

Q.2. Make a précis of the given passage and suggest a suitable heading:

(20 + 5 = 25)

The Psychological causes of unhappiness, it is clear, are many and various. But all have something in common. The typical unhappy man is one who having been deprived in youth of some normal satisfaction, has come to value this one kind of satisfaction more than any other, and has, therefore, given to his life a one-sided direction, together with a quite undue emphasis upon the achievement as opposed to the activities connected with it. There is, however, a further development which is very common in the present day. A man may feel so completely thwarted that he seeks no form of satisfaction, but only distraction and oblivion. He then becomes a devotee of "Pleasure". That is to say, he seeks to make life bearable by becoming less alive. Drunkenness, for example, is temporary suicide; the happiness that it brings is merely negative, a momentary cessation of unhappiness. The narcissist and the megalomaniac believe that happiness is possible, though they may adopt mistaken means of achieving it; but the man who seeks intoxication, in whatever form, has given up hope except in oblivion. In his case the first thing to be done is to persuade him that happiness is desirable. Men, who are unhappy, like men who sleep badly, are always proud of the fact. Perhaps their pride is like that of the fox who had lost his tail; if so, the way to cure it is to point out to them how they can grow a new tail. Very few men, I believe, will deliberately choose unhappiness if they see a way of being happy. I do not deny that such men exist, but they are not sufficiently numerous to be important. It is common in our day, as it has been in many other periods of the world's history, to suppose that those among us who are wise have seen through all the enthusiasms of earlier times and have become aware that there is nothing left to live for. The man who hold this view are genuinely unhappy, but they are proud of their unhappiness, which they attribute to the nature of the universe and consider to be the only rational attitude for an enlightened man. Their pride in their unhappiness makes less sophisticated people suspicious of its genuineness; they think that the man who enjoys being miserable is not miserable.

(5 + 4 = 20)

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Psychological causes of unhappiness

Unhappiness stems from numerous psychological causes. They all have something in common. Typically, a person becomes unhappy because of being deprived of any essential satisfaction in his youth. He dissociates himself from other polarities of life in pursuit of that specific satisfaction. He makes it the sole purpose of his life. Presently, a man may even feel completely deprived. Such a man seeks no form of satisfaction. To make his life bearable, he longs for distraction and oblivion. The narcissist and megalomania do not deny the attainability of happiness. They, however, undertake wrong paths to achieve it. According to the author, no one deliberately makes the choice of being unhappy. Those who give up hope need to be persuaded that happiness is desirable and achievable. Today, the genuinely unhappy man is the one who is proud of his unhappiness. Such a man considers himself rational and enlightened. The young brains get influenced from this flawed attitude. They suspect ~~that~~ unhappiness due to his sense of pride.

Total words = 410

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