



## CONSTRUCTIVE CRITICISM - UNEMOTIONAL RESPONSE

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Constructive criticism is an unemotional response to people's actions and can prove to be very helpful and beneficial to an individual. If we do not let our emotions rule the way we criticize or judge a person, then we actually adapt constructive criticism. Although constructive criticism can be very helpful to a person, not all people are receptive to it. They sometimes feel that self-esteem goes down the drain and that their egos are being touched or harmed by it. This shouldn't be the case when we deal with such an unfavorable judgment.

Oftentimes, constructive criticism refers to the critique of someone else's written or artistic work, but in fact it means a critical reasoned analysis of a person's behavior. In reality, it has a goal of improving some area of another person's life or work. Most of the time people find criticism to be negative and this destroys the true intent of constructive criticism. As a matter of fact, constructive criticism should address the area in which a person needs improvement. It should be a reasoned, unemotional response in an effort to teach. Take for instance a child, who just lost a game, it would definitely be better if we could give him some encouraging words rather than making a critique out of his performance.

We can always criticize some person's work but we have got to be doubly sure that the said individual would not be offended with such action of ours. While we try to notice whatever mistakes that lie behind one's work, it should pave the way to drive that person to do better next time and not really be discouraged at all. That would only hold true if we criticize constructively and not let our emotions meddle in the way we give our observations and comments on a particular work or some area in an individual's personal life. As much as possible we should avoid direct criticism but try to be objective in the utmost manner. That is trying not to pinpoint defects or mistakes in an outright manner dealing with the individual personally.

In a teacher/student relationship, it would be of great help if the teacher will have a constructive criticism rather than criticizing the student bluntly of his defects. The teacher can either praise him in some areas or maybe write a question on the child's work so as not to be greatly affected and disappointed. What some teachers do is they provide guidelines beforehand to their students in writing an essay or a paper in order to eliminate further problems that may likely occur. I therefore conclude that constructive criticism actually means showing grace and giving the other party all the considerations for that person to continue doing his work in an efficient way and be at his best when the right time comes. As for me, we should always make it a point to be kind and helpful and extend whatever generosity we could give to make that person bring out the best in him and make this world a better place to live in. In general, constructive criticism wouldn't hurt us but give us a finer way of helping a person improve in some areas of one's life or line of work, so why don't we give it a try?

Questions for discussion:

1. What is constructive criticism?
2. Do you agree that constructive criticism is an unemotional response? Explain your answer.
3. Will the self-esteem or ego of a person be greatly affected when you adapt constructive criticism? Why or why not?
4. Have you practiced constructive criticism? How?
5. How do you criticize a person's work? Explain your answer.