

Existentialism the
world is meaningless.
for an instant,

[Sociology](#), [Ethics](#)



Existentialism and Human Emotion Jean-Paul, the most well known existentialists, once stated, " Existence precedes essence". Existentialism can be defined in numerous ways. The main definition is Freedom of will. In other words, the philosophical position of existentialism is that all mankind are created without any kind of shared purpose. Every individual is created free and the actions by which they make are what define them. For instance, if individual acts in unkindly way but believe that they are a kind person, an existentialist will then define the individual by their action rather than what they believe. Another significant definition of existentialism is the meaning of the absurd.

The absurd is the idea that the world is meaningless. For an instant, there is no such thing as bad or good person or bad or good situation. Hence, there are no guidelines or moral code to follow and live by. One of Jean-Paul arguments is that an individual should live authentically. This means that an individual should lead a life based on their true self, rather than external pressures of the world. Thus, Existentialism only can provide significance to your life and the only dishonest thing a person can do is to live dubiously, against his or her own essence. The actions one does throughout his life, shapes his worldly experience, thereby creating set of principles to follow, whilst constructing perceive for his actions. The fundamental component of existentialism is absurdity, which in term states " we are searching for meaning in a meaningless world.

" (Jean-Paul). The human condition is a term used when an individual comes to a certain point in their life where they start asking themselves questions

about life. Questions such as “ Why are we here? ” “ What is the purpose of life?”. Usually, those who feel lost or confused tend to ask themselves those questions and are looking for a sense of meaning. Therefore, people devote their energy seeking meaning in their lives through religion or fighting for social justice or education. Furthermore, those who have something to believe in, tend to be less concerned and more content with their way of life. Having meaning creates and shapes up your worldly experience.

Similarly they have long and short-term goals to accomplish their purpose in life. Existentialism states, “ There’s no set path that we’re supposed to follow” Every individual during their lifetime faces many difficult decisions. Having a path to rely on makes those decisions less difficult. Relying on religion texts or laws or morals codes helps you decide from right or wrong. Therefore, having a moral code already created for you, would ease the psychology of making difficult decision. Similarly, we all have a moral code, or a clear sense of what is right and what is wrong.

Likewise, the benefit to having rules is that they create the logical framework for an individual life. The rule-based approach to life helps increasing efficiency. The logical framework created by rules makes it possible for individual to avoid having to concern itself with situational ethics or decisions. Instead, it will be self-conscious by its own rules, thus making the decision-making process simpler. Existentialism states, “ Every individual is born independent and the actions by which they make are what define them”. For instance, if individual acts in unkindly way but believe that they are a kind person, an existentialist will then define the individual by their

action rather than their belief. In contrast, it's all based on perception. For instance, those who are brought up with a set of beliefs and values through their lives tend to be open-minded and see things from others' perspectives.

Hence, the way we perceive actions of others is subjective. We as humans tend to make a lot of mistakes and it shouldn't define an individual. If you judge a thief by his crime then you are overlooking the facts behind his action. He could have stolen baby formula for his starving child. The more knowledgeable a person becomes the more understanding the person becomes. Therefore, our tolerance increases because we refrain from making ignorant assumptions that are destructive. The only way to figure this out is to step into their shoes, see life from their perspective.

If you can see the world through their eyes, even if you've never experienced their way of life first-hand it makes you more understanding.