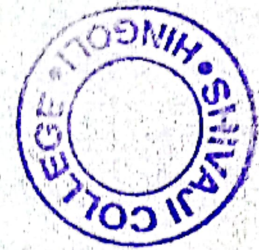


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## Most of the times, the problem is not solved in one way- An empirical study on sparrow behavior

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### Abstract

Humans have to face many problems in their daily life. Some problems are solved easily, while some problems are not solved easily. Solving such problems involves many crises, physical, mental, economic and social stigma. When such a problem is not solved, one has to suffer from stress, anxiety, loneliness, frustration, failure and other mental illnesses. Sometimes even life ends. The fact is that the solution to the problem depends on your thoughts. The way to solve the problem is close but we get so confused and scared that we can't find the closest way to solve the problem. Because we try to solve the problem in only one way and if that attempt fails then we are immediately exhausted physically and mentally. There are many ways to solve a problem that never cross your mind, never think out of the box. At this point you definitely need a counselor or the right guide to solve the problem. But we feel inferior to seek help and advice to solve the problems of others and then we move away from problem solving. There is a way closer to you and you don't see it and the problem gets complicated. You can see from the experiments on the chimney how the problem gets complicated. Conclusion of this research is when we get into a crisis or problem we immediately get frustrated, frightened, think more negatively, worry, vent our anger on others, think day and night, and sometimes we try to commit suicide and sometimes to kill. Such destructive behavior makes us powerless. And can't make the right decision. The way to solve a problem or the way out of a crisis is close but we are not mentally capable of making decisions. We often use the same method to solve the problem and that's where our argument goes wrong. We don't think that problems can be solved in many ways and problems or crises become complicated and we never think out of box.

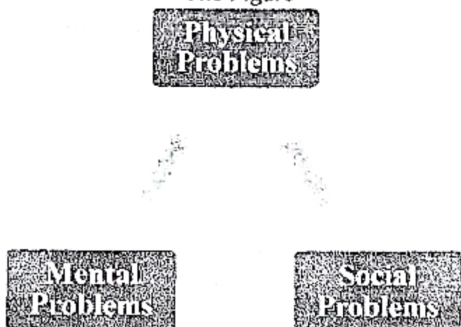
**Keywords:** Problem Solving, Sparrow Experiment, Implementation, and Recommendations.

### Introduction:

The fact is that while living our daily lives, we have to face many problems from birth to death, such as physical, mental, social, economic, and educational problems etc and many other problems like this. Physical problems include the struggle to meet physical needs, health problems, disability, mental retardation, incurable physical ailments, addiction, and so on. Mental problems include mental illnesses such as anxiety, depression, delusions, hallucinations, sleep disorders, anger control problems, mood swings, and so on. Among the social problems are feticide, dowry, marital problems and unemployment. How to make money in financial problems, money planning, we have to live life by facing the above problems. The Psychological definition of Problem-solving is a mental process that involves discovering, analyzing, and solving problems. The ultimate goal of problem-solving is to overcome obstacles and find a solution that best resolves the issue. The best strategy for solving a problem depends largely on the unique situation. And also the definition of Problem solving behavior is must be able to solve

problems by analyzing situations and apply critical thinking in order to resolve problems and decide on courses of action and implement the solutions developed in order to overcome problems and constraints. Polya created his famous four-step process for problem solving, which is used all over to aid people in problem solving. 1) Understand the problem. 2) Devise a plan (translate) 3) Carry out the plan (solve) 4) Look back (check and interpret) some key problem-solving skills include, Active listening, analysis, research, Creativity, Communication, Dependability, Decision making and Team-building.

Basic Problems of Human being  
The Figure



Objective of the study:

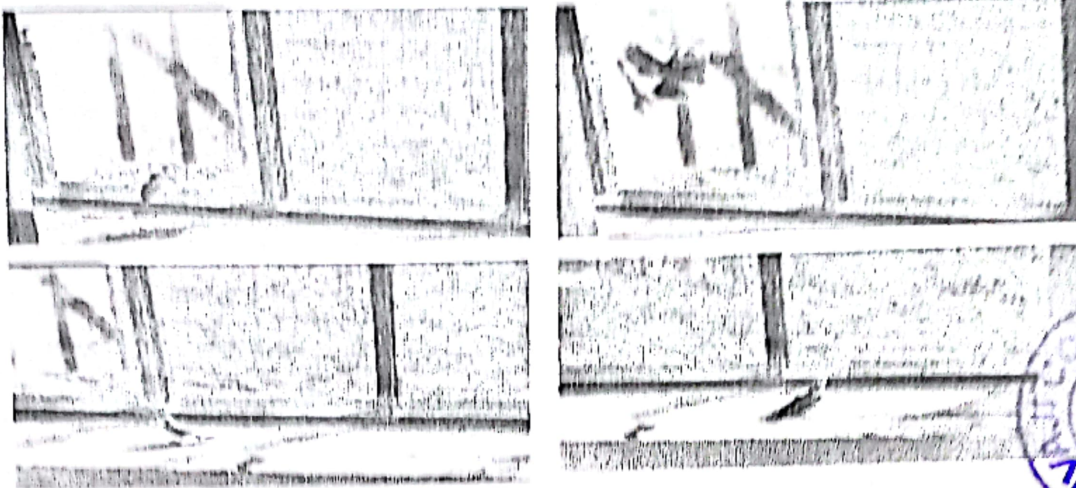
- To create a awareness regarding thoughts of "Out of Box"
- Sometimes we find ourselves in such a predicament that the way out is very close. But you can't make the right decisions in a state of negative thinking, emotional instability and fear. You need to be aware of how important it is to let go of time calmly, thoughtfully, without any physical and mental distractions.

**Experiment-** One August 2020, at 8.00 am, a sparrow came into the tower of my house. On the tower it was three-sided. On one side was a wall, on the other side was glass by the front and on the third side was a little down but grill. From that grill came the chimney into the tower. From the grill through which the chimney came in, she could have gone out. But she could not get out. This scene I suddenly opened the door to get milk from our milkman in the morning and as I was descending the stairs I saw a chimney in the tower of the building and I was stuck. I took milk from the milkman. Entering the house through the stairs, I had a bowl of milk in my hand. I held the bowl of milk in my hand and observed the chimney for two minutes that the sparrow would go out. But not gone. I went home and my wife and I had tea. It had been fifteen minutes until then. Then I immediately realized that a very big message could be given to a human being by getting stuck in this sparrow and not getting out of trouble. Basically, psychology is the study of animal behavior and mental processes. Basically in psychology, experiments are done on different animals, birds, theories are laid out, the same experiments and the findings of the theory are used for human welfare. Then I had a question. Man also finds himself in many such crises and problems but he cannot get out of it.

The sparrow began its own physical and mental embezzlement, assuming there was no way for you to get out of here. The chimney was repeatedly hitting the glass, falling down. Sparrow problems were often treated in the same way. I was sitting at a certain distance on the steps and observing. The chimney was flying momentarily and coming down and sitting. Beating the glass of the tower with her beak, walking from one corner to the other, her behavior was happening moment by moment, without stopping even for a moment. Sparrow was looking here and there, Chiv Chiv was making noises. She was throbbing. Waiting for a while, trying to get out again. She was terrified. One of the wings above her body was getting smaller and smaller. She had been struggling to get out for a long time. She was trying to get out again. Finally, she stopped in the corner, tired and scared. And you must be thinking, now your life is over. She was completely unstable. She was caught up in a dilemma of what to do and what not to do. Her way out was close. But she could not make a decision in a state of confusion and fear. Her struggle lasted for about two hours.

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(Picture of Sparrow regarding this experiment, the sparrow has a way out but it can't go, because it has missed that there is only one way out. She doesn't think 'Out of the box'.)

'Problem solving' depends on your thoughts. This is proved by the experiments done on the above sparrow. In this way human beings also have to face many crises from time to time. At times, the problem is, hopefully, that doesn't go away easily. So first of all it is very important to keep yourself stable. If we do not remain stable, our body also becomes unstable. One should try to solve the problem from a calm and positive point of view. In this experiment the chimney is completely exhausted, tired, frightened, and powerless in body and mind, so it has a very close way to get out of the trapped situation, but it cannot get out of there. Because she spends all her energy in vain. Then she doesn't have the energy to solve the problem. And the problem gets complicated.

The same is true of humans in theory. Everyone should have a positive attitude that problems come and go. When we get into a crisis or problem we immediately get frustrated, frightened, think more negatively, worry, vent our anger on others, think day and night, and sometimes we try to commit suicide and sometimes to kill. Such destructive behavior makes us powerless. And can't make the right decision. The way to solve a problem or the way out of a crisis is close but we are not mentally capable of making decisions. We often use the same method to solve the problem and that's where our argument goes wrong. We don't think that problems can be solved in many ways and problems or crises become complicated.

**Implementation:** Humans have to face many problems in their daily life. Some problems are solved easily, while some problems are not solved easily. Solving such problems involves many crises, physical, mental, economic and social stigma. When such a problem is not solved, one has to suffer from stress, anxiety, loneliness, frustration, failure and other mental illnesses. Sometimes even life ends. The fact is that the solution to the problem depends on your thoughts. The way to solve the problem is close but we get so confused and scared that we can't find the closest way to solve the problem. Because we try to solve the problem in only one way and if that attempt fails then we are immediately exhausted physically and mentally. There are many ways to solve a problem that never cross your mind, never think out of the box. At this point you definitely need a counselor or the right guide to solve the problem. But we feel inferior to seek help and advice to solve the problems of others and then we move away from problem solving. There is a way closer to you and you don't see it and the problem gets complicated. You can see from the experiments on the sparrow how the problem gets complicated.

This is evidenced by the experiments performed on the sparrow above. Psychological counseling is important to prevent and treat mental illnesses such as stress, anxiety, depression, loneliness, and psychotherapy. You need to go to that person for advice. As like Psychologists, psychiatrists, psychologists, counselors, and psychology professors can help. But for that you need to feel free to go to that person for advice.

#### Conclusions:

When we get into a crisis or problem we immediately get frustrated, frightened, think more negatively, worry, vent our anger on others, think day and night, and sometimes we try to commit suicide and sometimes to kill. Such

destructive behavior makes us powerless. And can't make the right decision. The way to solve a problem or the way out of a crisis is close but we are not mentally capable of making decisions. We often use the same method to solve the problem and that's where our argument goes wrong. We don't think that problems can be solved in many ways and problems or crises become complicated and we never think "Out of box".

#### Recommendations

- Humans should be able to think out of the box while living life.
- One should be motivated to think from a different point of view without relying on the same path when solving problems.
- After the problem has arisen, the body and mind should be able to remain stable without getting exhausted.
- If the problem does not go away, you need to stay calm and stable.
- We need to make ourselves aware that there is nothing more important in the world than our health.
- Whatever happens in the face of adversity happens.
- Then in such a time one should be able to face adversity with courage.

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