

# TRANSFORM YOUR WORST ENEMY AS YOUR BEST FRIEND

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## ABSTRACT

Lot of people are leading a stressful life in this materialistic world. One of the reasons behind is that, they feel there is no honesty in relationships. This investigation was aimed to identify the psychological issues of women, who tried to change their worst enemies as their best friends. Who is your “Best Friend and Worst Enemy”? As the question indicates, the answer will be a single person only. That is you. Yes, your mind is only your best friend and your mind will become your worst enemy when it is not in control. To prove this statement, 30 married women were taken as sample for this small sampling investigation. One to one interview method was adopted by following the rules of interviewing technique. Based on the responses of the sample for the structured questions, the investigator made a meticulous analysis and inferred about the mental status of the women. Fifty percent of the women were extremely depressed because of betrayal by their loved ones. Twenty percent of the women were also depressed, but slightly. And only thirty percent of the women were feeling free. Women were not able to come out of their depressed state, especially when they were betrayed by them on whom they had immeasurable hope in life. The result of this study in nutshell is, the women who were betrayed by their loved ones, have made their mind as the worst enemy for themselves. And the women who made their mind as the best friend, of course, were not betrayed by anyone. This study will help the readers to transform their minds as their best friends.

**Key Words:** Friend, Enemy, Transform, Interview, Betrayal, Depression, Stress.

## INTRODUCTION

All human relations continue with few expectations. Parent anticipate that their children should achieve at their own expected level. Children always expect that their parents should be liberal and lovable. Wives have lists for their husbands to behave in certain ways. A husband expects that his wife should be like this or that. But unfortunately, in many people’s lives everything happens in reverse. So, failures in expectations cause stress and depression. Sometimes, unexpected behaviour of their loved ones makes them commit suicide.

The sun rises and sets without the contributory efforts of human beings itself is a boon for all of us. We all sleep in the night and wake up in the morning is a gift for ourselves and our loved ones. But, the human mind always thinks and worries about misfortunes of life and makes them more complicated ones. Your happiness will be stolen by worrying about problems and it makes you imagine unwanted things and will be poisoning your mind and body.

A great American psychologist **Dr. Glenn Matthews** says that “Life is easy. We humans make it complicated” [1].

## Review

**Rachman. S** made a research titled “Betrayal: A Psychological Analysis”. Betrayal can be explained as, it is a sense of hurtfulness of a human being as a result of intended actions or exclusion of his/her trusted person. Mental contagion caused by betrayal and the betrayer frequently becomes a resource of mental contamination. After conducting a series of experimentations it was established that by the imagination of intolerable non-consensual acts, the feelings of mental contamination can be aroused [2].

**Prema.N** Only human beings are cheating and hurting others. And at the same time only human beings will be sad, feeling depressed, getting anxious, being frustrated and worried for everything or about future etc. Because of these circumstances, the mind is being agitated and leads to physical, mental and emotional grumbles. It is suggested to write down worries in a paper or diary to have a relaxed mind. Swab down all the worries and try to be happy. Life is completely relying on our hands [3].

## RESEARCH QUESTIONS

1. Are all the contributors having peace of mind?
2. What are the reasons they have for their agitated mind?

## RESEARCH OBJECTIVES

1. To find out whether all the contributors have a peace of mind
2. To unearth the reasons hidden within them for their agitated mind?

## RESEARCH HYPOTHESES

1. All the sample-participants in this research study have peaceful mind.
2. Reasons for agitated mind of the participants can be listed

## NEED AND SIGNIFICANCE OF THE PRESENT RESEARCH

Whether educated or uneducated, elders or youngsters, employed or house wives, all the women are having the problem of miseries. People couldn't make their mind to be calm, even though they know that, problems in human life are unavoidable. Some problems cannot be avoided, instead they should be faced. But most of the problems are not at all problems. Such situations need to be left out as they are!. Few people may not feel bad for some incidents, but the same kind of problem may affect badly some people. These things are true because of their character, based on their brought up. Generally soft natured persons cannot easily accept the unexpected failures. Such kinds of women are not only spoiling their life but also messing up their children's life, since children simply imitate their parents. Hence, providing a suitable, peaceful and powerful environment to their children is very much essential for each and every parent. Some of the women are either worrying about their past or thinking about the future. They fail to live the present life peacefully. Because of the advancement in technology, betrayal can be easily dramatized in many families. Tolerating such kind of cheating is very much difficult for soft natured women. Hence the investigator decided to track such women and help them to come out from that state of mind. Hence, the title for this study is entitled as "Transform your worst enemy as your best friend".

## METHOD OF STUDY AND SAMPLING

There are 30 married women who were selected as sample for this investigation. Since the investigator is already providing counselling to alumni of B.Ed course, 30 alumni were randomly selected from contacts other than clients for this research over phone. One to one interview method was adopted to collect necessary details after promising that, this is only for research purpose and never be disclosed. Since the investigator was their Teacher-Educator, they were very much interested to share their feelings as it is.

## RESULT ANALYSIS

### Hypothesis-1

Table-1 Illustrating the categories of the sample based on their peace of mind

Age of the participants	Total	Nature of Responses from the participants		
		No worries	Feeling slightly Depressed	Feeling extremely Depressed
26-30	12	4	2	6
31-35	5	2	1	2
36-40	6	1	1	4
41-45	7	2	2	3
Total	30	9	6	15
Percentage		30 %	20 %	50 %

### Hypothesis-2

Table-2

Sl.No	Causes for Agitating mind
1	Betrayal by loved one
2	Inappropriate life partner/Misunderstanding of each of other
3	Unexpected issues in life
4	Dreadful relationships among members in joint family
5	Insufficient economical condition

Responses received from the sample have been tabulated as above and can be explained as below:

- From the feelings of the participants, it can be ascertained that around 30 % of the married women are only leading a happy life.
- Around 20 % of the women are slightly depressed.
- Around 50 % of the women are extremely depressed.
- Particularly the women who are aged between 26 and 30 are found to have worries and depression.
- The hypothesis that all the participants have a peaceful life is rejected. Only 30% are free from worries. 50% of them are extremely depressed.
- As per the second hypothesis the investigator listed the causes of agitated mind and in which betrayal is the foremost issues among women.

## DISCUSSION

As per the feelings of the depressed women, even though they know that too much of worries affect mental and physical health, it is very difficult for them to stop worrying about betrayal by their loved ones. In particular, some of the women who are aged above thirty five are aware about the ways of getting relief from inside pain, but they say that it's all for temporary relief only. They couldn't tolerate the fact that they were cheated. Especially the women, who never cheat anyone in their life, expect the same from everyone.

## RECOMMENDATIONS

1. The simple way to keep you happy and healthy, is "Never Mind"
2. Listen to the speeches of spiritual Leaders.
3. Don't let your mind remembering about bad incidents, instead make your mind engaged in listening to music or any kind of interesting programmes
4. Allocate a few minutes per day to cry in a separate room if you feel so... After that, come out completely from your unhappiness, since crying makes you feel free from stress. This concept was accepted by many of the clients as a best technique.
5. Avoid things/situations/persons that increase your heart beat.
6. Formulate a challenge to your mind that you can be happy always whatever may be the external situation.
7. You appreciate yourself that you can handle any kind of situation.
8. Accept that being worried will not make any change in your situation, instead it will spoil your physical and mental health.
9. If you help needy persons (Money/Job/Food/Cloths etc), it's assured that, our mind and heart feel delighted.
10. Think and be thankful for what you have been blessed with, when those are only dreams for many.
11. Accept the concept that you are created to achieve something.
12. Singing and dancing make you free from stress.
13. Write down your worries in a paper, to get relief from your pain.
14. Spend time with pets to make you feel relaxed.
15. Have a detached attachment with your relations'.
16. Be a "Trustee" for your relations, don't be the "Owner" of them.

## CONCLUSION

"To forget a good turn is not good, and good it is to forget at once what isn't good"

Thirukkural by Thiruvalluvar

As per this research, around fifty percent of the women are highly depressed because of over thinking about cheating by their loved ones. To lead a peaceful life, the only choice is forgetting what is to be forgotten. Otherwise our mind will turn as a worst enemy for us by making physical and mental illness. Obviously our mind always remembers what is not to be kept in mind. So, by practice only, this can be achieved to certain level. Human life may be of "facing unexpected things and losing expected things". No animal gets affected by any kind of illness because of depression/stress. Animals never think about any betrayal or cheating. So, peace in mind is the basic requisite for healthy life. Never expect or depend on others for your happiness.

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