among friends and in the community. Dependency can also be expressed at the international level.

What is the impact of dependency at the country level?

(You can use the space below to write your answer)

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☞ Dependency has also a negative impact at the country level. Rapid and sustainable economic development cannot be achieved if a certain country has a large number of dependent people.

Why the poor countries are getting poorer and poorer and Vice versa?

(You can use the space below to write your answer)

☞ The poor countries are getting poorer and poorer and the rich countries are getting richer because of the following factors:

- **Profit extraction and dependency of poor countries**
- **Debt and dependency of poor countries**
- **International market and dependency of poor countries**

How can the poor countries resist the effects of Globalization?

(You can use the space below to write your answer)

☞ The poor countries can alleviate the effects of globalization and the very unfair trade system by

- **Promoting domestic industry and manufactured goods by providing subsidies to protect domestic industries. Poor countries can sell their products rather than simply exporting raw materials.**
- **Limiting the importation of luxury items and manufactured goods that can be produced with in the country, the country reduces its spending.**
- **Taking steps to keep foreign companies and individuals from operating business that draw on the resources of the country with the money being channeled out of the country.**
- **Forcibly taking over foreign-owned companies on behalf of the state, in order to keep profits with in the country.**

8.3 <u>Self-Reliance and Decision Making</u>

How Self- reliance and decision making are related?

(You can use the space below to write your answer)

☞ Self-reliance and decision making are directly related. Self-reliant people make good decision because they evaluate the pros and cons of their decision. Before making their decision, they organize the resources they have. These

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resources can be money, time, skill and energy. They plan, organize, implement and evaluate what has to be done.

What does decision making involve?

(You can use the space below to write your answer)

☞ Decision making involves identifying and choosing alternatives based on the values and preferences of the decision maker. Every decision involves certain amount of risk but it can be reduced.

It is better to take a risk than not make any decision at all. Decision making needs different preconditions. One of these preconditions is self- reliance that can be manifested through self-confidence. Self- reliant people know that decision making is the process of sufficiently reducing uncertainty and doubts about alternatives to allow a reasonable choice to be made from among them.

Self-reliant people are always ready to take the consequence of their action. They do not blame other for their fault. In the process of making decision, they try to reach into a consensus with others if their decision affects others. Self-reliant people make not only right decisions but also morally sound decisions. They refrain from making decisions which are against the norms and the values which they are living in.

📖 REMEMBER

- ✓ **Dependency is a pattern of submissive and clinging behavior related to an excessive need to be taken care of.**
- ✓ **A Dependent person is conforming, passive and submissive.**
- ✓ **Rapid and sustainable economic development cannot be achieved if a certain country has a large number of dependent people.**
- ✓ **Self-reliance and decision making are directly related. Self-reliant people make good decision because they evaluate the pros and cons of their decision.**

8.4 Morally Sound Decisions

There are a number of ways of making a decision with ethical considerations.

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What are the three approaches that can help us to consider ethical issues?
(You can use the space below to write your answer)

☞Three of them are the following: Ethical Relativism, Utilitarianism and Rights Approach (Kant's Moral Theory).

Ethical Relativism

According to this approach, ethical values and beliefs are relative to the various individuals and societies that hold them. There is no objective right or wrong and the issues are often matters on which people hold subjective opinions.

Utilitarianism

This approach considers the consequence of a particular decision. This is sometimes named the Greatest Happiness Principle as the outcome of any decision is expected to provide the most pleasure for the greatest number of recipients.

The Rights Approach or Kant's Moral Theory

Unlike that of the utilitarianism theory, this is a non-consequential theory in that it is not the end result of an action that determines the decision, but whether the action itself is perceived to be right.

📖 REMEMBER

- ✓ **There are three theories relating to what is moral and not. These are Ethical Relativism, Utilitarianism and Rights Approach (Kant's Moral Theory).**
- ✓ **According to this approach, ethical values and beliefs are relative to the various individuals and societies that hold them. There is no objective right or wrong.**
- ✓ **Utilitarianism approach considers the consequence of a particular decision.**
- ✓ **Kant's moral theory is a non-consequential theory in that it is not the end result of an action that determines the decision, but whether the action itself is perceived to be right.**

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❖ 8.5 Check List (on Unit 8)

Put a tick (✔) mark on the fill in the blank space the activities you can perform. I can

1. **Define the term self- reliance_____**
2. **List down the preconditions to be fulfilled to be considered as a self- reliant person_____**
3. **Describe the characteristics of a self- reliant person_____**
4. **List down some features of assertiveness_____**
5. **Define the tem Dependency_____**
6. **List down the characteristics of dependency_____**
7. **Outline the psychological, Economic and social impacts of dependency_____**
8. **Explain what is meant by decision making_____**
9. **Mention why poor countries are getting poorer____**
10. **List down theories in relation to the decision made with ethical considerations_____**

8.6 Unit Summary

1. **Self-reliance includes making decisions freely and being self-reliant, psychologically, economically and socially.**
2. **Self- reliance needs to have self-awareness and to be assertive.**
3. **Assertiveness is standing up for yourself and making your voice heard.**
4. **Self-reliant people make good decisions. They also check the morality of their decision.**
5. **Moral sensitivity refers to care and considerations of issues related to rights and wrong decisions or actions.**
6. **Self-reliant people make discussion to build consensus before making decision. They also examine the pros and cons of the decisions they make.**
7. **Dependency is an expression of excessive and clinging behavior to be taken care of by others. Dependency has economic, social and Psychological impacts.**
8. **There are a number of ways of making a decision with ethical considerations. There are three approaches in this**

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regard. These are ethical relativism, Utilitarianism and the right approach or Kant's moral theory.

8.7 GLOSSARY (on Unit 8)

- **Adulterate:** The addition of a cheaper substance to food to increase its quantity.
- **Assertiveness:** The quality of behaving confidently and without being frightened to say what is wanted or believed.
- **Consensus:** A general and widespread agreement.
- **Dependency:** Relying on others excessively.
- **Flexibility:** Is being able to change one's mind or decision according to the situations.
- **Moral Sensitivity:** The care, understanding and consideration of moral issues related to right and wrong.
- **Public welfare:** The well being of the people in general.
- **Rational Decision:** A decision based on reason rather than emotion.
- **Rightful perception:** A belief or opinion based on facts and evidences.

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Unit Eight

8.8 Review Questions

I Choose the best answer from the given alternative

1. All are the characteristics of Assertive persons except
   A. Taking positive role in conversations
   B. Making requests and asking for favors when necessary
   C. Questioning rules that do not make sense
   D. Accepting others' requests if they are too demanding
2. Mr. Caesar mixes well with groups and values feelings of others. Mr. Dima isolates himself from the group, he agrees with others despite feelings and he hurts himself to avoid hurting others. Mr. Jatani disagrees and does not listen to the points of others and he looks others down. The above three persons can be grouped respectively as
   A. Assertive/ passive/ aggressive
   B. Passive/Assertive/ Aggressive
   C. Passive/Aggressive/Assertive
   D. Aggressive/ Passive/ Assertive
3. Look for the wrong statement
   A. Decision making involves identifying and choosing alternatives
   B. Every decision involves a certain amount of risk but it can be reduced
   C. Sufficiently reducing uncertainty and doubts about alternatives will allow a reasonable choice to be made
   D. The outcome our decision is only positive
4. Which of the following does not go with assertiveness?
   A. Maintaining good eye contact while speaking
   B. Facing indecision
   C. Accepting ideas of others when they are convincing
   D. Seeing others equal
5. Which one is the characteristic of passive person?
   A. Accepting the feeling of others
   B. Mixing well with other people
   C. Speaking openly and firmly
   D. Feeling inferiority complex

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6. Decision making <u>does not</u> requires
   A. Examining the pros and Cons of the decision that you make
   B. Ignoring the morality of your decision
   C. Being ready to take risks at all
   D. Expecting Positive and negative outcomes
7. Poor Countries get poorer because of the following reasons <u>except</u>
   A) Their good time management
   B) National Debt
   C) International market and dependency of poor countries on developed countries
   D) Bad governance
8. Identify the <u>wrong</u> statement about dependent person
   A) They feel inferiority complex
   B) They do not express their view publicly
   C) They have selfless behavior
   D) They develop " dependency syndrome"
9. Which of the following is a <u>characteristic</u> of an aggressive person?
   A) Is afraid to speak
   B) Glares and stares at others
   C) Shows expressions that match the message
   D) Slouches and withdraws
10. All are the characteristics of an independent person <u>except</u>
   A) Exploring different options
   B) Seeking power over others
   C) Choosing their own life style
   D) living in their own income
11. All are the characteristics of passive persons <u>except</u>
   A) Ignoring the feeling of others B)Mixing well with others
   C) Considering self-inferior D) Have no self- confidence
12. Which of the following is a reflection of dependency?
   A) Self-direction B)Indecision
   C) Determination D) Commitment
13. Identify the <u>true</u> statement about self-reliant person
   A) Self-reliant people are dependable
   B) Self-reliant people have hostile relationship with other people

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C) Self-reliant people feel superior to other
D) Self-reliant people have no self-concept

14. Identify the wrong statement among the following
A) Self-reliance does not mean complete independence
B) Self-reliance means to be free from the influence of others
C) Self reliant means the ability to make decisions independently
D) Self- reliance is a belief that people cannot solve their own problem

15. Giving value to yourself and considering that you have something to offer to others is called
A) Self- knowledge
B) Self- esteem
C)Self- respect
D) Self-reliance

16. Self reliant people do all of the following except
A) Knowing their good qualities and weaknesses
B) Avoiding help from others
C) Fighting against the habit of dependency
D) Respecting the views of others

17. The ability to make your decision and carry them out with confidence is called
A) Decision Making
B)Assertiveness
C) Passivity
D) Self-concept

18. The image you have of yourself and the way you believe others see you AND how you feel about that image respectively are
A) Self-esteem/self-concept
B) Passivity/ Assertiveness
C) Self-concept/Self-esteem
D) Assertiveness/ Passivity

19. One of the following is true about independent persons
A) They are self- confident
B) They are other directed
C) They are confirming, passive and obeying
D) They are not socially adaptable and open minded

20. Which of the following is important to be considered as a self-reliant person?
A. Psychological Independence
B. Economic Independence
C.Social Independence
D.All of the above

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21. One of the following is not a true character of other-directed people
    A. Determination to act
    B. Dependency
    C. He/she is conformist
    D. Too loyal and obedient
22. Of the following, one refers to readiness to consider or accept the ideas of others
    A. Self-reliance
    B. Open-mindedness
    C. Being rigid
    D. Civic commitment
23. Self-awareness includes recognition of our
    A) Strengths B) Weaknesses C) Abilities D) All of the above
24. All are the behaviors of an assertive person except
    A. Taking a positive role in conversations
    B. Sharing feelings
    C. Requesting others' requests if they are too demanding
    D. Keeping secrets issues that bother you
25. Look for the behavior of an aggressive person
    A. Is afraid to speak up
    B. Speaks softly
    C.Invades the rights of others
    D. Speaks openly
26. Look for the behavior of an assertive person
    A. Slouches and withdraws
    B. Values self equal to others
    C. Looks down on others
    D. Ignores the feelings of others
27. Look for the behavior of a passive person
    A. Is afraid to speak up
    B. Values feelings of others
    C. Mixes well with groups
    D. Looks down to others
28. Independent persons have all of the following characteristics except
    A. Exploring different options
    B. Seeking the assistance of others all the time
    C. Valuing achievements
    D. Choosing their own life style

II. Match column " A" with column " B" correctly

A	B
29. Assertiveness	A. Behaving confidently without fear
30. Flexibility	B. Adding cheaper product to the food
31. Public welfare	C. Decision based on reason
32. Rational decision	D. Consideration of moral issues
33. Adulterate	E. Changing mind according to the situations

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34. Consensus — F. A general or widespread agreement
35. Moral sensitivity — G. The well- being of the people

III. Write "TRUE" or "FALSE" based on the statements written below.

36. Dependent people have good self- awareness.
37. Poor countries have a weak influence on world politics and economy.
38. Moral sensitivity refers to the care and consideration of issues related to right or wrong decisions or actions.
39. Dependency has social, Economic and Psychological impacts.
40. Utilitarianism considers the consequences of a particular decision.
41. The theory of ethical relativism states that there is no subjective right or wrong.
42. Self- awareness and the ability to make morally good decisions are interrelated.
43. Kant's Moral theory is non- consequential theory.
44. Dependent people show superiority complex.
45. Self- confident people are courageous to express themselves in public.
46. Self- reliant people are other- directed.
47. Dependent people are socially accepted.
48. The addition of a cheaper substance to food to increase its quantity is called adulterate.
49. Globalization is making poor countries richer and richer.
50. Decision making requires examining pros and cons of the decision that you make.
51. The positive impact of globalization includes access to cheaper products and transfer of information.
52. Self- reliant people have aggressive behavior.
53. Self reliance and self- confidence have relations.
54. Assertive people lack self- confidence.

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Answer key

Unit Eight Review Questions

I. Choose the best answer

1. D

Explanation: Assertive people reject others' demand if they are too demanding.

2. A

Explanation: The behaviors of assertive, passive and aggressive persons are mentioned respectively.

3. D

Explanation: The result of a certain decision can be positive or negative.

4. B

Explanation: Assertive person make decision by evaluating all the possible means.

5. D

Explanation: Passive person is not self- confident and they suffer from inferiority complex

6. B

Explanation: The morality aspect of our decision has to be taken into account when we make decision.

7. A

Explanation: The time management of poor countries must be improved.

8. C

Explanation: Selfless behavior is an example of responsible person.

9. B

Explanation: An aggressive person invades the rights of others.

10. B

Explanation: Independent persons treat all people equally.

11. B

Explanation: Passive persons do not mix well with others. They rather isolate themselves from others.

12. B

Explanation: Indecision is inability to make decision.

13. A

Explanation: Self- reliant people are trusted by others.

14. D

Explanation: Self- reliance is a belief that people can solve their own problems.

15. B

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Explanation: Self-esteem is all about knowing your strengths and weaknesses.

16. B

Explanation: There are times even self- reliant people ask the assistance of others.

17. B

Explanation: Assertiveness is the ability to make decisions and putting them in action. Its opposite is passivity.

18. A

Explanation: self-esteem is how you see yourself and your understanding how others see you is self- concept.

19. A

Explanation: Independent people are self-0 confident people

20. D

Explanation: Economic, Social and Psychological independence are important to be considered as an independent person.

21. A

Explanation: Other- directed people do not have the courage to act.

22. B

Explanation: Open-mindedness refers to accepting the views and the opinions of other people.

23. D

Explanation: Knowing our strengths and weaknesses is vital to develop self- awareness.

24. D

Explanation: Assertive people openly tell issues that bother them.

25. C

Explanation: Aggressive people do not respect the privacy of others.

26. B

Explanation: Assertive person treats all people equally.

27. A

Explanation: Passive people do not have the confidence to express their views publicly.

28. B

Explanation: Independent people avoid asking the assistance of others as much as possible.

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II. Matching

29. A
30. E
31. G
32. C
33. B
34. F
35. D

III. True or False

36. False
37. True
38. True
39. True
40. True
41. False
42. True
43. True
44. False
45. True
46. False
47. False
48. True
49. False
50. True
51. True
52. False
53. True
54. False

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