

# Unit 8

## Self-Reliance

### Introduction

In Unit 7, you learnt that work is important to you and your country. People should work hard to help themselves and others. But there are some people who depend upon others for money, food or other things. They also depend on others to make decisions. These people are not self-reliant. This leads them to develop the habit of dependency. In this unit, you will learn how to avoid dependency, become self-reliant, and a good decision maker.

### Lessons

1. What is Self-reliance?
2. Dependency
3. Decision Making

### Key words and concepts

- Capital
- Decision
- Dependency
- Independence
- Micro-finance
- Self-esteem
- Self-reliance
- Self-respect

### What you will learn

#### You will:

- be familiar with the meaning of self-reliance.
- recognize the meaning of dependency.
- appreciate the importance of decision-making.

A self-reliant disabled person



# 1

## LESSON

# What is Self-reliance?

By the end of this lesson, you should be able to:

- define self-reliance.
- explain aspects of self-reliance.

- Which one of these people is trying to be self-reliant? Why?
- Do you think giving some coins to beggars (who are healthy) can help them to be self-reliant?



A young person begging

**Self-reliance** is the ability to support and take care of yourself. It is also the ability to make decisions independently. Self-reliance means to be free from the influence and control of others.

But self-reliance does not mean complete **independence**. We cannot be completely self-reliant. Sometimes we need some support from



A shoeshine boy

others. As a student, you have the support of your parents and get some help from others too. For example, you may borrow books from your classmates. If you work hard to gain more knowledge and skills, you are not going to be as dependent on others. This would make you a self-reliant person when you complete your studies.

How do you develop self-reliance? First, you have to know yourself. This is what we call **self-knowledge**. There is a proverb which says: "Knowing others is good: knowing yourself is true wisdom." It is important to know your qualities, capacities and interests because it helps you to make good choices. For example, if you

## What is Self-reliance?

know what you are good at, you could make a wise decision when you choose what to study. You have to know your weaknesses too.

**Self-respect** is also important because it helps develop self-reliance. Self-respect is accepting oneself as he/she is. You respect yourself simply because you like yourself. It does not depend on success or failure. If you do not have self-respect, you may not understand your good qualities or have good ideas. A person who lacks self-reliance cannot take initiatives and, as a result, fails to benefit society.

Another important point is respecting others. You need to respect yourself, but you have to respect others too. You want others to respect your views and work. Other people also want the same. Respect your ideas and work, as well as the views and works of others. Look for the best in other people and appreciate their opinions and perspectives. This will help you to live and

work with others on good terms. If you work in harmony with others, you will benefit yourself and society.

### Sayings related to self-respect and respecting others

*“A man who does not trust himself can never really trust anyone else.”*

*“A man who does not respect himself can never really respect others.”*

*“If you want to be respected you must respect yourself.”*

*“Respect others and others will respect you.”*

Form groups and discuss these questions:

- Do you think that a self-reliant person is completely independent? Why?
- Why is self-respect important?
- Do you think it is important to know your weaknesses? Why?

## CASE STUDY

### Chaltu: a hard working student

Chaltu is a hard working 9th grade student. She completes her homework on time. She tries her best to understand each lesson. She devotes more time and reads books to do even better. She never feels ashamed to ask teachers and classmates when she finds it difficult to understand certain ideas.

Chaltu has another good quality. Because she works steadily all year, she does not panic when the exam time comes. When she is in the exam hall she is calm, relaxed and confident. She gives her attention to the exam, tries all the questions and completes the exam on time. She relies on her knowledge and

does everything with confidence. Chaltu helps other students by explaining concepts and solving difficult problems but she never allows other students to copy answers from her in the exam hall.

Discuss these questions in pairs

- Do you think that Chaltu is a self-reliant girl? Why?
- Chaltu asks others for help when she faces problems with her studies. Do you think that this is a sign of dependency? Discuss this.

## What is Self-reliance?

### REMEMBER

- ❑ Self-reliance means depending on your own ability.
- ❑ Self-reliance does not show complete independence. We can help each other without developing dependency.
- ❑ Self-knowledge and self-respect are important to develop self-reliance.
- ❑ Self-knowledge means knowing your qualities, capacities, limitations and interests. It helps you to make good choices when you make decisions.
- ❑ Self-respect is accepting yourself as you are. This means you respect yourself both in the times of success and failure.
- ❑ You need to respect yourself but you have to respect others and their work too. You may not like the people you work with but you have to tolerate them so that you can work in harmony.

## LESSON

## 2

# Dependency

By the end of this lesson, you should be able to:

- define dependency.
- describe the bad effects of dependency.
- fight the habits of dependency.

Do you think that receiving food aid from outside can increase dependency?



People receiving food aid

**Dependency** is a bad habit which weakens your ability to stand on your own two feet. It is a

belief that people or groups cannot solve their own problems without outside help. Dependency could result from receiving help in the form of **aid**. A beggar who lives on the help of others is dependent. Some are strong and capable of working but do not want to.

Others may be disabled with serious health problems. The disabled are members of the community who, due to natural or man-made causes, are physically impaired. It is the perception of the community and the deprivation of opportunities that they are exposed to that makes them dependent.

But, like any other members of society, they could be productive and self-reliant provided that they got proper support from the community and the government.

You know that rich countries give food aid to poor countries. If this continues for many years, people develop the habit of dependency. Aid does not help people to be self-reliant. But it does save lives if there is a drought. Some people rely on food aid from other countries. It is better to help people to be self-reliant if it is possible.

# Dependency

## CASE STUDY

### This is what a wise man did to help a beggar

Once upon a time, a poor man approached a wise and rich man and asked him for food. The wise man observed that the beggar was a strong man. The rich man listened to the beggar but he did not give him food. Instead he gave the man a piece of rope and advised him saying: “Go to the woods and collect dry wood lying about. Tie it with this rope and bring the firewood here; I will buy it. You will use the money to buy food. If you want to get more money you can work on my farm; I will pay you for your work.” That day the poor man brought the firewood

and got some money. Next day he started working on the wise man’s farm.

Discuss the following questions in groups, list the main points and read your points to the class.



- Do you think that the wise man helped the beggar in a better way? Why?
- Do you think that we should depend upon external support to solve our problems?

## CASE STUDY

### Car wash enterprise

Twelve ex-students were looking for jobs but they could not find any. They relied on their parents for food, clothes and many other things. They wanted to make money to help themselves but they did not have a business idea or the capital to start new business.

They got some help from an organization called Business Development Service (BDS). The organization provided them with a business idea. It also helped them to organize themselves in a car wash cooperative. The city administration of Addis Ababa gave them land and helped them to get credit from a micro-finance institution. They built a small office and a mini oil shop and started a car washing business. Working together, the twelve members of the cooperative managed to create work and earn a good income.



A car washing cooperative



Make groups and discuss the importance of the activities of these young people. They became independent with the help of government and non-government organizations. Do you know organizations that support people to create jobs and become self-reliant? If you find one, write a report about the organization and read it to the class.

## Dependency

Having good **self-esteem** is important; it helps you to become independent. ‘**Self**’ refers to you yourself! ‘**Esteem**’ shows that something is valuable. So, self-esteem is about how much you value yourself and how important you think you are. It is how you see yourself and how you feel about your achievements. Self-esteem is not all about how great you are. It is not about thinking you are perfect because you need to be able to recognize your weaknesses and know how to improve them. When you believe that you have important qualities, you have good self-esteem. Then, when you are self confident,

you will do many things successfully. One of the characteristics of dependency is loss of self-esteem. The other manifestations of dependency are loss of political will and belief in outside help rather than depending on oneself.

Discuss these questions as a class

- What do you think are your good qualities? Why?
- What do you think are your weaknesses?
- Discuss the importance of self-esteem?
- What do you understand by the term 'political will'? Discuss.

## CASE STUDY

### Kedir: a student who does not work hard

Kedir and Shamebo are classmates. But they are very different. Shamebo is hardworking while Kedir is not. Kedir does not try hard. He is ashamed to ask his classmates to explain difficult concepts and ideas. But he wants to be promoted to the next grade level. He wants to do this by cheating in the exam.

He is famous for copying answers from other students. Kedir mainly relies on his friend Shamebo for this. He tries his best to sit near to Shamebo in the exam hall. Then Kedir pretends that he is trying the questions. But his main task is to copy down answers from Shamebo’s answer sheet.

Kedir’s exam results are good when he manages to sit near Shamebo and copy answers. His results will be poor if he does not manage to get a seat near Shamebo.



Form groups and discuss these questions.

- Do you think that students like Kedir are self-reliant?
- Shamebo allows Kedir to copy answers at exam time. Is Shamebo's behaviour acceptable? Explain.

## Dependency

### REMEMBER

- ❑ Dependency is a bad habit that weakens your ability to stand on your own two feet. It is relying on external support permanently.
- ❑ Food aid helps people in the time of drought but it does not help them to be self-reliant.
- ❑ Self-esteem is the value which you give to yourself.
- ❑ Self-esteem is important to fight against dependency.
- ❑ You should also know your own weaknesses so that you can work to overcome them.

# LESSON 3

## Decision Making

By the end of this lesson, you should be able to:

- explain what decision making means.
- make appropriate decisions as a self-reliant person.

Do you think that the decisions that you make today will affect your future life?

A **decision** is a choice that you make about something after thinking about several possibilities. **Decision-making** means thinking about alternatives and choosing the best option. We all make decisions everyday. You may make decisions to study, to buy a book, to play football, to play a computer game or to watch TV.

You should know that your decisions could affect your life. For example, if you decide to devote more time to study for an upcoming test, you will probably get good results. Good results will help you to be promoted to the next grade.

You have to make decisions at the right time because it helps you to become successful. If you make late decisions, you may be less successful. Let us assume that you decide to study for your mid exam. If you do this only two days before the exam, you are too late. You may study day and night but your results in that exam will probably be low.

Here are some steps which will help you to make good decisions.

### Decision making steps

1. Know why you need to make a decision. Identify the problem you want to solve. Then think of the way to solve it.
2. Write down different ways of solving the problem. Think of possible solutions. Ask friends, parents and teachers and get more ideas before you make a decision.
3. Try to see the outcome of each choice. Look at the advantages and disadvantages of each choice.
4. Choose the best alternative. You have to choose the alternative that matches your goal.
5. Put your decision into action. Once you have made a decision, take action. Do not waste time.
6. Evaluate the outcome of your decision. Was it successful? Now move on and plan what to do next.

We all make decisions everyday. When you make a decision you have to make it as a self-reliant person. This means you do not make decisions because others influence you. It is good to get ideas and advice from friends before making decisions. But you have to put aside the

## Decision Making

influence of others when you make decisions. Make decisions independently based on your own goals and interests. If you make decisions influenced by others and without considering your capacity, interests and goals, they will not be such good choices.

- ?**
- Why is it important to make decisions at the right time?
  - What could happen if you make a decision very late or too quickly without thinking?

### CASE STUDY

#### Wrong decision: bad results

Let me tell you a real story. Chombe is my friend. He was a university student dismissed because of poor results. He was in the department of civil engineering. Chombe was dismissed because he was not good at mathematics. Most of the courses in his field require mathematical skills. Chombe knew his weaknesses in mathematics. He also knew that engineering requires good skills in mathematics but he made the wrong decision because he was influenced by his friends.

Chombe always complains about his wrong decision:

“My real interest was to study management. I was not interested in engineering. But my friends persuaded me to change my mind. They told me that it was good to be an engineer. They told me about good job opportunities and better pay. When I asked them about my problem in mathematics, they repeatedly said: *Do not worry! You are not so weak at it! You can also improve it within a short time. We*

*will work together to overcome the problem.*

When we started class everybody was busy. There were many assignments, many readings. My friends were too busy to help me. I could not manage it so my results were poor. Finally, I was dismissed. Now I am going to do what I really want and study management. I know that it will suit me much better and I am really interested in it.”

Discuss the following questions as a class.

- ?**
- Do you think that Chombe made his decision as a self-reliant person?
  - Have you ever made a poor decision because you were influenced by your friends?
  - What is the result of these kinds of decisions?

### REMEMBER

- A decision is a choice that you make about something after thinking about several possibilities.
- Decision-making means looking at alternatives and choosing the best option to solve the problem.
- You have to make decisions at the right time.
- It is not good to make decisions too late or too quickly.
- Making a good decision at the right time helps you to be more successful.

## UNIT SUMMARY

Self-reliance is to depend on your own ability to do something. Self-reliance does not show absolute independence because we always need to help each other in many ways. You have to know your good qualities to be a self-reliant person. You also have to know your weak points so that you can ask for help.

Dependency is a belief that persons or groups cannot solve their own problems without outside help. We need to help each other. But when we help others, we have to help them to be self-reliant. Self-esteem is important to be self-reliant. Self-respect is the value you give to yourself. It is how you see yourself and how you feel about your achievements. Good self-esteem would make you self-confident. This will help you to do many things successfully. In the absence of self-esteem you could end up being dependent.

You have to make decisions as a self-reliant person. Making good decisions at the right time helps you to be more successful. Today you make decisions about your school life. In the future, when you get a job, you will make decisions about how to manage your family and save your money. You will learn about saving in the next unit.

## GLOSSARY

<i>Decision:</i>	A choice that you make about something after thinking about several possibilities.
<i>Decision-making:</i>	Thinking about alternatives and choosing the best option.
<i>Dependency:</i>	A belief that a person or a group cannot solve its problems without external support.
<i>Self-esteem:</i>	Giving value to yourself and considering that you have something to offer others.
<i>Self-knowledge:</i>	To know your strength and weaknesses.
<i>Self-reliance:</i>	To depend on your own ability.
<i>Self-respect:</i>	To have pride and accept yourself as you are.

## UNIT REVIEW EXERCISES

Do these review exercises in your exercise book.

### Part I – True or false

1. A self-reliant person does not receive any help from other people.
2. Helping the needy is not good at all because it makes them dependent.
3. We have to make decisions quickly because looking at different alternatives wastes our time.

### Part II – Matching

#### Column A

1. Self-reliance
2. Dependency
3. Self-knowledge

#### Column B

- A. To know your good points and weaknesses
- B. Considering yourself important
- C. Making decisions influenced by others
- D. Depending on your own ability

### Part III – Missing words

1. .... is a choice that you make after looking at different alternatives and possibilities.
2. "Knowing others is good: knowing

yourself is wisdom." This saying tells us the importance of .....

### Part IV – Multiple choice

1. Which of the following goes with this saying: "Respect others and others will respect you."
  - (a) You need to respect your friends so that they respect you.
  - (b) Respect yourself to be respected by others.
  - (c) People do not respect you unless you have high self-esteem.
  - (d) Self respect and respecting others are not related.
2. Which of the following helps you to develop your self-reliance?
  - (a) knowing your good qualities
  - (b) fighting against the habit of dependency
  - (c) avoiding asking help from other people
  - (d) considering yourself superior and great
  - (e) (a) and (b)