

Positive Reinforcement of Coping and Obstruction of Women

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Abstract

This article studied on positive reinforcement of coping and obstruction of women. It was studied from creating a model in 5 steps consisted of 1) rational and concept, 2) objectives, 3) contents, 4) learning activities, 5) measurement and evaluation. For learning and instruction aspect, six steps were designed which consisted of 1) face the problem and obstacle, 2) plan to the target, 3) solve the problem, 4) collect data for summary, 5) evaluate and improvement, 6) know value and empowerment. Buddhist principle of the four noble truths (Ariya-sacca Dhamma) is analyzed and integrated to the process of approaching knowledge and understanding to the creative thinking. This is the way to move over problems and obstacle that suffers both body and mind in order to live with sustainable development.

Keywords: Positive reinforcement, Coping, Obstruction of Women

Introduction

Who can help when the crisis comes to life a lot of conflicts, opinions, that no one can escape the effects of emotional state. Cause it to be frustrating like water that is often hit keep shaking all the time. It was a crisis cause of tension anxiety the collapse in all forms. Many people with peach solving the problem of suicide. Because it can not solve the problem or step through the difficulties and obstacles encountered at that time. Being able to go through various crises smoothly is not easy. The crisis is turning into an opportunity. To be able to survive and succeed as the proverb that Thai. "Hair to cover the mountain" is how it is. Positive reinforcement to facilitate coping and obstacles especially women of weak sex. What will be the answer to these problems?

Coping and Obstacles

The difficulties and obstacles of Paul G Stoltz, who initiated the beliefs of overcoming obstacles and obstacles, stem from the individual's ability to respond to events that have been confronted by strengthened levels of difficulty that can be overcome possible. Those who cannot face this problem will often easily surrender. There are many academic researchers who are interested in this study and have concluded that this concept fighting with obstacles and obstacles without having to be conscious can control their emotions so well that they can cause a fight resolve with what too quickly.

To overcome the problems and obstacles to overcome the crisis (Stolz, 1997) the use of knowledge, Neurology, and physiology. That said, that person any person can endure hardships and obstacles that can be overcome or defeat. Whoever wins or loses the obstacle. Whoever can work has the expected superior potential. Someone will give up their intention to work and anyone who has the ability to face problems and obstacles to be successful. So, with the principle of coping and obstacles, it comes from the effects of performance, motivation, creativity. Increased productivity, learning, energy, work, hope, happiness, emotional and physical well-being, persistence, resilience, mental development, mental well-being, attitude, and health continuous change.

It also describes the nature of the person is divided into 3 categories: The people give up, camping and climbing group That has brought the main demand of Mazlow. To compare the people in the problems and obstacles as follows. Social level, feeling of being born of the insecure housing society. Economic tensions the environment was destroyed family not warm the moral decline of the people in society and the lack of faith in the education system. Unprofessional income levels. Unstable economic conditions corporate performance.

Personality, personal ability, and crisis transition as opportunities for coping and obstacles. In this way, coping and obstacles can be managed by the following principles: control of the situation in the dimension of perception event control is the core of management to allow thousands of events. Responsibility for the problem analytical thinking on the problems that result in discouraging discouragement, motivation, and awareness of responsibility for the cause and responsibility of what is happening. Negative affective effects that cause problems can lead to erroneous decisions.

The tolerance of perception and elimination of problems correctly, resulting in problem-solving from the practice of skills in the dimension of tolerance to the problem.

How to Create Positive Energy

Positive force or gravity can be created in life according to the belief in the lord. The Buddha said more than two thousand years. The same thing is automatically attracted to each other. Because of this, the power of good thinking. Do good, have the test and create a creative lesson. Three lessons of crisis turn to keep pace.

Lesson 1: Failures that can lead to success

All experience in doing. "Uncommon" is the essence of the foundation of success because when we do something, we can not escape the mistakes or problems that arise from doing it. With many obstacles that can not be controlled by the needs or actions to succeed in all aspects, there is a lack of learning in the action to create solutions to problems. The successes are easily obtained without the process of modifying either aggressively. And the reception is the horror of being truly successful. For example, in investment putting capital into profit the rapid expansion of business without the care and lack of experience of a variety of work. It is a sign of the danger of being successful. So success is the perfect learning experience to do. Modify the problem so that it can be fully integrated to produce results it is a perfect success.

Lesson 2: Changing feelings from the experiences of people who have failed .

When we reflect on stress, we experience from those who have suffered from a bad life. It can make us think that the problem is not only us who are experiencing and encounter various problems, for example, people think of all the way to suicide because they want to escape from this world. I think it cannot solve many problems, it's a lot and so big. Siriwat, Young businessmen who have escaped to 15 million must stand to sell sandwiches. I have people who encourage him to continue to fight and some who come to the debt billion. He makes suicide because he feels that other people's debt is more than life. I feel that the problem he is facing is slight. And think of it, it can go through it.

Lesson 3: Always up when we have to fall

The matter of the mind is important. Failure of the concussion nobody sees the value of diamonds. Precious diamonds how gorgeous I do not get self-esteem. The diamond is more than a beautiful diamond. It must be cut off countless times experiencing bad failure contributes to tolerance for problems and obstacles. Adaptation to the situation can lead to the power of success that can be transformed into a valuable asset and wealth.

Strengthening the attraction of positive thinking. Being able to go through the crisis as an opportunity to drive will result in new innovations that are beautiful to create a society that is progressing with a simple mind can go through the problems and obstacles to the heart only.

The problem that the National Human Rights Commission has said. Violence against women is it physical or mental violence. Sexual harassment is a common problem in Thai society and is more violent, especially in the context of conflict and violence in the southern border provinces that have been occurring for more than 10 years. In addition to affecting the human rights of the people in the area, both physically and mentally. It also has a direct impact on women and children. Women are both directly and indirectly affected. At present, there are thousands of widows and orphans from unrest and there are still many women and girls who fall victim to the violence. These women include women who are health workers, pregnant women, women with disabilities, older women and girls.

In addition to violence from unrest, women are also confronted with repeated violence from structural violence such as domestic violence. That's the way it is, domestic violence is a private matter and one of the causes of the problem is from women themselves. There is no clear solution to the problem of ending violence and access to women's justice.

10 National Human Rights Commission it was found that women in the southern part of the country were subject to community rules, where community leaders were regulators, for example, forcing women or girls to marry unwillingly and punishing women or girls who violated community regulations. Is defined on the occasion of the 25th of November, a campaign to end violence against children and women, the National Human Rights Commission and the Subcommittee on Human Rights Strategy in the Southern Border Provinces. This is the main organization to protect. And promote human rights, considering that it is necessary to establish measures to protect women's safety to prevent or reduce the violence caused by unrest. Domestic violence or sexual violence The National Human Rights Commission has proposed to the government related agencies and civil society.

The government must have a clear policy all measures are needed to protect women and girls from all forms of violence. Including the restoration, Healing the body and mind for women and girls who are violent.

Mechanisms of work in all sectors of society must eliminate barriers to access to women's justice. Legal and Islamic principles it also includes an immediate counseling process for all forms of violence against women and girls.

Let all sectors take into account the importance of women's rights and freedoms. To live and to focus on the establishment of a family to live as an independent. No force or threat in all forms.

The state should create a human rights culture. By cultivating children and youth to always respect the rights and freedoms of others. Everyone of all ages should see the problem together and be involved in the prevention process and fix the problem.

The state must provide a mechanism for access to justice. Trust And confidence in women in all areas. The recommendations of the Anti-Torture Commission of the United Nations on the access to women's justice.

Call on all conflicting parties to stop using the armed struggle and respect the rights of innocent civilians. Women and children, in line with international human rights principles and human rights principles in Islam, provide protection for women and children.

In development to support the quality of life for women. The World Bank has increased its overall support for gender mainstreaming in developing countries. The issue of male dimension is a factor in the preparation of the economy. The security provided to women in the loan scheme is 45 percent in the fiscal year 2008. With continued budgetary increases, the World Bank's Poverty Reduction and Economic Management Director, Otaviano Nobuta said: "We will continue to give every effort to promote the role of women in the economy. Not just because it is good for women. But for economic development and growth "with the result of Sub Saharan Africa. Equal distribution of inputs between men and women. Agricultural activities can increase by 20 percent and in countries such as Brazil The chances of surviving each child increase by about 20 percent if the mother is a revenue manager rather than a father. Another way the World Bank is helping women is to increase the importance of men in the economy. Whether it is about infrastructure development access to loans and agriculture.

In Eastern Europe and Central Asia. The bank is working to reduce gender disparity as a result of the transition to a market economy. And in Latin America and the Caribbean. Male dimension activities cover efforts to integrate this dimension into infrastructure development. For example, a rural road project of Peru. More and more women are employed in road maintenance work. To help other women travel more distant and safer.

As mentioned above, both in terms of violence and support, so all the girls in most of them feel embarrassed in their own women. There are more restrictions than men, especially in the physiological body is a weak sex shape. When viewed in social terms, men are often deprived of the right to think in themselves. But in modern times (2018), women have equal rights with men. With a clear recognition of leadership in both national and global organizations. Modern women are both beautiful and good, many young people accept. The ability is not even lower than men. There are also many types of research that show that there are many more. Women can do better than men. The potential of many women is interesting.

Women in modern times can be counted as "Women's Front"

Modern times Women have been given the privilege of being critical of Lady First, which is a universally accepted fact that honoring women is something that gentlemen have to do in the public. For reasons of physiological weakness. Gentlemen have to protect and care for women with affection.

The miracle of pregnancy

Women are the only sex in the world to experience the warmth of being part of another life. Growing up in her body it is a miracle that men cannot touch. The growing feeling of growing up children in both the movement with the flex. The kick is gradually knit as a tie between mother and child. I cannot see the face with the eyes, but touch the ball at any time. This is a woman we dream to be a mother once in a lifetime. I will not be tired and tortured the things that get back are enormous.

Women get the results of pain and very patient

Women are sexually abstinent and have to endure for 9 months, which is subject to both physical and mental changes. I need to bear the weight of many children, I hit the baby every day at the time of birth, it would be torture. But women have to pass it. When sick is sick, women seem to be weak. In fact, women often struggle with things as bad as well as in different conditions than men. Women can do many things at the same time Women can think and manage their family and friends together. They can do two things at once, such as cooking with them, working together, chatting with their friends, cooking with them. Unlike men, they focus on only one thing.

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