Psychological Problems: Barriers within the course of Up-gradation of Personality Traits

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Abstract

The individuals, belonging to age groups, communities and socio-economic backgrounds get overwhelmed by psychological problems. These are regarded as an integral part of the lives of the individuals in both personal and professional spheres. In other words, individuals experience situations within and outside the homes, which enable them to be overwhelmed by these problems. The different types of psychological problems are, anger, stress, anxiety, frustration and depression. These are experienced in a major or minor form. The individuals are required to be well-informed in terms of different ways that are facilitating in coping with different types of psychological problems in an effective manner. Furthermore, these need to be prevented from giving rise to impediments within the course of putting into operation different types of tasks and activities. In addition, the mind-sets of the individuals are unable to implement analytical, critical-thinking and problem-solving skills. As a consequence, one will experience setbacks within the course of putting into practice different types of tasks and activities. Furthermore, there are occurrences of impediments within the course of progression. The individuals need to ensure, these are not assumed in a major form. In this manner, the overall personality traits of the individuals also get affected in a negative manner. Therefore, it is well-understood, psychological problems are barriers within the course of up-gradation of personality traits. The main concepts that are taken into account in this research paper are, alleviating psychological problems is vital in leading to progression, factors enabling individuals to experience psychological problems and measures to be implemented in providing solutions to psychological problems.

Keywords: Communities, Individuals, Information, Job Duties, Methodologies, Progression, Psychological Problems, Solutions

Introduction

The individuals, belonging to all communities, categories and socio-economic backgrounds experience various types of psychological problems. These are regarded as an integral part of the personal and professional lives of the individual, i.e. anger, stress, anxiety, frustration and depression. The different types of psychological problems are experienced in a major or minor form. The individuals need to augment their information in terms of methods and strategies, which are needed to cope with these psychological problems in an effective manner (Mauro, 2020). The individuals experience numerous concerns and issues, which enable them to experience these problems. Hence, one needs to cope with these problems in an effective manner. The individuals need to put into operation effective communication processes with individuals within and outside the homes. As a consequence, one will be able to form cordial and amiable terms and relationships with others. Furthermore, one will obtain support and assistance from others in order to implement job duties in a satisfactory mannerand promote well-being. Therefore, honing communication skills and interactive abilities will be facilitating in providing solutions to all types of psychological problems.

Throughout the lives of the individuals, they understand that loneliness is regarded as one of the chronic and distressful conditions. It has unfavourable effects on the overall health and well-being of the individuals. The health of the individuals gets affected both physically as well as psychologically. Furthermore, it causes various types of psychological problems. Hence, individuals need to be well-informed in terms of different ways of alleviating loneliness. The individuals need to augment information in terms of strategies that are facilitating in reinforcing contacts. Hence, it is well-understood through forming an effective social circle; one will contribute in alleviating loneliness. It will be prevented from assuming a major form (Kissen, & Lozano, 2018). The social circle comprises of family members, relatives, friends, neighbours, educators, employers, supervisors, classmates, colleagues and other community members. As a consequence of having contacts with these individuals, one will contribute efficiently in promoting a normal mind-set.

As a consequence, different types of psychological problems will be coped with in a satisfactory manner. Therefore, one needs to focus on reinforcing contacts with family and community members.

Alleviating Psychological Problems is Vital in Leading to Progression

The individuals, belonging to all communities, occupations, categories and socio-economic backgrounds have recognized the meaning and significance of education. The individuals realise that education is the instrument, which not only imparts information in terms of academic subjects and lesson plans, but also in terms of ways that are necessary in emerging into moral and ethical human beings and productive citizens of the country. Within the course of acquisition of education in educational institutions of all levels, the psychological problems are experienced by individuals in terms of various factors, i.e. teaching-learning methods, teaching-learning materials, instructional strategies, assessment strategies, seminars, workshops, debates, presentations, events, and other activities.

When students are determined to achieve educational goals, they will cope with different types of psychological problems in an effective manner. Furthermore, these will be prevented from giving rise to impediments within the course of achievement of educational goals. As a consequence, one will be able to bring about improvements in their overall standards of living. Hence, it is of utmost significance to prevent all types of psychological problems from assuming a major form. Therefore, it can be stated that alleviating psychological problems is vital in leading to progression.

Getting engaged in employment opportunities is regarded as one of the major goals of individuals. The individuals are employed in different types of fields in accordance to their competencies, abilities and aptitude. Within all fields, one is required to carry out number of job duties and responsibilities. Furthermore, one needs to interact and deal with individuals, internal and external to the organization. Hence, within the course of putting into operation job duties within all types of employment settings, the psychological problems are experienced by individuals.

The different aspects in terms of which these are experienced are, job duties, responsibilities, methodologies, techniques, work pressure, lack of implementation of time-management skills, lack of analytical, critical-thinking and problem-solving skills, unawareness in terms of various factors, lack of infrastructure, amenities and facilities, scarcity of financial, human, technical, material and information resources and overall environmental conditions. When all the employees are determined to achieve organizational goals, they will cope with different types of psychological problems in an effective manner. Furthermore, these will be prevented from giving rise to impediments within the course of achievement of professional goals and leading to up-gradation of overall structure of the organizations. Therefore, it is understood on a comprehensive basis that alleviating psychological problems is vital in leading to progression.

The individuals, belonging to all communities, categories and socio-economic backgrounds have one of the major goals of leading to up-gradation of their overall standards of living. In order to achieve this goal, one needs to be well-informed in terms of certain factors. One needs to augment communication skills and interactive abilities; make wise and productive decisions; cope with dilemmas and challenging situations in an effective manner; carry out different types of tasks and activities in a well-ordered manner; form cordial and amiable terms and relationships with others; augment skills, abilities and aptitude; promote good health, from physical as well as psychological perspectives; implement time-management skills; depict the traits of helpfulness and co-operation and inculcate the traits of morality, ethics, diligence and conscientiousness.

The acknowledgement and implementation of all these factors will be facilitating in bringing about improvements in one's overall quality of lives. The individuals do get overwhelmed by different types of psychological problems, when they are wholeheartedly committed towards achievement of this goal. Hence, one needs to cope with these in a satisfactory manner. Furthermore, one needs to promote a normal mind-set and cope with psychological problems in an effective manner. Therefore, it can be stated that alleviating psychological problems is vital in leading to progression.

Factors enabling Individuals to experience Psychological Problems

The individuals are different from each other in terms of various factors, i.e. castes, creeds, races, ethnicities, religions, cultures, traditions, personality traits, educational qualifications, occupations, communities, and socio-economic backgrounds. In spite of these differences, they are engaged in different types of tasks and activities, which are facilitating in bringing about improvements in one's overall standards of living (Marcus, Yasamy, Ommeren, Chisholm, &Saxena, n.d.).

The experiencing of psychological problems are integral and one does experience these in a major or minor form. In putting into operation different types of tasks and activities within personal and professional lives, one does get overwhelmed by different types of psychological problems. These may give rise to impediments within the course of putting into operation different types of job duties and responsibilities. Hence, all individuals need to be well-prepared to cope with these in an effective manner. Furthermore, one needs to be well-informed in terms of factors enabling individuals to experience psychological problems. These are stated as follows:

Acquisition of Education

Acquisition of education is regarded to be of utmost significance in leading to up-gradation of one's personality traits and overall standards of living. Within the course of acquisition of education in educational institutions of all levels, the psychological problems are experienced by individuals in terms of various factors, i.e. teaching-learning methods, teaching-learning materials, instructional strategies, assessment strategies, seminars, workshops, debates, presentations, events, and other activities. Furthermore, one do feel stressed, when they are overwhelmed by work pressure. In addition, lack of implementation of time-management skills and competencies contribute efficiently in reinforcing different types of psychological problems.

When students are determined to achieve different types of educational goals, they will cope with different types of psychological problems in an effective manner. Furthermore, these will be prevented from giving rise to impediments within the course of achievement of different types of educational goals. In addition, these are prevented from assuming a major form. As a consequence, one will be able to bring about improvements in their overall personality traits and standards of living. Hence, it is of utmost significance to prevent all types of psychological problems from assuming a major form. Therefore, acquisition of education is regarded as one of the indispensable factors enabling individuals to experience psychological problems.

Implementing Job Duties within Employment Settings

Within all fields, one is required to carry out number of job duties and responsibilities. Furthermore, one needs to interact and deal with individuals, internal and external to the organization. Hence, within the course of putting into operation job duties within all types of employment settings, the psychological problems are experienced by individuals. The different aspects in terms of which these are experienced are, job duties, responsibilities, methodologies, techniques, work pressure, lack of implementation of time-management skills, lack of analytical, critical-thinking and problem-solving skills, unawareness in terms of various factors, lack of infrastructure, amenities and facilities, scarcity of financial, human, technical, material and information resources and overall environmental conditions.

When all the employees are determined to achieve organizational goals and promote enrichment of overall structure of the organizations, they will cope with different types of psychological problems in an effective manner. Furthermore, these will be prevented from giving rise to impediments within the course of achievement of professional goals and leading to up-gradation of overall structure of the organizations. One of the important aspects is, one will contribute efficiently in meeting the expectations of employers and supervisors. Therefore, implementing job duties within employment settings is one of the significant factors enabling individuals to experience psychological problems.

Experiencing Loneliness

Throughout the lives of the individuals, they understand that loneliness is regarded as one of the chronic and distressful conditions. It has unfavourable effects on the overall health and well-being of the individuals. The health of the individuals gets affected both physically as well as psychologically. Furthermore, it causes various types of psychological problems. Hence, individuals need to be well-informed in terms of different ways of alleviating loneliness. The individuals need to augment information in terms of strategies that are facilitating in reinforcing contacts. Hence, it is well-understood through forming an effective social circle; one will contribute in alleviating loneliness. It will be prevented from assuming a major form.

The social circle comprises of family members, relatives, friends, neighbours, educators, employers, supervisors, classmates, colleagues, service providers and other community members. As a consequence of having contacts with these individuals, one will contribute efficiently in promoting a normal mind-set.

As a consequence, different types of psychological problems will be prevented from giving rise to impediments within the course of forming an effective social circle. As a consequence, one will render an important contribution in leading to up-gradation of overall personality traits. Therefore, experiencing loneliness is a critical factor enabling individuals to experience psychological problems.

Implementation of Households Responsibilities

The implementation of households responsibilities is regarded as one of the major job duties of individuals, belonging to all communities, categories and socio-economic backgrounds. The different types of households responsibilities are, cleaning, washing, sweeping, preparation of meals, fetching water, gardening, repair work, electric work, plumbing, carpentry, painting and overall management of the households. Furthermore, the other job duties that are to be paid attention towards are, carrying out the function of child development and taking care of needs and requirements of family members. Hence, it is of utmost significance to be well-aware in terms of these in order to bring about improvements in overall living conditions.

As a consequence of putting into operation different types of households responsibilities, one does get overwhelmed by the psychological problems. Furthermore, when they experience work pressure, the psychological problems will escalate among them. In addition, lack of implementation of time-management skills and competencies contribute efficiently in reinforcing different types of psychological problems. In this manner, one will not be able to pay attention towards various types of households responsibilities in a satisfactory manner. Hence, it is necessary for individuals to augment their information in terms of different types of ways to carry out all households responsibilities in a satisfactory manner. Therefore, implementation of householdsresponsibilities is an important factor enabling individuals to experience psychological problems.

Carrying out various Tasks and Activities

The individuals are required to carry out different types of tasks and activities in their personal and professional lives. For example, one is required to pay different types of bills, i.e. gas, television, internet, phone recharge, insurance, house tax, electricity and water. The different types of bills are important and one needs to pay these on time. One may pay these by making visits to offices or via comfort of their homes. The individuals make use of technologies and internet in order to pay the bills. In some cases, the internet connection is not available in technologies; hence, individuals do get overwhelmed by psychological problems.

When individuals are making use of lap-tops or desk-tops in putting into operation different types of tasks and activities and these broke down, one will experience impediments within the course of putting into operation different types of job duties and responsibilities. As a consequence, different types of psychological problems will get intensified. Hence, it is the responsibility of the individuals to ensure, different types of technologies are in a good condition, particularly when one needs to make efficient use of these. Therefore, carrying out various tasks and activities is a productive factor enabling individuals to experience psychological problems.

Augmenting Competencies and Abilities

From the stage of early childhood, throughout the lives of the individuals, they need to put emphasis on augmenting different types of competencies and abilities. These are, convincing, persuasion, planning, organizing, directing, controlling, co-ordinating, leading, negotiating, analysing, emotional intelligence, systems thinking, possessing the abilities to work under stress, putting in efforts to one's best abilities, coping with different types of problems and challenging situations and carrying out various tasks and activities in a well-ordered manner. These are utilized in communicating and dealing with others and in carrying out different types of job duties and responsibilities. When individuals are putting into operation all the techniques to augment different types of competencies and abilities, they will be overwhelmed by psychological problems.

The implementation of measures that are necessary in augmenting competencies and abilities are overwhelming. But individuals are required to be well-informed in terms of techniques that are necessary in leading to up-gradation of various types of competencies and abilities.

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One of the important aspects that is to be taken into account is, one needs to utilize different types of competencies and abilities in promoting well-being and goodwill of family and community members. Therefore, augmenting competencies and abilitiesis a prolific factor enabling individuals to experience psychological problems.

Experiencing Health Problems and Illnesses

The individuals, belonging to all age groups get overwhelmed by different types of health problems and illnesses. Some of these are, pain in the joints, high blood pressure, low blood pressure, kidney disorders, diabetes, visual impairments, hearing impairments, and so forth. When different types of health problems and illnesses are experienced in a major form, the competencies and abilities of the individuals get impeded. Furthermore, they experience impediments within the course of putting into operation different types of job duties and responsibilities. As a consequence, one will be overwhelmed by different types of psychological problems.

In cases of experiencing barriers within the course of leading to up-gradation of different types of competencies and abilities, one will be overwhelmed by different types of psychological problems. These problems get aggravated, when individuals will have to be dependent on others in order to carry out certain tasks. As a consequence, one will not be able to carry out different types of job duties on time. In this manner, there will be occurrences of various types of setbacks within the course of carrying out job duties in a satisfactory manner. Furthermore, one will not be able to meet the expectations of individuals in leadership positions. Therefore, experiencing health problems and illnessesis a vital factor enabling individuals to experience psychological problems.

Having Unfavourable Experiences from Others

Within homes and outside the homes, within educational institutions or employment settings, there are some job duties, which one gets implemented through obtaining help from others. These include, family members, relatives, friends, educators, supervisors, employers, neighbours, domestic helpers and service providers. The different types of job duties and responsibilities need to be put into operation in an organized manner. Hence, when other individuals do not meet the expectations, the individuals undergo setbacks, hence, the experiences are unfavourable. As a consequence, one will get overwhelmed by different types of psychological problems.

As a consequence, one will not be able to carry out different types of job duties within the stipulated time period. In this manner, there will be occurrences of various types of setbacks within the course of putting into practice different types of job duties in a satisfactory manner. Furthermore, one will not be able to carry out tasks in an efficient manner and generate desired outcomes. In this manner, one will be overwhelmed by the psychological problems of anger and frustration. When these are experienced in a major form, one will experience impediments within the course of achievement of desired goals. Therefore, having unfavourable experiences from others is a notable factor enabling individuals to experience psychological problems.

Transferring from one Place to Another

The individuals need to transfer from one place to another within the same region or outside the regions. The purpose of transfer is for leisure and recreation purposes, work-related purposes and so forth. One travels on their own or along with other individuals. Hence, it is overwhelming to the individuals, when they are not aware of certain areas and they are required to get engaged in this task, on their own. As a consequence, they get overwhelmed by the psychological problems of anger, stress, anxiety, frustration and depression. The individuals are required to possess information in terms of various factors, which would be facilitating in carrying out this job duty in an effective manner. These are, route, and so forth.

The research studies have indicated that individuals make their outings pleasurable, when they are accompanied by other individuals, i.e. family members, friends, relatives, classmates or colleagues. On the other hand, when they are alone, they usually do not have anyone to share their travelling experiences with. The phones, I pads and lap-tops are technologies, which enable the individuals to communicate with others. When one is alone while travelling, one may be overwhelmed by different types of psychological problems. Therefore, transferring from one place to anotheris a meaningful factor enabling individuals to experience psychological problems.

Leading to Up-gradation of Living Conditions

The individuals, belonging to all communities, categories and socio-economic backgrounds have one of the major goals of leading to up-gradation of their overall standards of living. In order to achieve this goal, one needs to be well-informed in terms of certain factors. One needs to augment communication skills and interactive abilities; make wise and productive decisions regarding various areas; cope with dilemmas and challenging situations in an effective manner; carry out different types of job duties and responsibilities in a well-ordered manner; form cordial and amiable terms and relationships with other individuals; augment skills, abilities and aptitude; promote good health, from physical as well as psychological perspectives; implement time-management skills; depict the traits of helpfulness and co-operation and inculcate the traits of morality, ethics, diligence and conscientiousness.

The acknowledgement and implementation of all these factors will be facilitating in bringing about improvements in one's overall quality of lives. The individuals do get overwhelmed by different types of psychological problems, when they are wholeheartedly committed towards achievement of this goal. Hence, one needs to cope with these in a satisfactory manner. Furthermore, one needs to promote a normal mind-set and cope with psychological problems in a satisfactory manner. Therefore, leading to up-gradation of living conditions is a crucial factor enabling individuals to experience psychological problems.

Measures to be implemented in providing solutions to Psychological Problems

An aimless life is a meaningless life. Hence, individuals, belonging to all communities, categories and socio-economic backgrounds have different types of goals and objectives to achieve. Some of the goals are, augmenting different types of competencies and abilities; acquiring good-quality education; getting engaged in suitable employment opportunities; promoting enhancement of career prospects; forming an effective social circle; preventing different types of psychological problems from giving rise to impediments within the course of implementation of tasks and activities; possessing sufficient amount of financial resources; honing analytical, critical-thinking and problem-solving skills; leading to up-gradation of overall personality traits and bringing about improvements in overall standards of living.

The individuals do get overwhelmed by different types of psychological problems, when they are wholeheartedly committed towards carrying out certain tasks or achievement of the goals. Hence, it is necessary for individuals to augment information in terms of various areas that would be facilitating in carrying out all types of tasks in a well-ordered and satisfactory manner. As a consequence, one will contribute efficiently in achievement of desired goals and objectives (Learn about Anxiety Disorders, 2013). Furthermore, one needs to augment information in terms of different types of measures to be implemented in providing solutions to psychological problems, i.e. being well-informed in terms of job duties and responsibilities; being well-equipped in terms of methods and procedures; augmenting different types of skills; forming an effective social circle; augmenting information in terms of various factors and maintaining a healthy lifestyle. These are stated as follows:

Being Well-informed in terms of Job Duties and Responsibilities

The individuals, belonging to all occupations and fields need to be well-informed in terms of different types of job duties and responsibilities. These are put into operation in personal and professional lives. These are manageable as well as complicated, these are put into operation in more amount of time or can be less time-consuming and these are carried out on one's own or through obtaining support and assistance from others. Hence, it is necessary for individuals to be well-equipped in terms of ways to carry these out in a well-ordered manner. As a consequence, one will render an important contribution in coping with different types of psychological problems in an efficient manner. Furthermore, one will do well in their job duties, achieve professional goals and meet the expectations of other individuals. Hence, throughout one's lives within and outside the homes, one needs to possess adequate information in terms of these. Therefore, being well-informed in terms of job duties and responsibilities is regarded as one of the indispensable measures to be implemented in providing solutions to psychological problems.

Being Well-equipped in terms of Methods and Procedures

The individuals need to augment their information in terms of different types of methods and procedures. These are referred to the ways of carrying out all types of tasks and activities in a well-ordered manner. One needs to augment information in terms of different types of methods and procedures in an adequate manner.

With advancements taking place and with the advent of modernization and globalization, one needs to make use of different types of modern, scientific and innovative methods and materials. The individuals need to acquire an efficient understanding of the concepts. Furthermore, they need to get engaged in regular practice. As a consequence, they will contribute efficiently in doing well in one's job duties and generating desired outcomes. Furthermore, one will overcome the feelings of apprehensiveness and vulnerability. Hence, it is necessary to augment information in terms of different types of methods and procedures in order to carry out all types of job duties in a successful manner. Therefore, being well-equipped in terms of methods and procedures is one of the significant measures to be implemented in providing solutions to psychological problems.

Augmenting Different Types of Skills

From the stage of early childhood, throughout the lives of the individuals, one needs to put emphasis on leading to up-gradation of different types of skills. These are, communication skills, analytical skills, decision-making skills, critical-thinking skills, problem-solving skills, personal skills, professional skills, technical skills, creative skills, negotiation skills, leadership skills, presentation skills, artistic skills, intellectual skills and public-speaking skills. Within personal and professional lives, one needs to put emphasis on leading to up-gradation of different types of skills. As a consequence, they will contribute efficiently in doing well in one's job duties and generating desired outcomes. Furthermore, one will be able to meet the expectations of other individuals, including family and community members. It is necessary for individuals to lead to up-gradation of determination levels towards leading to up-gradation of different types of skills and abilities. Furthermore, these are required to be utilized in a well-ordered and disciplined manner. As a consequence, one will be able to promote a normal mind-set and cope with different types of psychological problems in an appropriate manner. Therefore, augmenting different types of skills is an expedient measure to be implemented in providing solutions to psychological problems.

Forming an Effective Social Circle

The individuals, belonging to all communities need to be well-informed in terms of different ways of forming an effective social circle. From the stage of early childhood, throughout the lives of the individuals, they realize that beyond one's homes, also there is a world, with which they are required to communicate with. Furthermore, the individuals need to augment information in terms of different types of strategies that are facilitating in reinforcing contacts. This is regarded as one of the indispensable aspects that are necessary in leading to up-gradation of overall living conditions. Hence, it is well-understood through forming an effective social circle; one will contribute effectively in providing solutions to different types of psychological problems. The social circle comprises of family members, relatives, friends, neighbours, educators, employers, supervisors, classmates, colleagues, service providers and other community members. One needs to communicate with other individuals in an effective manner in order to establish linkages. Therefore, forming an effective social circle is an eminent measure to be implemented in providing solutions to psychological problems.

Augmenting Information in terms of various Factors

Throughout the lives of individuals, they are required to augment information in terms of various factors, i.e. augmenting communication skills and interactive abilities; making wise and productive decisions regarding various areas; coping with different types of dilemmas and challenging situations in an effective manner; taking out sufficient amount of time for all tasks and activities; forming cordial and amiable terms and relationships with other individuals; augmenting various types of skills, abilities and aptitude; promoting good health, from physical as well as psychological perspectives; implementing time-management skills; depicting the traits of helpfulness and co-operation; inculcating the traits of morality and ethics and implementing the traits of diligence, resourcefulness and conscientiousness. The acknowledgment and implementation of all these factors will be facilitating in providing solutions to all types of psychological problems. Hence, within and outside the homes, one needs to augment information and implement these factors in a well-ordered manner. Therefore, augmenting information in terms of various factorsis a meaningful measure to be implemented in providing solutions to psychological problems.

Maintaining a Healthy Lifestyle

Maintaining a healthy lifestyle is regarded as one of the major goals of individuals, belonging to all communities and socio-economic backgrounds. In order to achieve the desired goals and objectives, one needs to be well-informed in terms of different types of tasks and activities. Furthermore, one needs to be well-informed in terms of different types of techniques, which are facilitating in achievement of this goal. These are, focusing on diet and nutrition; getting engaged in exercises and physical activities; practicing the techniques of yoga and meditation; being well-informed in terms of job duties and responsibilities; being well-equipped in terms of methodologies and procedures; developing mutual understanding with family and community members; putting in efforts to one's best abilities; coping with various types of dilemmas and challenging situations in an effective manner; forming positive viewpoints in terms of various factors and individuals and carrying out various tasks and activities in an efficient manner (Maintaining a Healthy Lifestyle, 2016). The acknowledgment and implementation of all these factors will be facilitating in providing solutions to all types of psychological problems. Hence, one needs to augment information and implement these factors in a well-ordered manner. Therefore, maintaining a healthy lifestyle is worthwhile measure to be implemented in providing solutions to psychological problems.

Conclusion

The psychological problems are, anger, stress, anxiety, frustration and depression.Factors enabling individuals to experience psychological problems are, acquisition of education, implementing job duties within employment settings, experiencing loneliness, implementation of households responsibilities, carrying out various tasks and activities, augmenting competencies and abilities, experiencing health problems and illnesses, having unfavourable experiences from others, transferring from one place to another and leading to up-gradation of living conditions. Measures to be implemented in providing solutions to psychological problems are, being well-informed in terms of job duties and responsibilities; being well-equipped in terms of methods and procedures; augmenting different types of skills; forming an effective social circle; augmenting information in terms of various factors and maintaining a healthy lifestyle. Finally, it can be stated, coping with psychological problems is essential in leading to progression.

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