

INDAGARE

An Academic Publication Platform

First Release, May 2023 Edition

ISSN: 2959-9458

Version 1.V

Content Heading

Collective Habits Contributing to the New Age of Peace: An Evolutionary Perspective.

Value of Social Capital in Building Resilient Community: A Study on a Coastal Community of Bangladesh.

Habit-Induced Concept of Human Motivation and Strategic Peace Building Approach in the World.

Submarines an amazing underwater craft, are a formidable weapon in war.





“In the ever-evolving landscape of academic research and scholarly dissemination, the need for efficient and accessible platforms to publish and share knowledge has become paramount. Enter Indagare, a groundbreaking academic publication platform designed to revolutionize the way scholars, researchers, and intellectuals connect, collaborate, and contribute to the global academic community”

Indagare, derived from the Latin word meaning "to investigate" or "to explore," embodies the spirit of intellectual curiosity and the pursuit of knowledge. It serves as a digital haven where academics from diverse disciplines can converge, exchange ideas, and disseminate their research findings to a wide audience. By providing a seamless and user-friendly interface, Indagare aims to bridge the gap between scholars and readers, facilitating the efficient dissemination and discovery of cutting-edge research.

EDITORIAL BOARD:

Dr. Mohammad Nazir Hossain

Chief Adviser

Dr. Md Tanveer Ahmad

Editor In Chief

Dr Md Insanul Alam

Managing Editor

Md. Shafiqul Islam

Financial Editor

Mia Mohammad Musa

Technical Editor

Assistant Editors & Members:

M A Arshad Bhuiyan

Md. Ibrahim Khalil

Fateha Jahan Mitu

Mia Mohammad Musa

International Faculty:

Paulo Simango Magoge

Mohammad Shabbir Ahamed

Published By:

Indagare Publication

House 18, Road 10, Block D

Section 12, Mirpur, Dhaka-1216

Bangladesh.

Email: admin@indgr.org

www.indgr.org

ISSN NUMBER: 2959-9458

CONTENT

- **Collective Habits Contributing to the New Age of Peace: An Evolutionary Perspective.**

Author: Ashraf ud Dowla,

Pages- 1 to 7.

- **Value of Social Capital in Building Resilient Community: A Study on a Coastal Community of Bangladesh**

Author: Md. Anwar Hossain

Pages- 8 to 10.

- **Submarines an amazing underwater craft, are a formidable weapon in war.**

Author: Mia Mohammad Musa

Pages- 11 to 13.

- **Habit-Induced Concept of Human Motivation and Strategic Peace Building Approach in the World**

Author: Ashraf ud Dowla & Nurul Hasan

Pages- 13 to 22.

Annual Subscriptions

BDT Tk. 2000 For Local Subscribers

USD \$30.00 For Overseas Subscribers

Collective Habits Contributing to the New Age of Peace: An Evolutionary Perspective

Ashraf ud Dowla

Voluntarily, most people are able to keep holding their breath under water between 30 to 40 seconds only. Some people may hold breath for a few minutes, but the Bajau can stay underwater for as long as 12 to 13 minutes at depths of several hundred feet. These sea nomadic people live in the waters near the Philippines, Malaysia, and Indonesia. Over the centuries, these people have acquired a unique ability where they dive and move underwater without any oxygen supply, unusually long time for hunting food. What has made Bajau people to attain this exclusive talent? The simple answer, it's the necessity to survive and persistent endeavor that has made their body chemistry a resilient biological machine adapting to what is essential to move on. The acute necessity to survive has adapted their breathing organs capable of what is needed to continue their life journey in water.

Truly, the human body is a biological yet highly resilient adaptive device. Necessity, recurring endeavor, persistent practice and struggle gradually develop a kind of automated reflex in any human body for attaining the aimed skills. Thus, in consequence, we develop essential soft and hard skills of our life through practice and repeated effort what is commonly known as habits. Habits shape as the innate biological and even psychological necessities to meet our daily needs to survive and enhance our progress as human. Indeed, our life means our time on earth but life also means our habits. Our identity, character, capabilities, and skills are mostly determined by our habits.

Amazing Features of the Human Brain

Did you ever felt saliva on your tongue seeing a picture of juicy tamarind? Perhaps yes; many people experienced wet mouth even by listening to the name of these extra sour juicy fruits. It occurs because, our brain do not recognize the difference between real tamarind and the image of it. For the same brain chemistry, we experience terrific emotions of fear and clammy palms when we watch some kind of horror movie although we are well aware of the drama and every aspect of movie making-performances of actors, use of camera, animation etc. We also experience excitement watching some romantic scene due to the amazing architecture of our brain where it makes no difference between image, visualization, and reality. Indeed, there are keen scientific functions operate behind every such feeling in us.

Human Habits are an Evolutionary Function

When we repeatedly encounter some exciting or odd situation, gradually it turns into usual, and after a certain period, we also start doing similar acts by ourselves. We imitate others and mostly we do it beyond our consciousness. Imitating might sound contagious but mimicry is an evolutionary necessity in human life. Indeed, most of our learning occurs by following others. Coping similar acts and displaying similar behavior also possess enormous social glue, help pair bonding, promoting group cohesion, and help building rapport with

strangers. Researchers behind this study pointed out, it helps human bonding stronger even when people are not aware of it. The study suggests that, unconsciously we tend to imitate people around us – a phenomenon termed the chameleon effect.[1] The chameleon effect works to carry forward the legacy of human knowledge, learning, behavior, and attitude. A newcomer university student may dislike the inappropriate activities during the RAG DAY, but the same boy is often found acting similarly with junior students when he holds seniority in the campus. The depiction is also visible in military training; junior cadets often feel highly disgusted by the unkind behavior of senior trainees in the dormitory but those cadets are found acting similar with their juniors after crossing a term.

Whether good or bad, our behavior develops mostly beyond own awareness and acts as an invisible phenomenon of mental habit that shapes over time. Our habits develop by our surrounding environment whether actual or virtual but once it takes the shape, it starts controlling our life. After any habit is already formed, our brain also starts protecting own habits weather good or bad. Often, we humans do act and behave very little by our knowledge but a lot by our mental and physical habits. Mostly we respond not by what we believe but what habits we possess. We move not by awareness, logics, and rationality but by what mental habits we have developed over time.

The perception of good and ugly, rationality and judgement, melodious or cacophonous is the outcome of our mental habits. Skills like swimming, riding, driving, reading, playing, typing, and marching is our physical habits, however, skills like perception, evaluating capacity, emotionally intelligent, foresightedness, vision, relationship management, leadership skills are keenly related to the mental habits. Our physical habits build our technical ability but our psychological habits construct our domain of self-worth combining senses of values, principles, faith, dignity, and honor. As such our mental habits define our identity, personality, and character.

When we spot someone as Gypsy, we distinguish them by their living habits. When we identify some people as Jews, Christian, or Hindu, we essentially recognize them by their believing habits. Although none possess empirical evidences on the existences of God, most people believe in different God, Idols, and divine guidance as their mental habits got formatted from the childhood out of their living environment. While everybody is absolutely aware that human life is an episode of a limited time consisting a few years and months but most people employ their lifelong efforts for earning more money, more status, and unlimited power as commanded by own mental habits. The sense of patriotism, dignity, honor, belongingness, values, and principles, concept of the good life, success, and failure are the outcome of our mental habits. Indeed, humans are habit driven entity where mental habits are often more vivid and most dominating. The command of mental habits is so profoundly powerful that people even accept supreme sacrifice to uphold their mental habits.

In the evolutionary perspective, humans are architecture as social being. We love to stay in a group. We always want to be emotionally attached to a team, and thus we form tribes, societies, and nations. Building group identity is our instinctive biological necessity to survive, secure, and progress. We cannot live alone and progress isolate. Due to the evolutionary design, we need emotional support and cooperation of others to enhance own human potentials. In contrast, when we fail to live in associations and stay isolate, we suffer from emotional support deficit; often we endure loneliness, depression, anxiety and many different mental and even physical disorders. Therefore, human needs to preserve the habit to extend emotional support for mutual benefits.

To complete the evolutionary design, humans are naturally built with enormous essential instincts and emotions to form group identities and associations. The truth is observed in every sphere of our daily life. Humans possess enormous emotional features naturally inbuilt. We always experience sense of love, compassion, sympathy, empathy, belongingness, attachments, and many more natural instincts in us. Getting into a hall room, suddenly when you find people already inside the room are enjoying a burst of laughter, you also reflexively experience a smile on your face without having any knowledge of the reason to be happy. It also occurs when some people are mourning, and incidentally, we are passing by the site, we also reflexively experience a sense of sorry in us. Indeed, human emotions are always induced by the surrounding emotions for the purpose of building mutual attachments. Albert Bandura pointed out this phenomenon through Social Learning Theory and explained that our brain activities are highly resilient to the surrounding stimulations.[2] We tend to like what others like, we feel disgust when we observe people around us sense the same, and thus we develop similar mental habits. As the default design, humans are naturally motivated to form groups and they form groups with similar kinds of physical and mental habits.

In daily life, our brain constantly and continuously encounters and evaluate stimulus of the environment and distinguish each of them as friendly, neutral, or foe. Due to the inherent necessities of better survival, progress and enhancement, our brain spontaneously looks for friends and displays friendly signatures to others whom it considers possessing power potentials. At the same time when our brain evaluates something challenging, unfriendly or hostile, spontaneously it activates its defense mechanism. As human beings are naturally designed to survive and progress in a group or a society, it seeks every opportunity to build power associations with others. To secure own identity in the group and establish own selves as the worthy elements of the group, each human brain continuously evaluates and acts what is needed not only to stick with the group but also to prove its importance among them. That's how every human unconsciously sense necessity to display own credibility and superiority through every opportunity of verbal and non-verbal signature. Over the time, such urge to display own standing, honor, respect, and dignity turns into our usual mental habits. Thus, creating a strong personal

identity and building a powerful coalition works as an unconscious mental drive installed in each human brain.

People stay under unity for the innate purpose to secure better survival and superior progress in life. Often people are also found engaged with debate and fighting to establish own superiority. The same evolutionary purpose operates when they differ and build separate group identity. The necessity of better survival and superior progress drive each human to acquire and propagate own credibility in any terms. They seek to prove own worth in the surroundings by building own domain of security and advancement. Fearing the challenges, many also tend to form own separate group identity. When some people fear falling short of competing capability or credibility, unconsciously they choose to defame their perceived competitors similar to the negative marketing technique. Thus, they engage in propagating bad names and attempt to vilify others to materialize own interest, thus they may develop destructive mental habits. In consequence, we observe emergence of different group identity, conflicting beliefs, opinions, and sometimes disharmony in the society.

A Neuroscientific Perspective of Human Habits

Humans are primarily biological machines and most of our body functioning is controlled by a small organ of 1400 grams consisting of billions of neurons and trillions of synapses. Superior functioning ability of those brain cells determines our aliveness and progress as a human. It operates through enormous biological instincts and neurotransmitters and is directed by essential emotional impulses for the evolutionary purpose of survival and progress. The giant network with keen ultra-microscopic connections, enormous precisions of brain functions, speed, complexities, and evolutionary design of this living organ have made it the most complicated and sophisticated creation in the universe.

Our body acts and reacts as our brain evaluate what is necessary for our wellbeing. In doing so, human brain follows a unique set of skills to accomplish this task. Executive functions of the brain's prefrontal cortex work relentlessly and consume huge body energy to evaluate every situation, generate decisions and direct our physical responses. When we watch, listen, and visualize something persistently or perform the same task repeatedly, certain brain neurons gradually get strongly connected among themselves and establish working

networks. Repeated practice, recurrent experience, and insistent stimulus progressively lead our brain neurons to form certain patterns and thus we experience our habits. Either physical or mental, once habits are formed, it works as an auto-run function beyond our consciousness.

Physical response-based habits are often manifested through our behaviors but mental habits often remain unobserved. When certain habits take the shape, executive functions of the brain disengage and allow the new neuronal network to continue functioning without much of the brain effort. At this stage, the prefrontal cortex of the brain gets involved with forthcoming eventualities, impending challenges, and find solutions to form new and newer habits. Thus habit-building activities constantly roll on inside the human skull similar to microchip production – all tiny connections assemble huge numbers of neurons, forming an integrated circuit or networks and getting out of the production chain as a finished biotic microchip – capable of performing specific habitual actions. Once some habits are confirmed, it takes control of our daily activities and performances. Our physical habits control and determine our physical skills and manifested behavior. Thus our social habits take control of our social behavior, social norms, culture and the universal habits define our state of human civilization.



Humans are Naturally Vulnerable to Build Negative Habits

The negative events or bad news have a greater impact and attention level on our brains than positive ones. Psychologists refer to this as the negativity bias which powerfully affects human behavior, habits building, decision making, and even relationships. The human brain has a natural tendency to weight and stand out on pessimistic experiences or interactions more than optimistic ones. Neuropsychologist Rick Hanson writes, humans are evolutionarily wired with a negativity bias

since avoiding threats is the critical necessity to survive. He says, “Two of the little almond shaped regions of human brain called amygdale constantly scrutinize for the bad stuff and fixate on the impending threats. It works as the alarm bell of our brain — uses about two-thirds of its neurons to look for bad news: it’s primed to go negative. As such negative events and experiences get quickly stored in memory — in contrast to positive events and experiences.”[3] Nobel Prize-winning researchers Kahneman and Tversky found that when making decisions, people consistently place greater weight on negative aspects of an event than they do on positive ones.[4]

Psychologist John Cacioppo studied electrical activity in the brain and observed that negative images produced a much stronger response in the cerebral cortex than did positive or neutral images.[5] Such negative biasness occurs due to the evolutionary necessities as our brain constantly work to protect us and enhance our survival in the environment. Neuroscientific evidence has shown that there is higher degree of neuronal processing activities takes place in the brain in response to negative stimuli. The measuring technique of event-related brain potentials (ERPs) also show, the brain's response to specific sensory, cognitive, or motor stimuli elicit a larger brain response by the negative impulses than positive ones.[6] We tend to ponder more about unpleasant events, negative information, and use stronger words to describe them. Thus, bad emotions, bad memories, and bad impressions continuously occupy our attention and impact on our habit building. Research has shown, since negative information causes a surge in brain activity therefore negative bias can have a wide variety of effects on how people think, perceive, behave, respond, feel, and build habits. It explains that humans tends to form negative habits naturally.

Habit Defines Individual Human Identity and Constitute Social Architecture

Once Warren Buffett said, “Chains of habit are too light to be felt until they are too heavy to be broken.” Aristotle pointed out that, quality of work is not an act, it is a habit. The Greek philosopher Plutarch explained that, human character is simply habit long continued. We are what we repetitively do and our excellence is not an act, but a habit – explained by Will Durant, the writer of *The Story of Civilization*. William James described that, all of our life, is but a mass of habits – practical, emotional, and

intellectual. Indeed, our life identity and success is defined and determined by the mass of our constructive or destructive habits. Due to the intuitive motivation in response to the necessity of survival, we learn skills and accumulate our life habits. We form our mental habits on what is practiced and preached in our surroundings. We start to believe what others believe; we start to like what others do. We also start to dislike, disagree, and disbelieve something in similar ways.

Perhaps you have identified the difference of food habits, music habits, habits of social behavior in different age and context. Elders often found enjoying some soft or classical music to the most whereas the youngsters may feeling bore and stiff listening to the same piece. Parents prefer some kind of food but the kids enjoy something different. Our mental habit plays an important role in selecting such preferences. We often become emotionally attached to some objects, brands, fashions, life styles, or even geographical areas as they constitute our emotional and mental habits. Whether logical or illogical we often respond, act, and behave due to our physical and mental patterns developed over time and contexts.

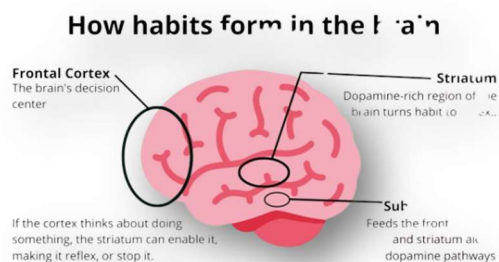
Our life is time bounded; we are habit-bounded entities as well. In adulthood, our daily lives roll on mostly through our habits. The degree and quality of our constructive habits help us to work faster, move faster, and accomplish tasks faster with accuracy. The degree and quality of our physical habits makes us skills and proficient on our works. Conversely, the ways we think, evaluate situations, put comments on certain issues, perceive values, believe something, and sense interests in life are our psychological habits and that makes our identity as individual human character. Although physical habits and mental habits are much intertwined and often difficult to study independently yet physical habits mostly determine our technical ability and mental habits tell us about what we are.

The difference between an amateur and a professional is in their habits. An amateur has amateur habits. A professional has professional habits. We can never free ourselves from habit. But we can replace bad habits with good ones. ~ Steven Pressfield

Time to Build Constructive Habits

Our brain acts beyond consciousness and functions as it gets programmed over time. Infants start learning the fine tune of each pronunciation, intonation, and accent of each word of the language as they observe others speaking. They also learn behavior, display facial expressions, postures, and body language by watching people's actions and reactions to different situations around them. Learning during infancy mostly takes place automatically and unconsciously as an evolutionary necessity to adapt and survive in the living environment. All of these learning takes place as part of habit-building technique. As they watch and observe, they also try to copy and mimic due to the evolutionary motivation to learn new and newer skills. As such, repeated endeavor, persistent practice, and constant effort make toddlers attaining any skills in the form of habits. Indeed, childhood is the best time to build constructive habits and it demands enormous effort to modify when any habit takes the concrete shape.

Although, childhood is the best time to build constructive habits however, habit-building continues in our entire life-long. Due to the media propagation when we repeatedly watch some kind of new fashion on the billboard, Facebook, YouTube, TV, or in any other actual or virtual space, our brain gets wired with new programs and we tend to accept those fashions. In our daily life, hardly we accept or reject any fashion or style by logic but we accept it unconsciously as our brain perceives those new styles as the trend of the time. Our brain always makes an unconscious choice to be the part to the trend although some fashion, style, or norm may not be at all useful the same also occurs in our every life choice, emotional settings, cultures, and even in our belief system. It explains that, our every day and each minute is an opportunity to return from destructive habits and accept the constructive one.



Purpose of the Education System

Children are the best inheritance and the investment of the civilization, as such each parent and every society engage

their optimum effort to educating new generation. When we speak about education, we essentially mean the physical and mental training of each child that they should be able to distinguish good from the bad and ugly from the decent. We mean to enhance their working skills, ability to survive, and progress better through learning the rules of the society and enhanced ability on human interactions. Teachers and educators of every society focus their utmost care and effort to build each youth as the responsible citizen, man of principles, complying social standards, norms, and rules. Education system builds each youth with appropriate physical and mental habits that essentially surface them with the sense of dignity and pride in life. The sense of nationalism, patriotism, honor, respectful behavior thus becomes the outcome of constructive mental habits created through formal or informal education system. Indeed, appropriate education is a critical necessity to build and uphold constructive human habits what a society aspire to reach in future.



How to Transform Bad Habits into a Constructive One

Charles Duhigg explained “You can’t extinguish a bad habit; you can only change it.” He said, habits are hard-wired into our brains, thus we cannot erase it instead, we can modify. To transform any undesired habits into a constructive one, we have to be determined and focused about changing it. The author of the Power of Habit explained that habit continues with three basic features; the cue, the routine action, and the reward. To transform any old habit into a new, one must keep the old cue, and deliver the old reward, but insert a new routine. As Charles Duhigg said, If you use the same cue, and provide the same reward, you can shift the routine and change the habit. That’s how; almost any behavior can be transformed if the cue and reward stay the same. However, to modify a habit, one must possess enough mental strength to change it. An individual must

consciously identify the cues and rewards that drive the habits' routines, and find alternatives. The same is applicable for transforming some weird social habits into a productive one. Modifying social practice keeping the old cues and rewards can be suitable to alter some unexpected social habits. A wide use of information technology and its administration is a critical necessity for such transformation.

Collective Habits are the Instinctive Survival Design

Humans are naturally structured with numerous feelings, senses, and essential emotions to build and enhance mutual attachment forming tribes, groups, or societies. In biological architecture, humans possess abundant manifested and also unobserved biotic functions to unite each human through different kinds of socio-emotional impulses. People enjoy talking to each other; they love to hang out with friends and families and experience a sense of punishment when they are kept isolated. We tend to enjoy what others do enjoy, we smile when we observe others smiling, and we experience sadness when we see someone passing through mourning. We, humans, are biologically characterized by love, compassion, kindness, sympathy, empathy, gratitude, serenity, hope, pride, inspiration, and many other feelings that ultimately acts building mutual attachment with others. In our life journey, we experience social attachments, family attachments, subjective attachments, objective attachments, geographical attachments, and many more as our automated life features. These attachments often come from our habits either physical or mental. This is our design and it may be unwise to fight against that natural architecture. For any reason, when we try to lead a life against our biological design of collective living and develop isolated individualistic living habits, the result is a disorder. When we ignore our essential elements of combined habits of mutual wellbeing and try to lead like a solitary being, we suffer from numerous issues both biologically and psychologically.

75 years longest study on adult life conducted by Harvard finds that people, who are emotionally better connected with their family members, friends, and community, enjoy better fulfillment in life and preserve better physical and mental health. Julianne Holt-Lunstad, Ph.D., a professor of psychology and neuroscience at Brigham Young University reported, "Being connected to others socially is widely considered a fundamental human need—crucial to both well-being and survival." Researchers at the

Florida State University College of Medicine also found that loneliness and social isolation is associated with a 40 percent increase in a person's risk of dementia.[7] Therefore, we need constructive habits of reciprocal interest to grow stronger mutual attachment since positive collective habits fulfill our socio-emotional needs to enhance survival and wellbeing. The quality of our living, standard of social peace and stability, norms and cultures are thus determined by the standard of social habits.

Social Habits are Synonymous to Harmony

At the end of a rush day, before hitting the bed, if you take a little respite and ask yourself, what all have you done new today? The way you evaluated something, the way you responded upon some situation, or the way you interacted and behaved with people, was there anything new from your previous days? Perhaps, you will find very little new about it. Indeed, our life rolls on by the repetition of yesterday, the day before yesterday, and beyond. We act, behave, evaluate, and analyze events based on our habits.

When some habits are socially or organizationally accepted, expected and ideally practiced, we often term it as discipline. Our sense of obedience, self-order, norms, and values are the habits of our life. As human being, when we pursue certain collective habits, we develop discipline and harmony, when a society ignore the importance of constructive mental habits, they suffer from disharmony. Discipline is the key necessity of social harmony and harmony leads to peace stability, and prosperity conversely disharmony brings destruction. In a harmonized social structure, the natural outcome is enhanced cooperation and higher productivity, but disharmony brings unhealthy competition, insecurity, power politics, and the society suffer from conflicts and violence. At the meta-level, you will find most of the social, national, and even global conflicts and crises are linked with the difference in opinions and perceptions – an output of diverse mental habits.

In the Need of Universal Habits

We often feel proud to be the most logical being on earth but such a claim is hardly logical. Practically we humans are highly sensitive creature and emotionally driven by our habits. An individually single human is too weak to survive but collectively humans are the best among all other species to conquer and construct. The concept of collective survival through cooperation and collaboration

has made humans superior social beings. So, we need more and more constructive and collective habits for the civilization to enhance cooperation and unity. We also need the most appropriate approach to reshape our destructive mental habits to eradicate our differences and disparity. We need to maximize the power of our spiritual and emotional habits to bring all humans under some universal viewpoints. Nothing to excess, mutual respect, equality, justice, honesty, responsible behavior, hard work, tolerance, and commitment are to be re-established in human habits as a global necessity to re-capture the title “The Best Species on Earth.” These universal habits are again the critical necessity to enhance cooperation among all nations and states for security, peace, and development.

The invention of effective communication ability and easy access to education is one of the best achievements in human history. Constructive learning opportunities is the blessings in progress and prosperity in our life. We are born as primitive biological creatures but learning transforms us sophisticated modern humans. Research, analysis, knowledge, and wisdom have made human civilization connected both vertically with the past and horizontally with the present. In this Information Age, a new and more collaborated world order has silently emerged to assist the progress of humanity as a single entity. Education system has come up with baskets of logic, rationality, and wisdom to boost our progress as united humans. Knowledge and learning have brought us in front of new possibilities where appropriate and

constructive universal habits can foster cooperation; enhance unity, peace, stability, and progress. The precious learning and practice of universal habits can eradicate most of our social and international mental differences and assist to build an even stronger united human identity on earth.

Peace education has opened up our conception that the whole world is the home of all humans and that present civilization has a single entity of humanity as such we need to master the new art of living altogether. We must learn and progress with the highest degree of cooperation among us and wipe out differences and hostility. We need to transform our mental habits so that it helps our combined survival and progress with the highest productivity. We need to shape and reshape our psychological habits to eradicate identity competition, power politics, status, and wealth-hunting contests. We need to establish and enjoy a mental habit of mutual respect, tolerance, sacrifice, and practice of human qualities; a calm and tranquil mindset that helps us all to unite better than yesterday. We need to have the habit to love others and dedicate ourselves to the well-being of humanity irrespective of caste, color, clan, status, or power. We need to eradicate our negative habits and transform them into constructiveness for more collaboration, support, and enhanced security in life. Today, it is a global necessity to promulgate and practice to the most suited universal human habits for more cooperation, superior human values, and greater well-being for humanity.

References:

- [1] In 1999, New York University researchers Tanya Chartrand and John Bargh detailed three experiments that roughly mapped out how the chameleon effect works.
- [2] Albert Bandura was a Canadian-American psychologist who was the Professor in Psychology at Stanford University. His contributions to the field of education and to several fields of psychology, including social cognitive theory, therapy, and personality psychology were well-known. He is known as the originator of social learning theory.
- [3] <https://archive.attn.com/stories/2587/what-negative-thinking-does-your-brain>
- [4] Kahneman D, Tversky A. Choices, values, and frames. *American Psychologist*. 1984;39(4):341-350. doi:10.1037/0003-066x.39.4.341
- [5] Ito TA, Larsen JT, Smith NK, Cacioppo JT. Negative information weighs more heavily on the brain: The negativity bias in evaluative categorizations. *J Pers Soc Psychol*. 1998;75(4):887-900. doi:10.1037//0022-3514.75.4.88
- [6] Ito TA, Larsen JT, Smith NK, Cacioppo JT. Negative information weighs more heavily on the brain: The negativity bias in evaluative categorizations. *J Pers Soc Psychol*. 1998;75(4):887-900. doi:10.1037//0022-3514.75.4.887
- [7] *The Journals of Gerontology: Series B*, online 2018.

Value of Social Capital in Building Resilient Community: A Study on a Coastal Community of Bangladesh

Md. Anwar Hossain

The people of the coastal area of Bangladesh are always facing extreme weather events. Humanitarian lessons of social and religious values play a vital role to help each other even if making one's life endangers. This study was conducted to explore the vulnerability and strength of the community for their resilience in terms of social capital. This study was conducted in the village of Shyamnagar Upazilla of Satkhira District; an Aila-affected coastal community of Bangladesh during June 2018-December 2019. VRA protocols were used to collect data. The community people mentioned that their family integrity is breaking down day by day following seasonal migration and livelihood threats. Their value system is also endangered. Village politics, discrimination, and losing religious practices are the inevitable result of deteriorating trust. This study revealed that the amity among the community people is somehow good and the Government aid and policy as well as Information services are very favorable to building a resilient community. The investment of national and donors emphasized relief and the strengthening of institutional capacity but attention to the other human and social attributes which are also much more important for a resilient community should also give priority.

Review of Literature

Research findings shows that “less resilience fails to mobilize collectively and often must wait for recover guidance and assistance” This implies that vulnerable populations are not solely characterized in terms of age, income, etc., but in terms of “their lack of connections and embeddedness in social networks.” In different words, “the most effective—and perhaps least expensive—way to mitigate disasters is to create stronger bonds between individuals in vulnerable populations.”

Daniel Aldrich (2012) suggested in his case studies that social capital is more important for disaster resilience than physical and financial capital, and more important than conventional explanation.

The people of coastal area of Bangladesh are always facing the extreme weather events. These areas are most vulnerable to climate change due to sea level rise, salinity intrusion, flooding, increased frequency and intensity of cyclone and storm surge, and increased coastal and riverbank erosion. Super cyclone ‘SIDR’ in November 2007 and cyclone ‘AILA’ in May 2009 are the recent examples of extreme events that affected the thousands of people, many of whom are women and children and destroyed livelihood options of millions of coastal people. It is often seen that the government response takes sometimes even a week with insufficient aid and coordination capacities due to the poor transport system. (WASH CLUSTER, 2009) High density of population is another problem for the government to address properly. The period between hit of disaster and institutional response is a crucial time for the people. It has been found in Bangladesh that in this time people helps each other without discrimination poor and rich, racism and any other confliction issues. Humanitarian lessons of social and religious value plays the vital role to help each other even making one's life endanger. When the river bank become collapsed the community people rush to the spot without waiting for the institutional assistance due the diving force of humanity. This humanity and values become vulnerable when the institutional assistance comes to the community through political and power channel.

Objective of the study

To know the extent of social capitals that are playing role in building resilient community in the southern coastal area of Bangladesh.

To explore the vulnerability and strength of the community for their resilience in terms of social capital.

Area of study

The area was purposively selected as the selected community faces several climate hazards recently. This study was conducted in the village: Kalinchi, Union: Ramjannagor (Total population 29368, Male-14168, Female-15200) under Shyamnagar Upazilla of Satkhira District; an Aila affected coastal community of Bangladesh.

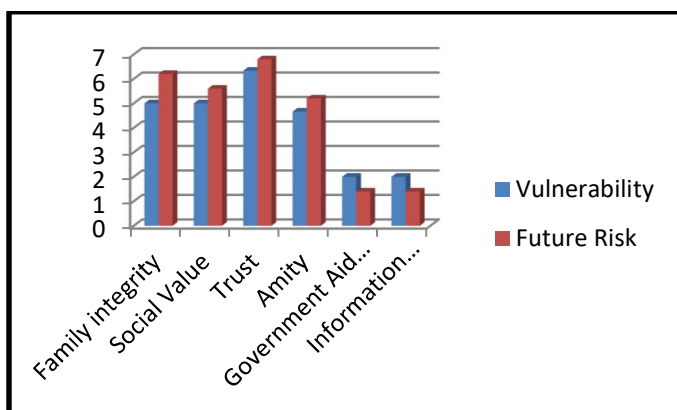
Materials and methods

This study was conducted during June 2018-December 2019. The village occupies 5000 people (Male-female ratio is 1.07).(BBS,2011) who lives in about 1000 houses.

Three FGD were done where 25-30 respondents were selected as a representative of each ten houses of the selected vulnerable community for each FGD. Women and different livelihood groups were considered in the participant selection. The Vulnerability Reduction Assessment (VRA)(Andrew Crane Drosch,2008) protocols were used to facilitate the FGD. The respondents were requested to put their vote against the variables like family integrity, social values, and trust to each other, amity, and Government policy of aid and information accessibility. The respondents were requested to put values (0-10) against each character according to its severity of vulnerability and future risk. A panel of five members was formed including social elites and leaders to validate the response of the respondents.

Results and discussion:

Family integrity- It was considered as an important variable as the good family relation makes a person more secured than any other options. It was found that most of the respondents said that their strength in family integrity was medium(5 score out of 10) and vulnerability is increasing day by day. Following the recent cyclone, water surge and saline water intrusion made their crop production system vulnerable and increased their food insecurity that forces them to seasonal migration and shifting of family member to another for livelihood. It also impacts on their joint family system to breakdown.



Value system:

A society becomes more resilient when it occupies strong value system. This ideology defines what is right or wrong

and guides ethical behavior based on those beliefs. A person's values determine his or her character and actions, even in situations where negative consequences might exist for doing the right thing. It was found that the community people mentioned as the vulnerability of the value system was medium and future risk is more than medium. The community people know the right as right and wrong is as wrong but sometimes it goes out of their grip when the influential power plays a role unethically during the distribution of institutional aid support. Continuing ill practice makes the moral strength of a community weak that makes the community vulnerable.

Trust to each other:

Trust can be explained as the relationships between people. Conceptually, trust is also the relationships within and between social groups (families, friends, communities, organizations, companies, nations etc.). To frame the dynamics of inter-group and intra-group interactions in terms of trust is popular. Without trust all the contingency plans become paralyzed.

In this study it was found that vulnerability and future risk of trust was increasing. People explained that the people of this area were strong in religious faith; natural resources were abandoned to meet the livelihood and had the social harmony. Following several natural hazards, stress, anxiety, and unrest associated with many other difficulties made the life of them complex. Village politics, discrimination, and losing religious practices are the inevitable result of deteriorating trust.

Amity:

Mutual understanding is very necessary among the neighbors, groups, and community for a peaceful sustainable society. It helps the people to help each other during any disaster period. In the ancient period when the people live in groups they used to share their food and shelter among themselves for their surviving. This study revealed that the vulnerability of amity among the community people is below the average, which means somehow good. The villagers gave an example that in the villages there was only one well-constructed mosque. When Aila hit there was no place to take shelter but this mosque. In that time the villagers; Hindus and Muslims all took shelter in the roof of the mosque without considering any religious constraints.

Government aid and policy:

It was found that government aid and policy was more favorable to the resilient. The community people

explained that due to the awareness program, social mobilization of different NGOs and influence of civil society the Government has made the policy resilient livelihood friendly. Government has established different department and ministry to response the disaster quickly. Local Government authority is also sincere regarding this issue. Government has generated policies and formed different committee from national level to community level. Planning, CRA, RRAP financing in DRR is now participatory process with the local community that is why the community people feel more resilient than ever before.

Information services:

Communication, network and access to information is very important for the development even in disaster period. Due the lack of early warning system once the people could not know the messages of disaster to take shelter which used to tolls huge lives and properties. Now the people of this community are risk free and feels

resilient as they have well established early warning system, trained volunteer, cyclone and flood shelter. Certainly, it is a positive impact of the effort of GO-NGOs.

Conclusion and Recommendations:

This study shows that the Government aid and policy as well as Information Services are very favorable to build a resilient community. The investment of national and donors emphasized in relief and the strengthening of institutional capacity but attention in the other human and social attributes which are also much more important for a resilient community should also give priority. If the social and religious values could be strengthened that energizes the humanity then the situation could be better and resilient of a community and would be irony strengthened. The people of the community who lives in spiritual void get strong social capital. The stronger social capital might serve as informal insurance to overcome the constraints to be more resilient.

References:

1. Andrew Crane Driesch (2008),A Guide to the Vulnerability Reduction Assessment,United Nations Development Programme Community-Based Adaptation Programme.
2. Bangladesh Bureau of Statistics, 2011.
3. Daniel P. Aldrich (Aug 22, 2012), Building Resilience: Social Capital in Post- Recovery.
4. Learning and Knowledge Sharing Workshop on Response to Cyclone Aila, WASH CLUSTER, Khulna, Bangladesh, December 2009.

Submarines an amazing underwater craft, are a formidable weapon in war.

Mia Mohammad Musa

Submarines are an incredible technological achievement in the realm of underwater crafts. They are essentially underwater vessels designed to operate below the surface of the water and have been utilized in both war and peacekeeping missions. While they are most commonly known for their military use, submarines have also been used for scientific research and exploration.

Submarines have come a long way since their earliest designs in the late 19th century. Today, submarines are highly advanced machines that can stay submerged for months at a time and travel at speeds of over 20 knots. They can be equipped with a range of weapons and sensors, making them a formidable weapon in war.

One of the main advantages of submarines in war is their ability to remain hidden beneath the surface of the water. Unlike surface vessels, submarines are much harder to detect and can operate undetected for long periods of time. This makes them ideal for carrying out surprise attacks and reconnaissance missions. They can also launch missiles from underwater, giving them an even greater advantage.

Another advantage of submarines is their ability to operate in a variety of environments. They can travel great distances and withstand the extreme pressure and temperatures of the deep sea. This makes them highly versatile and allows them to be used in a range of missions, including intelligence gathering, search and rescue, and even special operations.

Despite their many advantages, submarines are not without their challenges. One of the main challenges is the limited space on board. Submarines are designed to be compact and efficient, which means that living quarters, storage, and other facilities are often cramped. Crew members must also be highly trained and disciplined, as living in close quarters for extended periods of time can be mentally challenging.

Another challenge is the risk of accidents and malfunctions. Submarines operate in a highly complex environment, and even small mistakes can lead to catastrophic consequences. Proper maintenance and training are crucial to ensuring the safety of the crew and the success of the mission.

In addition to their military applications, submarines have also been used for scientific research and exploration. With their ability to withstand the extreme pressures of

the deep sea, submarines have allowed scientists to study underwater ecosystems and geology in ways that were previously impossible. They have also been used to explore shipwrecks and other underwater artifacts, shedding light on important historical events and providing valuable insights into our past.

Submarines have also been used for peacekeeping missions, such as monitoring and enforcing international treaties. For example, submarines have been used to track and monitor the movements of other countries' submarines to ensure compliance with arms control agreements.

Despite their impressive capabilities, submarines have not been without controversy. The use of submarines in war has been criticized for its potential to cause significant civilian casualties, as underwater explosions can create large waves that can damage nearby cities and infrastructure. Additionally, the use of nuclear-powered submarines has raised concerns about nuclear accidents and the potential environmental impact of radioactive material in the ocean.

In recent years, advancements in technology have allowed for the development of unmanned underwater vehicles (UUVs), which can be used for a range of missions, including reconnaissance, surveillance, and mine detection. These UUVs offer a safer and more cost-effective alternative to manned submarines, and they have become an increasingly important tool in modern warfare and scientific research.

In conclusion, submarines are an amazing feat of engineering that have played a critical role in both war and peacekeeping missions. Their ability to operate in a

variety of environments, remain undetected, and launch missiles from underwater make them a powerful tool for national defense. However, their use in war has also raised concerns about civilian casualties and environmental impact. As technology continues to evolve, it will be important to carefully weigh the benefits and risks of using submarines in military operations and explore alternative solutions, such as unmanned underwater vehicles.

Let's know some facts, there are two types of submarines depending on the fuel, diesel-electric submarines, and nuclear submarines, but there are many other types of submarines. Diesel-electric submarines are diesel-powered but run on diesel when afloat, and electric motors when submerged silently. Nuclear submarines are submarines powered by nuclear energy. America's largest submarine is the USS Michigan. Know some parts of the submarine and their work. Let us talk about two functions: The conning tower is the control room from where the entire submarine is controlled. The torpedo room is where the torpedoes are kept and fired at the enemy. **PRESSURE HULL** The outer cavity is a pressure hull holding the outside water pressure.

At a depth of 600 meters of water, the pressure is about 60 times higher than normal, about 900 psi! Terrible thing! The shell is divided into two parts, the outer one is waterproof, and the inner one is made of steel or titanium door. Some submarines have rubber covers on the outside to reduce noise. How to move? By the engine. If the engine is diesel, it works like a normal car, and if it is unclear, the nuclear fuel burns to generate power, and the engine turns the propeller, and the propeller propels the submarine forward, like a ship. How do submarines float and sink? With ballast tanks. See in the picture how many empty chambers there are in submarines; they are called ballast tanks and can be filled with water at will. When floating, the ballast tank can be emptied and filled with air; when sinking, the chambers can be filled with water in a very controlled manner to sink to the desired depth. There are also air chambers that control the movement of

the submarine using only air. With the help of small wings and propellers on both sides, the angle of sinking or going back and forth is fixed or adjusted.

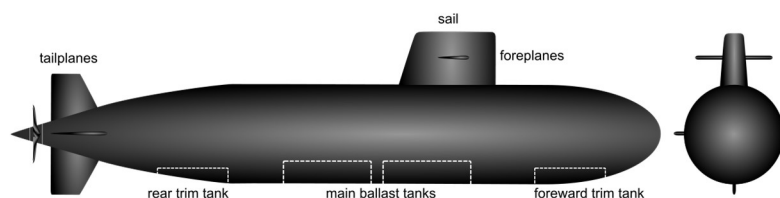
What is the advantage of nuclear submarines over diesel-electric submarines? There are many advantages. A diesel engine needs air to run with diesel which is difficult to get underwater, so it often has to come up or generate troublesome air. However, nuclear submarines do not need air, and nuclear fuel generates heat without air to run the engine. Moreover, nuclear submarines do not make noise; diesel engines make noise, which is useful during wartime. Again, filling oil in a diesel sub is also a hassle and a safety issue.

Nevertheless, a nuclear submarine can go for many days without refueling, although it has to come up often to get food! Suppose a modern submarine can run continuously for 25 years without taking any fuel if there is no food! Modern submarines' movement or torpedoes' firing are all perfectly controlled by computers. When submerged, the crew needs oxygen to survive, and that oxygen is produced by the submarine itself or by using cylinders.

The price of the nuclear sub is low, so not all countries can buy or use it. In 1951, the US launched its first nuclear submarine, the Nautilus, after Jules Verne's novel *Twenty Thousand Leagues Under the Sea*. The world's first nuclear submarine US Nautilus was 320 feet long and cost 55 million dollars. Russia launched its first nuclear submarine in 1958. The world's largest submarine is the Russian Typhoon class submarine. From 1960 to 1997, Russia built a total of 245 nuclear submarines, which is more than the submarines of the rest of the world. Everyone is afraid of Putin!

Currently, six countries have nuclear submarines: America, Russia, France, the United Kingdom, China, and India. Countries such as Argentina and Brazil will soon add submarines to their fleets. America's largest submarine is the US Michigan.

Submarine control surfaces



Some data on the Michigan submarine:

Type	: SSBN/SSGN
Displacement, i.e., water moves (weight)	: 16,764 tons
Length	: 560 feet
Engine	: Two turbines totaling 60,000 horsepower, one 325 horsepower motor.
Propeller	: 7-blade screw-type propeller
Speed	: Floating – 22 km per hour and submerged – 29 km per hour.

(Range means how far one can go at once: no limit, forever unless food runs out. It can run below 800 feet.)

Crew	: 140 people
Armament	: 4 x 21-inch diameter torpedo tubes that fire ship-destroying torpedoes.
Made by	: General Dynamics Electric Boat.

References:

1. "Marine Biologist and Bioluminescence Specialist Edith A. Widder: Video Transcript: Ocean Exploration Careers: NOAA Office of Ocean Exploration and Research".
2. Cutler, Thomas J. (1 October 2017). "Of Ships and Boats and ..." *Bluejacket's Manual*. Naval History. Vol. 31, no. 5. U.S. Naval Institute. Retrieved 9 November 2022.
3. Sherman, Chris (14 April 2009). "World's Biggest Submarine". *English Russia*. Retrieved 21 May 2013.
4. Submarine at OED; retrieved 4 September 2021
5. Submarine boat at OED; retrieved 4 September 2021
6. *The New Shorter Oxford English Dictionary*, Clarendon Press, Oxford, 1993, Vol. 2 N–Z
7. Sontag, Sherry; Drew, Christopher; Drew, Annette Lawrence (19 October 1998). *Blind Man's Bluff: The Untold Story Of American Submarine Espionage*. Public Affairs. ISBN 9781891620089.
8. McHale, Gannon (15 September 2013). *Stealth Boat: Fighting the Cold War in a Fast Attack Submarine*. Naval Institute Press. ISBN 9781612513461.
9. HMS/m at acronyms. *thefreedictionary*; retrieved 4 September 2021

Joann Taisnier Hannon (Jean Taisnier (1508–1562)), *Opusculum perpetua memoria dignissimum, de natura magnetis et eius effectibus* [Most fitting work in perpetual remembrance, on the nature of the magnet and its effects] (Köln (Cologne, "Colonia"), (Germany): Johann Birckmann, 1562), pp. 43–45. Available from: Bavarian State Library From p. 43: "Ne autem Lector nostra dicta videatur refutare, arbitratus ea, quae miracula putat, naturae limites excedere, unica demonstratione elucidabo, quomodo scilicet quis in fundum alicuius aquae aut fluvij, sicco corpore intrare possit, quod me vidisse in celebri Oppido & Regno Tolleti affirmavi, coram piae memoriae Carolo Quinto Imperatore, & infinitis aliis spectatoribus." (Nevertheless, reader, our statement is seen to refute something witnessed, which one considers a wonder, exceeding the limits of nature; I will elucidate a unique demonstration, namely, how one can penetrate to the bottom of any water or river while remaining dry, which, I assert, I saw in the celebrated city and kingdom of Toledo in the presence of Emperor Charles V of blessed memory and a multitude of other spectators.) From p. 44: "Nunc venio ad experientiam praedictam, Tolleti demonstratam a duobus Graecis, qui Cacabo magnae amplitudinis accepto, orificio inverso, funibus in aere pendente, tabem & asseses in medio concavi Cacabi affigunt, ..." (Now I come to the experiment mentioned above: in Toledo, it was shown by two Greeks, who, I understand, attached to a cauldron (cacabus) of great size — [which had its] opening inverted [and which was] held in the air by ropes — a beam and poles inside of the hollow cauldron ... [The beam and poles formed seats for the divers.]) The German Jesuit scientist Gaspar Schott (1608–1666) quoted Taisnier's account and mentioned that Taisnier had witnessed the demonstration in 1538.

Habit-Induced Concept of Human Motivation and Strategic Peace Building Approach in the World

Ashraf ud Dowla & Nurul Hasan

Abstract: Throughout history, philosophers, scholars, and social scientists have attempted to comprehend the true nature of the inner force that drives every human action and attitude. People endeavored to know ‘thysself’ to realize the sources of their own feelings, emotions, strengths, potentials, senses of interest, and causes of human conflicts. Enormous study findings are also available to identify the core source of human motivation that drives unity or disputes among people. Conflict reduction is one of the core agendas in peace-building, where strategic peace-building demands a long-term sustainable approach to eradicate causes of conflicts among people and nations. In a meta-analysis of human behavior, attitude, and actions related to peace and conflict, this study focuses on the core nature of human behavior through a neurobiological evolutionary lens. A habit-induced model of human behavior can explain the needs of every human feeling, behaviors, and actions from birth to the termination of each life and possess a profound link in intra and international peace-building. The study finds a more robust strategic peace-building technique for humanity through an in-depth comprehension of the human mind.

Keywords: Habit, Behavior, conflict, Peace-building

Introduction

Shape, size, colour, and physical structure differ among species, but behaviour and mental capacity differentiate humans and their identity. How a person interacts with others, responds to situations, and displays behaviours that speak about his identity. Habit of constructive behaviour allows people to win the crown of success, and destructive one puts people to go ashtray. The development comes from constructive human habits, and conflicts originate from diverse mental conditionings. A sense of the need for survival, propagation of own species, and the power of habit essentially controls every feeling of human needs and their actions.

According to psychological study, human actions or the behaviour demands an in-depth understanding of two broad spectrum: unlearned and learned behaviour. Unlearned behaviours are displayed naturally with time as human babies grow from infancy to adulthood. The unlearned behaviours pass through generations as an inheritance. A newborn infant displays some behaviour like: crying to express distress, facial expressions for unhappiness, and moving hands and legs upon joy; these are a few unlearned behaviours. In comparison to other living creatures, humans inherit only a few such identical capacities when they are born but they learn most behaviors from the society to realize survival, growth, and reproduction. The superior human brain and the grand design of human life take every opportunity to learn new skills and build habits for higher survival, individual growth, and social needs.

Understanding Innate Human Needs

In pursuing the core stimulation of human behaviour, scientists have made a variety of conclusions. The ancient Greek philosopher Plato coined, “Human behaviour flows from three primary sources: desire, emotion, and knowledge.” Abraham Maslow explained five core needs that form the basis for every behavioral motivation: physiological needs, safety needs, love-belongingness needs, esteem

needs, and self-actualization needs (Maslow, 1942). Clayton Alderfer’s concluded human necessities that shape every human motivation and action are growth needs, existing needs, and relatedness (Alderfer, 1969). David McClelland identified three motivators that all humans possess: a need for achievement, a need for affiliation, and a need for power (McClelland, 1961). British Psychologist Albert Bandura explained that most human behaviour is

learned observationally through modelling from others (Bandura, 1977). These existing theories to describe human wills, behavior, and learning possess some unique strengths and insights yet have limitations. However, almost all theories of human

motivation and actions possess a common element that human behavior results from specific biological or psychological needs. It says that behavior's either learned or unlearned are the outcome of the needs of life.

Major Theories	Limitations
Maslow's Hierarchy of Needs Theory	<ul style="list-style-type: none"> • Human needs are often overlaps and do not follow sequences • Humans are often found pursuing higher needs even without meeting the lower level as described in the theory • It does not explain the behaviors of insane humans
ERG Theory	<ul style="list-style-type: none"> • It also does not explain the behaviors of insane humans • The ERG theory does not describe needs of addicted humans who are habituated in certain destructive behavior
Reinforcement Theory	<ul style="list-style-type: none"> • It does not explain the human needs originate through the internal biological predispositions. • It also does not speak about the behaviors of insane humans.
David McClelland Theory of Motivation	<ul style="list-style-type: none"> • It also does not explain the behaviors of insane humans. • The theory does not describe needs of addicted humans who are habituated in certain destructive behavior. • It does not explain the human needs originate through the internal biological predispositions and the needs of reproductive impulses.

Figure 1: Authors Illustration on Major Theories of Human Motivation

Behaviour spontaneously shapes or manifests between the cause and effect, where needs are the causes and behaviours are the effects. Necessities make humans act and respond to whatever is perceived by the brain as the best to act. The word 'perceive' encompasses the conscious understanding and unconscious evaluation of situations by the central nervous system that evaluates and decides whatever necessary for our well-being. As we experience something new, we essentially realize it depending upon our previous knowledge, wisdom, habit, and inborn unlearned mental skills. Unlearned behaviour generally transmits from generation to generation; however, the specific learned behaviour may also genetically transmit to the offspring as an evolutionary design of our life.

As most theories have underscored, 'need' is the trigger of human behaviour; therefore, the term 'need' demands a deep understanding of what it means. In the theories of human motivation, need is explained as a conscious or unconscious sense of necessities as perceived by the automatic nervous system of the brain. It encompasses every understanding, feeling, and stimulation the human

brain generates to move on to life journey. These feelings are primarily beyond someone's conscious comprehension. As conscious living beings, we experience different emotions and feelings each day and each moment. We feel hungry and eat food; we feel thirsty and thus drink water. We feel happy to see the beautiful ocean beach and enjoy time with friends and families. We experience thousands of such emotions, likings, and dislikes but often remain ignorant about the core source of such feelings. Indeed, the brain is the command centre that constantly receives stimulations, evaluates, generates directions, beyond our ordinary consciousness as it perceive necessary. Needs are the results of our feelings originates from the most sophisticated neuroscientific functions of our brain.

A Habit-Induced Concept of Human Motivation

Human needs and motivation may be understood more comprehensively through a meta-analysis of the human mind. The neurobiological study explains a profound explanation of human behaviour, which can probably elucidate every bit of peoples' response

from all gender and age with diverse cognitive functions, irrespective of time, context, and group identity. Studies of the human brain through the most advanced technologies have found that every human behaviour, sense, and feeling is the outcome of brain functions and an interplay of different neurotransmitters. It says electrically excitable cells of around 86 billion neurons and another 85 billion glial cells densely compacted in a tiny space of our skull build commands for our every sense and actions. Trillions of highly sophisticated complex synaptic connections among brain neurons constitute a giant network inside the human brain that profoundly direct each human response to situations and observed behavior.

Scientists have discovered that a significant level of connections among brain neurons exists when a human baby is born, thus we observe some unlearned or inherent actions, responses, and behaviour among infants. These inherent default neuronal networks function for immediate survival needs and invest in both learning for short-term and long-term necessities in life. However, most parts of the brain neurons connect and form networks as human learn from experiences, observation, and through the induction stimuli of the environment. Humans are born most vulnerable as such the acute necessity of survival through learning enriches the human capacity to innovate and develop. Humans learn what all are essential for life individually and collectively. As our all feelings and senses are the result of neuronal networks functioning inside the brain, our life needs are also the outcome of those ultra microscopic connections and stimuli that transform into a feeling of motivation. It exhibits as the output of the brain impulses and networking of neurons that trigger human behaviour through a sense of need either consciously or beyond awareness.

Human biological functions run independently by the central nervous system beyond someones' choices. However, the grand design of being social creatures, humans possess an acute necessity to learn new skills and behaviours. Due to the need for

massive cooperation, our brain seeks every opportunity to master new skills to create more affiliation with others. Our central nervous system takes every decision to realize growth and development as part of the higher survival needs in society. The ultra-smart human brain constantly and continuously remains engaged to observe, listen, visualize, experience, and learn to attain the superior survival and reproduction needs. Higher survival needs in humans motivate and create more innovative ideas to grow, construct, create, and develop. Indeed, modern human civilization is the outcome of the sense of higher survival needs.

Education, knowledge, wisdom, and habit play a significant role in defining survival needs in human life. People dedicate themselves to pursuing money, status, name, fame, and power for perceived higher survival needs. Conversely, people with higher wisdom feels motivated to survive and progress through the power of unity and cooperation to materialize even higher survival. Due to limited vision and knowledge, some people may contest for societal power and individual growth to fulfil immediate or short-term needs but visionary humans engage themselves to eradicate status differences among people for an even greater long-term unity and development needs.

Survival *needs* and reproduction *needs* are the two core *needs* in human life, but those *needs* materialize through diverse learning processes. Learning new and newer skills improves human survival and define progress. The legacy of learning habits shape society and civilization. In the way of attaining higher degree of survival, learning becomes a need; however, learning occurs through habit-building techniques. Our brain uses the sophisticated system while learning new skills in the most energy-efficient way. In habit-building, our brain creates a neuronal path combined with a dopamine reward system. As such, when we learn something new, it transforms into our habits, and when a routine develops, we instinctively feel happy to follow our patterns. Thus, the reward system generates a sense of happiness to comply with

the command of our habits; and we repeat and further repeat the same behaviour.

When a habit gets a shape, the pattern itself becomes a source of need in our life due to the dopamine effect of the reward system. The reward system thus continuously encourages us and creates an inner force to follow our habits. When we practice constructive habits, we find ourselves skilled and proficient in our behaviour. When we follow our physical habits, we develop physical skills, and when we engage in building our mental habits, we find our identity. Physical habits may have a terminal point, but mental habits are often endless. Proficiency in running or swimming may have an end but the habit of money-making, pursuing power, and status have essentially no limit. We lead our life a little by our knowledge, education or belief but a lot by the habits. When a habit builds, it starts controlling our life more than any other needs and even sometimes supersedes our survival and reproduction needs

Therefore, we may theorize, **"Human behaviors are defined by three interconnected mutually inclusive needs – survival needs, reproduction needs, and habit needs."**



Figure 2: Authors Illustration of Habit Induced Motivation Concept

In the Need of Habits

"Father of American psychology William James wrote:

"All our life, so far as it has definite form, is but a mass of habits - practical, emotional, and intellectual - systematically organized for our weal or woe, and bearing us irresistibly toward our destiny, whatever the latter may be."

All humans possess an inborn genetic need to survive and propagate their species as all other living beings on earth. Such an urge motivates humans to display interconnected

behaviours and actions in diverse forms. In childhood, survival needs become the priority; as such, most instincts of life engage in building a healthy physical body, yet reproduction instincts mostly dominate over other feelings during adulthood. Although the human brain constantly generates impulses for higher survival and reproduction, that function continues through building supportive habits by the brain to conserve energy. Habits are the finest output of our grand design of energy-efficient human brain. The human brain is only 2% of the body mass and consumes around 50% to 60% of body energy during infancy and childhood. Infants and children spend most time for learning new skills that means their brain neurons engage in huge activities to build new networks through durable synaptic connections. Such brain activities consume vast energy, but the human brain - the most intelligent device, seeks for every scope to conserve power. It applies the habit-building scheme and reduces energy consumption to around 20%. An innate yet unconscious biological necessity to conserve power helps us build habits.

We experience our life is a mass of habits, and we build our life through our constructive habits. Habits are physical and mental; habits may be learned and unlearned. Although humans inherit a basket of habits as unlearned behaviour, most of our living habits are shaped in our early life through repetitive experiences and responses as part of learning in daily life. People build habits when they learn and practice regularly and repeatedly. Our brain always functions to build essential new habits and also engage in protecting the old one. Although, survival and reproduction are the most innate needs in life, habit takes control of our behavior even sometimes superseding the previous two. Habit takes almost full command of our behaviour in life in the form of physical activities or mental outputs.

Habit Shapes Human Life

Warren Buffett said, "Chains of habit are too light to be felt until they are too heavy to be broken." Aristotle pointed out that quality of work is not an act; it is a habit. The Greek philosopher Plutarch explained that human character is a habit long continued. Indeed, our life identity and success are defined and determined by the mass of our constructive or destructive habits. Due to intuitive motivation in response to the necessity of survival and reproduction, human learn new skills and accumulate life habits. We form our habits on what is

practised and preached in our surroundings. As a natural tendency to conform with group identity and power, we start to believe what others believe and like what others do. We also sense to dislike, disagree, and disbelieve in similar ways.

Our life is time bounded; we are habit-bounded entities as well. During childhood we learn and build our essential habits however, in adulthood, our daily lives roll on primarily through habits. The degree and quality of our constructive habits help us to work faster, move faster, and accomplish tasks faster with accuracy. The quality of our physical habits determine our skill and proficiency in our work. Conversely, our psychological or mental habits define, how we think, evaluate situations, comment on specific issues, perceive values, believe, and sense interest in life. Our individual mental habits build individual human characters but collective psychological habits speak about our social identity. Although physical and mental habits are much intertwined and often challenging to study independently, physical habits determine our technical ability, and mental habits tell us about what we are.

Mental Habits Define Our Identity

Humans are predominantly defined by their mental capacity. Knowledge, education, wisdom, passion, and a sense of beauty and justice are our mental habits that develop over time. Our mental habits of willpower, sense of belongingness, group identity, pride, dignity, and honour originate as we learn from our society. Physical habits define our physical skills but the mental habits control our decisions. Humans inherit certain mental habits as inborn cognitive abilities; however, we attain most of our cognitive, social and emotional skills by building mental habits from our surroundings.

The perception of beauty and ugly, rationality and judgment, melodious or cacophonous, is the outcome of our mental capacity. Skills like swimming, riding, driving, and marching are our physical capacity; however, senses and feeling like perception, patriotism, group identity, nationality, foresightedness, vision, and leadership skills are keenly related to our mental habits. The opinion of good or bad generates through our mental pattern. The sense of beauty differs from society, time, and context, which are also essentially the outcome of our mental habits. People unite by the identical psychological habits but they engage in conflict due to the diverse mental conditionings. When people engage in logical thinking, eventually, logical thinking becomes a passion,

and people unearth scientific discoveries. Motivation in scientists, leaders, artists, and patriots is the outcome of their passion – a mental habit of loving their work.

Path to Build Constructive Mental Habits

The norms, cultures, and belief systems of our life are our mental capacity to follow a tradition. Whether constructive or destructive, human habits and mental capacities develops mostly beyond own awareness. As we see and listen, we invest in building our mental habits. Building psychological habits are an invisible phenomenon that shapes over time by the influence of our surrounding environment. Every sound we encounter, every image we observe, every situation we visualize that invest building our mental habits. The habit-building environment may be actual or virtual, but once a habit takes shape, it takes control of our life. Our brain values our habits as our identity, thus constantly engage in safeguarding our old habits, eventually we find ourselves resistance to new ideas at times. We feel an innate urge to follow our old habits through instinctive motivation and comply our habits through an inner force from within. Indeed, we humans act and behave very little by our knowledge and logic but a lot by our habits either constructive or destructive. Predominantly we respond not by the beliefs and education but by what habits we possess.

Although childhood to adulthood is the best period, habits building technique functions at all times in our life. Every image we watch, every sound we hear, every smell we encounter, and every sense we visualize impacts our habit-building. Reading habits, watching TV shows, monitoring games and sports, browsing internet sites, using social media, and even learning something new can become our passion or mental habits. When we develop a mental habit of learning, reading, and rational thinking, the outcome is a higher level of knowledge and wisdom. When we build mental habits to know others' perspectives, practice empathy, mutual respect, sacrifice, justice, tolerance, and compassion, the outcome is peace and tranquility in the society. People of such societies enjoy self-actualization - the best outcome of constructive mental habits in pursuing wisdom.

Our sense of complying with social rules, norms, cultures, rituals, and even beliefs results from mental habits often build through the chameleon effect. We develop our mental habits as we see around us even sometimes we do not want to possess such habits. People often attain

wisdom from wise associations, conversely, people who live in a destructive environment often suffer from behaviour modification. Humans possess an innate capacity to copy others and tend to imitate surrounding behaviors. Such spontaneous learning through imitating others is termed as chameleon effect. Researchers behind this study pointed out that coping behaviour builds likeness. It helps strengthen social bonding even when people are not aware of it. Although copying and imitating seems indecent, the chameleon effect is a survival and progress tactic in human design. The chameleon effect is vital for human progress as a species since it carries forward the legacy of skills, experiences, knowledge, and learning.

Unity is the Result of Identical Mental Habits

Unity is the core survival need of evolutionary design in human; our brain constantly acts to enhance social unity and group bonding. Psychologist Andrew Whiten claims that humans are the most social creatures on earth, and thus it's our sociability, not our intelligence, that makes us unique (Whiten, 2000). Human brain seeks for power sources to collaborate; such unity often start from a nub. People who are decisive, credible and influential becomes the nub of the power and a snowball effect shapes a group identity. People also sense conscious or unconscious urgency to match trends of the surroundings. Thus people build unity through the essence of common interest, common practice and the social vibe. Albert Bandura pointed out this phenomenon through Social Learning Theory and explained that our brain activities are highly resilient to the surrounding stimulations. We tend to like what others like, and we feel disgusted when we observe surrounding people sense the same. Thus, we develop similar mental habits. As the social creature, humans are naturally motivated to form groups, and they form groups with people possessing similar physical and mental needs. Our needs in life direct and modify our responses, behaviours, and our physiology as well. We develop the habit of living in associations and feel happy to stay in a group. When we fail to live in associations, we suffer emotional breakdown; we often endure loneliness, depression, anxiety, and diverse psycho-somatic disorders.

Securing our identity within the social group encourage establishing self-worthiness among others. Our brain continuously evaluates and acts on what is needed to propagate own credibility among others. Due to such needs, people tend to display their superiority through

every possible verbal and non-verbal signature opportunity. Over time, the urge to project own status, honour, respect, and dignity turns into mental habits. Our status competition, power politics, ranks, and promotions thus become the effect of our social need – a drive that originates from the need for self-existence. Physical and mental habits may sometimes stand opposite, and in such situations, we experience cognitive dissonance, conflicting minds, and dilemmas in our behaviour. In the daily life often we ignore our beliefs, knowledge, and education but follow the old habits. Our sense of justice, rationality, and logic are often the outcome of our mental habits.

Constructive Social Habits are Synonymous to Harmony

In our life journey, we experience social attachments, group identity, family attachments, emotional attachments with certain objects and brands, geographical attachments, and many more as our daily life features. These attachments often come from our habits, either physical or mental. Such attachment is imbedded in our habit architecture. Biologically humans thrive as social being but, when we try to lead a life against our biological design of collective living and develop isolated individualistic living habits, the result is often a disorder. When we ignore our essential elements of combined habits of mutual well-being and try to lead like a solitary being, we encounter numerous biological and psychological issues.

Seventy-five years' long study on adult life conducted by Harvard finds that people, who are emotionally better connected with their family members, friends, and community, enjoy better fulfilment in life and preserve better physical and mental health. Julianne Holt-Lunstad, PhD, a professor of psychology and neuroscience at Brigham Young University, reported, "Being connected to others socially is widely considered a fundamental human need—crucial to both wellbeing and survival." Researchers found that loneliness and social isolation are associated with a 40 percent increase in a person's risk of dementia. Therefore, constructive habits of cooperation, identical life values, and openness to diversity is a dire need in the society. The quality of our living, the social peace and stability essentially determines by the standard and practice of social habits.

We possess diverse habits in life. When some habits are socially or organizationally accepted, we often term them

as the element of discipline. Our sense of obedience, self-order, norms, and values are our life habits. When we pursue certain collective habits, we observe discipline and harmony; when a society ignores the importance of constructive mental habits, they suffer from disharmony. Discipline is the key necessity of social harmony, which leads to peace, stability, and prosperity; conversely, disharmony brings destruction. The natural outcome of a harmonized social structure is enhanced cooperation and higher productivity. On the contrary, disharmony in life brings unhealthy competition, insecurity, and harmful power politics. Such societies often suffer from conflicts and violence. Disharmony comes from the diverse and unhealthy mental habits. At the meta-level, most social, national, and even global conflicts and crises are linked with different opinions, sense of interests, and varied perceptions - an output of dissimilar mental habits.

Destructive Mental Habits are the Root of Conflict and Disorder

Humans are driven by a combined effect of mutually inclusive needs of existence, reproduction, and habits. Often these needs complement each other, yet they also compete at times. Although humans survive and progress through the power of unity, they often also create disharmony. Displaying own status is a need to establish self-worth; however, power and status competition generate debate, inequality, and propagate unsound competition. People display diverse behavior for the same necessity of materializing higher existence. Same needs yet often opposite behaviour due to an inappropriate wisdom level in building mental habit. Thus we create differences instead of unity.

Most people follow someone whom they perceive successful in society. However, people recognize success by objective outcomes as humans motivate through tangible immediate needs. When a nation or an organization pursues and propagates the attainment of tangible objects as the meaning of success, the natural consequence is infrastructural development. It occurs due to material persuasiveness, through which people work hard with their utmost effort. Conversely, the same habit of pursuing materials encourages people to take a shortcut in gaining tangible benefits, and we find corruption, injustice, inequality, value deficit, conflict, and violence in the society.

Although humans' architecture is collective survival, they often engage in conflicting and combating each other due to limited knowledge of self-worth and lack of higher

wisdom. Disharmony and violence are directly opposite to the grand design of collectiveness in human species yet most people suffer from limited vision. People display disharmonious behavior due to inappropriate habit architecture in each mind.

When we spot someone as a gipsy, we distinguish them by their living habits. When we identify some people as Jews, Christians, or Muslims, we essentially recognize them by their belief habits. Often we get formatted in our mental habits in the form of conviction that shaped from childhood and thus we fail to think and rationalize many of our actions even being knowledgeable humans. While everybody knows, our life is an episode of a limited time consisting of a few years and months, most people engage their lifelong efforts to earn more money, status, and limitless power. The sense of such craving occurs due to our deep rooted mental habits. Diverse and destructive mental habits cause us to be apart from each other while constructive habits bring safety in societies. The definition of patriotism, dignity, honour, belongingness, values, principles, concept of the good life, success, and failure are the outcome of our mental patterns that have shaped social and national differences over time.

Indeed, humans are habit-driven creatures where mental habits are most vivid and often dominating. The command of mental habits is so powerful that people even accept supreme sacrifice to uphold their mental habits like beliefs, dignity, honour, and pride. The diversity of our national identities are the result of our mental habits that makes us possessing diverse nationalistic feelings. In pursuing our mental practices of own identity, we often label people as 'we' and 'they,' (Sapolsky 2022). Branding differences among people cause disparity; thus labelling people as 'we and they' become the core tipping point to arise conflict, escalate combat, and violence. In our daily life, we don't fight with people whom we love. Rather, we accept a lot of sacrifice for people whom we consider as 'we' but fight whom we believe as 'they.' Such phenomenon is a psychological trap against unity yet observed almost everywhere. Indeed, an inappropriate, unhealthy, and diverse mental habits are the core issue for devastating outcomes of conflict and violence.

An Enduring Approach to Strategic Peace Building

People live in a society to achieve safety, security and progress through cooperation. Our brain always wants to act for more and more innovative connections with others to materialize our higher survival needs. In principle, the

survival instincts that keep human always alive drives people to war and conflict between different groups (Von Clausewitz, 2008). However, humans always focus on a united human identity for the attainment of the highest survival needs. An individual human is too weak to survive, but collectively, humans are the best among all other species to conquer and construct. The concept of collective survival through cooperation and collaboration has made humans the most superior social beings on earth. So, we need to build the most constructive collective habits for our civilization to enhance highest level of cooperation and unity. We also need practical approach to reshape our destructive mental habits and eradicate disparity. We need mental habits to perceive all humans as single entity. We need to build our mental habits to love every human as own family members. We need to maximize the power of our spiritual and emotional strength to bring all humans under some universal viewpoints on building constructive mental habits. We also need to free ourselves from destructive mental habits like power and status competition. Nothing to excess in living, mutual respect, equality, justice, honesty, responsible behaviour, hard work, tolerance, and commitment to be the core universal human habits. An united effort to endure peace and prosperity is now a global necessity to re-capture the human title "The Best Species on Earth."

Easy access to knowledge, comfortable learning environment, and global communication network have brought us in front of a new possibility where appropriate and constructive universal habits can be easier to build now. It shall foster more cooperation; enhance unity, peace, stability, and progress. Learning and practice of universal habits among nations can eradicate most of our social and intra or international mental differences and assist in building an even stronger united human identity on earth. It is possible to bring all humans of the globe under some common mental habits to build enduring peace.

Peace education has opened our conception that the whole world is the home of all humans and that present civilization has a single entity of humanity; as such, we need to master the art of living altogether. We must learn and progress with the highest degree of cooperation among us and wipe out the seeds of differences. We need to transform our mental habits so that it helps our combined survival and progress with the highest productivity as single human identity. We must shape and

reshape our psychological habits to eradicate identity competition, power politics, status, and wealth-hunting contests. We need to establish and enjoy a mental habit of mutual respect, tolerance, gratitude, sacrifice, and practice essential human qualities. We need a calm and tranquil mindset that will help us all unite better than yesterday. We need to possess the habit of loving all humans and dedicate ourselves to the well-being of humanity irrespective of caste, colour, clan, status, or power. We need to eradicate our negative habits and transform them into constructiveness for more collaboration, support, and enhanced security in life. Today, it is a global necessity promulgating and practicing the most suited universal human habits with superior human values to promote greater well-being for humanity.

Conclusion

Humans did not know farming or cultivation and thus suffered a lot of food crisis in ancient times. When our ancestors discovered the scientific techniques of cultivation, they could attain food guarantees for the year. Advanced technology has brought much more yield in a small land, and we grow a lot of food irrespective of seasons now. We, humans, have attained better food security even though we are a massive population in the world today. Similarly, if we engage ourselves to cultivate quality habits for universal unity, we shall find a violence-free world. We need a single virtue to build quality mental habits across the globe. We need to create a new world of peace and prosperity by eradicating our cognitive differences. Scholars of the world need to find out a global action plan to bring all humans in a common mental habit platform on the way to build enduring peace in the societies.

Bibliography

1. A Theory of Human Motivation By Abraham Maslow.
2. Adams, M. A. (2000). Reinforcement theory and behavior analysis. *Behavioral Development Bulletin*, 9(1), 3–6. <https://doi.org/10.1037/h0100529>
3. Andrew Whiten, Richard W Byrne. *Machiavellian Intelligence II: Extensions and Evaluations*, 2000.
4. Behavioral Endocrinology <https://doi.org/10.3389/fnbeh.2018.00081>
5. Human Motivation By David C. McClelland.
6. Larry C. Bernard, Michael Mills, Leland Swenson & R. Patricia Walsh (2005) An Evolutionary Theory of Human Motivation, Genetic, Social, and General Psychology Monographs, 131:2, 129-184, DOI: 10.3200/MONO.131.2.129-184
7. Maslow, A. H. (1958). A Dynamic Theory of Human Motivation. In C. L. Stacey & M. De Martino (Eds.), *Understanding human motivation* (pp. 26–47). Howard Allen Publishers. <https://doi.org/10.1037/11305-004>
8. Motivation Theories of Maslow, Herzberg, McGregor & McClelland. A Literature Review of Selected Theories Dealing with Job Satisfaction and Motivation by Pardee, Ronald L. 1990 Feb, **ERIC Number:** ED316767.
9. Matthew D. Lieberman · *Social: Why Our Brains Are Wired to Connect*, 2013
10. Robert M. Sapolsky, *Behave: The Biology of Humans at Our Best and Worst*. Penguin Publishing Group, 2017
11. <https://developingchild.harvard.edu/wp-content/uploads/2004/04/Childrens-Emotional-Development-Is-Built-into-the-Architecture-of-Their-Brains.pdf>
12. <https://www.youtube.com/watch?v=yk5RDy6xFJQ>
13. Von Clausewitz, C. (2008). *On war*. Princeton University Press.

The logo for 'indagare' is displayed in a large, lowercase, sans-serif font. Each letter is a different color: 'i' is blue, 'n' is green, 'd' is red, 'a' is yellow, 'g' is blue, 'a' is green, 'r' is red, and 'e' is blue.

INDAGARE

An Academic Publication Platform

First Release, May 2023 Edition

ISSN: 2959-9458

Version 1.V

Content Heading

Collective Habits Contributing to the New Age of Peace: An Evolutionary Perspective.

Value of Social Capital in Building Resilient Community: A Study on a Coastal Community of Bangladesh.

Habit-Induced Concept of Human Motivation and Strategic Peace Building Approach in the World.

Submarines an amazing underwater craft, are a formidable weapon in war.

