

"So, Surely with hardship comes ease"

1- Introduction

Thesis Statement: The cycle of life is ingrained in complexities, difficulties and hardships. Hence, it either leads man toward a hope of better tomorrow or leads him in a state of despair and hopelessness. But, in all of this predicament one must not lose hope, as ease will certainly come ^aguaranteeing transformation of oneself.

2- Philosophical overview of hardship

a- Philosophy of stoicism

b- Philosophy of Existentialism

c- Nietzsche philosophical viewpoint on suffering

3- How hardship shapes the transformation of individual

3.1- Inculcate patience

3.2- Develop quality of perseverance

3.3- Ability to handle pressure.

3.4- Explore hidden strength and qualities

3.5- Foster empathy and feeling of compassion for others

3.6- Strengthen spirituality and

faith in oneself.

4- From ashes to brilliance: Unveiling societal and national transformations after hardship.

4.1- Forged unity and solidarity - A case of Japan ascent.

4.2- Renewed ideological strength - A case of China.

4.3- Build resilience against challenges - A case of Palestinian struggle.

4.4- Lead to socio-economic uplift after undertaking reforms - A case of 1991 Narisma Rao reform.

4.5- Ability to explore new path of development and prosperity - A case of China and Bangladesh.

4.6- Enable redistribution of resources and foster nation development.

5- Ways in which global hardship has led to collective sustainable solution.

5.1- A united call for action against climate change.

5.2- Call to end terrorism and war globally.

5.3 - Ensuring sustained global economic growth

5.4 - Reviving the spirit of multilateralism to end global evils like poverty ^{and} unemployment etc

5.5 - Strengthening social safety nets for universal human development

5.6 - Ensuring global governance framework for good governance

6 - Conclusion.

The cycle of life is ingrained in complexities, difficulties and hardships. Hence, it either leads man toward a hope for better tomorrow or leads him in a state of despair and hopelessness. But, in all of this predicament one must not lose hope as ease will certainly come guaranteeing transformation of one self. As elucidated by Fyodor Dostoevsky, "All truth passes through 3 stages. First, it is ridiculed second, it is opposed. Third, it is accepted as being self-evident." This shows that opposition and hardship is a

continuous process of life and in the end of tunnel lies hope, prosperity and truthfulness. Similarly, at an individual level hardship and difficulties of life inculcate qualities of patience, perseverance and feeling of compassion in oneself. Furthermore, it develops and fosters spiritual belief between individual and God. Likewise, hardship enables societal and national transformations, because it stimulates feeling of collective solidarity and resilience. In addition to that, leads to socio-economic reforms as happened in India under Prime Minister Narisima Rao. Hence, in return it leads to national development. Respectively, the globe is facing similar nuanced challenges which require collective concerted effort ~~in~~ countering climate change, ending terrorism and war. Moreover, global hardships are providing opportunities for increased multilateralism to ensure sustained global economic growth coupled with human development. This being said, the world today is fragmented and is facing immense challenges. Therefore, ~~but~~ all must remember that these hardships and difficulties are

important, as it has later led to economic, technological and sociopolitical revolution which is today evident in the world.

The element of hardship, difficulties and opposition is interweave in all philosophical thoughts. Like, in the Philosophy of Stoicism 'hardship is inevitable and something beyond one's control' but it emphasize that ones response should be in such manner that it adheres ^{to} ~~to~~ ^{the} elements of patience, courage and self-reliance. Hence, as per stoics hardships in life trains individuals by developing virtues of an individual. On the contrary, the philosophy of Existentialism view that existence precedes essences and ones existence is a proof that one must bear the responsibility of hardship and create meaning in a world which itself is meaningless. Similarly, Nietzsche gave a radical view on life hardship, as he said that 'That which does not kill us makes us stronger'. Hence, as per Nietzsche hardships and suffering transforms individual to the height of excellence. Thus, philosophically hardship hold an essence which lead to growth and betterment for an individual.

The harshness of life prepare man for greatness and prepare oneself for endeavours which would transform ones life. Like, it inculcate the quality of paitence as all hardships pivotally demand immense paitence from individuals. All great leaders of the world had immense paitence.

For instance, Prophet Muhammad (S.A.W) is a prime example: as he forgave all his enemies at the conquest of Makkah. Moreover, he announced amnesty for those who killed his family members. So, it can be said that hardship creates quality of paitence which lead to ease and convenience for life.

Those who tread on the path of difficulties holds the quality of perseverance. Perseverance is a quality of never giving up and is an arsenal for those who have goals and aims, in life. Like Nietzsche said, "He who has a why to live can bear almost any how." This quote of his is a testament that hardships in life will render fruit one day. Nelson Mandela who spend almost 30 years in Jail as he voiced against the apartheid African government.

and their discrimination toward Blacks, eventually became the Noble peace prize winner. Therefore, perseverance is a product of hardship and is a tool of success.

Similarly hardship enable individual to handle pressure at times of great travesty. Handling pressure is a virtue of great mindset because it limit blunders and mistakes which one man can make in such volatile situation. For instance, Quaid-e-Azam didnot acquiesce toward the demand of Congress which envisioned United secular India, because he knew that in such system Muslim would always remain a minority and second class citizen. His ability to say 'No' to congress later formulated Pakistan. Thus, hardships creates ability to handle pressure which is a trait mark of great leaders.

In times of hardship, the best version of oneself either appear or fade way. This is because one is able to explore hidden strength and these hidden strength gives renewed sense of zeal and momentum to an individual. For instance, Former

German chancellor Angela Merkel had unwavering quality of resilience and conflict resolution. During her time Europe went through financial and socio-political crisis, but under her exceptional leadership Germany became the economic engine of Europe. Hence, harsh time put forth hidden strengths of great people.

During the time of hardship qualities of empathy and compassion develop in an individual. This is because one came to realise that every individual is facing different set of challenges. Hence, during this period no one has the right to judge anyone. As famously said "judge a man not until you have walked a mile in his shoes". Hence, hardship times foster a feeling of empathy and compassion which leads to a hope that all will become good eventually.

Hard times ^{either} creates a sense of hope or despair in an individual. This is because both emotions give a sense of meaning to life. Like, hope leads to culmination of spirituality and self-belief, while the latter lead to disbelief and self-doubt. However, the true meaning

to life lies only in hope. As said by Dostoevsky "To live without hope is to cease to live." Hence hope is a ladder to spirituality and creates a connection with God Almighty. Moreover, faith in oneself is equivalent to faith in God as we humans are a manifestation of God's best creation. Thus, it can be inferred that at the end of hardship tunnel lies easiness and well-being.

The nations who have grind themselves in the cycle of hardship have now risen to become global powers. This is due to increased solidarity and unity which is key to their success. For instance, after the demise of Imperial Japan in world war II, a new working class Japanese emerged who made Japan an economic power in East Asia. The political leadership along with the business community and masses changed the Japan trajectory and put it in a path of sustainable development growth, where human development hold the key essence. Hence, hardship increase solidarity among nation growth.

Like wise, tumultuous times in nation history leads to ideological

rejuvenation. This happens because during hard times people need something to believe in and fight for. Thus, ideological strength is a natural recourse for nation's recovery. The Cultural revolution of Mao Zedong was an effort to renew ideological strength in the ^{Communist} party. As the party was facing severe criticism of its mishandling of the economy, ^{This} led to widespread ~~and~~ protest against Mao in China. Thereby, Cultural revolution of Mao brought stability and renewed the Communist party strength, as he took drastic action against those who mishandled the economy. Thus, it can be said that hard times provides opportunity for ideological rejuvenation.

In the times of hardships nations become resilient against challenges posed by aggressors and oppressors. Today the world is facing similar predicament, where renewed set of challenges are disturbing the ^{global} stability and peace. Like, The Israel aggression against innocent Palestinian is a case in point. Till today, Israel has killed thousands of innocent Palestinians and have forcefully taken Palestinian lands. But, the

Palestinians resistance is commendable as they stand firm to such inhumane foe. The resilience which Palestinians have developed is due to the hard times and hope that Israeli ^{state} apartheid action will come to an end and a Palestinian state will be inevitable.

Hard times are an indicator of much needed socio-economic reforms. As the world is globalizing at a much faster pace and structural changes are becoming inevitable hence this calls for reforms like, the economic reforms undertaken by Indian Prime Minister Narisima Rao in 1991.

The reform ensured the end of Raj licensing and centralized state planning. There by ^{he} unleashed the private sector and opened Indian economy and polity for outside world. The hard decisions ^{taken} at that times are bringing dividend to today India. As its ^{economy} growing exponentially and is set to become top 5 global economy. Hence, it can be said that hard times promise future sustainable economic growth.

similarly, success not only

lies in achieving ^{set} targets, but it lies in finding new development pathways. As the western led ^{capitalist} development pathway is in retreat, because it led to increased inequality and poverty. Therefore, new models of development and growth have emerged. Like, the Chinese model of 'state capitalism' has led to immense Chinese economic growth. The Chinese model envisioned capitalism done by ^{efficient} state owned enterprises. Hence wealth redistribution and diffusion is the essence of Chinese model. This model has been adopted by Bangladesh in its textile and manufacturing sector and is giving immense dividend to Bangladesh economy. Thus, hard times leads to new pathways of development which is being witnessed today in several states.

In today globalized world there are always going to be 'winners or losers'. This is due to the fact, whenever perilous times occurred it has always been the poor who have faced the brunt. Like, in 2008 financial crisis, where millions of people lost their life income due to

mortgage industry collapse. But the wealthiest of all earned fortunes and roll over of debt from various governments. This implies that hard times are a wake up call for wealth redistribution from bourgeois to proletariat. This action will not only reinforced state legitimacy but will foster nation solidarity and development.

The world is facing collective set of challenges which are threatening human existence on good earth.

Like, the threat of climate change is compounding earth tolerance limit. Moreover, its ^{repeated} manifestation in the form of floods, extreme heatwaves, and rising sea level etc are exacerbating the climate induced threats. But the climate catastrophe also provide an

blessing in disguise opportunity as collective effort and concerted strategy ^{shift from non-renewable to renewable} can help humanity overcome this global challenge. Thus, collective global hardship can lead us to pragmatic sustainable solution.

Similarly, the menace of increased global terrorism is making the world instable and prone to conflict. ^{As} These hardship times have led to crisis of refugees, civil war

and socio-economic insolvency. This is evident in today's Russia-Ukraine war. ^{As} The war has ^{rendered} led millions of Ukrainian refugees seeking asylum in neighbouring European states. Furthermore, have called for all regional actors to play a pivotal role in ending the ongoing war. It is unknown how the war will end but one thing is certain that the spoils of war are only destitution, insecurity and mistrust. But one must remain hopeful that after the war growth, humanity and prosperity will take the ^{global} center stage.

The global economic outlook is posing severe challenges for sustainability and productivity. Since the crisis of COVID-19, the world has entered itself into back to back challenges.

Like, the Russia-Ukraine war skyrocketed the energy commodity which led to ^{global} commodity supercycle. Thereby, it has led to call for sustained economic growth envisioning sustainability, price stability and controlled inflation.

These global reforms require effective implementation of 'rule-based order'. Moreover, it will ^{positively} pose optimistic future outlook of sustained economic growth.

is prioritised globally.

Similarly, the spirit of multilateralism is in decline globally. This is due to the fact that world super power USA is abandoning the spirit of multilateralism. As USA, under Trump leadership unilaterally went away from Paris Agreement 2015, and took head on head conflict with ^{middle power} China. Likewise, many states like India, Brazil, Hungary and Bangladesh etc are moving toward authoritarianism stifling opposition and media voices. However, democratic sane voices are still vibrant in these nations and are promising a new hope of dawn where democracy, brotherhood and good governance will take the center stage.

The globe is witnessing unprecedented rise in polarization of all sense. The inequity of wealth, politics and society is exacerbating the fault lines. Hence, has become imperative for states to increase financing on social safety net. China impressive investment in social safety sector has brought out 600 millions in people

out of poverty. Moreover, investment in human development in particular women centric public policy has rendered impressive dividend as witnessed in Bangladesh. Therefore, it can be said that hard times provide opportunities for states to adopt successful model of human development.

Governance is ^s the ability to steer the society and economy' as per Kaufman. Thereby, global governance refers to the framework where rules, practices and procedures ensures human growth and well-being. The decline of British rule-based order decline led to the emergence of American 'rule-based' order which now is facing decline and is rudimentary. Hence, a global governance framework is needed which ensures win-win situation and is out of the rhetoric and mindset of cold war. Thus, the global hardship today are promising ^{near} a pragmatic future outlook.

To sum up, it can be said that hardship are an inherent feature of success. All great philosopher

From Buddha to Nietzsche view hardship as an ingredient of success. As stated earlier, this is due to the fact that it inculcate quality of patience, perseverance and handling of pressure at an individual level. Furthermore, hardship relation with a state rise has been cited in detail. As it leads to nation unity and solidarity. Moreover, builds resilience and exploration of new development pathway as china did. Similarly, global challenges to the economy, climate, society and global governance has been discussed in detail. So, it can be said that the solution to ongoing challenges lies only in embracing hardship and striving for success at individual, national and global level. As after hardship lies only success, prosperity and well-being as said by Nietzsche.

“Become who you are. Do what you can do. Be the master and sculptor of yourself”