



A critical analysis of human behaviour in modern society

Dr. Geeta Sharma

Assistant Professor in Surjeet Memorial College of Education, Ferozepur, Punjab, India

Abstract

Human behaviour refers to the range of behaviours exhibited by humans and which are influenced by culture, attitudes, emotions, values, ethics, authority, rapport, hypnosis, persuasion, coercion and/or genetics. Human behaviour is experienced throughout an individual's entire lifetime. It includes the way they act based on different factors such as genetics, social norms, core faith, and attitude. Behaviour is impacted by certain traits each individual has. The traits vary from person to person and can produce different actions or behaviour from each person. A negative reinforcer is an event or behavior whose reinforcing properties are associated with its removal. For example, terminating an existing electric shock after a rat presses a bar is a negative reinforcer. Beside this, education can also help the society to cope with all these social problems.

Keywords: human behaviour, modern society, social problems

Introduction

Human behaviour refers to the range of behaviours exhibited by humans and which are influenced by culture, attitudes, emotions, values, ethics, authority, rapport, hypnosis, persuasion, coercion and/or genetics.

The behaviour of people (and other organisms or even mechanisms) falls within a range with some behaviour being common, some unusual, some acceptable, and some outside acceptable limits. In sociology, behaviour in general is considered as having no meaning, being not directed at other people, and thus is the most basic human action. Behaviour in this general sense should not be mistaken with social behaviour, which is a more advanced action, as social behaviour is behaviour specifically directed at other people. The acceptability of behavior is evaluated relative to social norms and regulated by various means of social control.

Factors affecting human behaviour and actions

- Genetics
- Social Norms
- Core Faith & Culture
- Attitude

There are lots of other sociological factors that could effect human behaviour. Family life, school environment (violent, drug-filled, etc), violence on TV or in the home, weak or strong social ties (ex. Lack of strong friendships), socioeconomic status, neighbourhood (clashing or cohesiveness of cultural norms), education level obtained, poor social influences (ex. Gang behaviour). Societal norms and influences (ex. Farming community v/s inner-city), religious influences etc.

A look on wrong trends of human behaviour at present in society and sports

1. **Sports and religion:** In 1999, The International Olympic Committee banned the Afghan Olympic Committee from

participating in the 2000 Sydney Olympics after a Taliban appointee took over the Afghan National Olympic Committee (NOC) and all but banned women from sports.

Most Muslim-majority countries have sent female athletes to compete in the Olympics for decades. More Muslim women are competing in sports today than ever.

But even when women are included, competition remains a challenge, particularly because of athletic dress codes. In 2007, the International Federation of Association Football issued a ban on the hijab or headscarf.

The situation for female athletes in Saudi Arabia is bleak. Women in general are denied the right to practice sports. Saudi Arabia is the only country in the world that prevents girls from taking part in sports in government schools. Physical education is allowed only in private schools. Women are not allowed to play in official sports clubs or even watch matches in stadiums. Girls' football, volleyball and basketball games in private schools and colleges are held secretly. Because of this ban, finding women with Olympic level training was a kind of "mission impossible". The conclusion of all these things reveals around, 'why I do curtain, on your evil eye' ("*Nazar Teri Buri Aur Parda Mein Karoon*").

2. Sex and gender controversies in sports and society:

To know about these controversy, firstly we have need to know about these terms –

"Sex" refers to the biological and physiological characteristics that define men and women.

"Gender" refers to the socially constructed roles, behaviours, activities, and attributes that a given society considers appropriate for men and women.

What is the difference between Sex and Gender?

Sex = male and female

Gender = masculine and feminine

So while your sex as male or female is a biological fact that is

the same in any culture, what that sex means in terms of your gender role as a 'man' or a 'woman' in society can be quite different cross culturally. These 'gender roles' have an impact on the health of the individual.

In sociological terms 'gender role' refers to the characteristics and behaviours that different cultures attribute to the sexes. What it means to be a 'real man' in any culture requires male sex plus what our various cultures define as masculine characteristics and behaviours, likewise a 'real woman' needs female sex and feminine characteristics. To summarise:

'Man' = male sex + masculine social role (a 'real man', 'masculine' or 'manly').

'Woman' = female sex + feminine social role (a 'real woman', 'feminine' or 'womanly').

"Transgender" at its most basic level, is a word that applies to someone who doesn't fit within society's standards of how a woman or a man is supposed to look or act.

For example, "transgender" may be used to describe someone who was assigned female at birth but later realizes that label doesn't accurately reflect who they feel they are inside. This person may now live life as a man, or may feel that their gender identity can't be truly summed up by either of the two options we're usually given (male or female). They might feel like they're in between those two options; both male and female; or outside the two-gender system, entirely, neither male nor female.

Gender identity disorder (GID) is the formal diagnosis used by psychologists and physicians to describe persons who experience significant gender dysphoria (discontent with the sex they were assigned at birth and/or the gender roles associated with that sex). It describes the symptoms related to transsexualism, as well as less severe manifestations of gender dysphoria. GID is classified as a medical disorder by the ICD-10 CM and by the DSM-IV TR. It is likely that the new version of the DSM will replace this category with "Gender Dysphoria." Some authorities do not classify gender dysphoria as a mental illness, including the NHS which describes it as "a condition for which medical treatment is appropriate in some cases.

Why People Change Their Gender? It is very much a matter of self image. For some reason and the reasons are different with each transsexual they see themselves as the other gender. This becomes almost an obsession in their lives. They go through depression have a very high rate of suicide. For some it gets to the point that they simply decide they cannot live as their biological gender and begin the transition process. Most find the process so difficult and traumatic they never complete transition. Those that do complete the transition process with very rare exception report greater happiness and peace with themselves in their lives. There have been a couple of studies that suggest the reasons to transition may be related to brain structure but these studies tend to examine the structure of transsexuals who have been on hormones for a number of years prior to death and as such these noted differences may be the product of the hormone intake. The short answer is that these people are trying to find a version of themselves where they can be at peace.

3. Sports ground as “the place of war” - In today's sports world, the high premium placed on victory and the fan's

desire to see intense human conflict, has allowed violence to become an accepted part of sports. **Violence in sports** refers to physical acts committed in contact sports such as Ice hockey, lacrosse, Soccer, Boxing, Mixed Martial Arts, Wrestling, and Water Polo beyond the normal levels of contact expected while playing the sport. These acts of violence can include intentional attempts to injure a player by another player or coach, but can also include threats of physical harm or actual physical harm sustained by players or coaches by those engaging in spectating of sports.

4. Right to education - “*She want education, but she got bullet*” (The Malala Yousafzai Case) Malala Yousafzai is a Pakistani school student and education activist from the town of Mingora in the Swat District of Pakistan's Khyber Pakhtunkhwa province. She is known for her education and women's rights activism in the Swat Valley, where the Taliban had at times banned girls from attending school. On October 9 of 2012, two men stopped the bus bringing her and her classmates back from school. One man mounted the bus and demanded to know which girl was Malala. He fired three shots, one of which entered her skull and grazed her brain. The Taliban claimed responsibility for the attack. Taliban leaders have reiterated their intention to kill her and her father.

5. “kill her because, she is a girl” (Female Foeticide A Curse of Society) - Female foeticide is aborting a female fetus after sex determination test. It is the crime in the eyes of law. This process began in the early 1990's when ultrasound technique which, was invented to basically check the health of the baby inside the mother and this technique was being used for this crime. But, a century ago, baby girls were drowned alive in a vassal of milk and killed after they were born.

How to modify the wrong behavior towards the positive behaviour

Behavior modification is a treatment approach, based on the principles of operant conditioning that replaces undesirable behaviours with more desirable ones through positive or negative reinforcement. Behavior modification is used to treat a variety of problems in all age peoples. Behavior modification has been successfully used to treat obsessive-compulsive disorder (OCD), attention-deficit/hyperactivity disorder (ADHD), phobias, enuresis bed-wetting), generalized anxiety disorder, and separation anxiety disorder, among others.

One behavior modification technique that is widely used is positive reinforcement, which encourages certain behaviours through a system of rewards. In behavior therapy, it is common for the therapist to draw up a contract with the client establishing the terms of the reward system. Another behavior modification technique is negative reinforcement. Negative reinforcement is a method of training that uses a negative reinforcer. A negative reinforcer is an event or behavior whose reinforcing properties are associated with its removal. For example, terminating an existing electric shock after a rat presses a bar is a negative reinforcer.

Beside this, education can also help the society to cope with all these social problems.

References

1. A Look At The Problems In Sports Today'
<http://bleacherreport.com/articles/24168-a-look-at-the-problems-in-sports-today>
2. Homosexuality: The Mental Illness That Went Away
<http://behaviorismandmentalhealth.com/2011/10/08/homosexuality-the-mental-illness-that-went-away/#.UPE2APL3Wpo>
3. Ethical Issues Associated With Drug Use In Sport
<http://smapworld.tripod.com/drugs/ethical.html>
4. Humane Society of New Zealand Retrieved on 2008-03-22
<http://www.petsonthenet.co.nz/humanesociety>