

Chapter 8

Self-reliance

It is a remarkable of dependency on one's power, resources and judgment. Self –reliant people need help from others only in matters that are capacities.

Assertiveness:- is the quality of behaving confidently and without being frightened to say what is wanted or believed.

To assert means to state an opinion and claim a right. Assertiveness is standing up for yourself and making your voice heard. It is expressing your opinion, needs and feelings without ignoring the needs of others.

Assertive behavior includes:-

- Taking positive role in conversations.
- Sharing feelings, opinions and experiences with others.
- Making request and asking for favors.
- Refusing others requests if they are too demanding.
- Questioning rules or traditions that do not make sense or do not seem fair.
- Addressing issues that bother you.

How assertiveness can change your life

- It can improve your relationships.
- It introduces you to new personal or career opportunities.
- It can earn you respect from others.

Characteristics of an independent person

Independent people:-

- Have their own views, explore different options.
- Desire to earn their living from their own efforts and expect to be rewarded for them/
- Value achievement and do not seek power over others they recognize that the purpose of life is to realize one's won potential.
- Choose their own life style.

Dependency

- ✓ It is the notion that a country fully relies on the support of other country and international organizations in many different ways.
- ✓ They may rely on food donations, financial donations and skill support.
- ✓ Dependency results in risks to public welfare for the following major reasons:-
 - Profit extraction
 - debt
 - International market

- ✓ Wealthy nations actively perpetuate a state of dependence by various means, this influenced may be multifaceted involving economics through(IME and WB), the media, politics, banking and finance, education, culture, sport and all aspects of human resource development(including recruitment and training of workers).

RECRUITMENT:- is the process of finding candidates for a post in an organization.

Dependency also results in being susceptible to interference from outside in the following ways:-

- Financial and technological penetration by the developed countries.
- Producing an unbalanced economic relationship within the poor countries and the developed countries.
- Limitations on self – sustained growth by poor countries.

How developing countries can alleviate the effects of this system?

- Promoting domestic industry and manufactured goods.
- Limiting the importation of luxury items and manufactured goods that can be produced within the country, the country can reduce its spending
- Forcibly taking over foreign-owned companies on behalf of the state, in order to keep profits within the country.

Homework

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- Part I-II

Reading assignment

- On page 107 table