

In Quest for Self-Worth

"A distraught man approached the Zen master. "Please, Master, I feel lost, desperate. I don't know who I am. Please, show me my true self!" But the teacher just looked away without responding. The man began to plead and beg, but still the master gave no reply.

Finally giving up in frustration, the man turned to leave. At that moment the master called out to him by name. "Yes!" the man said as he spun back around. "There it is!" exclaimed the master."

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Many of us have probably done what the man in the short story does to the Master: telling other people to show us who we really are. In this digital age where social media consumption is inevitable, we feel bad for not being able to meet the standards set by other people. We ask them to define us and our worth. Slowly but surely, this feeling will lead us into unhealthy mind and wellbeing.

How Social Media Alleviates Self-Worth

Probably, people from older generation feel envious when looking at how millennials live today's world. Thanks to technologies which have made our lives a lot easier. They have shifted many aspects in life, be it learning or shopping. They all are just one click away. Living in this instant world seem to put us at ease. However, it does not necessarily mean that our lives have become less complex. In fact, studies have found that social media are linked to mental health issues. A study conducted by a group of researchers from the University of Melbourne's National Centre of Excellence in Youth Mental Health has found that there is an association between social media use and depression, anxiety, sleep problems, and eating issues increase suicide risk.

One of the most possible reasons for this is that the envy rising due to social media consumption. The envy of ideal body shapes, flawless faces with no pimples, stunning travel photos and branded stuff are just a few of the examples. The representation may not be real, but how could the viewers tell? They all seem so genuine. In fact, unhealthy social media consumption has put more pressure to us as millennials, making our self-worth fade.

When you wake up in the morning, what do you usually do? A lot of us are afraid of missing out recent updates. We immediately check our mobile phones to check if there are any notifications or messages. Or probably a lot of us directly open our social media accounts to see how many likes our posts have received. We probably do the same routines before going to bed. Consequently, our brains are forced to care more about what people think about us; not how we see our own selves. Our self-worth has somewhat been defined by the number of likes on our posts and people's

comments.

Instead of being too busy catching up with the updates, the first thing we should do in the morning is not to have a chat with other people to know what they are up to. The first person we should talk to is our inner self. Each morning when we get up, we can try to close our eyes for a moment and take a deep breath. It helps us to be aware of our existence and to not take our lives for granted.

Writing a journal and taking notes of any experience and what we feel can also serve as a medium for us to know ourselves better. By examining our past experiences, thoughts and feelings, we will be guided to recognize where our happiness lies. It takes much time for us to really understand our virtues and what matters the most in our lives. Yet, once they have been figured out, the direction we are heading to will be clearer. The journey won't be easily disrupted by jealousy. We are fully aware of know what we want and are contented with what we have.

Lastly, when our social media have become more toxic and disrupted our lives and mental health, it is time to detox ourselves from them. Stop consuming others' posts if it leaves you with envy and hatred. Allow us some time to appreciate the beauty of our own selves and lives. Remember, we are worthy.

References

<http://truecenterpublishing.com/zenstory/trueself.html>

Glossary:

Distraught (adj)	: Merasa bingung atau putus asa
Inevitable (adj)	: Tidak bisa dihindari
Alleviate (v)	: Meredakan
Medium (n)	: Sebuah perantara, media
Hatred (n)	: Kebencian

Exercise:

1. What can cause an increased in risks of suicide according to the text?
2. What are the factors that define millennials' self worth?
3. What are the things that we can do to detox ourselves from social media?