GRADUATE SUCCESS ATTRIBUTE

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INDIVIDUAL CASE STUDY

TOPIC : The Selfishness of Human Being

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# INTRODUCTION

Selfishness of human being is one of the current issue happening in Malaysia. This phenomena is bad for the development of the country and the relationship among the people. What is selfishness? Selfishness is the opposite of altruism or selflessness. (Wikipedia, 2020). According to the Cambridge dictionary, selfishness is attitude that only think of their own advantages. Let’s imagine there is a long conversation with a selfish person, selfish people will always make the conversation go back to themselves. So let us start with basic questions and get deeper into the concept of "selfishness" to get a clear understanding of what it is. The first question is now the COVID-19 is ripping through the Asia, everyone is compulsory to wear a mask. If you go to the pharmacy and there are 4 boxes of surgical face masks left, do you buy all of them? The second question is do you ever throw rubbish onto the ground, river or somewhere else instead of the rubbish bin or recycled bin? If your answers are yes for the above questions, then you understand what is selfishness. Actually, It is all about own advantages. Selfishness is defined as focus only on ourselves and not about other people. So, what is the causes of this problem?

# CAUSES OF THAT CURRENT ISSUE

First and foremost, one of the causes of the problem is human nowadays fear to lose control of his life. Selfish people are weak and they scare about losing things. They are afraid of losing and fear of loss of control. They have no confidence of everything so they have to grab something for their own advantages. Selfish people afraid of giving of his time, money and effort to others because he believe that this will loss of control of his life. They might think this will strengthen others but weaken themselves. At the same time, if human didn’t afraid of losing control of his life, he will share more of his time, money, knowledge and effort to help others. (Hall, 2013) Now, let’s talk about the natural selection of selfishness. Natural selection is about we select something or doing a decision in order to survive and get better and stable life else to maintain fittest system in our life (Heylighen, 1992, p. 3). We can say that selfish people always make natural selection because they fear to lose control of his life and they want to maintain the fitness of their life.

Furthermore, loneliness will turn people selfish. According to John Cacioppo, a research in University of Chicago’s Social Neuroscience Laboratory, the feeling of loneliness can push us to seek out our social connection and also bring us to a higher state of awareness. (Cacioppo). When we are aware of something, we cannot stay close to it because there might be a danger situation for us. More loneliness, more self-centeredness in a person, they might think that no one cares for them except themselves. So, loneliness person starts to do things and grab opportunity just for own advantages. Ironically, loneliness can push people away from interact with others, just with themselves.

Besides, the causes of selfishness include bad habits. Bad habits are the origin of the selfishness. (Bhikku, 2004). For example, some of the residents in our country throw rubbishes into the river, on the ground, or simply put by the roadside. This is because they are lazy to waste their time to look for the rubbish bin. Besides that, the increase of micro-plastics coming from the break down of plastics bottles, polystyrene, glitter and exfoliating beads in facial cleaner will cause interruption of the marine system. (Walsh, 2013). I could say that people nowadays lack of environment-loving habit and there left only bad habits. The other example is people who opting for a window seat means they are more selfish than whose who plump for the aisle. (Mahdawi, 2017). This bad habit shows that passengers who take window seat prefer to exist in their own bubble, more care about themselves and they like to control others. Bad habits can turn into selfishness and this will harm themselves and the environment.

Causes of this problem include improper upbringing background in the early age. When they are little, parents did not take good care of them, parents did not explain to them the pro and cons of sharing and the consequences of being selfish. For example, they let them often quarrel with their siblings to get things they liked, perhaps even to the point of beating each other. If the parents didn’t nurture them about this, then a big-hearted baby will turn into a selfish monster. Parents play an important role on nurturing their kids to become a big-hearted person. When parents should explains what is the good habits and bad habits to their children patiently. Sharing is caring is the most important lesson that parents should pay attention on it because the good attitude will mould a big-hearted kids.

# CONSTRUCTIVE PROPOSAL FOR THE RESOLUTION OF THE CURRENT ISSUE

Human selfishness is getting worse nowadays and various ways have to be carried out for the resolution for the current issue. The first way is the government has to replace the old environmental protection laws such as Environmental Quality Act 1974 with a more strictly environment law. The old environment laws are too out dated to prohibit the negative actions of human nowadays. The gases, new chemical, various new environment harmful products have to be prohibited by new environmental laws. In my opinion, the new environmental laws must have a greater enforcement powers and stiffer punishments and fines must be given to those who pollute the environments. . In my opinion, the government should prepare many of the loving-environment slogan that printed on a board and place in tourism spot, near a river, a recreational park, a wide space. The slogan can also be used in every housing area and promoted it through every media.

Laws really can restrict and control one person negative and crazy actions. The selfishness of human being turns the “buying face masks and hands disinfection solution “ into a “trend” and many people goes crazy with it. We have to buy it wisely but not massively. The government should fix the prices of face masks, hands disinfection and the most important thing is the price of daily supplies must be strictly fixed. In the same time, laws regarding this must be set to avoid the greedy of some businessman to earn the illegal money from it.

The second way is the related organization must hold a lot of motivation and any interesting activities to solve this kind of human selfishness problem. Actually, when people involved in many activities like this, many lonely people will feel that there always have friends accompany and care for them. Participating in this kind of social activity can reduce loneliness and various activities conducted that involved with the sharing session can reduce the selfishness and bad behaviour of most of the people. This can also help to widen our social activities, meet with various friends, our behaviours and characteristics will change into more caring and optimistic. Furthermore, as I mentioned before, loneliness will cause selfishness as they didn’t trust other people. Research has shown that loneliness or social pain is prevalent among those with successful career, part of the people in marriage, people who always think more and people that always has different opinions from others. When people feeling more lonely, they will be more selfish in their behaviour because they didn’t trust friends. Research published in the Personality and Social Psychology Bulletin journal reveals that loneliness can heighten selfishness and it is the natural behaviour of human to take care of themselves first if they feel isolated and lonely (Truong, 2017). In a position of conductor of social activity, we have to pay more attention and show our empathy to lonely people. This is to ensure that they feel our love and cares. I can say that care-taking skill play an important role in this situation to avoid the loneliness of a normal person convert into a selfishness monster. Besides, in the position of a lonely and selfish people, we must learn how to be the person who called a friend. Friend is a lovely that that can chase away every negative thing, friend will go through challenges with us, share the good and bad things with us. Friends are always be with us to create nice memories. When we feel lonely, try to communicate with friends, friends will dealing with us and help us to go through it. Never afraid of bringing troubles to them because friends are part of our life to go through with us everything. We have to learn how to share. This is to improve our relationship with friends and stay away from loneliness.

The third way is we must learn to give other people a chance. We really have to think of others in some situation such as performances, discussion, problem-solving and group activities. We have to give chances to others and try to listen but not directly reject it. When we find ourselves basking in the spotlight in some situations like performances and discussion. After we speak out what we want, do not force others to listen to you. On the other side, we listen to others and have a discussion. Sometimes, even clever people will make a mistake. Don’t fear to lose control of something, something there is a more beautiful thing to be happened after we sacrifice our spotlight and give chances to others. We have to turn off the light and it is the opportunity to give up out spot on the centre stage and put someone else on the stage. When we are in a situation to figure out ways to compromise among those good and positive stuffs, practice listening to others, then we are a step more closer to become less selfish.

Moreover, sometimes the bad habits of human will turn someone into a selfish person. One of the ways to solve this issue is try to put ourselves in someone’s shoes. In my view, bad habits are natural human behaviour and I know it is extremely difficult to break it in a short time. However, we must try to change myself by putting ourselves in someone position and feeling what they are feeling in any given situation. According to the research done by the researchers Tal Eyal, Mary Steffel and Nicholas Epley, putting oneself in another ‘s shoes will help with mind reading and predicting other person’s feeling (Sutte, 2018). One of the phenomena that happens nowadays is , when some of the people are trying to purchase many face masks, frozen food, canned food and toilet papers when the coronas virus suddenly spread out in Malaysia. Have the selfish people even think about the aged, the aged might not fast action as the younger man, they might be low competitive compared to them. Let’s stand in the aged’s positions and imagine of it. The aged may go home without buying anything they need and they may have the higher probability to be attacked by the corona virus without the face mask. When thinking of this, selfishness of a person will be reduced and empathy will be shown. In an addition, putting ourselves in someone else shoes will reduce the tension between love of self and love of others.

# SELF-REFLECTION

I am thankful for giving me a chance to conduct this case study. After I deeply touch into this topic, I feel sad and disappointed. Selfishness of human being is already rise to a high level. When having a conversation with some people, the selfish people will always make the conversation turn back to them and always “me, me, me”. I have grab this chance to dig deeply into this topic and found out there are many causes of this current issue. So, I already listed out what are the method to solve this current issue. However, I still believe that there are people who always keep their needs at last. The world keeps on changing and so the behaviours of human beings. Things are getting better and the human behaviours must getting nicer and nicer too.

When I come to the last part of this case study, I realise that I still lack of presenting skill. Sometimes, I still have take 15 minutes to think of how to write a nice and impressive sentence. I think it is quite tough for me to present what I want to say because sometimes my brain will go blank suddenly and I will keep on mumbling when I am getting nervous. So, I am trying my best to present and express out my thought regarding to this current issue as words. As we know, if this situation always happens in the examinations and daily life, it would take me a lot of time and I will in troubles as people would not believe in me. Me as future data engineer must be good in analysing unstructured data and must present them out clearly. However, I believe that I can go through it and be a professional data engineer.

Second, I have to improve my problem-solving skill. In this case study, I still found out some of my solutions are not good enough. I know that I have to think of the consequences if the action is taken, reactions of people and the costs if the solution is executed. I have to work hard in this field. As we know, as a future data engineer, we will get the data and solve all kinds of problems. Problem-solving skill is very important in life of data engineer because the alert and smart mind is needed for us to create an alternative solution to solve a big problem. We have to solve problem one-off with a best solution. This will help us to save time and increase a company’s conductivity.

# CONCLUSION

I have gained a lot experience through this case study which the topic is “The Selfishness Of Human Being”. We highlight 2 considerations. The first thing is selfishness is not the most successful social behaviour. (Yu, 2011) So, this behaviour has to be changed to be a better person. Human natural behaviour could be modified as it is depend on our determination. I understand that the improvement of a human’s behaviour really needs a lot of efforts. I can say that selfishness of human being must be reduced in order to bring more love to this society. I believe that if there is determination, there comes good works.

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