



New Trends
in Psychology

Why Finding Purpose is so Hard Today

Mihai Nistor¹

Abstract: Life is an amalgam of events, if we don't register in these, then we see life only in black and white. Why are goals important in the first place? For the simple fact that it defines the mission for which we have taken up from the heavenly world and must carry out (or not) in the material world. The "sense of purpose" is like a muscle, once trained it causes you happiness without being dependent on other aspects such as motivation which is temporary. I know depressed people, and their problems were not necessarily related to the fact that society is hurting them, but to the fact that they are hurting themselves because they feel that they don't find their place in life. Having goals detaches us very loosely from sadness and boredom, because the mind is no longer preoccupied with dissecting the moments that can provoke cortisol and the mind is much more focused on fulfilling the needs that lead closer and closer to achieving the goal. Lots of people add the excuse that they need motivation to start a goal which in my view shouldn't be relied on so much.

Keywords: purpose; goal; life; comfort; society

Introduction

It is increasingly observed in today's society that young people are not so excited about life, and sadness is the only option they can turn to. Even though we are in the century where depression and anxiety are the most common mental illnesses a person can have, I think there are certain peculiarities that cause these self-sabotaging states and one of those is the lack of purpose. Life is an amalgam of happenings, if we don't register in these, then we see life only in black and white. At least I think the

¹ Student, 2nd year, Faculty of Behavioural and Applied Sciences, specialization Psychology, Danubius University of Galati, Romania, Address: 3 Blvd. Galați, Galați 800654, Romania, Tel.: +40372361102, Fax: +40372361290, Corresponding author: mihainistor15@yahoo.com.

principle “regret is greater not doing something, than doing it wrong” fits perfectly for the present theme. Why are goals important in the first place? For the simple fact that it defines the mission for which we have taken up in the heavenly world and must carry out (or not) in the material world. Nothing is accidental and we must keep this in mind. I say this because people are complaining at the top of their lungs about “why” all sorts of bad things happen to them and they end up as victims.

As far as I am concerned, I consider them to be part of the process, a road is never going to be straight, especially if it involves life, it is going to be winding, with mountains, boulders and many other things because that is how universal law is constructed. If life was easy everyone would be bored, so I think it’s better that way. Coming back to goals, they are the vital resource with which we can fight sadness, boredom and many other states that damage our health. People need goals to live, not to survive. Survival has the finish line of comfort, and comfort leads to self-destruction. When a human desires comfort, he clearly registers with sadness or wants to avoid the mission he came to this planet with. However there is no escape the law of the universe is so constructed that if a soul has not achieved its purpose in the material world through a body, once that body has passed away, the soul has a next chance to achieve that purpose through another life, specifically through recharging. Now each individual has to work until they discover their purpose or purposes. Why does it say this? For the fact that many young people do not know what they want from themselves and end up confused until adulthood or even adulthood, which is terrible, there is a risk of falling behind, which is quite a common phenomenon in society. More specifically, this phenomenon of being left behind translates into frustration or even marginalisation, such as: friends almost bought a house and we are still staying with family at the age of 35. It is quite clear that the person who still lives with their family at an old age has not yet found their purpose or is very comfortable because they lack a ‘sense of purpose’.

“Sense of purpose” is like a muscle, once trained it causes happiness without being dependent on other aspects such as motivation which is temporary. I know depressed people, and their problems were not necessarily related to the fact that society is hurting them, but to the fact that they are hurting themselves because they feel they don’t fit in life. For not having at least a purpose, they take refuge in all kinds of addictions such as: drugs, pornography, food, music, video games, etc. All of the above are worlds that normal people, but also people with certain problems enter to avoid the real world. Mostly it is the excess of dopamine that strips us of any vital resource to act. When an individual messes up their dopamine system, they simply

find nothing appealing about any kind of action (even if it's play or work). The time spent in these addictions drains them of the time they could spend building a career, and that's all about what we want out of life.

Secondly, for not having a well-formed vision of what we can do in life, there is a meaner side and that is called suicide. This phenomenon is present, even worrying from year to year and is the consequence of the age in which anxiety and depression are in power. Suicide comes when the mind reaches the ultimate peak of futility, at the point where the goal is either non-existent or vague, and the brain sees the only way out of all this suffering as suicide. One thing the brain overlooks about suffering is that it can turn it into power. Looking at the big picture, any new action requires "suffering" because instinctively the brain perceives anything new as a threat at first sight. If every young person viewed life by this principle, there would be a much lower likelihood of suicide.

Another thing to mention is that life is relative and so are goals. If you have a goal and you carry it out, but you're not happy, here it's up to you. Life is beautiful, it just matters through what lens we pass it. I say this because society has evolved in a very accelerated way and because of this confusion arises about what we want. One thing I want to add here in relation to this very rapid evolution is the internet. The Internet has very much distorted young people's vision of life and how it can be built. Social media is becoming more and more toxic and gives illusions about happiness or how life should be lived. Mainly I think that setting a goal is very much about inner balance versus outer balance. If the balance is achieved in this way we can fulfill our aspirations and desires with ease. However this balance is very difficult to achieve because there is the internet, the disturbing element that attracts our external attention. We are too focused on looking after other things on social media and lose sight of what we want to do for ourselves. When we look for example at another person who has 'achieved' and is posting on instagram/facebook we are more likely to become envious than happy with that person because there is the comparison with the personal situation: 'I can't get here because x,y,z'. There's also the fact that people use the phone as a refuge, like when we have a task and it's really hard to complete and we're stressed, we immediately switch off using the phone and open facebook, instagram or youtube. That's why I have a recommendation for young people and it would be that during the time they use it to stay on the phone (social media) to use it to set a goal as small as it can be and of whatever nature (financial, professional, personal etc).

Goal-keeping detaches us very easily from sadness and boredom, because the mind is no longer preoccupied with dissecting the moments that can provoke cortisol and the mind is much more focused on fulfilling the needs that lead closer and closer to achieving the goal. Lots of people add the excuse that they need motivation to start a goal which in my view shouldn't be relied on so much. Indeed motivation helps you start a goal but it's never going to help you continue it, after it takes perseverance and commitment. From another point of view, people think that the outcome brings the greatest satisfaction, but on the contrary, it is the process. When the individual understands that it is the process that matters most and contributes to personal happiness, then I don't think there is any room for hardship in finding goals.

In conclusion, goals are sustainable engines that create a pleasant environment for people, but above all the balance needed in a world that is constantly changing.

References

<https://www.youtube.com/watch?v=NuHEY7CjjTI>.