

Paragraphs of checked Outline

4 (ii - v)

Why Should One Conform To Societal Norms?

1. Introduction

Conformity to societal norms fosters social cohesion, stability and sense of belongingness. Social norms offer a foundation, but embracing diversity and encouraging critical thinking can lead to more dynamic and inclusive society.

2. Understanding the term "Societal Norms"

Edward T. Hall book "The Silent Language"

3. Conforming to Social norms: Road to Stability

Concept of Labelling theory

- i- Reduces crimes and deviation
- ii- Improves social cohesion
- iii- Creates sense of belongingness
- iv. Facilitates effective interpersonal relationships
- v. Maintains balance in the society

4. Resisting social norms brings change

Iqbal's concept of Khudi to embrace

change

- i- Road map for innovation
- ii- Potential for social change
- iii- Brings positive social change for equal rights.
- iv. Challenge for status-quo
- v. Change in lifestyle

5. Striking the balance between conformity and expression

- i- Embraces diversity
- ii- Encourages innovation
- iii- Establishment of inclusive and dynamic

society.

iv. Improves communication gap

v. Encourages critical thinking.

6- Conclusion.

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Similarly, rejection of standardized norms creates potential for huge social change in the society. It can establish ideas, foster critical thinking and promote alternative perspectives. Critical thinking and different perspectives can lead a society into a new mode of accepting change which is beneficial to them. Zafar Anjum in his book "Iqbal: The Life of a Poet, Philosopher and Politician" delves into the idea of "Muslim Nationalism" by Iqbal which became the reason of social change. This social change got strength with each passing

day and eventually led to creation of an independent state. Iqbal totally rejected the societal norm of living together with Hindus in the sub-continent. His rejection of societal norms created a doorway for a huge social change.

Additionally, social change caused by rejecting social norms plays important role in equality of rights. Under the notion of "majority is authority", the rights of other ethnic and lingual groups are violated. A group of individuals often reject standardized norms for achieving the same rights which are enjoyed by individuals of majority's group. Leaders like Martin Luther King Jr. rejected the prevailing norms of racial segregation and advocated for the rights of black. His struggles for black people is mentioned in "Autobiography of Martin Luther King Junior". This resistance sparked significant changes, including the "Civil Rights Act of 1964". Hence, rejection of societal norms is helpful in achieving civil rights.

Moreover, resistance to social norms becomes the challenge for status quo against tyranny and oppression. Sometimes, the existing status quo fails to deliver the rights and services to its citizens. Deviation from rules and regulation becomes the only solution which is left. In

The past many societies have gained freedom from oppression and tyranny. Rousseau was one of the philosophers who played role in French Revolution. His slogan "Man is born free, but everywhere he is in chains" - was against the tyrant monarchs and feudal lords - gained popularity within a period of time. All these efforts led to French revolution. Deviation from rules and regulation is a driving force to get rid of tyranny against *status-quo*.

Another striking feature of going against the social norms is change in existing lifestyle. With the passage of time, all traditional methods and techniques are replaced by modern methods which are the source of comfort of human beings. If the people had not shown resistance to traditional norms, there would have no change in current lifestyle. Karl Marx's Theory of Economic Determinism argues that working class ^{can} fight for their rights and can change their lifestyle by rebelling against the powerful Bourgeoisie. He further said that if they resist the existing norms, they could be able to change their life. Therefore, resistance of norms is one of the reasons behind the change in lifestyle of a society.