



THE UNFRIENDLY ROAD TO SELF-DISCIPLINE

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Time was when discipline was considered the only way to go in as far as learning was concerned. Our older relatives had no scientific calculators to speak of, which was why they had to use acquired math skills to derive their mathematical functions and other stuff. But take a look at how they had erected those buildings that seem to withstand the very forces of nature itself. Today, we have technology at our disposal. Stress factors are easily tested with special programs, and our buildings are touted to virtually “sway” in the event of an earthquake. We have indeed gone a long way in as far as creating disciplined technology is concerned. Or have we, really?

The price we pay for newer technology is the fact that we have to unlearn or relearn what we have come to know. Imagine, we have invested time and effort in the current disciplines we have, only to later on let go of them with the introduction of more updates.

Our children have been more exposed to the creation of ever newer technologies in their daily lives. Honestly, I sometimes feel “ancient” beside today’s kids. They seem to take to new technology like fish to water, while I chug along in my comfortable corner with my good old props. How easily our children adapt to changes!

During my senior moments, I laugh at myself for not being able to have the kind of discipline my children have, specifically at keeping updated with these times’ changes. They don’t spend much time on those developments; they just watch their peers and are able to go as they are expected. I myself have never learned how to drive, mainly because I felt genuine fear the first time I bumped into a poor atis tree and never found the discipline to go back to learning how to drive better. But children nowadays are more daring, more disciplined maybe?

Learning to channel one’s fears and apprehensions is the first inroad towards genuinely enduring discipline. Unless a person manages to curb his inhibitions and learns anything new minus the fears, he will never imbibe what is being imparted. The old concepts might be wiser, but it is the new ones which make a greater impact now. That is one type of discipline we all must learn to adapt to and adopt.

Self-discipline is probably the hardest we can have, but it is also the most essential. Perhaps, those of us who belong to the wiser and definitely older generation have much to learn on discipline from our own children.

QUESTIONS FOR DISCUSSION:

1. How do children of today compare to children of yesteryears? Be as specific as you want to be.
2. Why is it difficult to obtain self-discipline?
3. Do you believe that your greatest enemy is yourself? Why?
4. How can we enforce self discipline upon ourselves? How can our home and school help in the process?
5. What specific areas of your character do you want to change? How do you propose going about it?