

3 Values

Defining your value system



OBJECTIVES :

1. Be able to explain the term 'values' and the origin of values in their own words.
2. Be able to identify their personal values.
3. Be able to examine if they uphold their values at all times.
4. Be able to plan for a change in behaviour so as to uphold the values.
5. Be able to differentiate between values and norms.

1. What are values ?

- Yusuf packed all his '**valuables**' in a suitcase to keep them safe.
- Delsi found her fathers new car to be great '**value**' for money.



- You should '**value**' others' time



- Shalini complained that nobody '**valued**' her talent.



- Akshay says honesty is my '**value**'.

Read the sentences.

Discuss :

What is the meaning of the word 'Value' in each sentence ?

Is there a common meaning of the word 'value' in all the sentences ? What is it ?

POINTS TO PONDER

Norms and principles which -

1. Are influenced by the place of birth (eg. Country, religion, caste etc.)
2. We follow most of the times (in different roles or situations)
3. We feel we "MUST" do at all times.

Are called "Values"

2. Why are values important ?

Let us start with an example : It is the last day to pay the fees. You forgot to bring the money to pay the fees. You accidentally find the money that your friend has brought to pay his fees. You will be in trouble if you don't pay the fees and are tempted to use his money.

But even your friend needs it.

You have two options -

What would you do ? On what basis would you choose ?

Option 1
Return the
money to your
friend and face
your problem.



Option 2
Use your friend's
money as if it is
your own.

Option 2 is the easiest one to choose. Think about it, if we always choose the easy option available in every situation, people will not see a consistency in our behaviour. People will form an opinion that this person is not trustworthy and sincere. Also think about a situation where everybody in the society is selfish and cheating each other for their own self interest. Everybody will stop trusting each other and will lead to unrest in the society. Hence, to have peace, co-operation, trust, unity in society which are important for our growth it is very important to have consistency in one's behaviour and a strong personal value system.

When we consider an action to be correct, we try to do it frequently. Slowly our approach is developed based on the action which then becomes a habit. Our habits are responsible for developing our attitude. Our values are then based on our attitude of looking at things. Approach → Habit → Attitude → Values. e.g. You prefer wearing simple clothes, then you like people wearing simple clothes. Slowly our approach, habits and attitude reflect simplicity in all aspects of life. Simplicity then becomes an integral part of our personal value system.

POINTS TO PONDER

Importance of values

- Values give a guideline to one's life.
- Values help one understand which things are more important and meaningful in life. A person whose personal value system is not fully developed often makes impulsive emotional choices out of short term selfish motives.
- Values influence one's thoughts, behaviour, decisions as well as determine the importance of things in life.

Encourage the class to discuss –

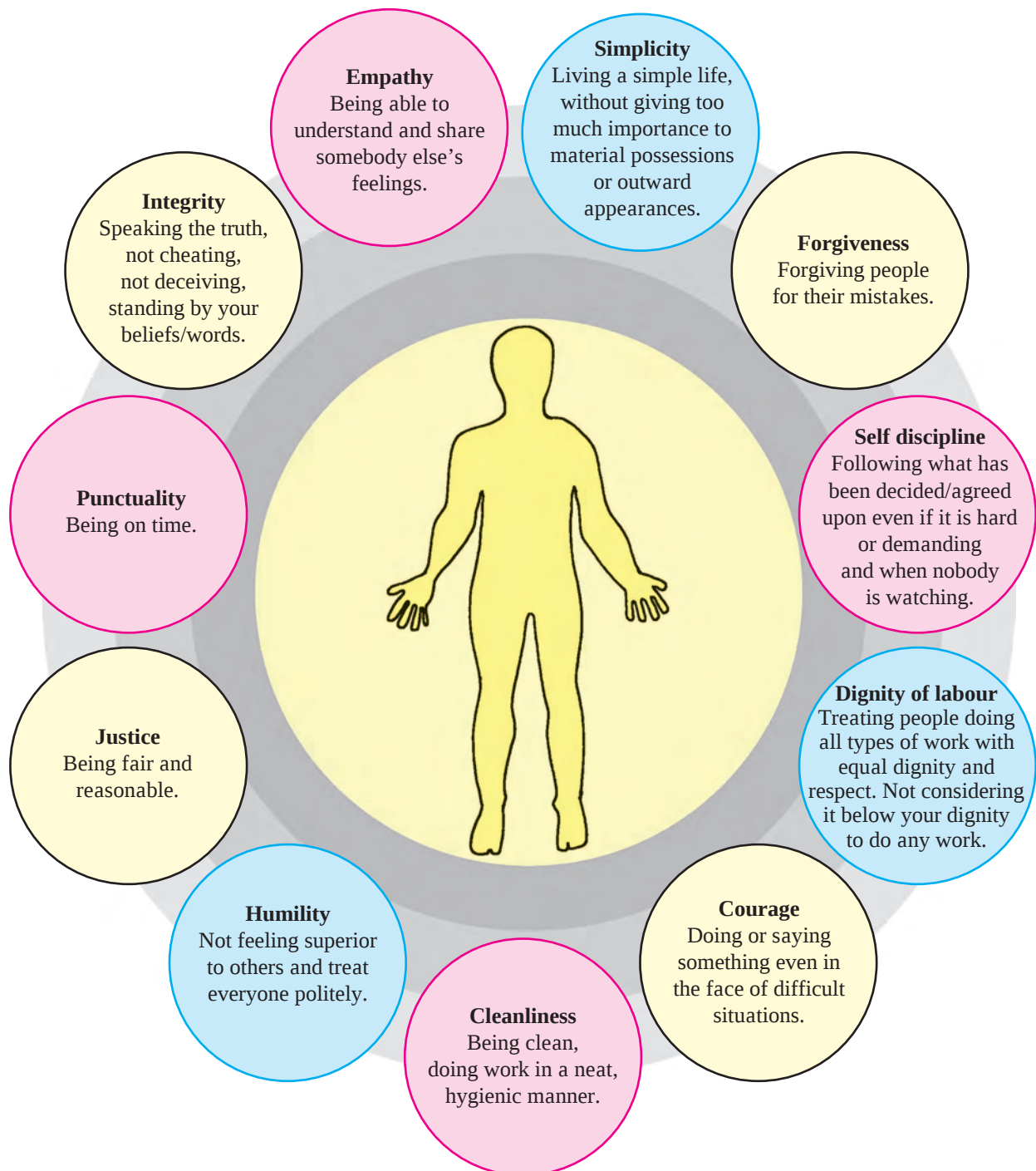
How values determine your behaviour in everyday life.

How values determine the decisions you make in everyday life.

3. Personal values

Personal values define our life. So it is important to identify the values that are important to each individual. Personal values will differ from person to person.

Influence of personal values on habits



4. Find the values

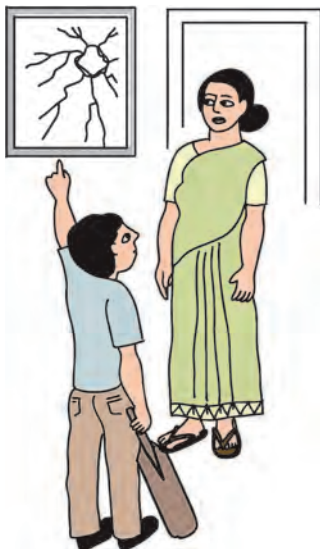
Given below are some brief Case Studies.

Read and discuss.

- Mohan is a milkman. He delivers milk everyday to many houses. Other milkmen mix water in their milk to increase the quantity and thereby the profits. However Mohan refuses to do so.



- Joseph's mother has gone to the nearby town. His friends ask him to join them for a movie. However he has his exams and he knows that he needs to study. So he excuses himself.



- Neelima is always on time for all her commitments. Once a job is assigned to her, she always ensures that she gives it her best and submits it on time.



- Ratan and his friends broke the window of a house while playing cricket. His friends immediately ran away while Ratan owned up and apologized for the mistake.

- Bhasker's friend had borrowed his textbook before the test to study. However, he lost it. As a result Bhasker scored less marks in the test. His friend apologized. Bhaskar did not hold it against his friend and they continued to be good friends.



5. Origin of values

Given below are some more case studies.

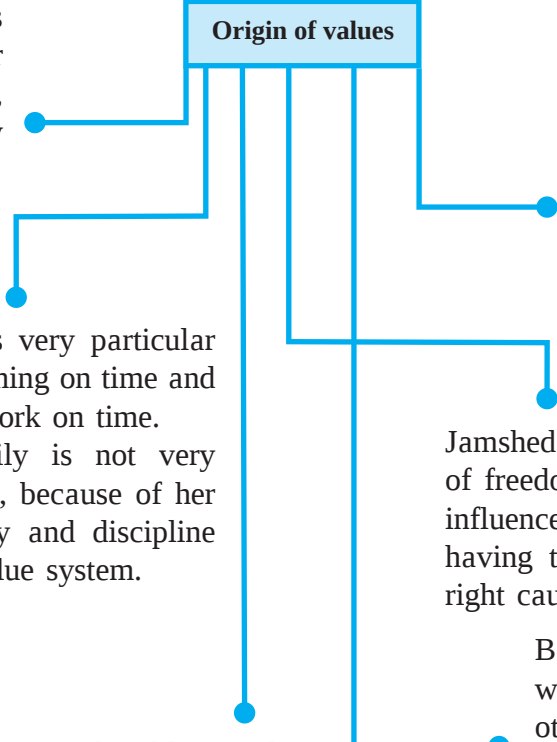
Read and understand the various factors affecting the origin of personal values.

Reena's father has always taught her to speak the truth, as a result, honesty is Reena's value.

Seema's school is very particular about students coming on time and submitting their work on time. Though her family is not very particular about it, because of her school, punctuality and discipline are part of her value system.

Mahesh's family is very humble. He buys very simple clothes on his birthday and uses the leftover money for gifts to the needy.

Origin of values



Jagvijay has keen interest in Science. He tries to find scientific reasons for all physical happenings around him. He does not believe in superstitions or traditions which he thinks are unscientific. Scientific temperament is a value for Jagvijay.

Jamshed reads a lot about heroic tales of freedom fighters. This has deeply influenced Jamshed. For Jamshed, having the courage to fight for the right cause is very important.

Balaji comes from a family where sharing things with others and giving importance to community life is important. Thus this has become a part of his values.

POINTS TO PONDER

- Personal values can originate from a variety of sources like home, school, culture, society, religion, books, philosophy, science etc.
- Some values are chosen by people according to their will and after a lot of thought. Some values are inherited by virtue of belonging to a particular faith, culture, religion, family, community etc.
- It is important to rethink about your personal values from time to time to check if they are being followed.

Assignment

- Think of three people whom you look up to. It could be your parents, relatives, friends, neighbours, celebrities or anybody.
- Think about what values they exhibit.
- Talk to them or find out why they uphold those particular values.
- Write a report in your notebook.

6. Self reflection on your habits :

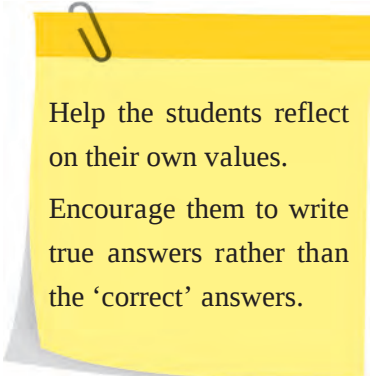
Read the following sentences. Try and recollect how you behave in the given situations. Complete the given sentences accordingly. Which of your values are reflected from the way you act in the following situations?

1. If you have not done your homework and the teacher asks “who has not done the homework?”, you
2. If somebody trusts you and tells you a secret, you
3. If you have done something wrong, in front of your parents, you
4. If you promise somebody to meet at a specified time, you
5. If others arrive late, you
6. If the teacher is about to punish somebody else for something you have done, you
7. While distributing food / cold drinks / money among people, you
8. If you have to share a bicycle / T-shirt or anything else with your brother / sister / cousin / friend, you tend to.....
9. If somebody is not good at something and you are better at it, you
10. If you are an expert at something and other people give you inputs /suggestions, you
11. If you see a hefty boy / girl bullying a physically weaker one, you
12. If you see an accident on the road, you
13. If you have decided to study / exercise / read / practice for a certain amount of time, you
14. Once you have made a commitment to resist temptations to eat junk food, you
15. If your classmates have wronged you earlier, you
16. If somebody behaves rudely or meanly with you, you
17. You like / don't like to have the latest gadget or fashionable clothes to impress others.
18. You like / don't like to make friends based on how trendy he/she is or how many things he/she owns.
19. If you notice a weakness in a person, you
20. If you see that somebody needs help in your group, you

From the above reflection, can you spot your values ? Write at least three values in your notebook.

Have there been instances where you did not uphold your values?

What changes would you make in yourself so as to uphold these values at all times?



Help the students reflect on their own values.

Encourage them to write true answers rather than the 'correct' answers.

7. Home – a replica of the society

Our home is in a way is a replica of our society. Different members of our family stay together in harmony. Everybody has equal responsibility towards his / her home. Now think about the work division in your home. Do you think it is fair? Would you like to suggest something in it? On the basis of which values should the work be distributed?

8. Values v/s Norms

Look at the following two scenarios and try and reflect on the difference between values and norms.



Throwing litter in the school premises was strictly disallowed in Pushkar's school. Pushkar never throws litter anywhere except the dustbin when in the school premises.

However when Pushkar is walking on the streets, he does not mind throwing litter on the footpath.



Harbhajan also studies in the same school. He too never throws litter in the school premises. Not just that, he does not throw litter around even when he is on the streets or in other public places. He does not throw litter around even when alone.



Read these examples and discuss in class

Between the two, who do you think follows cleanliness as a value ?

Between the two, who do you think is simply following rules / norms?

What is the difference between simply following norms and upholding a value ?

POINTS TO PONDER

- *Values v/s Norms- Norms or rules are explicit regulations dictating how people should behave. Norms and rules are also based on some or the other value. Norms or rules are external to the person. Rules are limited to the place, area, society, country etc. where they are applicable.*
- *Values, on the other hand are internal to a person and the person tends to uphold them even if there is no explicit rule about it. A person is intrinsically motivated and obligated to follow his values no matter where he/she is. Thus simply following external rules does not mean you uphold the values underlying the rules !*

ASSESSMENT RUBRICS

Weightage : 10%				
Criteria	Very Good	Satisfactory	Not - Satisfactory	Marks obtained
Participation in activities	Actively participated in completing the exercises/ tasks in the chapter, completed all activities in the book	Completed all activities.	Copied answers from others.	
Identification of personal values and planning for improvement	Came up with realistic actions to improve himself / herself	Came up with vague incomplete superficial actions	No attempts/ copied answers	
Reflection of values in the behaviour in the class.	Values were reflected in behaviours of students.	Value based behaviour with some exceptions.	No values reflected.	

