

IKIGAI - A Solution to Modern Day Stress

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Abstract:

In today's world every one seems to be unhappy for some reason or the other. In a country like India with 110 crores of population most of them are unhappy for number of reasons. Especially the urban population is the most stressed out. People who are not happy with their lives will affect others associated with them. The happiness quotient of the people has gone down in the last fifty years and more rapidly in the recent past. It is a grave problem and if not solved will ruin the country. This is result of ignorance of our existence. Ikigai which is a Japanese philosophy of life offers a simple solution to this problem. Ikigai helps us to become happy by knowing the purpose of our life by identifying our passion, vocation, profession and mission of our life. IKIGAI is not an instantaneous process. The aim is to identify what you can best contribute to the world, what you are good at and what you enjoying doing the most and what you will be paid for. By practicing IKIGAI people develop a high self esteem and also realise the worth of their existence in the world. Such individuals can create harmonious work environment. The number of people suffering from anxiety and depression will decrease if we adopt this practice of IKIGAI.

Keywords: Vocation, Passion

INTRODUCTION

In Okinawa, an island of Japan which is identified as one of the blue zones of life, there are 24.55 people who are over the age of 100 for every 100,000 inhabitants, far more than the world average. In addition to a healthy diet, a simple life in the outdoors, green tea and the subtropical climate it is the ikigai that shapes there life

Ikigai is a Japanese philosophy of life offers a simple solution to our modern day stress. Ikigai means 'purposeful life' or 'life to be worthwhile'. It is the secret of their long and happy life. Ikigai

helps us to become happy by knowing the purpose of our life by identifying our passion, vocation, profession and mission of our life.

Ikigai is not an instantaneous process. It is a slow process extending over few years of life. By practicing Ikigai people develop a high self-esteem and also realize the worth of their existence in the world. Such individuals can create harmonious work environment.

The number of people suffering from anxiety and depression will decrease if we adopt this practice of Ikigai.

What is IKIGAI ?

Ikigai is the union of four fundamental components of life: passion, vocation, profession, and mission. In other words, what you love and are good at meets what you can be valued and paid for because it is needed in the world.



Ikigai is only complete if the goal implies service to the community. Once you've identified these components, the next step is to start following your compass.

Need for IKIGAI

People of Japan believe that everyone has their own Ikigai, a very reason to get out of bed every morning and discovering it is a secret to a long life.

In olden India there were learned people who helped people live a peaceful and happy life with their teachings. But in the present scenario with huge population and with less no. of learned people it is very difficult to attain mental wellbeing of all. Ikigai offers a solution to this problem. Japanese philosophy asks people to find their ikigai intrinsically, because research says that it is not easy to motivate people externally at workplace.

In the present days many youngsters who are working in high profile jobs face lot of work related stress. The stress can either be work related , interpersonal relations at work place.

As a child everyone has a natural inclination towards something which however is lost as adulthood is reached. Proper training of our mind, body and emotional resilience is essential for confronting life's ups and downs.

How to Practice IKIGAI

- Start working on your questions and see what your answers are.
- Do what you do best. Stay active and don't retire from what you love to do.
- Know how to say No
- Take care of your energy
- Practice continuous personal development
- Stop and decide to do something fulfilling
- Align your personal values with those of your company
- Simplify, don't make things difficult
- Love the 'Why' of your company
- Trust others
- Try pomodoro Technique in whatever work you are doing.
- Working on several things at once lowers our productivity by at least 60% and our IQ by more than 10 points.

Be conscious of your daily routine in order to detect harmful habits and replace them with more positive ones.

The philosophy of Ikigai is simple and does not require a mentor to teach. It can be practised anyone with basic education. This Japanese philosophy life can be easily adopted which will be helpful in solving our modern day stress at work.

References

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