

Resonant Ruminations of Remissnesses Among Ages and Stages

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Abstract- “Lord, we know what we are but know not what we may be.” -Shakespeare, *Hamlet* Act 4, scene 5.

In this fast-paced series of lifestyles, we share with you some strategies on how to successfully overcome laziness. Laziness is a side effect of stress resulting from today’s lifestyle. There can be many reasons for being lazy all the time and also it varies from person to person. Underlying this condition, although many may not believe it, can be the shadow of depression, the effects of anxiety, the strain of stress, or even the pressures of a society that places undue emphasis on effort and the achievement of goals. A quick search on various researches is enough to discover several kinds of explorations dealing with the topic of laziness. However, they offer us dozens of strategies to eliminate laziness. Though, we are rarely invited to understand that behind this laziness lie some latent processes and facts that are often neglected. On the other hand, we have something very interesting to say about this topic of laziness. Our species has always tended to conserve energy. It means that we inherited the laziness from our ancestors, or rather the inertia that sometimes characterizes us. This article is about the phenomenon of laziness. Almost everyone faces this problem to a greater or lesser extent. In this article, we will find out why one is lazy and what drastic consequences this laziness entails.

Index Terms: Sloth, Laziness, Procrastination, short-term goals, hopelessness.

INTRODUCTION

“If you are idle, be not solitary; if you are solitary, be not idle.” -Samuel Johnson, *Letter to James Boswell*, October 27, 1779, p. 433

First, we shall go into laziness itself, what laziness is and how it manifests itself. Lazy people are characterized above all by the fact that they either do not do what needs to be done or do it with the least possible effort. In addition, no action is overdone and everything that does not need to be done immediately

is procrastinated. Even very intelligent people are subject to laziness, although this contradicts any form of logic.

Our nomadic ancestors had to conserve energy to fight for scarce resources and fight to flee enemies and raiders. In any case, in the absence of modern conveniences like antibiotics, banks, roads, and refrigeration, there was little point in thinking long-term. Today, mere survival is off the agenda, and with ever-increasing life expectancies, long-term strategies and efforts yield the best results. Yet our instincts that haven’t caught up still serve to conserve energy, leading us not to focus on abstract projects with distant and uncertain payoffs. Ambition and perspective can overcome instinct, and some people have more forward-thinking than others, who are often derided for being “lazy” by the heights of their success. Laziness is so closely related to poverty and failure that a poor person is commonly considered lazy no matter how little or how much he actually works. A lack of success, despite hard work, also means that at some point you don’t feel like it anymore, both mentally and physically. In this case, mentally stands for an immaterial reward, for example in the form of confirmation of the service provided. This can be accomplished with simple praise or genuine thanks. In the absence of this psychological reward, the person concerned has at least one more reason to only do what is necessary, since it is not appreciated one way or the other.

In general, people find it throbbing to focus on long-term goals that don’t provide immediate gratification. To start a project, they must believe that their return to work will likely outweigh their loss of comfort. The problem is that they tend to be suspicious of a return that is far away or uncertain. Humans are poor calculators. Tonight they can eat and drink indiscriminately, without considering the longer-term

consequences for their health, stamina, and appearance, or even tomorrow's hangover. The ancient philosopher Epicurus argued that pleasure is man's highest good. However, he cautioned that not everything pleasurable should be pursued, and conversely, not everything painful should be avoided. Instead, some kind of hedonistic calculus should be applied to determine what things are most likely to lead to the greatest pleasure over time, and it is primarily this hedonistic calculus that people cannot handle. The causes of laziness are very broad. Laziness can be very superficial, but it can also be very deep. Deep mental illnesses, such as depression or burnout, can play a major role. However, when the causes are so deeply rooted in the human psyche, one should solve these fundamental problems first.

FACTORS BEHIND LAZINESS

“To have done anything by which you earned money merely is to have been truly idle or worse.” -Henry David Thoreau, *Life Without Principle* (1863)

What lies behind laziness is not always just weakness. Nor is it inaction, or procrastination. Sometimes we tend to confuse terms, but it is imperative to separate one thing from another. For example, we know that laziness and a person who always procrastinates have one thing in common: low motivation. Nevertheless, a person who always puts off tasks has the intention or the idea to fulfil them. In contrast, people who are characterized by laziness do not always have the strength to actualise their goals. Therefore, in such cases, it is necessary to recognize what is behind this condition.

LAZINESS AS A MASK OF FEAR

Other factors that can lead to “laziness” are fear and hopelessness. Some people fear success or don't have enough self-esteem to feel satisfied with success, and laziness is a way of self-sabotage. Shakespeare expressed this idea much more eloquently and succinctly in *Antony and Cleopatra*: “We scorn her most when most she offers blows.” Conversely, other people are afraid of failure, and laziness is preferable to failure because it is a matter of distance. “It's not that I failed, it's that I never tried.” Yet other people are “lazy” because they see their situation as so hopeless that they can't even begin to think about it, let alone do anything about it. Since these people are

incapable of addressing their situation, it could be argued that they are not actually lazy, and to some extent, the same could be said of all lazy people. In other words, the concept of laziness presupposes the ability to choose not to be lazy—that is, presupposes the existence of the free will. Many people are afraid of change or afraid of the future. Such fear can be paralyzing or slow down. The resulting laziness then leads to the fear that you won't necessarily achieve the change you want. This then leads to paralyzing fear. It is a doom loop. Laziness simulates a soft and comfortable bed that makes us escape from reality. We surrender to it when we are accompanied by excessive fears in everyday life. Fear of not achieving what we set out to do, fear of failing, fear of not being what others expect of us, fear of all that we cannot control. Often, we end up doing just that: we procrastinate. To tomorrow or, better said, to a moment when we feel more motivated. But that morning will never come because fears have already gripped our entire world.

LAZINESS: A SYMPTOM OF DEPRESSION

Depression is not always easy to recognize for those affected. In many cases, it is disguised as exhaustion, apathy, and demotivation. Moreover, studies conducted at Harvard Medical School (Massachusetts, USA) show that laziness is a recurring symptom in most patients suffering from depression. Therefore, we must never neglect this reality, especially when it is accompanied by psychological symptoms such as hopelessness, negativity, and fatalistic thoughts.

BIOLOGICAL CAUSES

There can also be some medical factors behind laziness that need to be clarified. Therefore, in the face of persistent fatigue, exhaustion, and demotivation, it is always beneficial to conduct a series of diagnostic tests. We must not ignore that thyroid dysfunction, diabetes, anaemia, insomnia, heart disease, and fibromyalgia can also lead to such conditions.

BAD HABITS

“When everything is easy one quickly gets stupid.” -Maxim Gorky.

From an evolutionary point of view, people are also very trimmed to live in the here and now. We want things immediately and with as little effort as possible. Sometimes this works too. You put off this one task

forever, only to rattle it off just before the submission/ deadline. This can definitely work, but it won't always work and the fact that it can work only makes it worse. Because if it works once, we'll do it the same way next time. So much for the causes of laziness, now for the consequences. The following points only represent the consequences. How to get a grip on laziness is dealt with in a separate article.

CONSEQUENCES OF LAZINESS

The consequences of laziness are very far-reaching and are underestimated or ignored by the majority of people.

1. LONG-TERM GOALS:

Reasonably ambitious goals are logically difficult to achieve if you are very lazy. Long-term goals can only be achieved if you continuously work towards them. At the same time, you experience psychological stress that should not be underestimated when you know that you are not living up to your own goals.

2. IRRITABILITY:

If you don't do what needs to be done, you're in a much worse mood than if you had done the task. This troubles you and your environment. You react much more irritably and are less happy about the successes of others. The latter is also an indication that you are not doing enough yourself.

3. ENVY:

Laziness breeds envy in all sorts of walks of life. As mentioned above, one tends to be jealous of what another achieves rather than simply being happy about it. This is usually because you know for sure that you could have achieved this goal, but have not achieved it due to laziness. Since laziness has a negative effect on almost every area of life, laziness also leads to envy in all areas of life.

4. BOREDOM:

"That destructive siren, sloth, is ever to be avoided." - Horace, *Satires*, II. 3. 14.

Ironically, laziness leads to boredom or pointless habits. This is expressed, for example, by an excessive amount of time spent in front of various screens. The television used to be the number one distraction, today it's probably the mobile phone and everything that goes with it, i.e. Instagram, Youtube etc. These time wasters are great for putting things off and getting through half the day with mediocre entertainment. Hanging in front of the screen for a little while isn't reprehensible at all. However, if these activities take

up many hours of the day, this is a huge disadvantage and increases laziness and the negative aspects that accompany it. In addition, it is very easy to get lost in such digital worlds. In the long run, these entertainment platforms will only benefit you if you use them appropriately and also in a limited way.

5. POTENTIAL:

"Laziness never arrived at the attainment of a good wish." -Miguel de Cervantes

Each of us has a certain amount of potential. This potential must be encouraged, otherwise, it will slowly but surely vanish into thin air. If you do nothing for years or only promote your talents half-heartedly, this potential will not develop. At some point, even people who have little talent in these areas but have done more overall will pass you by. Later you look back at past opportunities and regret your laziness. Just wasted potential leads to mental stress.

6. SELF-CONFIDENCE:

Self-confidence also suffers from laziness. Especially when you attach too much importance to the opinions of others. This can be due, for example, to the fact that you perform less well than the others and that makes you feel bad. But if you achieve a lot, i.e. are not lazy and give a lot to the opinions of others, this can even inspire you. In the case of people with whom this is the case, this effect works the other way around. Certain productivity should therefore be achieved and serves as a support for healthy self-confidence.

7. PROFESSION/ STUDY/ SCHOOL ETC:

It is in these areas that laziness tends to show itself most clearly. Most students are not too stupid for their studies, but too lazy. Even the students who supposedly invest little time in their studies and still get good grades are not simply smarter or better. You just learned to study efficiently. This principle can also be applied to school and work. Ultimately, however, you cannot avoid doing something for your current vocation from time to time. Through consistent laziness, these areas quickly lose quality.

8. VISUAL APPEARANCE:

If you are too lazy to take care of yourself properly, it quickly hurts the people around you and your self-confidence. Which woman/man would want to have a partner who looks completely unkempt and run-down. Since many people are very superficial, there are often disadvantages that could have been avoided by a well-groomed appearance.

9. FINANCE:

Financially, laziness hurts on many levels. If you don't perform well at work, the company loses resources directly or indirectly. If you're too lazy to build something that generates enough income, it hurts you. Financial decisions that are not advantageous can also be made through unnecessary gaps in knowledge and little care.

10. PARTNER:

Of course, laziness also harms your partner. If someone prefers to sit in front of the TV after work or a long day instead of taking care of their relationship properly, sooner or later this will negatively affect the relationship. Little appreciation or little willingness to deal with the other person is also harmful. So a relationship, like anything else, requires discipline.

11. TRAINING:

If you don't continue your education, you will lose knowledge. Just think back to your school days and consider how much you still know, apart from the essential things. You still know some things, but mostly only very superficially. A good education gives you a lot of added value in practically all areas of life. For this reason, it is unsafe if you are too lazy to continue your education.

12. LACK OF REAL GOALS:

Goals are a part of our life. People who have no goals, have been disappointed in their expectations, or are struck by a reality they find too complex or negative often feel discouraged and unmotivated. Besides, this lack of goals and dreams often leads us to that laziness where stillness is a safe haven where we can find rest. In some way, we've all been through times like this. In addition, many teenagers experience this feeling, which they convert into isolation, locking themselves in their room for hours, feeling lazy and lethargic. This is a well-known process that ends the moment you define your purpose in life. In fact, our well-being and happiness are linked precisely to finding one's purpose to give meaning to his life. So if laziness is a lack of purpose, confidence in the future, and a sense of purpose in the present, then it is time to look for something that motivates us, that gives us joy, hope, and meaning in life. So, the actual goal can also be the problem. With every step towards the goal, it may become clearer to the person concerned that they no longer find this goal so desirable. But since he has already done so much for this goal, he does not want

to give it up and tries desperately to achieve it. Even in such a case, many people have to struggle with procrastination, listlessness and laziness. So, it would be a good time to remove that stigma attached to being lazy. It is also clear that there will always be people who will be characterized by this voluntary apathy, this manifest and sometimes even annoying inactivity. However, there is something that requires our reflection: when this laziness overcomes us, it is always accompanied by uneasiness and this uncomfortable apathy that we cannot explain. So we should learn to understand what is behind this condition. Let's explore it, search for it and understand it. Let's not put off this anger from today to tomorrow, because if there's one thing we know about laziness, it's this: the longer we wait to face it, the longer we're going to feel sluggish and unmotivated.

LAZINESS AT OFFICES

Everyone knows their colleagues whose laziness knows no bounds. They are the masters of excuses, are always late, are sloppy, often sick (because of trifles), occasionally come up with ideas that they never implement, and shy away from as much work as possible. Unfortunately, the job of the "loafer" is widespread and can be found in almost every team. But do you need to fight the laziness of others? Not necessarily! We explain why the lazy behaviour of others is even an advantage for you. For a long time, doing nothing and being lazy was a privilege, not a flaw. Only those who could afford it were idle. Nobody had to be ashamed of it. Today we are crazy about work. We fight against laziness and try to defeat it wherever we can. Industrialization and morality are to be blamed. With the reformation at corporates and increasing productivity in industries, employment became a virtue and idlers became sinful ne'er-dowells. The sweet idleness is now highly suspicious, it almost seems parasitic. All the more, doing nothing has become an art. Just switch off, rest, and be lazy, hardly anyone can do that with constant stress and expectations of constant activity. We need phases like this. They are used for physical and mental recovery, recharge your batteries, and are simply good for you. Which of course is no excuse for permanent laziness – especially at work. After all, this is where you get paid for performance and productivity. Beneficial laziness can result in lasting demotivation and disinclination. If this becomes a chronic condition, you should address

the problem. Otherwise, there is a risk of permanent procrastination, lack of motivation, and negative laziness in all areas. Fortunately, even acute displeasure can be overcome. So, the following tips will be useful in boosting new energy and vigour :

1. Make a change

Sometimes we need a change of scenery to reignite our lost motivation. Always the same rooms, the same faces, the same impressions. The unchanged environment is boring and increases laziness and reluctance. Surround yourself better with fresh impressions and other (motivated) colleagues. The energy is contagious and you overcome your lethargy.

2. Make your goals public

You can get laziness under control by telling others about goals and projects. It doesn't matter whether it's family, friends, or colleagues. The more people know about your plans, the more binding the goal becomes for you. Keep the initiatives regularly updated. This is how you benefit from the effect in the long term. Praise for intermediate successes is an additional incentive against laziness.

3. Find comrades-in-arms

If you don't feel like tackling something on your own, a comrade-in-arms can bring back the necessary motivation. One can please oneself with flimsy excuses and justify one's own inaction. With a partner, you are more willing to leapfrog and overcome laziness.

4. Track your progress

Seeing what you have already achieved inspires motivation. For example, make a to-do list where you check off or cross out all the tasks that have been completed. Or you can make a little motivating note when you have reached your daily goal.

5. Rethink the way you work

Over time, a certain routineness creeps into everyday life for everyone. And in the end, the air is out. Become aware of such habits and let us question ourselves. What's holding you back? When are you particularly lazy? How much time do you spend doing nothing because you don't feel like it? The follow-up question: what could you do with your free time once you got over your initial laziness? Sometimes it is enough to devote yourself to the unpleasant tasks first with realizing the value of your time as time is a valuable commodity that you should treat as such.

TYPOLOGY OF LAZY PEOPLE: DEFEATING LAZINESS IN THE OFFICE

“But how can he expect that others should Build for him, sow for him, and at his call Love him, who for himself will take no heed at all?”

-William Wordsworth, *Resolution and Independence*, Stanza 6.

A simple motto for getting things done and fighting idleness and reluctance: if you can get something done in 2 minutes or less, do it now. This puts an end to the unnecessary procrastination of small tasks. You motivate yourself and break the laziness by actually getting something done. These tips can counteract your own reluctance, but the laziness of others may even be of use to you. Intelligent people are actually active people who spend more time “idly” sitting around and thinking than less intelligent. Laziness, of course, not every form of it - could therefore be an indication of intelligence. Intelligent people are also more easily bored by their environment.

The laziness of your colleagues also has a good side for you because they make you look better. The more idlers around you on the job, the more the boss will appreciate you as a high performer. Your own successes shine even more when other employees only attract attention through laziness and at most working to rule. Dummies and slackers will give you plenty of opportunities to fix their mistakes, salvage a project, and take on your first managerial responsibilities in the process. Think of this as a training ground. Your boss will see it the same way: the path to promotion is free for you. They serve as a cautionary tale. Perhaps your colleague wasn't always so lazy. Only routine, boredom and calmness formed him into the dumb good-for-nothing. Do you want to be like this too? If not, then treat his attitude as a salutary deterrent and fight the daily routine.

In particular, at some point, they say: “Slow down, young colleague! You throw the whole shift off track.” You don't have to be slowed down by such idle rhythms, but you don't have to exert yourself to attract attention - for example in side projects. If there's one thing the ne'er-do-well knows, it's scouting. About ways to avoid even more work. Or what rights employees have. Or whatever is happening at work. All helpful information that lazy colleagues willingly share. Microsoft founder and multi-billionaire Bill Gates is said to always hire a lazy person to do a

difficult job. The simple reason: lazy people are always looking for the simplest and shortest way to solve a problem. This saves time and the company tedious, cumbersome methods. In addition, the chronically lazy tend to find shortcuts, elegantly delegate unchallenging work and complete projects more efficiently than others. There are many different types of slackers that you will come across in the office that you can defeat - in others. We have summarized the most common types for you and explained how to deal with them.

1. The Latecomers

Whether it's the beginning of work or a meeting, this guy is always late. While everyone else is already working, he strolls into the office, makes himself a coffee and strolls comfortably to his desk. He always has an excuse for being late. He cannot understand why his unpunctuality bothers him. Often the latecomer is also an early leaver.

His favourite sentence: "I'm already there."

How to deal with him: Appeal to his sense of responsibility. Since he has not yet seen his mistake, this is your starting point. Show him the expectations others have of him and how his behaviour is not meeting those expectations. Also, show the possible consequences of the delay and the associated unreliability.

2. The scrounger

He likes to let others do the work for him. The preparation of the presentation, the settlement of the last project or the hotel reservation for the company outing - a true bum finds a colleague who makes his working day easier and does a task for him. His favourite tools are flattery or pity.

His favourite sentence: "I need your help..."

How to deal with him: The best way to deal with a scrounger is to say 'no'. As long as he doesn't feel a headwind, he'll keep going. He then only sees the positive effects. Second option: consistently ask for something in return for your support. Ask for help with one of your projects yourself if you're going to help the scrounger in return. Then his calculations no longer add up.

3. The alpha animal

A typical alpha is charismatic, confident, and a leader. But these seemingly positive traits mean that an alpha tends to delegate tasks and let others do the work for them, rather than doing things themselves. Often this type thinks they are too good to be in an executive role.

He sees himself as a leader and puller of strings in the background.

His favourite sentence: "I've already planned which of you will take on which tasks."

How to deal with him: Changing an alpha is not an easy task as he feels superior and right. You should join forces, especially in a team, and look for a conversation with them together. Don't try to put them in a defensive position as this will lead to a reaction of defiance. Be careful not to have multiple alphas on the team. This inevitably leads to arguments and resentment.

4. The dust collector

A particular unpleasant fellow who attracts attention because of his laziness and adorns himself with foreign feathers. For example, to achieve this, he uses his senior position, such as a department manager presenting management with a presentation that one of his employees made for him. The dust collector is an expert at selling the results of others as his own.

His favourite sentence: "Nice that you like my work."

How to deal with him: A confrontation is tricky. You don't want to mess it up with your higher-ranking colleague or superior. Instead, voice your best ideas among witnesses, such as in meetings. Then the theft of ideas is too risky for the dust collector.

5. The Brakeman

He lacks motivation. The attitude shows in his pace of work. Every task, no matter how small, is initially postponed. If the brakeman pulls himself after being reminded of the deadline several times, he gets to work comfortably. A small task quickly turns into an all-day program. Team leaders in particular don't have it easy because the brakeman tries to slow down the work pace of their colleagues and this laziness is contagious. His favourite phrase: "Everything in its own time."

How to deal with him: 'Don't let it affect your own pace. Instead, rebuild his motivation. Talk to your manager and the brakeman to eliminate the reasons for the listlessness. As soon as the motivation returns, the will to work and the willingness to perform will increase again.

THE RINGELMANN EFFECT

Teamwork is required in almost every company. Not only a better working atmosphere but above all more productivity is the main argument. But is that really true? The Ringelmann effect describes the opposite!

Accordingly, the following applies: Individual performance decreases with an increasing number of group members. The phenomenon is also known as “social loafing”. Several factors encourage this group's laziness:

1. Group size

The work of an individual automatically reflects on them and leads to an assessment. The larger the group, the easier it is for the individual to hide. If the feeling arises that one's own performance cannot be measured directly, there is no incentive to provide it to the full extent.

2. Team composition

If the performance gap in a team is too large, this harms the overall result. The underperforming employees rest on the achievements of the stronger and trust that they will support them.

3. No checks on performance and progress

It is crucial for teamwork that employees know the meaning of their individual tasks. Those who cannot understand how their work contributes to the overall result of the team are often unwilling to give their best.

PROCRASTINATION VS LAZINESS

Procrastination has become the curse of modern man and has long been disputed. Indeed, this is another manifestation of laziness. Although laziness is a broader concept than procrastination, and actually includes it. There is an opinion that getting rid of the chronic habit of postponing everything is easy. It is only necessary to understand its nature, in other words, to identify the causes and eliminate them. Five reasons can be identified.

Reason 1: Problems with goals

Introduce yourself. You don't know where you're going. You don't know your long-term goals. Your life values are in the fog. What happens in this case? Your goals and values are set for you by someone: television, boss, family and friends. To set goals, we recommend reading several books based on your interest and area.

Reason 2: Perfectionism

We are used to portraying ourselves as perfectionists as we are always working. But it's not always the case. Sometimes a perfectionist is a person who sits in a chair the same way, looks at the screen and does nothing. But he has completely different reasons for this. He's waiting for the right moment. He needs seed capital. He needs the right timing. He needs the stock

market to go up. And only when all the conditions converge can he start doing something. Until then he hesitates.

Reason 3: Energy problems

How does “our man” work? He ploughs for several hours in a day without bending down, pours himself coffee and so on. And then “suddenly” he is overcome by procrastination. After that, he rests for a week. But then – a new burst of strength. And work again until the seventh day. Rest, like work, should be divided equally.

Reason 4: Distractions

It seems like this is a general truth, but it's distractions from insignificant things that are one of the main reasons for “downtime.” We encourage you to organize your workspace to avoid distractions.

Reason 5. Unbearable large-scale project

Perhaps the task in front of you is a huge block. Something new, incomprehensible, frightening. Your subconscious is rampaging again. And he gives you the command: “Lazy!”. We described how to deal with such tasks in the time management training.

MENTAL VS PHYSICAL

There are two types of laziness: mental and physical. The first has to do with various mental attitudes, some of which have been described above. The second depends on the state of our body. This is best known to people who exercise regularly. You all know that kind of laziness — that's when you've just started working out and you feel heaviness, fatigue and a desire to stop. But over time everything changes diametrically - on the day of classes you begin to wait more than a day of rest. If physical laziness is enough to develop the right habit, then with mental laziness the situation is different. Muscles are easier to fool than the brain (although the nature of fooling here is twofold). Various fears can impede action: failure, poor results, self-doubt, unrealistic assessments of the scope of work and the associated internal protest, and much more. Both mental and physical health suffer from laziness. The physical health downsides are pretty obvious, but there's no harm in briefly touching on them. Sport is essential for a fulfilling life. Sport reduces the risk of getting sick, makes you attractive, tightens the muscles, makes you happy, is good for the cells, etc. There are probably countless other points, but the fact is that sport is indispensable. We don't get

all the benefits mentioned by spending whole weeks on the sofa. But because sport is so important, there is also enormous pressure on us. Getting up to exercise after a hard day at work requires a high degree of discipline. But if we don't apply this discipline, we blame ourselves and put a strain on our psyche. So physical health is very closely related to mental health. The things mentioned before, such as envy, irritability, etc., are then added. In the worst case, it can even lead to depression. Below are some tips to help you deal with these and other manifestations of laziness.

1. Plan your day. An incomplete to-do list is even more motivating than a completed one. It will teach you how to organize, set goals and achieve them.
2. Be sure to give your tasks a time frame.
3. Remember the two rules: 5 and 15 minutes. In line with the first - teach yourself not to put off things that can be solved in 5 minutes. This has a positive effect, as it relieves you of many small tasks. The second rule says that if you force yourself to work by force for at least 15 minutes, then further work will already be semi-automatic and will not cause as much inconvenience as at the beginning.
4. Think positive. Do not think about the difficulty of the upcoming business, but about the result in the end.
5. Motivate yourself. Identify the motive or incentive (bonus for best work at the end of the month, buy something).
6. Be happy. It is important not only to be able to motivate yourself but also to praise yourself. When an important business is finished - take a short break, and eat your favourite dish.
7. Do not give up. Never stop in the middle of the path. Think of the efforts already expended.

CAUSES OF LAZINESS IN CHILDREN AND ADOLESCENTS

"Laziness" is usually observed in children of infancy and kindergarten age. Examples of this are children who refuse to walk longer distances although they could already do so and can still be driven for a long time. Other examples are children who refuse simple, age-appropriate help in the household or children who avoid sports activities such as hiking or ascending a hillock. The issue of going to school also becomes a problem, ie when it comes to specific performance requirements.

IS LAZINESS A BAD TRAIT OR CAN IT ALSO BE AN ADVANTAGE?

We wouldn't define laziness as a character trait because it's just a description of observed behaviour. On closer inspection, a tendency towards self-sufficiency and self-protection can be hidden behind it - in the long term, this would sometimes be health-promoting. However, this can also be due to motivational problems (especially at school), self-esteem problems with resignation ("...it's no use trying hard anyway..."), or depression with a reduced drive that requires treatment. Laziness in the sense of self-protection can be a good protective factor against overload - some people have to learn to be careful with themselves and their mental and physical resources - those who are considered "lazy" or "comfortable" can already do this.

Is there a connection between stupidity and laziness? If you define "stupidity" as a lack of intelligence, there is certainly no connection here, even very intelligent people can be "lazy". If one defines "stupidity" as a lack of acquired academic or professional skills, the connection is that the lazy person has a lower level of knowledge acquisition and/or lower educational attainment than the ambitious person in their intellectual potential.

How can laziness in children and adolescents be overcome?

Here it is worth looking for the causes first: Is it just about "comfort" or are there fundamental motivational problems behind it, problems with self-esteem, frustration, fear of failure, or a depressive illness? External pressure and coercion alone, possibly combined with derogatory statements (e.g.: "You're just too lazy..."), only achieves the opposite, namely defiance and even more withdrawal. Children and young people need encouragement, motivation from outside, or help with learning. In case of doubt, when children or adolescents only seem to "hang around lazily", a psychological or child and adolescent psychiatric diagnosis would be useful to understand the causes and background and to initiate pedagogical and/or therapeutic help.

6 GOOD REASONS TO BE LAZY

Laziness has a bad reputation – wrongly so: There are good reasons to let work work more often and simply

do nothing. Efficiency is just one of them. If you enter the word laziness on Google, you will see search terms such as “laziness deadly sin”, “defeat laziness”, “fight laziness” and “laziness disease”. It’s obvious: laziness has a bad reputation - and is not considered desirable. Lazing around more often can improve our lives. Here are six reasons why we should allow ourselves a little more laziness, at least once in a while:

1. Laziness buys us time to recharge our batteries.

If you have a lot on your mind, you are missing one thing above all: time to breathe deeply. But people absolutely need them: It negatively affects our personal growth to be constantly busy and distracted by ourselves. Lounging can do very well - on one condition: If we can let go of the thought that we instead should do something else.

2. Laziness makes you open to new ideas.

If you take the time to switch off and relax, you can clear your head for new ideas. It can even be helpful to be lazy until you get really bored. When we’re bored, we look for stimulation. We find this by letting our thoughts wander and dream. This in turn opens up new perspectives.

3. Laziness makes us work more efficiently.

People who like to be lazy want to have as much time as possible for the beautiful things in life. Therefore, they try to do their job as quickly and efficiently as possible. Benjamin Franklin says, “I am the laziest man in the world. I invented all those things to save myself from toil.”

4. Laziness makes us seek quick wins.

Those who are too lazy to tackle the big chunks on the to-do list often prefer to concentrate on what can be done quickly. It may seem like there’s a shift in priorities, but it’s a productive way of going about things. After all, it makes us feel good to check off a task that’s done—and when we eventually do when you get to the big chunks, you have your head free for them.

5. Laziness makes us more focused.

Anyone who is often lazy tends to procrastinate, so they regularly put off to-dos until just before the deadline. But that also has its good side, because if you do something at the last minute, you can then concentrate exclusively on this one task and thereby automatically avoid harmful multitasking. In addition, one tries to be extremely efficient in this situation - after all, the limited time should not be wasted under any circumstances.

6. Laziness makes life easier for us.

Knowing that you love being lazy and still being able to laugh about it is a big step towards self-love and self-acceptance. Because those who accept themselves with all rough edges instead of trying to please others live more carefree and happier.

How to use your laziness to achieve your goals?

If you are lazy, you may not necessarily have to expect to reach every goal in record time. Unless he: she is particularly clever. Laziness – otherwise known as reluctance to do an activity when you can do it – is generally considered a weakness. If you are lazy, we usually assume that you are unreliable, lack discipline and willpower, and lack ambition. Saying you’re lazy in an interview would, in most cases, come close to saying, “I don’t really want the job.” The Bible even sees ‘sloth’ as a mortal sin. In short, laziness gets a pretty bad rap. And yet it seems to all of us – to varying degrees – to be part of nature. In any case, this is not only indicated by the fact that sloth is already mentioned in the Bible.

Lazy to move, lazy to think, everyone is lazy

We are still in search of a person who does not show at least occasional signs of laziness. Even the hardest working people have moments when they don’t pull themselves together, or activities they don’t bring themselves to do on the first try. In fact, this characteristic of laziness, which is deeply rooted in our nature, is also reflected in the way our brain works: Because, wherever there is a possibility to save energy, it uses it. For example, instead of recording and analyzing a new situation in detail, we assign it to a known pattern and the matter is settled. If we recognize a soccer ball in an object, we stop questioning whether it could also be a volleyball that only looks like a soccer ball. Information that overwhelms us - and that can also be signals from within us, such as feelings - we ignore or do not even notice. Our brain always chooses the simplest, most energy-saving way. That’s clever. But lazy.

Why fight when you can make friends?

How about we make friends with this supposed character flaw and tried to use them for our purposes? The industry has done this a long time ago: smartphones, online shopping, delivery services, social media - all of these industries benefit from the

fact that the majority of people take the easier route when it is offered to them. This is partly bad for us personally because, for example, we would do much better to meet up with people than to kill time on Instagram. But it shows that we can use our laziness. When we understand how it works. Of course, laziness can also be much more superficial. Some days you just prefer to hang out in front of your computer or cell phone and see no reason to sacrifice this relaxing activity for something that might not be as fun. Funnily enough, you feel a lot better after completing the task than when you're idle on your phone. As long as these days don't take over and prevent you from achieving your goals, you shouldn't be too critical of this. But too much comfort sooner or later leads to laziness.

How do we use our laziness?

Laziness is an expression of our very clever and understandable desire to get what we want with the least possible effort and preferably as quickly as possible. The more we want something, the more effort we usually put in to get it. If we secretly don't want something or don't know what we want, we'd rather sit on the couch than waste energy. Therefore, two questions are particularly important if we want to get out of the quark and move forward: What do we want? And how can we minimize the effort to achieve it as much as possible?

Assuming we want to exercise regularly, most people will probably find it a big undertaking to sign up for a gym, schedule instruction, drive there every time, change clothes, and so on and so on. For a workout on a mat in your living room, on the other hand, the threshold is lower for many. And after overcoming it 20 times, it's gone because the workout has become routine. Or if we want to keep our home tidy: many people find it less strenuous to devote ten minutes a day to a certain section or to specific activities such as vacuum cleaning or laundry than to tidy up the entire household for four hours once a week. And less burdensome than living in chaos. If there is a lack of motivation to work, we could see if we have small, simple to-dos on our list to start with - the happiness that we get from being able to tick a box and having achieved something might give us that boost we need to tackle the larger tasks. Similarly, in many areas of our lives where we really want to accomplish

something and our laziness prevents us from doing so, we can look for ways that make it as easy as possible for us to get going and yield a quick reward. In this way, we trick our inertia, beat it at its own game or play by its rules, and establish habits and routines that benefit us and move us forward. Make the goal as clear as possible, look for the easiest way, celebrate moments of reward and use them as motivators. If we're smart, we'll get what we want despite our laziness - and don't have to live in a world where Jeff Bezos, Mark Zuckerberg and Co. are the only ones who benefit from our laziness.

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