

EXCESSIVE DESIRES AND THEIR CORRELATION WITH MISERY: A SOCIOLOGICAL ANALYSIS OF MISERABLE PEOPLE

*Dr.Santosh Kumar
Dr.Saima Shaikh
Niaz Ahmed Bhutto*

ABSTRACT

The aim of this research is to investigate the causal relationship between desire and misery. In society based on materialistic values, people cannot live without desires. Thus, it is argued in the paper that too many desires cause misery and feeling of deprivation. It also creates dissatisfaction with the ways of living. The random sampling technique has been used for selecting respondents from Shah Abdul Latif University, Khairpur. The data has been verified through the SPSS software. The results showed that received value of the chi-square is greater than the tabulated value with p-value of 0.000 which indicates that the people who are more inclined towards excessive desires, they mostly suffer from misery and unhappiness. People with less desire are comparatively satisfied with what they have.

Keywords: Desires, Misery, Contentment and Imaginations.

INTRODUCTION

Some laws of life are contradictory such as more haste, less speed. The more you desire, the more you miss the things. The more you run away from your shadow, the more shadow will be with you. Hence, those people who are obsessed with excessive desires cannot know the real bliss of life. The more you run behind happiness, the more you will be alone. This is a paradoxical situation of life. Instead, it should be like that those who desire for life should have more happiness because in our daily life it is observed that the more you work hard, the more you are liable to get it but in spiritual world, things exist in contrary manner. Life is here in this moment not in future because it has to be realized that future always originate from present. Rather than focusing in present, people are always diverted in future which is the main cause of all worries and tensions.

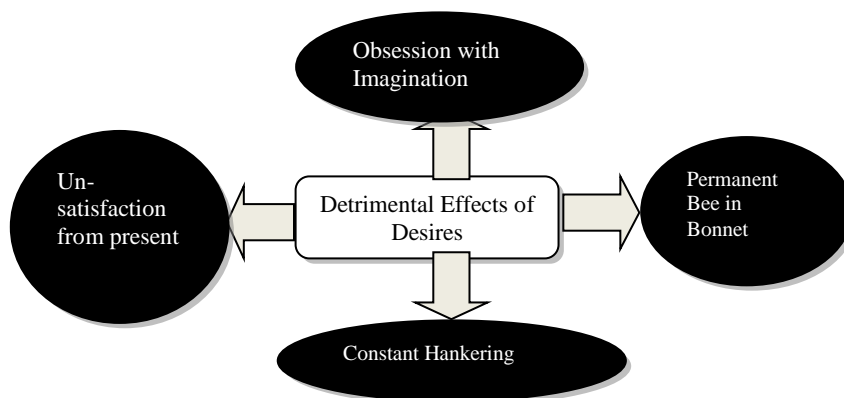
REDUCTION OF DESIRES

Now question arises why to minimize desires. Desires for anything means you are always hankering in future. Desires mostly do not exist in present; they are always in future and tomorrow oriented. Hence, for the fulfilment of any desire, a certain amount of time is needed. It can be interpreted in this way if there are no desires, there is no future and vice

versa. In present, no any desire arises all the desires will take you to the world which is unknown. What desire can be in the present moment, desires mostly are future focused? The more you opt for desires, the more you have left the present blissful natural blessings because when the mind is hankering for future, the present in which you have everything will not pleases and satisfy you for whatever you have in your hands. It means whatever, you have been blessed with, they will lose their values because your attention is towards the imaginary world which in reality has nothing in substance. Hence, it would not be wrong to say that desires barriers for happiness because happiness is lost when people live in future in imaginations otherwise bliss and contentment are always in nature. That is why it has been observed that the rich are never satisfied with what they have because their minds always remain in future which snatch present pleasure from the present existing things. Nature has put pleasure in everything but it is the trick of the mind which detracts you from the pleasure, which the present things have, through diverting your attention towards future in the shape of countless desires.

DETRIMENT EFFECTS OF DESIRES

Life as perceived by people is not bed of thorns but the bunch of desires has contaminated our minds and mostly people make existence as responsible for all the mishaps in their lives. No doubt at some extent, there exists natural interference but major chunk of unhappiness is caused by we people living in the society. When the desires are not materialized due to any reason, the repercussions on the life of any one can be better understand from the following diagram:



From above diagram, it can be perceived that calmness of mind is destroyed from above side effects of desires which in return do not allow the

happiness to reside in its own place. Hence, desires act as cancerous agents to evaporate your natural business.

IF NO DESIRE THEN HOW TO PROSPER

Now question arises, if people do not desire then how to make progress in life when the whole the advancement in the history of human beings is the result of desires and visions. The answer to this question is, work as hard as desiresious people do but never ever be result oriented which is in future .People should have this attitude that if fulfilment of desires occur, its o.k. if not then it's also ok. But vice versa is happening people in accomplishment of their desires move heaven and earth and risk everything in the name of desires which is completely wrong attitude.

Work and struggle in life for the prosperous life should be carried out with same zeal and enthusiasm as that of ambitious people but one should not be result oriented which is in fact fatal otherwise struggle and endeavour are not the problems. Hence, one should not leave any stone unturned in carrying out ones' progress in life but what really bothers is the result of the desires which people always desire to have in a wink of eye.

Palace in the palm only exists in imagination and life does not have obligation to fulfil whatever you desire for .Thus people must have the attitude of keeping desires but without result orientation then the miracles will automatically knock at the doors of those who dame care about the results rather they are much more concerned with struggle and initiative.

PROBLEM STATEMENT

All over the world, there has been growing ratio of depression and frustration among people which has become the root cause of all other problems such as suicides, divorces, family conflicts and other dissociation agents in families. The whole the responsibilities for all above social diseases go to the excessive desires of the people who do not become satiated with what they have as the corollary the dissatisfied people resort to any action which is formally forbidden by the social fabric of the society.

SCOPE OF THE STUDY

The research which has been carried out is of paramount significance because up to now less attention has been paid by the scholars to this dimension of research. Hence to save the masses from mind contamination and to make people of our society psychological sound, this research has been carried out so that people may realize the worth of with what they have been blessed.

RESEARCH OBJECTIVES

- To determine the repercussions of desires on happy life.
- To detect the inclination of people towards desires.
- To examine the attitude of people towards desires
- To observe the detrimental effect of desire on psychological soundness.

RESEARCH METHODOLOGY

The present research has focused on the both the aspects of research i.e. qualitative as well as quantitative. Qualitative material has been collected form secondary sources of information whereas qualitative data has been gathered form Shah Abdul Latif University, Khairpur.

SELECTION OF RESPONDENTS

For qualitative analysis, the students of Shah Abdul Latif University, Khairpur have been selected. Out of all the students, more vulnerable students who most of the time voice un-satisfaction from their lives have been interviewed because this research is mainly concentrated on those who express negative aspect of life in their daily life.

NUMBER OF RESPONDENTS

290 respondents has been calculated by the universal statistical formula applied everywhere where accurate sample size is need .Hence following statistical formula is adopted to determine the number of the respondents for the questionnaire purpose which as under:

$$n = \frac{h^2 \times s(1-s)}{k^2}$$

Where:

n=Number of respondents

h=Surety level at 95% (standard value is 1.96).

s=Approximated prevalence rate of desires.

k =Chances of error at 5% (standard value is 0.05).

The number of respondents calculated through this formula is 290.

Type of Sampling

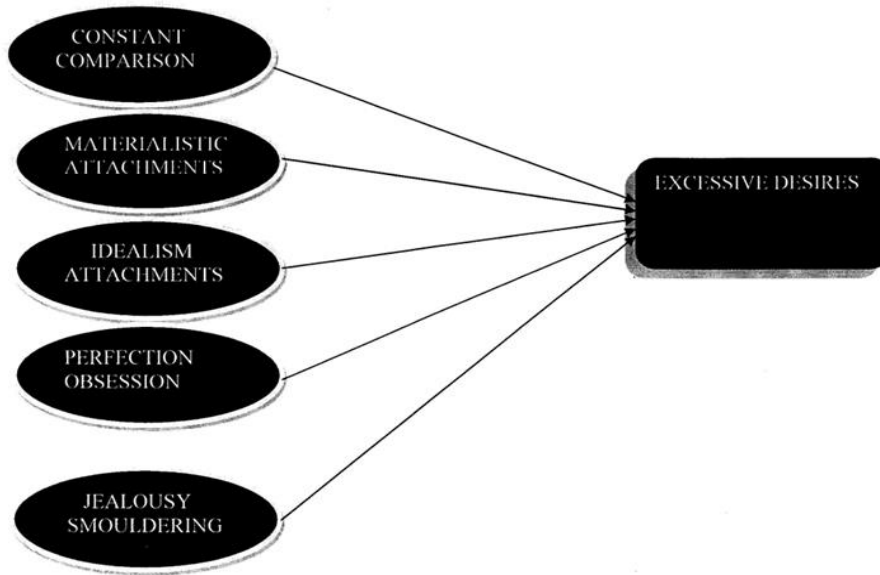
In the present research random sampling has been applied out of approximately 2000 students, all the students have been given equal chances to be equally selected for the interview without any priorities.

Tactics for Research Verification

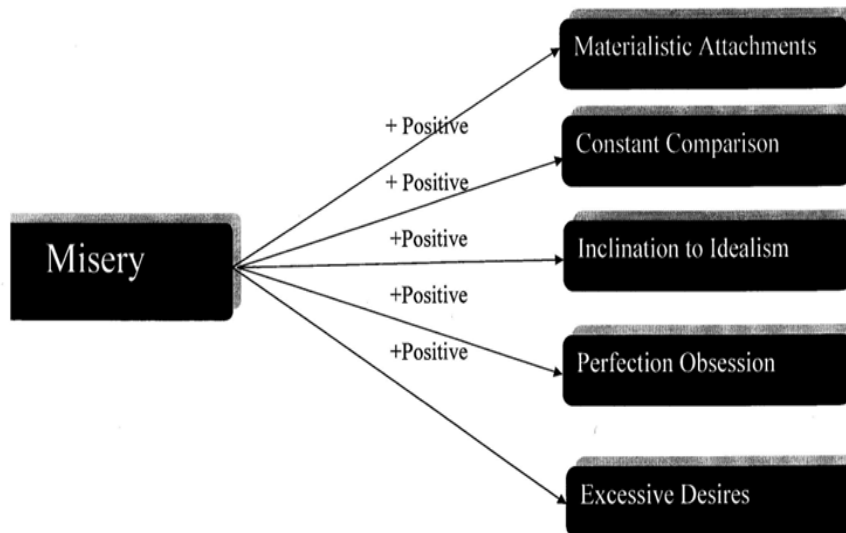
To maintain the accuracy (SPSS 17 version and Microsoft Excel) software's have been used to determine Chi-square test, likelihood ratio and p-value to verify the data statistically in scientific manner.

The Research Model and Variables

The research model always shows the relationship of one variable with other variables hence in the following figures it is clearly indicated as to how desires are created owing to certain variables as illustrated in the following model:



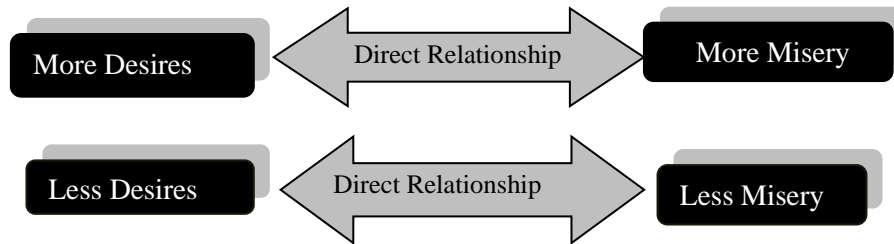
1.8.7 Positive Correlation of Excessive Desires and Misery



From above correlations, it is concluded that the misery is the dependent variable, which always depend on other variables, and there exists positive linear. Correlation which indicates that if independent variables go on increasing, they will also trigger the condition of misery in people with same frequency i.e. increase or decrease in independent variables will cause the same degree of increase and decrease in misery level which in return highly hamper blissful state of man in the shape of failure in exams and not acquiring expected results. Not only these independent variables affect ecstasy of the people but also they also become the very cause of loss of memory among people.

Hypothetical Variables

Hypothetical variables are misery and excessive desires. In the following figure, it can be better understood that there prevails direct relationship between misery and desires as indicated below:



In the above diagrams, it is interpreted that the more are the desires, the more will be the misery. The lesser are the desires, lesser will be the misery, hence direct relationship occurs between the two variables.

LITERATURE REVIEW

Herbert (2007) informed that the excessive desires and comparative analysis of man has become the very cause of the anguished state of the man and this constant hankering for more and more snatches the inborn bliss of the human beings. To be satiated with the present status quo and taking initiatives in present can change the destiny of the man.

Swan *et.al.* (2003) stated that materialistic attachments to gain more and more is just like chasing behind the mirage which does not exist in-fact. Similarly people after getting whatever they desire are once again hanker for the horizon which keep them in the state of turmoil.

Tailor (1994) reported that ego arrested people never become satiated with their present social as well as economic conditions. They are always in constant search to supersede others in every walk of life which creates a schizophrenic vibe around them as the result depression and frustration are their ultimate fate.

Samuel, *et.al.* (2008) states that excessive competitions and comparison also ignite the dormant ego to run behind the materialistic attachments which in return obsess the people in the quagmire of depression and frustration.

Veber, *et.al.* (2000) proved that only panacea for the miserable state of people is have less hankering for more and more mundane achievements as the real bliss lies not materialistic but real happiness is the state of contentment.

SPSS ANALYSIS

Testification of Hypothesis

HO= There is no relationship between excessive desires and misery.

H1= Excessive desires are likely related with working efficiency.

TABLE-1
CASE PROCESSING SUMMARY

	Cases					
	Valid		Missing		Total	
	N	per cent	N	per cent	N	Per cent
Excessive desires * Misery	290	100.0%	0	.0%	290	100.0%

TABLE-2
EXCESSIVE DESIRES * MISERY CROSS TABULATION

Count

		Do you remain in anguished state?			Total
		Mostly	Oftenly	Rarely	
Are you obsessed with excessive desires?	Yes	152	24	8	184
	No	20	15	31	66
	Do not know	16	9	15	40
Total		188	48	54	290

Source: Fieldwork

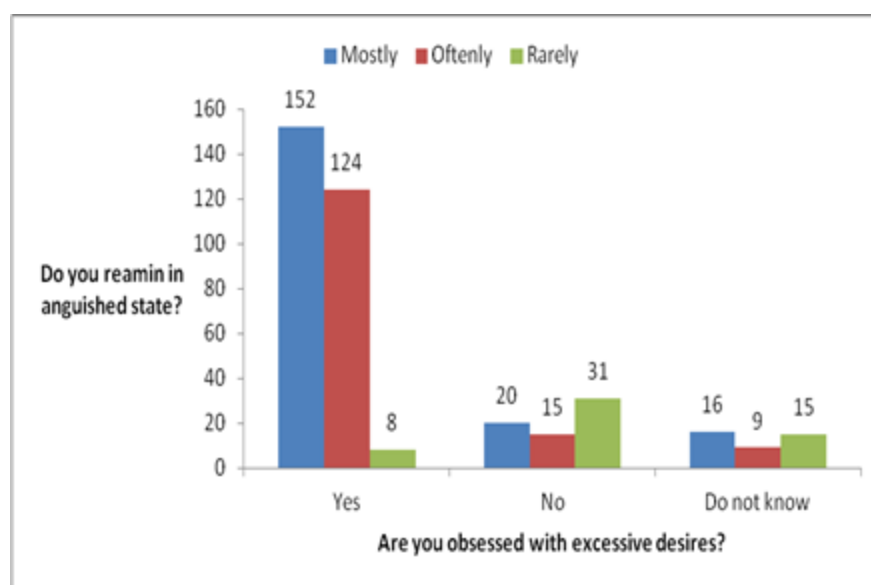


TABLE-3
CHI-SQUARE TESTS

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	235.332	4	.000
Likelihood Ratio	312.445	4	.000
Linear-by-Linear Association	201.226	1	.000
N of Valid Cases	290		

A 0 cells (.0%) have expected count less than 5. The minimum expected count is 7.56.

TABLE-4
SYMMETRIC MEASURES

	Value	Asymp. Std. Error(a)	Approx. T(b)	Approx. Sig.(c)
Nominal by Nominal Contingency Coefficient	.443			.000
Interval by Interval Pearson's R	.528	.012	24.343	.000
Ordinal by Ordinal Spearman Correlation	.356	.017	27.164	.000
N of Valid Cases	290			

- a) Not assuming the null hypothesis.
- b) Using the asymptotic standard error assuming the null hypothesis.
- c) Based on normal approximation.

Illustration of Chi-Square Test for Verification of Hypothesis

As calculated value of chi-square test obtained is 235.332 and tabulated value of chi-square is 9.49, it means calculated value is greater than tabulated hence our working hypothesis i.e. H₁ is correct. From the above values, we conclude that Excessive desires trigger the miserable state among of the students. Greater the excessive desires, the greater will be the miserable state among students whereas lesser is excessive desires, the lesser will be the anguished state. Linear by linear relationship is 201.226 which show that there is strong relationship between excessive desires and anguished state of people. And there is direct relationship in excessive desires and misery. Here the degree of freedom is 04 with p-value 0.000 which shows that there is strong relationship between the variables and there is significance attachment among the different variables. The value of

significance which we took in the research is 0.05 which indicates that the margin of error is 5% not more than that but we have received the ($p < 0.05$) it means there is no chance of error and our working hypothesis hence is 100% correct.

CONCLUSIONS

1. From the above interpretation of statistical analysis, it is concluded that those people who are obsessed by excessive desires, they are trapped in miserable state. Whereas those people who are not obsessed by excessive desires, they remain in blissful state.
2. Chi-square value shows that there is relationship between excessive desires and misery.
3. P-value has shown that people who are more inclined towards excessive desires, their blissful state is endangered.

RECOMMENDATIONS

1. People should desire for anything but excessive attachment for the results create the schizophrenic man hence it is recommended that people should divert their initiatives towards the hard working rather than worrying for the results
2. People should avoid indulging in idealism. They must believe in handwork.
3. Psyche of destroying ones' huts by watching other peoples' banglows should be nipped in the bit.
4. People should not think for the utopian world as it is the deadly poison for blissful state of mind.
5. Castles in the air should be cancelled as it also distorts the happy state of mind.

REFERENCES

- Herbert, 'Causes of Misery', Journal of Social Sciences, 2007.
- Swan *et.al.* 'Frustration and Depression', Social Psychology. (Sage Publishers, 2003).
- Albert, 'Sexual Motivation and Their Drawbacks Among Masses', Journal of Psychology, 2001.
- Tailor, 'Causes of Depression Among Youngsters', Journal of Social Sciences, 1994.
- Samuel, 'Anguished State of Mind', Social Psychology, Diamond Publishers, 2008.
- Veber *et.al.* 'Painful Plight of People' 'Community Medicine, Jacob Publishers, 2000.
- Sedler, 'Deplorable Condition of Mind, Journal of Social Science, 2012.
- Tailor, 'Occupational Stresses', Social Psychology, Amazon Publishers, 2012.
- Bill, 'Low Efficiency and Its Causes', Clinical Psychology, Diamond Publishers, 2009.
- Sherry, 'How to Stop Worrying', Journal of Social Sciences, 2009.