

## Understanding Causes of Problems and Methods of Dealing with them

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### Abstract

The main objective of this research paper is to acquire an efficient understanding of the causes of various types of problems and methods of dealing with them. When the problems assume a major form and tend to have unfavourable effects upon the lives of the individuals, in such cases, they will have to augment their knowledge and understanding in terms of methods and approaches. When the individuals are dealing with various types of problems, they need to be professional in their conduct. Furthermore, it is necessary for the individuals to augment their knowledge and understanding in terms of various methods and approaches. As one may have to obtain assistance from other individuals as well. When the problems are experienced in a minor form, the individuals may make provision of solutions to various types of problems on their own. But one of the important aspects that needs to be taken into account is, one needs to be professional in their conduct. Therefore, in order to achieve the desired goals and objectives and lead to up-gradation of one's overall quality of lives, it is of utmost significance for the individuals to identify the problems and provide solutions to them in an effective manner. The main concepts that are taken into account in this research paper are, role of professionalism is acknowledged in providing solutions to problems, areas in which problems are experienced by the individuals and methods of coping with problems in a well-organized manner.

**Keywords:** Causes, Individuals, Methods, Personal, Problems, Professional, Solutions

### Introduction

In the professional and personal lives of the individuals, there are occurrence of various types of problems (Problem, 2021). In some cases, problems take place in a minor form, whereas, in other cases, they take place in a major form. It is essential for the individuals to be well-equipped in terms of measures and approaches, which are necessary to cope with these problems in a well-ordered and satisfactory manner. In some cases, one is able to generate awareness and augment their knowledge on their own. Where as, in other cases, support and assistance is obtained from the other individuals. These are within as well as outside the homes. Within homes, they are family members, whereas, outside the

homes, they are friends, neighbours, teachers, supervisors, colleagues, employers and other community members. For example, within the course of acquiring an efficient understanding of the lesson plans and academic concepts, when the students experience various types of problems and challenges, they obtain help and support from their classmates, teachers, and supervisors. In seeking help, it is of utmost significance to communicate in an effective manner with others. Furthermore, one needs to depict the traits of helpfulness and co-operation and treat others with respect and courtesy.

In the personal lives of the individuals, one experiences various types of problems. In such cases, family members are regarded as the first and foremost individuals from whom, support and assistance is acquired (Support, 2021). The individuals discuss their problems with their family members of both personal and professional nature. When they are well-equipped in terms of measures and approaches, they make provision of adequate guidance. On the other hand, when they are not aware, they usually are not able to make provision of help and support. For example, when individuals experience problems in their studies, their parents or siblings make an attempt to provide solutions to their problems, when they are well-equipped in terms of the field. On the other hand, when they are not well-equipped in terms of the field, they arrange private tuitions for their children. One should not feel apprehensive and vulnerable, when there are occurrence of any problems. But one should possess positive viewpoints and feel they do have the skills and abilities to cope with problems and various kinds of impediments in an effectual and meaningful manner. Therefore, it can be stated, problems and challenges need to be taken in a positive manner and one should not lose hope.

In coping with various types of problems, the concept of professionalism needs to be acknowledged on a wide scale. When the individuals will be professional in their conduct, they will be able to put into operation various factors, which will not only enable them to make provision of solutions to various types of problems, but will also be able to benefit in terms of various aspects. These are, forming cordial and pleasant terms and relationships with others; inculcating the traits of diligence, resourcefulness and conscientiousness; implementing the traits of morality and ethics; being well-aware in terms of job duties and responsibilities (Concept of Responsibility, n.d.); being dedicated towards achievement of goals and objectives; conducting research on regular basis regarding methods and approaches; augmenting skills and abilities; making wise and productive decisions; taking out time for all tasks and activities and learning to cope with various types of psychological problems. Hence, it can be stated, depicting as

well as reinforcing professionalism will prove to be beneficial to the individuals. Acquiring employment opportunities is not manageable. When one is fortunate enough to acquire employment opportunities, one needs to retain it. Therefore, professionalism contributes in a significant manner in retaining the jobs. Furthermore, one is able to fulfil the expectations of the employers in a well-ordered and satisfactory manner.

### **Role of Professionalisms acknowledged in Providing Solutions to Problems**

Throughout the lives of the individuals, they are taught within as well as outside the homes that they need to be professional in their conduct. When they are professional, they will learn to cope with various types of problems in an effectual manner. Professionalism enables the individuals to remain calm and exercise control on the psychological problems of anger and stress. When the individuals are overwhelmed by various types of problems, they are likely to experience the psychological problems of anger and stress. These are experienced and in some cases, particularly when the individuals are overwhelmed by job duties, it is natural. But the individuals need to be well-equipped in terms of measures and approaches to alleviate them and prevent them from assuming a major form. The psychological problems of anger and frustration are regarded as impediments within the course of reinforcement of one's concentration abilities in putting into practice various tasks and responsibilities in an effective manner. But the role of professionalism in providing solutions to problems is acknowledged in all spheres. Therefore, the concept of professionalism needs to be reinforced.

The individuals, belonging to all communities, occupations, categories and backgrounds need to be well-equipped in terms of job duties and responsibilities. Whether they are putting into operation the household responsibilities or are pursuing education or are engaged in various types of employment opportunities, they need to be aware in terms of methods and procedures. One needs to be well-equipped in terms of modern, scientific and innovative methods in the implementation of

various types of job duties and responsibilities. In order to incur the feelings of pleasure and contentment, generate the desired outcomes and provide solutions to various types of problems, they need to be responsible and be well-aware in terms of their job duties. When the individuals are unaware in terms of methods, and procedures, they are required to experience number of problems. But when they are professional in their conduct, they are able to augment their knowledge and understanding in terms of various approaches, methods and strategies. Therefore, one is able to understand that the role of professionalism in providing solutions to problems is acknowledged in the personal and professional lives of the individuals.

Professionalism enables the individuals to emerge into competent human beings. Furthermore, this concept facilitates in acknowledgement of the traits of morality and ethics. Throughout the lives of the individuals, they need to recognize the meaning and significance of morality and ethics. When they recognize and put into operation these traits, they will be able to benefit in all spheres. The important benefits are, doing well in one's job duties, these are in educational institutions as well as in employment settings; generating the desired outcomes; forming an effective social circle; depicting regularity and uniformity; achieving personal and professional goals and objectives; leading to up-gradation of one's overall standards of living; generating information regarding modern, scientific and innovative methods; honing skills and abilities; providing solutions to various types of problems; incurring the feelings of pleasure and contentment and augmenting professionalism. Furthermore, they will emerge into ethical human beings and productive citizens of the country. Therefore, one is able to understand that the role of professionalism in providing solutions to problems is acknowledged in the lives of the individuals within as well as outside the homes.

Resources are regarded as one of the indispensable aspects, which need to be focused upon by the individuals. The individuals need to be well-equipped in terms of measures and approaches to manage resources in a well-

organized and satisfactory manner. Financial, technical and material resources are regarded to be indispensable in doing well in one's job duties, generating the desired outcomes, achievement of personal and professional goals and objectives and in leading to up-gradation of one's overall standards of living. When individuals are professional in their conduct, they are able to augment their knowledge and understanding in terms of various types of methodologies, procedures and techniques. One of the important aspects that needs to be taken into account is, professionalism facilitates in inculcating the traits of diligence, resourcefulness and conscientiousness among individuals. These are regarded as indispensable in doing well in one's job duties, generating the desired outcomes, achievement of personal and professional goals and objectives and promoting enrichment of one's overall living conditions. Therefore, one is able to understand that the role of professionalism in providing solutions to problems is acknowledged in the lives of the individuals on a comprehensive basis.

#### **Areas in which Problems are experienced by the Individuals**

Problems are regarded as an integral part of the lives of the individuals. In some cases, they take place in a minor form, which can be easily solved, whereas, in other cases, they take place in a major form. In such cases, providing solutions to them can be difficult. One is required to obtain ideas and suggestions from others. When the individuals are determined, when they inculcate the traits of diligence, resourcefulness and conscientiousness, augment their skills and abilities and are well-aware in terms of their job duties and responsibilities, they are able to provide solutions to all types of problems in an appropriate and successful manner. Furthermore, one should be confident and be well-aware of methods and approaches to overcome apprehensiveness and vulnerability. When one is conducting research on the methods to cope with problems in a well-organized manner, it is necessary to identify the areas in which problems are experienced by the individuals. The areas are personal as well as professional in nature. These are stated as follows:

## **Experiencing Scarcity of Resources**

For the individuals, belonging to all communities, categories and backgrounds, experiencing scarcity of resources is regarded as one of the crucial problems. Financial resources are regarded to be of utmost significance. In order to fulfil all needs and requirements and to sustain one's living conditions in an effective manner, financial resources are regarded as indispensable. Technical resources are the technologies that are made use of for communicating, generating information in terms of various aspects, preparing assignments, reports and projects and so forth. Scarcity of technical resources is unfavourable for the individuals. Material resources are the materials, tools, devices and equipment that are made use of in the implementation of various types of job duties and responsibilities. When the individuals experience scarcity of financial, technical and material resources, they undergo impediments within the course of putting into practice various tasks and activities and achievement of desired goals and objectives. When these problems are experienced in a major form, they are overwhelming. Therefore, experiencing scarcity of resources is an area in which problems are experienced by the individuals.

## **Implementation of Household Responsibilities**

The implementation of household responsibilities is not in some cases manageable. There are occurrence of various types of problems and difficulties (Household Chores for Adolescents, 2021). The various responsibilities, which the individuals are required to put into practice are, cleaning, washing, preparation of meals, gardening, repair work, electric work, painting, taking care of the needs and requirements of family members, health and well-being, child development and so forth. When the individuals are implementing these household responsibilities, in some cases, they are manageable, whereas, in other cases, they are not manageable. In such cases, one needs to obtain support and help from the service providers. The services of plumbers, electricians, carpenters, repair workers, painters, gardeners, cleaners, cooks, and domestic helpers are made use of. When these service providers are not available,

there is scarcity of resources and individuals do not possess adequate knowledge or are not in good health, in such cases, there are occurrence of problems within the course of implementation of various types of household responsibilities. In the implementation of household responsibilities, management of financial resources is regarded as important. Therefore, implementation of household responsibilities is an area in which problems are experienced by the individuals.

## **Acquisition of Education**

Within the course of acquisition of education, there are number of aspects, which need to be taken into account by the individuals. When one is not aware and informative in terms of a particular area, in such cases, there are occurrence of problems. The various areas in educational institutions at all levels are, class assignments, homework assignments, tests, exams, quizzes, competitions and so forth. When the individuals are implementing them, they experience problems. The root cause of problems is, when they are unable to acquire an efficient understanding of the academic subjects and lesson plans. Furthermore, when they are unable to develop motivation towards learning and the achievement of academic goals, they are required to experience various types of problems. Apart from academic subjects and lesson plans, other problems are scarcity of financial resources, shortage of teachers, lack of extra-curricular and creative activities, transportation problems and so forth. These problems are regarded as major barriers within the course of acquisition of education, achievement of academic goals and leading to up-gradation of the overall structure of the educational institutions. Therefore, acquisition of education is a vital area in which problems are experienced by the individuals.

## **Implementation of Job Duties within Employment Settings**

In various types of employment settings, the implementation of job duties is normally not manageable (Roles and Responsibilities Template, 2021). In other words, they are complicated and tedious. The individuals are required to inculcate the traits of diligence, resourcefulness and conscientiousness. When the individuals are engaged in full-time jobs, they in some cases are

required to work for long hours. Hence, they are required to experience number of problems. The main problems experienced are, unawareness in terms of various aspects, putting into operation various job duties, augmenting competencies and aptitude, inability to manage resources in an appropriate manner, making wise and productive decisions, taking out time for all tasks, problems in forming cordial terms and relationships with others, experiencing work pressure, creating a balance between personal and professional lives and lack of infrastructure, technologies, amenities and facilities within the workplace. When the individuals experience problems in terms of one or more of these aspects, their concentration abilities get impeded. Furthermore, they are unable to generate the desired outcomes and meet the expectations of their employers. Therefore, implementation of job duties within employment settings is a crucial area in which problems are experienced by the individuals.

#### **Augmenting Skills and Abilities**

The various types of skills, which the individuals need to up-grade are, communication skills, decision making skills, time management skills, analytical skills, problem-solving skills, critical thinking skills, negotiation skills, creative skills, leadership skills, personal skills and professional skills. When the individuals are focusing upon augmenting and utilizing these skills within the course of putting into practice various tasks and functions, they are required to experience various types of problems. When one is not aware and informative in terms of a particular area or subject or concept, in such cases, there are occurrence of problems. In some cases, one is able to cope with them on their own, whereas, in other cases, they are required to take help and support from others. The individuals need to hone their abilities in achieving personal and professional goals, and leading to enrichment of their living conditions. When there are occurrence of various types of problems, they need to be solved. Therefore, one is able to acknowledge that within the course of leading to up-gradation of skills and abilities, there are occurrence of various types of problems.

#### **Making Wise and Productive Decisions**

Decision making is an integral part of the lives of the individuals. These take place in personal as well as professional spheres. In some cases, decisions are simple and one can make them on their own. In other words, they do not have to obtain ideas and suggestions from others. Where as, in other cases, decisions are complicated. When the decisions are complicated, there are occurrence of various types of problems. In providing solutions to these problems, one needs to acquire help from others. In making wise and productive decisions, one needs to conduct the analysis of the alternatives. After the analysis is conducted, one needs to make selection of the alternative, which is regarded as most favourable, beneficial and meaningful. Furthermore, one needs to hone analytical, problem-solving and critical thinking skills. When one is dedicated and determined, one will be able to make provision of solutions to the problems that take place within the course of putting into operation the decision making processes. Therefore, one is able to acknowledge on a wide scale that making wise and productive decisions is an area, in which there are occurrence of various types of problems.

#### **Taking out Time for All Tasks**

It is indispensable for the individuals to take out time for all tasks and activities. In other words, they need to focus upon up-grading of time management skills. In the implementation of these skills in an effective manner, one needs to assign priorities, the tasks, which are more important are carried out first, whereas, the tasks, which are considered as less important are carried out later. In some cases, when the individuals are overwhelmed by various job duties and responsibilities, taking out time for all tasks is a problem for them. But when the individuals are pursuing education or are engaged in employment opportunities, in such cases, they need to take out time for all tasks. Assigning priorities and forming constructive viewpoints in terms of various aspects are regarded as effective and worthwhile in providing solutions to various types of problems. Therefore, taking out time for all tasks is a problem for the individuals, particularly when they are engaged in full time jobs. Furthermore, the problems get intensified, when one is required

to create a balance between personal and professional lives.

### **Problems in Relationships**

In the personal as well as professional lives of the individuals, they cannot work in seclusion towards achievement of goals and objectives and leading to up-gradation of their overall quality of lives. In other words, one needs to work in collaboration and integration with others and form cordial and pleasant relationships. In some cases, in educational institutions and employment settings, the individuals are demanding in nature. For example, the individuals in leadership positions may assign number of job duties, which may give rise to work pressure. They are difficult to get along with. In most cases, one is not able to take out time out of their busy schedules to meet with their subordinates. In such cases, one feels disappointed and stressed. When one is experiencing problems in formation of cordial and amiable terms and relationships with the individuals, particularly with whom, one needs to work with, in such cases, one is required to experience unfavourable effects. Hence, one needs to possess effective communication skills, be well-aware in terms of job duties and responsibilities, possess the abilities to work under stress and have an adjustable nature. When these aspects are acknowledged, one is able to overcome problems in relationships. Therefore, problems in relationships is a significant area in personal and professional lives of the individuals in which difficulties and stressful situations are experienced.

### **Experiencing Anger and Frustration**

In the personal as well as professional lives of the individuals, when they are putting into operation various tasks and activities, working towards achievement of goals and objectives and leading to up-gradation of their overall quality of lives, there are occurrence of various types of problems. When the individuals are overwhelmed by various types of problems, they are likely to experience the psychological problems of anger and frustration. These are experienced and it is natural. But the individuals need to be well-equipped in terms of measures and approaches to curb them and prevent them from assuming a major form. The psychological problems of anger

and frustration are regarded as impediments within the course of reinforcement of one's concentration abilities in putting into practice various tasks and functions in an effective manner. When one experiences problems in exercising control on anger outbursts and tend to get frustrated over trivial matters, in such cases, one is required to consult medical practitioners or health care specialists or professional counsellors. Therefore, experiencing anger and frustration is a problem, which can assume a form of impediments and prove to be unfavourable to the individuals, belonging to all backgrounds.

### **Creating a Balance between Personal and Professional Lives**

Normally, when the individuals attain adulthood, they need to create a balance between personal and professional lives. In most cases, they are focusing upon their careers as well as upon the implementation of household responsibilities. Creating a balance between personal and professional lives will enable them to take out time for all tasks and activities. Preference is usually given to work. When the individuals are to attend a meeting or have an important work to perform, in such cases, they will not attend a family function. In some cases, there are occurrence of various types of problems. But when the individuals are determined, when they inculcate the traits of diligence, resourcefulness and conscientiousness and are well-aware in terms of their job duties and responsibilities, then they are able to create a balance in a well-ordered and satisfactory manner. When the problems are experienced in a major form, in such cases, support and help is obtained from others. These individuals are, family members, relatives, teachers, classmates, supervisors, employers, colleagues and so forth. Therefore, creating a balance between personal and professional lives is an area in which problems are experienced. But one can bring about solutions to these problems in a well-ordered and satisfactory manner.

### **Methods of Coping with Problems in a Well-organized Manner**

It is comprehensively understood, when there are occurrence of various types of problems, the individuals feel stressed and anxious. They

aspire that they implement solutions in a satisfactory manner. In making provision of solutions, they need to be informative regarding the methods. This information is obtained by conducting research on one's own or through communicating with others. When experts and professionals are making provision of solutions or when they are giving ideas and suggestions, one needs to understand the solutions and put them into operation in an effective manner. In other words, when solutions are worthwhile and useful, problems can be solved in a successful manner. When the individuals are focused upon coping with problems in a well-organized manner, one needs to be well-aware in terms of methods. The methods of coping with problems in a well-organized manner are, being well-aware in terms of job duties and responsibilities; augmenting communication skills; forming cordial and amiable terms and relationships with others; generating information regarding modern, scientific and innovative methods; inculcating the traits of diligence, resourcefulness and conscientiousness and implementing the traits of morality and ethics. These are stated as follows:

#### **Being well-aware in terms of Job Duties and Responsibilities**

The individuals, belonging to all communities, occupations, categories and backgrounds need to be well-equipped in terms of job duties and responsibilities. Whether they are putting into operation the household responsibilities or are pursuing education or are engaged in various types of employment opportunities, or are engaged in other tasks and activities, in order to generate the feelings of pleasure and contentment, generate the desired outcomes and make provision of solutions to various types of problems, they need to be responsible and be well-aware in terms of various types of job duties. In addition, they need to pay attention towards augmenting their knowledge, skills and abilities. In some cases, the individuals are able to generate awareness in terms of these on their own, whereas, in case of others, they generate information via communicating with others. The other individuals are family members as well as community members. Therefore, one is able to understand that being well-aware in terms

of job duties and responsibilities is regarded as one of the indispensable methods of coping with problems in a well-organized manner.

#### **Augmenting Communication Skills**

Communication skills are regarded to be of utmost significance in achieving desired goals and objectives, promoting better livelihoods opportunities and sustaining one's living conditions in an adequate manner. Communication takes place in a verbal as well as in a written form. Verbal communication takes place face to face or over the phone. Whereas, written communication takes place through messages, emails, letters, notices and so forth. When the individuals are communicating with each other within as well as outside the homes, they need to make use of polite language and decent words, treat each other with respect and courtesy and make provision of factual information. Eye contact should be maintained, when one is communicating face to face. When the individuals will augment their communication skills, they will be able to form an effective social circle. Furthermore, they will be able to exchange ideas and viewpoints and provide solutions to various problems. Therefore, augmenting communication skills needs to be focused upon throughout the lives of the tribal individuals. This method will contribute significantly in providing solutions to various problems.

#### **Forming Cordial and Amiable terms and relationships with others**

In the personal as well as professional lives of the individuals, they cannot work in seclusion towards achievement of goals and objectives and leading to up-gradation of their overall standards of living. Within as well as outside the homes in educational institutions, employment settings and community, one needs to work in collaboration and integration with others and form cordial and amiable relationships. When there are occurrence of any types of problems and challenges, they will be able to share their problems with others, seek solutions and will be able to do well in their job duties. The possession of effective communication skills, morality and ethics and formation of constructive viewpoints in terms of others are regarded as worthwhile and meaningful that will contribute in a vital manner in forming cordial and

amiable terms and relationships with others. Therefore, one is able to acknowledge on a comprehensive basis that when cordial and amiable terms and relationships are formed with others, one will not only provide solutions to various types of problems, but will also lead to enrichment of their overall living conditions.

### **Generating information regarding Modern, Scientific and Innovative Methods**

In order to carry out one's job duties in both personal and professional spheres, it is of utmost significance for the individuals to generate information regarding modern, scientific and innovative methods. Innovation is referred to bringing in something new. When the individuals are focusing upon bringing in something new, they will be able to provide solutions to various types of problems. In facilitating communication processes as well, technologies are utilized to a major extent. Hence, the individuals need to focus upon honing their technical skills. In the present existence, when the individuals are making use of technologies and various types of modern, scientific and innovative methods in putting into practice various types of job duties and responsibilities, they will not only be able to provide solutions to various types of problems, but will also put into practice the job duties in a less time consuming and efficient manner. Therefore, one is able to recognize, belonging to all fields that generating information regarding modern, scientific and innovative methods is regarded as one of the key methods in providing solutions to various types of problems.

### **Inculcating the traits of Diligence, Resourcefulness and Conscientiousness**

Inculcating the traits of diligence, resourcefulness and conscientiousness is regarded as indispensable in doing well in one's job duties, generating the desired outcomes, achievement of personal and professional goals and objectives and in leading to up-gradation of one's overall standards of living. From the stage of early childhood, throughout the lives of the individuals, they need to recognize the meaning and significance of these traits. Furthermore, they need to inculcate and put them into practice in all spheres. When they inculcate these traits, they are able to conduct an analysis of the problems in an effective manner, depict

regularity and consistency and provide solutions to various types of problems. When the problems are complicated, they are able to provide solutions on their own, whereas, when they are simple and straightforward, the individuals are able to make provision of solutions on their own. Therefore, all individuals need to understand that inculcating the traits of diligence, resourcefulness and conscientiousness is necessary for them to make provision of solutions to various types of problems experienced within households, educational institutions at all levels and various types of employment settings.

### **Implementing the traits of Morality and Ethics**

Throughout the lives of the individuals, they need to recognize the meaning and significance of the traits of morality and ethics. When they recognize and put into operation these traits, they will be able to benefit in all spheres. The important benefits are, doing well in one's job duties, generating the desired outcomes, forming an effective social circle, depicting regularity and consistency, illustrating helpfulness and co-operation, achieving personal and professional goals and objectives, leading to up-gradation of one's overall standards of living, generating information regarding modern, scientific and innovative methods, honing skills and abilities and providing solutions to various types of problems. Furthermore, they are able to incur the feelings of pleasure and contentment and retain their jobs, particularly within employment settings. These traits will enable them to emerge into ethical human beings and productive citizens of the country. Therefore, all individuals need to understand that implementing the traits of morality and ethics is necessary for them to make provision of solutions to various types of problems experienced within households, educational institutions at all levels and various types of employment settings.

### **Conclusion**

In the professional and personal lives of the individuals, there are occurrence of various types of problems. In some cases, these are minor, whereas, in other cases, they are experienced in a major form. It is essential for the individuals to be well-equipped in terms of measures and approaches, which are necessary to cope with



these problems in a well-ordered and satisfactory manner. Role of professionalism is acknowledged in providing solutions to problems. Areas in which problems are experienced by the individuals are, experiencing scarcity of resources, implementation of household responsibilities, acquisition of education, implementation of job duties within employment settings, augmenting skills and abilities, making wise and productive decisions, taking out time for all tasks, problems in relationships, experiencing anger and frustration and creating a balance between personal and professional lives. The methods of coping with problems in a well-organized manner are, being well-aware in terms of job duties and responsibilities; augmenting communication skills; forming cordial and amiable terms and relationships with others; generating information regarding modern, scientific and innovative methods; inculcating the traits of diligence, resourcefulness and conscientiousness and

implementing the traits of morality and ethics. Finally, it can be stated, when the individuals are well-aware in terms of methods of coping with problems in a well-organized manner, they are able to contribute significantly in enriching their lives.

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