

The importance of discipline



The dictionary definition for discipline is “ a branch of learning, training that develops self-control. ” Discipline to me is a form of work that takes time; but, in the end works for your good. A person can be someone “ disciplined” or taught a new way of doing something they can’t or don’t want to do, or be self-disciplined, already possessing an inner strength of mind and determination to do these things own their own. (Control is a key factor in self-discipline.) Mastering the ability to make yourself do something over and over again until you get it right is self-discipline.

Without discipline no one would push themselves or be pushed by others into achieving things that could benefit them in the future. Just imagine a world with no discipline. There would be nothing but chaos. Instilling discipline at a young age is common and probably the best strategy. When children learn to say things like “ yes ma’am” and “ no ma’am” when they are young it turns into an everyday thing, a habit. When they get older what they have been taught to do is still with them and they are already disciplined in that field (manners).

When a person is disciplined you can tell because they behave in a way that is dignified and respectable. They carry themselves in a disciplined and hard working sort of manner wherever they go. Having self-discipline is not the only thing one must have to be disciplined. If someone else is trying to teach you how to do something like saying “ please” and “ thank you”, you have to have a positive mind set and go into the process with a willingness to learn new things and have enough instilled power inside of your heart to learn. After a while, it just becomes natural. Being a self-disciplined adult is a big deal.

Children and other adults are looking up to you for responsibility and respect. Adults have to discipline themselves to act worthy of society. What I mean by this is act like you are able to go in the world and look disciplined and be respectable not only with your appearance but by actions as well. Other people can help you become disciplined by encouraging you, supporting you, or, if they are where you want to be or need to be, people can be an influence to you. Having a good and positive outlook on what you discipline can do for you in the future is nice to see as a prize or a goal.

Discipline is a hard thing to learn. It takes more than just one day to conquer. Discipline requires focus, time, and patience. But how can you discipline someone who does not want to be disciplined, punishments and a stern talking to? In the long run, believe it or not, children grow up and will have to make decisions on their own, and no matter how much you try, if they are determined that they do not want to be helped or disciplined you can not do anything about it. As a child I've seen a lot of undisciplined children and adults; although, not a pretty sight to see, is it the parents fault?

I say it is both. The parents are responsible of preparing their child/children for the real world, but as children get older they have to make choices and decisions for themselves or else they will not know how to when it comes time for them to become adults. A person can achieve discipline by working towards discipline. Every time they get a chance to behave in a well mannered and disciplined way they do it and practice at it until they get it right. If the person feels as if they need help being disciplined, it is their responsibility to ask for help.

If an undisciplined person is working to become a disciplined person they should hang around other disciplined people and do the things they do (if those things are respectable actions and decisions). A disciplined person notices a new kind of responsibility that he/she must take on. Whatever the undisciplined person needed to work on that he/she did in fact work on and did get better with, shows that he/she took on the responsibility to do that whenever faced with the problem he/she had. Discipline is a type of obedience for the benefit of others and one's self.

Obedience is being willing to do a command , being able to follow instructions, being able to do things as they were told (meaning correctly), and being able to do this when they were told. Obedience shows a common feature that we see with discipline. If you can sing very well but your singing coach wants you to sing it an octave higher, that is an example of where discipline is needed. You need to first accept the fact that the coach is trying to help you and improve your singing abilities. You have to get out of your comfort zone and work towards hitting that note and achieving that goal.

Instead of you looking at the task as a form of punishment, you should look at it as reaching a higher ground, or going to the next level in your singing career. All of these things you must do to accomplish that one task, and not only will it require dedication, it will require discipline, not only for others but for you. Discipline in schools may reduce the violence and vandalism and help students to focus better on their studies and future careers. Discipline is important in the households most of all. Parents must raise their children in a pleasant and disciplined atmosphere.

They should teach them the right values. They should themselves lead an orderly life so that their children can learn from their examples. Talking less in class, raising your hand, asking questions, talking softer, and speaking up are all things people try to discipline themselves to do everyday. They aim to be able to do these things just on instinct alone. As a student and as a child I need to discipline myself in the classroom and at home. I can work on paying more attention and asking more questions and doing my homework without being reminded.

As a child I need to discipline myself into holding my tongue when needed, and listening better. The reward for discipline in the classroom can be success for the future. If I can discipline myself well enough to focus in the classroom now, I will be able to focus in the classroom in college and at work in the future. Discipline is useful in school, at home, and anywhere else where society classifies you based on your disciplinary skills. When people look at you and they can tell by the way that you talk and act that you are a well disciplined person in the real world you are considered a respectable person.

Here is an example of how discipline works: Two guys go out for a job interview. There is only one position, but both guys are interviewing for the job. One of the men applying walks in, and immediately you can tell that he is undisciplined. He is cussing, sagging, and has no manners. The second man walks in and he has good eye contact, has perfect manners, has his pants pulled up, and shows that he is well disciplined. It is obvious who will get the job. That is how life works and how discipline benefits you.