

# Promoting Pleasure, Security and Gratification: Essential in promoting enhancement of Living Conditions

#### Radhika Kapur

Abstract: From the stage of early childhood, throughout the lives of the individuals, they are required to acknowledge the meaning and significance of traits of pleasure, security and gratification. These are important, which needs to be put into operation in personal and professional lives of the individuals. As a consequence, the individuals will carry out their tasks successfully as well as lead to up-gradation of overall standards of living. The family members are vested with the authority and responsibility of imparting information in terms of all the factors, which would be facilitating in reinforcing these traits. For example, within the professional setting, when individuals will have cordial and amiable terms and relationships with each other, they will contribute efficiently in promoting security and well-being. Furthermore, individuals get engaged in pleasurable activities, which would enable them to incur the feeling of satisfaction. The individuals are required to augment their knowledge and understanding in terms of job duties and responsibilities within personal and professional lives. Furthermore, these are required to be put into operation in a well-ordered and regimented manner. In addition, individuals need to ensure, they are contributing efficiently in promoting well-being and goodwill of family and community members. Therefore, it is well-understood, promoting pleasure, security and gratification are essential in promoting enhancement of living conditions. The main concepts that are taken into account in this research paper are, understanding the significance of promoting pleasure, security and gratification, measures to be implemented in promoting pleasure, security and gratification and advantages of promoting pleasure, security and gratification.

Keywords: Activities, Gratification, Implementation, Individuals, Measures, Pleasure, Security, Tasks

#### I. INTRODUCTION

The individuals are different from each other in terms of number of factors, i.e. caste, creed, race, religion, ethnicity, gender, cultures, educational qualifications, occupations, personality traits, and socio-economic backgrounds. The aspects of pleasure, security and gratification are important in lives of the individuals. The individuals are engaged in different tasks and activities in accordance to their educational qualifications, competencies and abilities.

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Within personal and professional lives, these are important. Hence, throughout the lives of the individuals, they are required to understand these in an efficacious manner (Raluca, 2020) [4] [5]. The individuals are required to be well-versed in terms of measures, which are facilitating in leading to reinforcement of pleasure, security and gratification. The measures are implemented when one is dealing with others, as well as when one is putting into practice various tasks and activities. One of the important aspects that needs to be taken into account is, positivity needs to be reinforced in all measures. Therefore, it is wellunderstood, individuals are contributing efficiently in promoting pleasure, security and gratification [6] [7] [8]. The individuals are required to be well-versed in terms of all types of job duties and responsibilities that they are required to be put into operation within as well as outside the homes. These are complicated as well as manageable, these are implemented in less amount of time or can be more timeconsuming and these are put into operation on one's own as well as through working in co-ordination with others (Chapter 9, n.d.) [1]. The individuals need to make sure that the job duties and responsibilities are pleasing to others. In other words, they need to be advantageous to family and community members. The family members, educators, supervisors, employers, friends, classmates and colleagues are the individuals, who are imparting information in terms of different types of job duties and responsibilities. As a consequence of carrying these out in a well-ordered and disciplined manner, individuals will render an important contribution in pleasing others. Hence, individuals will contribute significantly in augmenting pleasure, security and gratification. Therefore, it can be stated, implementing job

## A. Understanding the Significance of Promoting Pleasure, Security and Gratification

duties in a well-ordered manner will be facilitating to the

individuals in promoting pleasure, security and gratification.

The individuals are required to be well-versed in terms of different types of methodologies and procedures, which they are required to augment. These are regarded as fundamental in carrying out all tasks and activities in a well-ordered and disciplined manner. Within homes, educational institutions of all levels and in various types of employment settings, the possession of adequate information in terms of methodologies and procedures will be facilitating in carrying out all tasks and activities in a well-ordered and regimented manner.



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As a consequence, the individuals will contribute efficiently in pleasing other individuals, including family members, educators and employers. Furthermore, they will contribute efficiently in augmenting the feelings of pleasure and contentment. Hence, it is well-understood, promoting pleasure, security and gratification will be facilitating in forming cordial and amiable terms and relationships and leading to up-gradation of overall standards of living. Therefore, individuals are able to acquire an efficient understanding of significance of promoting pleasure, security and gratification, when all tasks are implemented satisfactorily through utilization of appropriate methodologies.

The individuals, belonging to all communities have recognized the meaning and significance of social work. The individuals, belonging to deprived, marginalized and economically weaker sections of the society are overwhelmed by the social problems of poverty, illiteracy, unemployment, homelessness and crime and violence. The individuals, who are social workers or are employed in non-government organizations are putting into operation their job duties in a manner, which are facilitating in alleviating all types of social problems. In other words, they are rendering an important contribution in bringing about improvements in overall quality of lives of individuals. The individuals are putting emphasis on job duties and methodologies in a manner, which would be facilitating in carrying out social work. One of the important aspects that needs to be taken into account is, all job duties will be facilitating to the individuals in leading to up-gradation of overall standards of living. Therefore, one is able to acquire an understanding of significance of promoting pleasure, security and gratification, when they are carrying out social work.

The individuals, belonging to all communities, categories and socio-economic backgrounds are experiencing problems in their lives. These are experienced in both personal and professional lives. The various aspects in terms of which these take place are, job duties, responsibilities, methodologies, techniques, strategies, approaches, work pressure, lack of implementation of time-management skills, unawareness in terms of various types of subjects and concepts, scarcity of financial, technical, material and information resources, lack of infrastructure, amenities and facilities and so forth (Jones, Aguirre, & Calderone, 2004) [3]. The individuals provide solutions to these on their own as well as through taking help and support from others, including family members, relatives, friends, educators, supervisors, employers, classmates, colleagues and so forth. Hence, one needs to reinforce the traits of helpfulness and cooperation. As a consequence, one will contribute in promoting pleasure, security and gratification. Furthermore, all individuals will render an important contribution in developing mutual understanding with others. Therefore, an understanding of significance of promoting pleasure, security and gratification is acquired, when individuals are contributing efficiently in depicting the traits of helpfulness and co-operation.

## B. Measures to be implemented in Promoting Pleasure, Security and Gratification

An aimless life is a meaningless life. Hence, all individuals, irrespective of their communities, categories and socioeconomic backgrounds have goals and objectives to achieve. The individuals need to prepare themselves adequately in order to achieve all types of goals and objectives. Furthermore, they are required to reinforce a constructive approach. In order to achieve all types of goals and objectives in personal and professional lives, the individuals are required to be well-versed in terms of job duties and methodologies to carry them out satisfactorily. Furthermore, they need to maintain pleasant terms and relationships and obtain support in carrying out all tasks and activities in a successful manner (Family as Centre of Health Development, 2013) [2]. From the stage of early childhood, throughout the lives of the individuals, they need to acknowledge the meaning and significance of pleasure, security and gratification. Furthermore, they need to augment their knowledge and understanding in terms of measures to be implemented in promoting pleasure, security and gratification. One of the important aspects that needs to be taken into account is, all types of measures are to be implemented in a positive manner. These are stated as follows:

## C. Implementing Effective Communication Processes

The communication processes are regarded as the key that are facilitating in promoting pleasure, security and gratification. Through communicating with others in an effective manner, the individuals will render an important contribution in promoting pleasure, security and gratification. The main reason being, individuals will augment information regarding various areas. Furthermore, they will provide answers to all types of questions that are overwhelming. The communication processes takes place in a verbal and written form. Verbal communication takes place face to face or through utilization of technologies, whereas, written communication takes place through exchanging messages and emails. Furthermore, the individuals need to be wellversed in terms of communication ethics, i.e. making use of polite language and decent words; treating each other with respect and courtesy; making provision of factual information; maintaining eye contact, when communicating face to face and possessing an approachable nature and an amiable attitude. These need to be reinforced in order to implement communication processes in an effective manner. Therefore, implementing effective communication processes is regarded as one of the indispensable measures to be implemented in promoting pleasure, security gratification.

## D. Being well-versed regarding Job Duties and Responsibilities

The individuals are required to be well-versed in terms of all types of job duties and responsibilities that they are required to put into operation within as well as outside the homes.





These are complicated as well as manageable, these are put into operation in less amount of time or can be more time-consuming and these are put into operation on one's own as well as through working in co-ordination with others. The individuals need to make sure that the job duties and responsibilities are pleasing to others. In other words, they need to be advantageous to family and community members. The family members, educators, supervisors, employers, friends, classmates and colleagues are the individuals, who are imparting information in terms of different types of job duties and responsibilities.

As a consequence of putting these into practice in a well-ordered and disciplined manner, individuals will render an important contribution in pleasing others. Furthermore, they will contribute efficiently in enhancing their career prospects. Hence, individuals will contribute significantly in augmenting pleasure, security and gratification. Therefore, being well-versed regarding job duties and responsibilities is one of the significant measures to be implemented in promoting pleasure, security and gratification.

## E. Being well-equipped regarding Methodologies and Procedures

The individuals are required to be well-versed in terms of different types of methodologies and procedures, which they are required to understand. These are regarded as fundamental in carrying out all job duties and activities in a well-organized and disciplined manner. Hence, it is of utmost significance to be well-versed in terms of concepts and one needs to clarify all types of doubts. Within homes, educational institutions of all levels and in various types of employment settings, the possession of adequate information in terms of methodologies and procedures will be facilitating in carrying out all tasks and activities in a well-ordered and regimented manner.

As a consequence, the individuals will contribute satisfactorily in pleasing other individuals, including family members, educators and employers. Furthermore, they will contribute efficiently in augmenting the feelings of pleasure and contentment. Hence, it is well-understood, promoting pleasure, security and gratification will be facilitating in forming cordial and amiable terms and relationships with family and community members. As a consequence, one will lead to up-gradation of overall standards of living. Therefore, being well-equipped regarding methodologies and procedures is an expedient measure to be implemented in promoting pleasure, security and gratification.

## F. Implementing Pioneering Methodologies and Materials

With advancements taking place and with the advent of modernization and globalization, it is necessary to be well-versed in terms of different types of pioneering methodologies and materials. In all fields and occupations, individuals are making use of these in putting into operation different types of job duties and activities. Some of these are, utilization of charts, graphs, maps, pictures, images, designs, structures, tools, devices, machinery, technologies and so forth. As a consequence, individuals will contribute efficiently in doing well in their job duties and generating desired outcomes. Hence, they will meet the expectations of others.

It is necessary to be well-versed in terms of concepts and one needs to clarify all types of doubts. Within homes, educational institutions of all levels and in various types of employment settings, the possession of adequate information in terms of pioneering methodologies and materials will be facilitating in carrying out all tasks and activities in a wellordered and regimented manner. As a consequence, the individuals will reinforce the traits of pleasure, security and gratification. Therefore, implementing pioneering methodologies and materials is a productive measure to be implemented in promoting pleasure, security gratification.

#### II. PROMOTING SOCIAL WORK

The individuals, belonging to all communities have recognized the meaning and significance of social work. This is an important concept in both urban and rural communities. The individuals, belonging to deprived, marginalized and economically weaker sections of the society are overwhelmed by the social problems of poverty, illiteracy, unemployment, homelessness and crime and violence. The individuals, who are social workers or are employed in non-government organizations are putting into operation their job duties in a manner, which are facilitating in alleviating all types of social problems. Furthermore, they are putting in efforts to promote community well-being.

In other words, they are rendering an important contribution in bringing about improvements in overall quality of lives of individuals. The individuals are putting emphasis on job duties and methodologies in a manner, which would be facilitating in carrying out social work in a well-ordered manner. One of the important aspects that needs to be taken into account is, the job duties and methods need to be facilitating to the individuals in leading to up-gradation of overall standards of living. Therefore, it is understood on a comprehensive basis that promoting social work is a meaningful measure to be implemented in promoting pleasure, security and gratification.

#### A. Depicting the Traits of Helpfulness and Cooperation

The individuals, belonging to all communities, categories and socio-economic backgrounds are experiencing problems in their lives. These are experienced in both personal and professional lives. Hence, they need to provide solutions to these, so they need to acknowledge meaning and significance of traits of helpfulness and co-operation. The various aspects in terms of which these take place are, job duties, responsibilities, methodologies, techniques, work pressure, lack of implementation of time-management skills, unawareness in terms of various types of subjects and concepts, scarcity of financial, technical, material and information resources, lack of infrastructure, amenities and facilities and so forth. The individuals provide solutions to these on their own as well as through taking help and support from others, including family and community members. Hence, one needs to reinforce the traits of helpfulness and cooperation.

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As a consequence, one will contribute in promoting pleasure, security and gratification. Furthermore, all individuals will render an important contribution in forming cordial and amiable terms and relationships with others. Therefore, depicting the traits of helpfulness and co-operation is an essential measure to be implemented in promoting pleasure, security and gratification.

#### B. Augmenting Skills and Abilities

From the stage of early childhood, throughout the lives of the individuals, they need to be well-versed in terms of different types of skills and abilities. The various types of skills are, communication skills, decision-making skills, critical-thinking skills, analytical skills, problem-solving skills, time-management skills, negotiation skills, leadership skills, personal skills, professional skills, presentation skills, technical skills, creative skills, artistic skills, intellectual skills and public-speaking skills.

On the other hand, abilities, which need to be honed are, convincing, persuasion, controlling, organizing, administration, management, emotional intelligence, systems thinking, putting in efforts to one's best abilities, possessing the abilities to work under stress, coping with various types of problems in a satisfactory manner and carrying out all tasks and activities in a well-ordered and regimented manner. The individuals make use of skills and abilities in implementing job duties within personal and professional lives. Furthermore, one will contribute efficiently in promoting well-being and goodwill of others. Hence, pleasure, security and gratification will be reinforced. As a consequence, individuals will incur the feelings of pleasure and contentment. Therefore, augmenting skills and abilities is a notable measure to be implemented in promoting pleasure, security and gratification.

#### C. Developing Mutual Understanding with others

The occurrences of different types of problems and challenging situations are regarded as an integral part of the lives of the individuals. These are experienced in both personal and professional spheres. These are solved on an individual basis as well as through obtaining assistance from others. The individuals need to develop mutual understanding with family and community members. As a consequence, one will acquire ideas and suggestions. The reinforcement of pleasure, security and gratification will be facilitating in developing mutual understanding with others.

The individuals provide solutions to these on their own as well as through taking help and support from others, including family members, relatives, friends, educators, supervisors, employers, classmates, colleagues and so forth. Hence, one needs to reinforce the traits of helpfulness and cooperation. These traits are regarded as the key in leading to up-gradation of mutual understanding with other individuals. As a consequence, one will contribute in promoting pleasure, security and gratification. Furthermore, all individuals will render an important contribution in carrying out all tasks and activities in a well-organized manner. Therefore, developing mutual understanding with others is a favorable measure to be implemented in promoting pleasure, security and gratification.

## D. Reinforcing the Traits of Efficiency, Honesty and Truthfulness

The individuals from the stage of early childhood need to be well-equipped in terms of traits of efficiency, honesty and truthfulness. The individuals are required to put these into operation in carrying out all tasks and activities within as well as outside the homes. The different types of job duties and methodologies are required to be put into practice in an efficient, honest and truthful manner. These are facilitating in putting in efforts to one's best abilities, possessing the abilities to work under stress, coping with various types of problems in a satisfactory manner and carrying out all types of tasks and activities in a well-organized manner.

Furthermore, one will contribute efficiently in meeting the expectations of family members, educators, supervisors and employers. Hence, pleasure, security and gratification will be reinforced. As a consequence, individuals will incur the feelings of pleasure and contentment. This will be facilitating to the individuals in leading to up-gradation of motivation and concentration levels. As a consequence, one will lead to up-gradation of career prospects. Therefore, reinforcing the traits of efficiency, honesty and truthfulness is an advantageous measure to be implemented in promoting pleasure, security and gratification.

## E. Coping with Psychological Problems in an Effective Manner

The individuals experience various types of psychological problems in their lives in both personal and professional spheres, i.e., anger, stress, anxiety, frustration and depression. The individuals are required to be well-versed in terms of approaches that are facilitating in coping with these in a satisfactory manner. As a consequence, these will be prevented from giving rise to impediments within the course of putting into operation different tasks and activities. Acknowledging meaning and significance of traits of pleasure, security and gratification will enable them to manage various types of psychological problems in a satisfactory manner. These are prevented from impeding one's personality traits.

These traits are regarded as fundamental in forming cordial and amiable terms and relationships with other individuals. As a consequence, one will contribute in reinforcing the traits of pleasure, security and gratification. Furthermore, all individuals will render an important contribution in providing solutions to various types of problems. As a consequence, all types of job duties will be facilitating in carrying out all tasks and activities in a well-organized manner. Therefore, coping with psychological problems in an effective manner is a useful measure to be implemented in promoting pleasure, security and gratification.

## F. Advantages of Promoting Pleasure, Security and Gratification

The individuals are required to acknowledge the significance of traits of pleasure, security and gratification. These need to be implemented in putting into practice various tasks and in dealing with others (4 Keys to Strengthen Your Ability to Influence Others, 2020).

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The individuals are required to be well-versed in terms of traits of morality, ethics, diligence and conscientiousness. As a consequence, they will be able to implement the tasks, which are facilitating in reinforcing pleasure, security and gratification. When the individuals augment information in terms of advantages, they will put in efforts to their best abilities in carrying out all job duties in a well-ordered manner. Advantages of promoting pleasure, security and gratification are, forming an effective social circle; leading to up-gradation of career prospects; promoting good health and well-being; leading to up-gradation of personality traits and promoting enrichment of living standards. These are stated as follows:

#### III. FORMING AN EFFECTIVE SOCIAL CIRCLE

The individuals cannot live their lives alone. The state of loneliness is regarded as chronic and distressful and needs to be curbed. The state of loneliness has unfavorable effects on the physical and psychological health conditions of the individuals. Hence, throughout their lives, they need to be well-versed in terms of ways to alleviate loneliness. It is necessary for them to form an effective social circle. This comprises of family and community members. The individuals will augment information regarding various areas. Furthermore, they will obtain answers to all types of questions that are overwhelming. In addition, individuals will contribute efficiently in leading to an increase in motivation levels towards implementation of job duties within personal and professional lives. As a consequence, they will contribute efficiently in promoting a normal mind-set. Furthermore, they will cope with psychological problems of anger, stress, anxiety, frustration and depression in a satisfactory manner. Therefore, forming an effective social circle is regarded as one of the indispensable advantages of promoting pleasure, security and gratification.

#### A. Leading to up-gradation of Career Prospects

Leading to up-gradation of career prospects is regarded as one of the primary goals of individuals, belonging to all communities, categories and socio-economic backgrounds. The individuals are getting enrolled in educational institutions of all levels to acquire good quality education. Furthermore, they are getting engaged in employment opportunities, related to their fields. As a consequence, they are contributing significantly in leading to up-gradation of career prospects. The individuals are required to be wellversed in terms of all types of job duties and methodologies that they are required to put into operation within all types of professional settings. These are complicated as well as manageable, these are put into operation in less amount of time or can be more time-consuming and these are put into operation on one's own as well as through working in coordination with others. The individuals need to make sure that the job duties and responsibilities are pleasing to educators and employers. Therefore, leading to up-gradation of career prospects is one of the significant advantages of promoting pleasure, security and gratification.

#### B. Promoting good Health and Well-being

The individuals need to be well-versed in terms of measures necessary in promoting good health and well-being. This needs to be promoted from physical as well as psychological

perspectives. The family members contribute efficiently in imparting information in terms of all factors that are necessary in promoting good health and well-being. Some of these are, diet and nutrition; exercise and physical activities; yoga and meditation; obtaining medical check-ups on regular basis; forming an effective social circle; alleviating loneliness; being well-versed in terms of all types of tasks and activities within personal and professional lives; being wellequipped regarding methodologies and procedures; being well-versed in terms of modern, scientific and innovative methods and materials; coping with psychological problems in an effective manner and promoting a normal mind-set. As a consequence, individuals will contribute efficiently in promoting good health and well-being, physically and psychologically. Therefore, promoting good health and wellbeing is an advantage of promoting pleasure, security and gratification, which is recognized by the individuals, belonging to all age groups.

#### C. Leading To Up-Gradation of Personality Traits

Leading to up-gradation of personality traits is regarded as one of the primary goals of the individuals, belonging to all communities, categories and socio-economic backgrounds. As a consequence of promoting pleasure, security and gratification, individuals will put into practice all tasks and activities, which would be facilitating in leading to upgradation of overall personality traits. The individuals will cope with the psychological problems of anger, stress, anxiety, frustration and depression in a satisfactory manner. Furthermore, they will promote a normal mind-set and lead to an increase in motivation and concentration levels. In addition, they will carry out tasks, which are facilitating in leading to enhancement of overall personality traits. One of the important aspects that needs to be taken into account is, individuals need to reinforce the traits of morality, ethics, diligence and conscientiousness. Therefore, leading to upgradation of personality traits is an advantage of promoting pleasure, security and gratification, which is acknowledged by individuals, belonging to all age groups, communities, categories and socio-economic backgrounds.

#### D. Promoting enrichment of Living Standards

Promoting enrichment of living standards is regarded as one of the major goals of individuals belonging to all communities, categories and socio-economic backgrounds. As a consequence of promoting pleasure, security and gratification, individuals will put into practice all tasks and activities, which would be facilitating in leading to upgradation of overall living standards. Furthermore, individuals need to be well-informed in terms of various factors, i.e. being well-versed regarding job duties and responsibilities; being well-equipped methodologies and procedures; implementing pioneering methodologies and materials; taking out sufficient amount of time for all tasks and activities; coping with different types of problems in an effective manner; depicting the traits of helpfulness and co-operation; augmenting skills and abilities; forming cordial and amiable terms and relationships with others; reinforcing the traits of efficiency, honesty and truthfulness and coping with psychological problems in an effective manner.

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As a consequence of reinforcing the traits of pleasure, security and gratification, individuals will enrich their living standards. Therefore, promoting enrichment of living standards is an advantage of promoting pleasure, security and gratification, which is contributing efficiently in promoting well-being and goodwill.

IV. CONCLUSION

The factors of pleasure, security and gratification are important in lives of all individuals, belonging to all age groups, communities and socio-economic backgrounds. Measures to be implemented in promoting pleasure, security and gratification are, implementing effective communication processes, being well-versed regarding job duties and being responsibilities, well-equipped regarding methodologies and procedures, implementing pioneering methodologies and materials, promoting social work, depicting the traits of helpfulness and co-operation, augmenting skills and abilities, developing mutual understanding with others, reinforcing the traits of efficiency, honesty and truthfulness and coping with psychological problems in an effective manner. Advantages of promoting pleasure, security and gratification are, forming an effective social circle; leading to up-gradation of career prospects; promoting good health and well-being; leading to upgradation of personality traits and promoting enrichment of living standards. Finally, it can be stated, promoting pleasure, security and gratification are facilitating in leading to progression of individuals and communities.

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