

Topic: A ship is safe in a harbour, but that is not what ships are built for.

Outline

1. Introduction

Thesis statement: Leaving behind the sanctuary of comfort zone is an arduous task. Mental and social barriers create resistance to change. However, progress of mankind is inevitably linked to change and subsequent evolution. Hence, acceptance of and adaptability to change is the only way forward for the mankind.

2. A bird's flight out of the nest

3. Inertia to leave behind the comfort zone

- Pull of the mental block
- Fear of the uncertain
- Limited scope of traditional education
- Traditional values of the society
- The technological stasis

4. Change: a necessity for evolution

- Individual's cognitive development
- Social mobility in life
- Empowerment of the marginalised
- Modernisation of the society
- A nation's progress

5. Adaptation to a novel phase of life

- a) Perseverance at the face of adversity
 - b) Commitment to excellence
 - c) A futuristic gameplan
 - d) Accord with the social change
 - e) State's proactive role in the global village
6. Conclusion

Prior to the 18th century, mankind lived a sedentary and halcyonic life. Subsistence farming was sufficient to meet the basic necessities of life. However, there was no drive to thrive. People lacked the motivation to explore the intricacies of life. It was only in the mid 18th century that the advent of Industrial Revolution kicked off the engine of mankind's static ship. Breaking out of the monotonous routines of their lives, people broadened their ambitions to live a more productive and progressive life. This transition was not without hiccups. The fear of uncertainty, the conventional values of the society and ^{the} mental blocks, prevented people from readily accepting the ongoing change. Nevertheless, it was soon realised that mankind's true purpose is to keep looking for opportunities of growth and development. As a result, the societies got modernised, individuals experienced social mobility and the nations started to progress. Evolution drove people towards adaptability to the novelty. Now people seek to keep moving forward by persevering at the face of adversity and by drafting a futuristic gameplan. Hence, to leave behind the sanctuary of comfort zone is an arduous task due to mental and social barriers. But the progress of mankind is inevitably linked to change and subsequent evolution. Therefore, acceptance of and adaptability to change is the only way forward for the mankind.

Before delving into the detailed discussion of the topic, a brief deconstruction of the concept at hand is essential. For any individual, society or state, the comfort of home, traditionality or status quo is preferred. However, like a young bird who is evacuating his nest to learn to fly and find his place in the world, it is important that the mankind unwinds the anchored ship at the harbour and lets it sail across the vast oceans of the world to get the grasp of the entire world. No doubt, that the safety that is granted in the comfort zone is unparalleled, but only after breaking through its bonds, can the mankind flourish. The state of flux of this world need not be feared, rather it should be capitalised upon by striving to achieve an adventurous and a happening life.

There are several constraints to leaving behind the comforts of the acclimatised haven, one of these is the pull of the mental block. An individual always resists the transition to a foreign milieu. The reason being that the mind can not process the consequences of the change. As a result, there is a mental block which chains the person and prevents him from moving forward. This idea has been elucidated by Bertrand Russell, who contends:

"Men fear thoughts of change more than they fear ruin or death."

Hence, this encapsulates that the idea of leaving

behind an area of comfort is revulsed by the mental block of an individual.

In a similar vein, the fear of uncertainty creates an inertia to break the bounds of comfort zone. The fear of change manifests due to the likelihood of unintended consequences. One is apprehensive of the change, because one perceives it as a path towards failure. According to the infamous Murphy's law:

“Anything wrong that can possibly be expected to happen, will happen in reality.”
Consequently, it is the fear of uncertain consequences that prohibits a person from stepping into a novel realm.

Another restricting factor towards transition into a new environment is the limited scope of traditional education. Conventional education systems just transmit the old school redundant knowledge to the pupils. Due to this, they do not develop a mindset to aim for something new and progressive. This phenomenon is specially evident in developing countries like Pakistan. The conventional educational curriculum, which focuses on rote learning has limited the minds of young student. Hence, they do not seek to explore novel fields of science and technology. This highlights that the parochial nature of education system



also hinders the ship of youngsters to adventure into the new seas of knowledge.

In addition to the limited scope of education, the traditional values of the society also play a role in anchoring the ship of individuals to its harbour. Cultural values promote a narrow minded outlook to the world. They focus on transmitting the long held customs, beliefs and norms to the younger generations. An example of this can be seen in the cultural values associated with the gender roles. Betty Friedan, in her book "The Feminist Mystique", highlighted that society glamorises the role of women as housewives. This prevents them from productively contributing to the society. Hence, this example depicts how the cultural values restrict the move towards novel environments.

Another factor that constrains the move towards modernity, is the technological stasis in most of the traditional societies. Technology plays a pivotal role in driving the society out of a stagnant position. It leads to advancement of individuals and the society at the same time. The Theory of Social Change by Gerald Lenski postulates the significance of technological advancement in driving the social and cultural change and the subsequent development of the society. Thus, through this it can be seen

that the stasis of technology in turn creates conditions where individuals and societies become comfortable in their own positions.

The previous section highlighted the various factors that restrain people from pursuing a new environment. However, these constraints can not be allowed to restrict mankind's progress. Change is inevitable in its essence. Moreover, change is a necessity for evolution as it leads to an individual's cognitive development. When a person experiences a new environment, he also experiences a growth in his mental capacity and his perspectives of life. An example of this can be seen through an individual who goes through the educational career, from school to college to a university. His mind evolves with the changing environment. In contrast, those individuals who stay bound in a similar environment throughout their lives, their mind remains narrow in outlook. Therefore, it can be contended that leaving behind the comfort zone is also essential for the cognitive growth of a person.

In a similar latitude, change can provide opportunities for a person to improve his social status and hence, experience social mobility. When a person leaves his home to seek opportunities, he eventually finds his place in the world. Conversely, an individual who remains in the comfort of home, can not

assimilate himself in the wider society. Even if an individual is from a lower stratum of the society, he can only seek to improve his position by leaving behind the shackles of comfort and delving into the orbit of the society. Therefore, the manifestation of changing surroundings can also be the social mobility of individuals in society.

Not only does change create intra-generational social mobility, it can also drive the intergenerational empowerment of the marginalised fraction of the society. This concept can be demonstrated through the waves of feminism in the history. When women were comfortably engaged in household activities, they did not get their rights fulfilled. It was only when a few women decided to come out and demand a share in public life, they created conditions for the empowerment of women. According to International Parliamentary Union,

“Today, there are 15 heads of states who are women.”

In the past, women leading a state was seen as a distant dream. Only when they came out of their comfort zone and changed their surroundings, they created the ripples of empowerment.

In addition to empowering the marginalised, a step out of the traditionalism can lead to modernisation of the society. When the society breaks from its comfort of traditional norms, it can advance itself towards betterment. This can be exemplified through the medieval Europe, which was engulfed in an age of ignorance. However, the 15th century Renaissance and the Age of Enlightenment, transformed their society. From mysticism, they started incorporating ideas of rationality. Consequently, their society experienced modernisation. The contemporary development in Europe can be ~~credited~~ credited to the enlightenment of the society. Therefore, by mitigating the constraints of comfort zone, society can evolve.

Another important ramification of the process of change is that it can lead to the progress of the nation. No nation can survive with an incessant status quo. It needs to constantly evolve in order to keep at pace with the globally transitioning world order. A pertinent example of this can be visualised through the exponential growth of China. In the history of 20th century, China was not considered as a global power. However, by bringing in reforms to its social and economic policies, it has become the forerunner of world politics.



s in the 21st century. Today, China competes with the economic might of the UN. Hence, this illustrates that by reforming their environmental policies, the states can progress towards global recognition.

After establishing that change is a necessity for evolution, it is important to highlight how the individuals who leave their harbours can counter the obstacles of the new life. Adaptation to the novel phase of life requires perseverance at the face of adversity. It is without a doubt that by leaving one's home, one will confront numerous challenges. However, only those who show grit and ability to force their way out through the storm, can rise to the heights of glory. According to the French Military leader, Napoleon:

"It is not a defeat when one confronts an enemy with courage."

Hence, the hurdles in the new path in life should be tackled with courage and strong determination.

Other than perseverance, adaptability to change require a constant commitment to excellence. If an individual strives for the best, then only can he seek to succeed.

in life. Those who lack ambition and commitment to excel often lead a life of regrets. However, only by a constant thirst for excelling the limits of ~~your~~^{one's} existence, can one achieve glory. This can be seen through the extraordinary work of Jinnah in the partition of subcontinent! He refused to let the Muslims survive at the mercy of the Congress. Instead, he fought hard till he achieved his goal of a separate homeland for Muslims. Therefore, only a commitment to excellence can aid a person in coping with the obstacles of new surroundings.

Similarly, adapting to a novel environment requires an individual to develop a futuristic gameplan. Instead of leaning on the past, one must always look towards the future. This can be exemplified through the life journey of Elon Musk. His futuristic ideas of self-driving cars and space stations have allowed him to achieve great success. Taking a lesson from his life, it can be seen that by having a futuristic agenda can one best survive in this evolving world.

Another way forward to adapting to a new situation is by ~~by~~ forming an accord with the social change. When the society accepts that the changing realities of the

World are leading to a transformation in the society, then only can the society successfully move forward. This can be seen through the introduction of artificial intelligence. Societies such as those in Germany are using AI in fields of medicine. A healthcare software Merambix is assisting in the latest imaging techniques. Hence, when a society accepts the social change, it can adapt to it and reap its benefits.

Moreover, states can adapt to the changing environments by playing a proactive role in the global village. Instead of traditional undertakings, the states need to evolve with the requirements of the time. The present diplomatic ventures of India testify to this fact. In the year 2023, India hosted G20 and SCO summits. Resultantly, it increased its diplomatic capital in the world. Hence, by playing a proactive role in the global community, states can best place themselves in the changing world.

To conclude, it can be contended that while the harbor provides a safety for the ship, it is built to sail the seas. Likewise, individuals, societies and states need to come of their safe havens and expand their horizons.

Although factors such as technological status and traditional values of society present the ships from sailing into the seas, it is essential that they do so because change is a necessity. It creates opportunities for social mobility for individuals and can contribute to a nation's progress. Moreover, to better adjust to the changing environment, qualities such as perseverance and a ~~firm~~ ~~concept~~ commitment must be adopted.

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