

# **NIOS lesson adaptation project**

**By EMBRACE Volunteers**

(A community initiative of Harchan Foundation Trust)

## **Chapter 21**

# **Ethics In Daily Life**

(Printable Version)

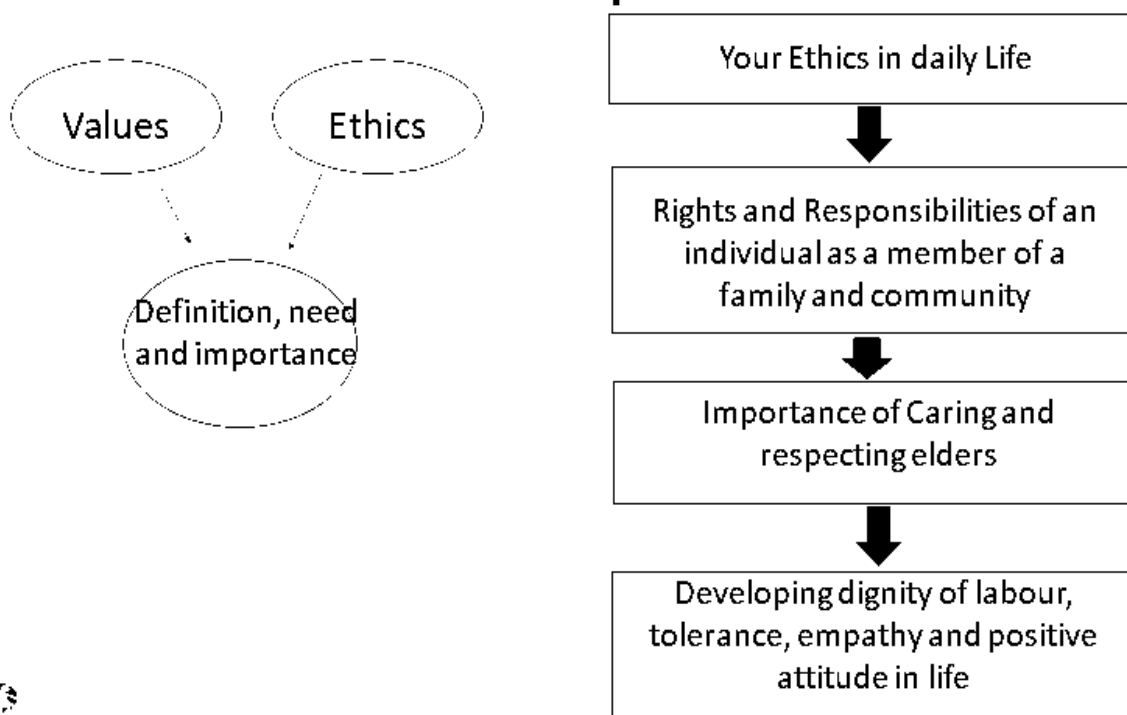
- **Simplified Lesson**
- **Previous Year Questions with Answers**
- **Terminal Questions**

This project is aimed at supporting children with different needs. Information provided is adapted to the best of knowledge by the volunteers. For complete information please refer to the NIOS resources in <https://www.nios.ac.in/online-course-material/secondary-courses.aspx>.

## LESSON 21

### Ethics In Daily Life

#### Mind Map



#### Values:

Values are the ideas and beliefs we hold and are learnt from childhood. They are imbibed from our parents and immediate surroundings.

#### Ethics

Ethics tests our values, it is the way we behave in difficult situations.

Values of Life	Values at workplace
Honesty and loyalty	Honesty and loyalty towards organization
Respect for work	Respect towards the work assigned
Punctuality , regularity and discipline	Punctuality , regularity and discipline
Courtesy and politeness with others	Courtesy and politeness with co workers
Judicious use of resources	Judicious use of resources
Taking initiatives	Willingness to take up new tasks
Efficiency	Efficiency in completing tasks

Need and importance of ethics:

There is a gradual erosion of values in the society. If values are not practiced there will be

- Loss of life and damage to public property.
- Break down of families
- No law and order
- Crime and corruption.
- Alcohol and drug abuse.
- Abuse of women and children.
- Indiscreet use and wastage of resource.

There will be total imbalance in the society if we do not practice values and ethics, so it becomes our responsibility as an individual to live ethically.

### **Rights and responsibilities of an individual:**

We all live in family which nurtures us as individual. Family will help us to develop our abilities and improves the ability to dare to dream. Family provides an opportunity to learn and to establish and maintain healthy relationship. Social skills like caring, sharing, tolerance and empathy all are learnt in our homes.

Responsibilities and rights go together and help in creating conducive environment.

### **Caring and respecting others:**

Respect is a way of expressing our love and gratitude towards others.

Expressing your view is right but doing it respectfully is your duty.

If we want others to respect us we should give respect first it mutual.

### **Dignity of labour:**

Dignity of labour means that all jobs are respected equally and no occupation is considered superior over other.

Rather than depending upon others it is better to earn one's own living and that too by honest means.

### **Tolerance, empathy and positive attitude:**

Empathy is the capacity to recognize and share feelings that are being experienced by others.

Tolerance is the ability to accept opinions and practices different from your own.

A positive attitude leads to positive events in your life.

**Life skills:** The abilities for adaptive and positive behavior that enable individuals to deal effectively with demands and challenges of everyday life.

## **PREVIOUS YEARS QUESTIONS**

### **Two- Mark Questions:**

**1). List any four work ethics your brother should follow at the jewellery store where he works as cashier.**

**Ans:**

- To be honest and loyal.
- Punctual, regular and disciplined.
- To be respectful for the work assigned.
- To make judicious use of resources.

**2). Rakesh is an auto rickshaw driver. He often overcharges the commuters and disobeys traffic rules. Comment on his work ethics.**

**Ans:**

- ✓ He should not be dishonest towards his work.
- ✓ He must obey traffic rules.
- ✓ He should not take extra money by wrong means such as taking a different and longer route.

**3). How can positive attitude help you to cope up with day to day difficult situations?**

**Ans:**

- Positive thinking helps to find a ray of hope and opportunities to find solutions in difficult situations.
- It helps to avoid negative thinking and worries.
- Helps to develop good interpersonal relationship.

**4). What do you understand by life skills?**

**Ans:** Life skills are the abilities for adaptive and positive behavior that helps us to deal with the demands and challenges of everyday life.

**5). In what ways can our society change if people do not have values?**

- Loss of life and damage to public property.
- Break down of families.
- No law and order.

- Crime and corruption.
- Alcohol and drug abuse

**6). What do you mean by dignity of labour? Explain with the help of one example.**

**Ans:** Dignity of job means that all jobs are respected equally and no occupation is considered superior over other.

Example: A sweeper who does his work well is more honorable than a high placed official who neglects his work.

**7). Ten-year old Sudha is often tempted to pick up fancy hair clip from the store near her house. Today she put one in her pocket and brought it home. At home her mother noticed the new clip. But ignored it, thinking that Sudha had done it in innocence. In this situation do you agree with Sudha's mother? Give reason for your answer.**

**Ans:**

- No I do not agree with Sudha's mother.
- She should teach her daughter that picking up the things which belongs to others is a bad habit.
- She should tell her daughter to return it.
- She should teach her to be honest and honesty is rewarded in the long run.

### **Four-Mark Questions**

**1). Your friends do not practice any values and ethics. Tell them its consequences on the society.**

**OR**

**Why is it important to practice values and ethics in your daily life? Write reasons.**

**Ans:**

- Loss of life and damage to public property.
- Break down of families.
- No law and order.
- Crime and corruption.
- Alcohol and drug abuse.
- Abuse of women, children and other vulnerable members of the society.
- Indiscreet use and wastage of resources.

**2). 'Respect: To get it you must give it'- Elaborate the statement with examples.**

**Ans:** Respect is one way of expressing our love towards others.

If we want others to give us respect, it is important that we respect them too. One needs to be respectful to everybody, both elders and younger.

Example:

- ❖ When we enter a room we should greet every single person in the room.
- ❖ We should not raise our voice when we argue with elders.
- ❖ When we visit a friend's house, we should take leave from the elder of that house.

**3). It is important to respect/ appreciate all jobs equally. Comment on the statement with examples.**

**Ans:**

- ✓ All jobs are respected equally and no occupation is considered superior over other.
- ✓ Respectability lies not in the kind of work we do but how well it is done.
- ✓ Rather than depending upon others it is better to earn one's own living by honest means.

Example: A sweeper who does his work well is more honorable than a high placed official who neglects his work or earns money through unfair means.

**4). According to you what are the basic values each one of us should possess?**

**Ans:**

- ✓ Values are ideas and beliefs we hold and are learnt from childhood.
  - ✓ They are imbibed from our parents and surroundings.
- The basic values that each one of us should possess are:
- Honesty and loyalty.
  - Respect for work.
  - Punctuality, regularity and discipline.
  - Courtesy and politeness with others.
  - Judicious use of resources.
  - Taking initiatives.
  - Efficiency in completing tasks

## **TERMINAL QUESTIONS**

**1) Explain the physical changes that are common to both adolescent boys and girls.**

**Ans:**

- Increase in height and weight.
- Growth of underarm hair.
- Growth of pubic hair.
- Pimples/ acne
- Development of reproductive organs.

**2) Differentiate between emotional and social changes during adolescence.**

**Ans:** Emotional change: means developing an ability to manage emotions and to express them in positive and responsible ways.

- Adolescents go through a stage of disobeying restrictions from the parents.
- Angry outbursts, mood swings are common in this stage.
- Feel like they are sitting on emotional seesaw.

Social change: Refers to the interaction of adolescents with their family, peers and others.

- At this stage adolescents are confused about their identity, whether they are adults or children.
- They develop a strong sense of selfhood and have their own views and ideas.
- They want to be independent and develop their own identity.
- They slowly start taking their own decisions.

**3) Giving one example explain how positive self esteem helps in better performance.**

**Ans:** Self-esteem is our personal judgment of our ability.

If we have high self-esteem, we have more belief in our abilities.

Positive self concept leads to higher self-esteem.

For example a boy is afraid of participating in debate. He sits all alone and judges himself, finds that his positive qualities are far more than his weaknesses. Thus he develops self-esteem, participates in debate and wins the prize.

**4) How would systematic thinking help in choosing a career?**

**Ans:** We must make systematic thinking before choosing a career.

- First is health and natural gifts: Some professions need sound health, e.g., army, police.
- Taste and liking.
- Resources: You cannot run a business, if you don't have money or other resources.
- Nature of profession: Some professions like officials in administration and judiciary etc. charm everyone. So we have to prepare ourselves to go through the competition.

### **5) Educate your friend on how to be assertive when being forced to do things against their wishes.**

**Ans:** Don't fall under the impression that just because everyone else is doing it, I should do it too.

- Use the word 'no' when declining rather than "I can't" or "I shouldn't".
- Avoid feeling guilty and avoid saying "I'm sorry".
- Stop others from making excessive demand on you.
- Make direct eye contact with whom you are talking.
- Not to give reasons for every action you take.
- Maintain dignity in relationship.
- Let other person know how you are feeling. When it becomes difficult to say no use any one of the following techniques.
- Ignore the question or statement and walk off.
- Pretend as if you have not understood anything.
- Change the topic.
- Convince to say no.
- Make an excuse.

### **6) List various sources from where you can get information regarding your career.**

**Ans:**

1) Weekly magazine sections of many newspapers: These magazines and newspapers offer guidance on

- Vocational choices
- The preparation needed for them
- The concerned institution and
- How to get there.

2) A number of career guidance websites.

3) Parents and employees from specific field.

4) An internship or on the job training.