

Vinyl 2010 Essay Competition Submission Template

ID number: 995

Summary:

Crisis and well-being are concepts that should be clearly defined in order to find the proper causes that lead to such a food and energy crisis. Is crisis a subjective matter? What is the role of education in shaping a state of well-being? Should we, as individuals, do something to change the world we are living in? What are the main values that should be taught in schools? The answers to these questions, the main causes and solutions to the food and energy crisis are being illustrated using my own experience and carrying on with general literary statements.

Essay:

Concepts of crisis and well-being should be first defined in order to identify the real problem of nowadays society. The above mentioned concepts are to be looked at according to one essential characteristic of the current population: **education**. If we simply take into consideration the level of education, we may define crisis as the situation when people do not have anymore the elements that nourish their state of well-being. So, the concepts are interrelated; in other words, the exaggerated well-being state leads to an overall crisis. In order to find proper solutions to this 'crisis', we should first identify its **causes**.

Among the elements that nourish the well-being, one can notice the extra cars that families use to provide for each of its member, all the children's trifles (brand clothes, mobile phones) that parents do not hesitate to buy them. Where is that sense of **tolerance**, of **moderation** that we should all possess? In Africa and not only, people are starving, the children's education is so poor in organization and whereas in America and other countries people throw food to garbage because they do not like it or because they do not eat it the second day.

Then, as far as energy is concerned, I wonder...why some people buy so huge personal cars? Do they really need them? I guess they just want to show off and to impress. If so, their morbid ambition to impose themselves definitely leads to a crisis, a general and of course an individual one, as their own state of well-being is affected. Shall we then speak about **hypocrisy** and **selfishness**? In order to better exemplify this idea of **greediness**, we should compare countries where, on one hand, the driveways are full of cars and a bike struggles to fit in and, on the other hand, countries such as Belgium, for instance, where **bikes** are used by all kinds of people, especially students, and, therefore, the traffic is well coordinated.

Coming back to the notion of education, be it **self-education** or **school** education, it can be nicely exemplified by **Maslow's** hierarchy of needs. At the bottom of the pyramid Maslow placed the breathing, the food, the water, the sleep, whereas at the top he mentioned morality, spontaneity, problem solving, lack of prejudice, acceptance of facts. His opinion is that teachers are responsible for the students' sense of

awareness of the above mentioned values. I would add that first of all **parents** are those who should show their children the real values by offering their own example. Then, **school** is to reinforce the parents' education forming the child to reach his or her self-education. Nowadays, we are all aware that Maslow's hierarchy of needs is completely upside down, and who is to be blamed?

Another cause of the 'crisis' may be also related to people's personality, more specifically to their sense of **individualism** and lack of **cooperation**. I would mention here the case of Romania, which is a rich and beautiful country as far as the landscapes are concerned. But, the food 'crisis' might be diminished if people decided to explore all the desert fields that are waiting to be fructified. Therefore, Romania would be able to provide food to other disadvantaged countries.

From my own recent experience abroad, as an Erasmus student in France and a Teacher Assistant in Great Britain, I may compare and contrast the students' and the teachers' attitude towards the food and energy 'crisis'. As far as students are concerned, it is obvious that their lack of education leads them to eat unhealthy, to mock at food and to throw out parties where the energy is ignored. As far as England is concerned, it seemed to me that teachers and people in general are aware of the importance of saving energy and eating healthily, but the main problem was and it still is **time**. People all over the world are so busy that they simply forget the main world problems. So, again, who is to be responsible for this? The lack of self-education, maybe?

As I have mentioned the concept of eating healthily, we should remember the old Latin saying: *Mens sana in corpora sano* and I would also paraphrase the famous Shakespearian existential question *To be or not to be*: Do we live in order to eat or we eat in order to live? Because we have reached the point of speaking about a food and energy crisis, I think that most of us live in order to eat, to have fun and money no matter what are the consequences; still, the question remains open to discussions.

All in all, the main causes of food and energy crisis (which comes out to be a subjective issue) may be: the self and the school education and if we want to **change** something, we definitely need **WILL** and start with rethinking our own attitude before judging others.

As far as I am concerned, every person should revise his or her attitude towards the real values of life and take into consideration the fact that nothing is at random. Even if we are materialistic, greedy or selfish, we should become aware that moderation and tolerance are the key values in order to live a healthy life, both physically and spiritually.