

## *Original Paper*

# Attitude of the Person along with Ego and Jealousy and its Consequences, Impact of the Same Including Remedial Measures

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### ***Abstract***

*In this Research Paper the Author has enumerated certain facts about attitude of people along with Ego and Jealousy. The author has also factually stated the consequences in which such attitude is being portrayed where the impact and remedial measures have been described exponentially. The author is a life balance coach and executive leadership coach where through the empirical experiences during the sessions he conducts, he has explained his observations with sufficient explanations and examples! He has also been a part of business groups through which also he could reveal few facts and figures which he has stated here. Ultimately why such scenario is prevailing and what are the reasons where 2 Cs' are important and those are viz Competition and Comparison; have been elaborated! Mainly the category of entrepreneurs and software professionals had more attitude, ego and jealousy. The findings were carried out by the author while conducting coaching sessions for individuals like students, professionals and entrepreneurs! It is discovered that the present stressful conditions in almost everyone's life are causing lot of hurdles and in that situation not giving up attitude incurring loss where vices like Ego and Jealousy support these people enormously; which in turn get resulted into lot of adversities. The sad story in this is; they still can not surrender themselves and the said behavior is getting continued!*

**Keywords**

*attitude, ego, jealousy, competition, comparison, transformation, professionals/entrepreneurs, students, mind, realization, experience etc.*

**1. Introduction**

The author has been in the field of coaching for almost 8 and half years where he has worked in three categories till date viz Individual Coaching, Group Coaching in Institutions for students and faculties and third category consists of organizations predominantly manufacturing companies and small sector companies starting with an employee strength of 5. The author has 15 years of experience in the field of finance and more than 25 years of experience in the field of music which is still an ongoing activity. This has actually helped him in utilizing this experience in the field of coaching where he is presently working.

The whole world has become so competitive that even behavioral hiccups have become a severe issue at times and have reached its saturation point where eruption has become obvious! Why is the author saying so? Because while coaching he could observe that high amount of showing of attitude where vices like strong ego and jealousy were seen among his clients. And to work on those factors it was an impervious task for them as it depicts the picture of breaking earlier habits and nurturing new ones!

**Initially following aspects were seen**

- 1) Weird Competition because of which the approach of “I know everything” was getting shown in disguise.
- 2) Superiority complex by having insecurity about losing that sheen of one’s personality
- 3) Adamant behavior was seen since the darkness about acceptance was in existence
- 4) Tremendous amount of Comparison was getting drawn and it became the serious reason behind showing improper attitude which directly reflects ego and jealousy!

**2. Methodology****Observational Consequences which were witnessed for the above impressions****In the category of students**

- A. Obscure image of career but still showing attitude by calling it as confidence falsely where the severity of their frustration was not getting exhibited anywhere.
- B. The feeling of saying that I am from a rich family and I do not need anything. If someone will criticize, then the said person was getting threatened by the person saying, “I am from a rich family and I can do anything to achieve things!” where ego & jealousy were major hindrances!”
- C. The ignorance about leadership skills which indirectly was enhancing ego and jealousy about others. Here lack of skill development attitude and casual approach about life were getting depicted.

**In the category of professionals**

- A. “I have attained the stage to say sufficiently that I am a successful professional and I do not need any advice or consultation or support for my betterment!”
- B. Superficially showing that everything is going on well because egoistic approach pops up and invariably the filthy competition in organizations was making them jealous of their colleagues and that was leading them to frustration. However non-acceptance was the focal point.
- C. Darkness about developing futuristic view or establishing that by keeping some exceptions to run away if needed.
- D. Luxurious life style and securing that by hook or crook was on the anvil which in return was bringing them down.

**In the category of Entrepreneurs**

- A. “Whatever hardship I have gone through nobody else has and hence ego is peeping in!” This kind of perception was indirectly increasing their jealousy about their competitors and leading them to frustration in family life
- B. “My start up venture can be the best one but in reality I do not know how to move ahead”. However hiding these facts merely because they were of the opinion that those shouldn’t be observed by others.
- C. “In last many years I have procured lot of things based upon my knowledge and experience”. So no wonder if the comparison was made and which got reflected in daily life; was raising lot of concerns.
- D. “I am a leader( in disguise), I manage things well and it is just a matter of time where everything will be alright”. This over rated perception was putting their image down at some point of time. However they did not want to accept that even they can have certain improvement areas even after gaining reasonable amount of experience of the world.

**Attitude is like the common grass which keeps growing anywhere. Ego is like a dried up tree which is not broken but still stands straight in the nature without green leaves and flowers. Jealousy is like an ignored flower which keeps blossoming but other flowers get a complementary visibility!**

Behavioral impressions are such as mentioned above. The author wonders that there are 12 zodiac signs and they personify each entity like a separate identity! So no wonder if attitude, ego and jealousy are the major aspects affecting humanity! Just to crack a joke the author says that the first ever anthropologist must have avoided talking about these three factors while enumerating facts about humanity as he/she may have gotten scared about those same factors getting erupted from his/her personality! ☺

**The impact of these three factors in the lives of people**

**While conducting sessions, the following factors were mainly observed as an impact on the lives of people**

- 1) Superficial way of giving promises to do something but at the back of mind the author has seen that they were continuously thinking about competition and comparison in a wrong way.
- 2) Their efficiency was getting wasted in just thinking about how others' life will not be far greater.
- 3) Tendency of overlooking about certain factors putting them into loss were getting ignored.
- 4) Response to stimuli (response from other people) was not enthusiastic because of their approach.
- 5) Insecurity was getting prevailed like anything.
- 6) It was taking a toll in streamlining things & giving importance to their well being.
- 7) Relationships were getting affected
- 8) Their skill development was getting stuck and so is the case with their potentials.
- 9) They were going in seclusion because of their own Attitude, Ego and Jealousy.
- 10) They themselves were creating barriers of mind and some of them were found to be in depression.

**With above observations Author was strongly sensing that this kind of situation has cropped up because of following reasons**

- 1) Not understanding their background, the family in which they are grown.
- 2) Retrospection along with Introspection was necessary here but it was getting lacked.
- 3) Situational Leadership was getting lacked as many times, the factors like Attitude, Ego and Jealousy need overhauling since they may erupt at any point of time. In a way conscious way of looking at their own behavioral structure; was lacking.
- 4) Habit nurturing was not getting done properly as breaking earlier habits is a problem many times and if we consider that Habits consist of Harmony, Actions, Barriers, Illustriousness, Tangible/Tenacity/ Tender, Salvaging then it is a journey where these three factors were affecting most of the people's growth.
- 5) Absence of Separating each entity from others; capacity wise/ability wise/potentially and accepting it wholeheartedly.
- 6) Keeping high amount of expectations at every step which was making people to opt for wrongful ways of reacting and behaving.

**Table 1. Author's Observations of Category of People Found with Attitude, Ego and Jealousy**

<b>Category of People</b>	<b>Classification if any</b>	<b>Attitude</b>	<b>Ego</b>	<b>Jealousy</b>
<b>Students (Based upon experience)</b>	Students (Rural area)	20%	50%	80%
	Students(Urban area)	80%	80%	80%
<b>Working Professionals</b>	Small Sector organizations	30%	50%	50%
	Manufacturing organizations	30%	50%	60%
	Software Cos.	80%	80%	80%
<b>Entrepreneurs</b>	Experienced	95%	90%	90%
	Start up or small business set up	35%	45%	60%

The above reading is based upon average percentage and author's practical experiences after meeting many clients of his own. The percentage is just to show the severity of the three aspects where arithmetically/statistically it has not been calculated. In other way author found that in students' category out of 10, only 2 students had attitude in rural area but in urban area the percentage was far greater. In non-software organizations, out of 10 employees, average 3-4 employees had attitude. In Software organizations, out of 10, almost 8 employees had attitude. This was basically the difference based upon their salary levels and overall economic life styles. In Entrepreneurs, status is always compared and they consider themselves as if they are kings and this increases the percentage where mainly in experienced entrepreneurs the ratio was almost, out of 10 there were 9 who had attitude but start up ventures or small business set up entrepreneurs had lesser attitude than experienced ones.

This is completely Author's empirical/observational reading but subjectively also it can be a fact.

**As Life Balance Coach and Executive Leadership Coach what did an author do for taking maximum remedial measures?**

- 1) Discussing Self Realization or actualization process by making them practice the acceptance level.
- 2) Making them go through different coaching exercises or even questionnaires.
- 3) Sharing about learning to be human and for that music therapy or meditations were used as a solution.
- 4) Interactive sessions with open ended and friendly approach.

- 5) Through sessions making them understand that adverse or unhealthy competition and unscrupulous comparison make people go into negative zone.
- 6) Taking reviews of sessions and nurturing new habits with consistency and determination.
- 7) In one of the sessions in Symbiosis International University the author had conducted a session on Attitude where to make students understand the concept of attitude he had written and composed a RAP song through which he spread a word about having right attitude. It had worked phenomenally well.

#### **4. Discussion**

**In case the people will continue with showing their Attitude, Ego and Jealousy then the repercussions will be as follows**

- 1) They will never transform behaviorally and that may become the burden on their health and mind eventually.
- 2) They may lose the human values and ironically the relationship graph will get lowered down.
- 3) Ignorance value will get enhanced from other people in their case who depict all these three factors.
- 4) Introspective journey will never happen in their life as their superiority complex may hurt their own feelings at a latter stage of life. And looking back after a certain stage may prove to be a stumbling block in their path of happiness and self contentment.
- 5) They will experience solitude more than socializing with people or they will have restricted group of people who have the same factors possessed.
- 6) The thought process of these people will have a limited thinking always about ideal life process although the prosperity in their professional life can not be questioned where few will be found to be absolutely wealthy people.
- 7) To conclude with predominantly the author has referred to his empirical experiences through his coaching sessions. Also social media and the responsiveness of people have been a stronger evidential tools. Few group postings from LinkedIn.com were referred to where in one spiritual group the author had found attitude/ego/jealousy in few people even for making discussions deliberately demanding!

#### **At the outset, the author feels that**

Several years down the line behavioral transformation a question?

Born different vices and virtues two sides of one coin in sheer confusion!

Mellow down approach a difficult journey to attain in present condition

Human values in disguise increasing unnecessarily unaccounted sensation!

Who Am I? Far greater question to think with audacity in seclusion

Pondering with posterity a highly configured adversity with obscure conclusion

Competition and Comparison not setting any trend but enhancing saturated depression!

Universal Energy..a far fetched concept for all literate; humanity in demolition  
Godly images recouping all virtues in transition question remains of reformation???

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### Appendix

The Methodology was not pertaining to anything specific but the following was the process

- 1) Used lot of questionnaires through which the author got to know about the behavioral approach.
- 2) Through simple conversational journey based upon openness, equality and transparency which are principles of life coaching; there were revelations getting showcased.
- 3) Giving them different exercises related to management and leadership which was one way a fantastic evidential strategy.
- 4) Preparation of their reports of life coaching sessions based upon mere observations where lack of consistency was witnessed. Even Follow up was not getting done properly.