
Empathy-A great skill

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Abstract

The purpose of this study is to elaborate on empathy and to clearly distinguish empathy from related terms and to discuss how students can improve empathy. It is often confused with related concepts such as sympathy and Compassion. Empathy is an important understanding through which two people can understand each other best. No matter how close two people are, they may disagree on various issues. It can be about politics, religion or any other trivial matter. There is nothing wrong with disagreeing. Rather, it can be an opportunity to test your own empathy for your partner. Empathy establishes a friendly and respectful relationship between students and teachers. It is treated as a great communication skill. At Gratitude, we often discuss the essential parts of human personality that can improve our society as a whole. And, we've always given the highest importance to empathy. It Develops wisdom without first-hand experiences and for that it is considered as a life skill.

KEYWORDS: Empathy, life skill, communication skill, students

INTRODUCTION

Beginning with the definition, empathy is the ability to put yourself into someone else's shoes. It's to understand the feelings and situation of another person without necessarily being in that situation ourselves.

When someone is empathetic with you, you feel understood, accepted, and that your emotions are valued as well as validated.

When you are empathetic, you can visualize emotionally what the other person might be going through and you are able to provide them a space to be vulnerable without judgment.

Empathy is putting yourself in another person's shoes and expressing them, which is often not so easy. This may be because we don't have similar experiences. To be empathetic, we need to look for similar emotions or feelings if we don't have similar experiences. Because even though we don't all have the same experiences, we all share the same emotions. For example, anger, laughter, tears.

Suppose someone is upset, you may not have that experience. But you have the emotion called sadness. It is possible to feel the state of mind of another person even by thinking about such emotions. Empathy means - to sympathize, to feel as he does, to think or think as he does and to be with him.

It has been said that if every person in the world was empathize towards each other, the world would become a truly beautiful place. But since the task of spreading empathy across the world is a little difficult. So let's start small on our own. Practicing this quality will be a true 'virtue'.

OBJECTIVES OF THE STUDY

Following are the main objectives of the study

1. To create knowledge among the students about the importance of empathy.
2. To explore the concept of students regarding empathy and its role in life.

TYPES OF EMPATHY

	Types	Conception	Functions
1	Cognitive Empathy	Cognitive empathy is basically being able to put yourself into someone else's place, and see their perspective Cognitive empathy is 'empathy by thought', rather than by feeling	*Makes us better communicators *Helps to relay information in a way that best reaches in the other persons.
2	Emotional Empathy	Emotional empathy is when you quite literally feel the other person's emotions alongside them Emotional empathy is also known as 'personal distress' or 'emotional contagion'	*Helps to build emotional connection with others
3	Compassionate Empathy	Compassionate empathy is what we usually understand by empathy: feeling someone's pain, and taking action to help Compassionate empathy is the type of empathy that is usually most appropriate	*Simply understanding others and sharing their feelings: it actually moves us to take action, to help however we can.

WHY EMPATHY IS ONE OF THE MOST IMPORTANT LIFE SKILL

1. You'll better understand the needs of people around you.
2. You'll more clearly understand how you affect others.
3. You'll be better at understanding non-verbal cues.
4. You'll be better at your educational life.
5. You'll be better equipped to deal with interpersonal conflict.
6. You'll more accurately predict people's behaviour.

7. You'll be better able to motivate the people around you.
8. You'll be able to work more effectively with others.
9. You'll learn to look at the bigger picture.
10. You'll become a better leader, worker and friend.

IMPORTANCE OF EMPATHY

Empathy is an important understanding through which two people can best understand each other. It is very important to know why this is so important to us. The various qualities we can learn for empathy are:

1. Seek integration not division
2. Giving importance to each other
3. Trying to find the good in others
4. Learning to be patient
5. Respecting others' points of view
6. To easily mastering the important mental virtue of thinking from another's point of view.
7. To develop mental health.
8. To understand and express the situation of others.
9. Improves communications skills
10. Creates a healthy work environment
11. Transcends personal relationships
12. It helps them to build a sense of security and stronger relationships with other children and educators, positioning them well for learning
13. It encourages tolerance and acceptance of others
14. It promotes good mental health
15. It promotes social harmony and can reduce the likelihood of bullying

Empathy allows you to build social connections with others: By understanding what people are thinking and feeling, you are able to respond appropriately in social situations. Research has shown that having social connections is important for both physical and psychological well-being.

Empathizing with others helps you learn to regulate your own emotions: Emotional regulation is important in that it allows you to manage what you are feeling, even in times of great stress, without becoming overwhelmed.

Empathy promotes helping behaviours: Not only are you more likely to engage in helpful behaviours when you feel empathy for other people, but other people are also more likely to help you when they experience empathy.

CHARACTERISTICS OF EMPATHY

1. Ability to feel and express empathy

2. Ability to understand others
3. Positive perception of others
4. Listening and taking action on complaints
5. Responding to feelings
6. Cooperative attitude
7. Sympathetic feelings
8. Gentle usage
9. Knowledge of values
10. Patience

EMPATHY vs PITY VS. SYMPATHY VS. COMPASSION

While sympathy and compassion are related to empathy, there are important differences. Compassion and sympathy are often thought to be more of a passive connection, while empathy generally involves a much more active attempt to understand another person.

Pity	Usually suggests a kindly, but sometimes condescending, sorrow aroused by the suffering or ill fortune of others. It tends to have a negative connotation in which you think less of the individual, their situation or suffering.
Sympathy	Used to convey commiseration or feelings of sorrow for someone else who is experiencing misfortune. You feel bad for them but may not know what's its like to be in their shoes.
Empathy	Used to refer to the capacity or ability to imagine oneself in the situation of another, experiencing the emotions, ideas, or opinions of that person or perhaps conjuring up a similar experience that has happened to you. Seeing things from the point of view of the other by truly imagining being in their position and trying to feel what they are feeling.
Compassion	Is associated with an acknowledgment and experience of, caring about and active desire to alleviate the suffering of another.

METHOD TO DEVELOP TO BECOME MORE EMPATHETIC

Empathy through Physical Education:

Solidarity through Physical Education: In physical education or on the sports field, players come together to achieve goals. As a result of everyone working together, a bond of friendship is formed between them and a sense of brotherhood develops. We know that no competition succeeds without cooperation, so even if there is competition on the field, friendships develop between the players off the field and the fights on the field are forgotten on the field. Handshakes, hugs and friendships with opposing players form bonds of friendship off the field and in society. As a result, each

player develops a sense of empathy that can be applied to other areas of life and society. As a result –

- Able to come forward in the danger of others
- Able to give necessary help
- share the sorrows of others
- Provide necessary advice

We should encourage ourselves and to experience the lives of others by learning to:

1. Cultivate curiosity

- Cultivate an insatiable curiosity about the details of the people you meet (Eyal, Steffel & Epley, 2018; Krznaric, 2012):
- Spend time with people you don't know very well and ask them about themselves, how they are doing, and what their life is like.
- Follow people from different backgrounds (religion, race, politics) on social media and hear what they have to say.
- When you talk to them, be with them. Recognize the issues that make them passionate, happy, or sad.
- Visit new places, meet locals and immerse yourself in their way of life.

2. Step out of your comfort zone

Learn something new or travel and see what it's like to step out of your comfort zone:

- Experience what it is like to be unable to do something or not know how to interact with where you are.
- Reach out for support.
- Accept how helpless you sometimes feel and let it humble you.
- Humility is a useful pathway to empathy.

3. Get feedback

- Ask friends, family and colleagues for feedback on your active listening and interpersonal skills
- How could you improve?
- What opportunities did you miss?

4. Check your biases

We all have biases, and they affect our ability to empathize. We often unknowingly judge others by how they look and how they live (Miller, 2019):

- Look for opportunities to network with people from other backgrounds.
- Talk to people about the important things in their lives.

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- When you recognize the similarities we share, you develop a non-judgmental interest in the differences.
 - Donate to charities that support other communities.

5. Walk in the shoes of others

- Understand what it is like for people in other situations. How do they live, work, and share?
- Spend time with others, and recognize their worries. What offers them happiness? What are their dreams?
- Build relationships with human beings you spot however don't typically join with.

6. Difficult, respectful conversations

While it is able to be difficult to assignment or be challenged with the aid of using opportunity factors of view, some easy classes can help (Miller, 2019):

- Listen and don't interrupt.
- Be open to new and special ideas.
- Apologize when you have harm someone's emotions with the aid of using what you've got said.
- Research the issue. Understand in which a factor of view has come from and the way it impacts the humans involved.

7. Join a shared cause

Research has shown that working together on community projects can help heal differences and divisions and remove biases (Halpern & Weinstein, 2004):

- Find a community project, locally or in another country.
- Join others who have been through similar life experiences.
- Join a group from different backgrounds and help out at school, political, or church events.

8. Read widely

Reading fiction, nonfiction, newspapers, journals, and online content that captures people's lives from different backgrounds increases our emotional intelligence and our capacity to empathize (Kidd & Castano, 2013):

- Find writers with unique stories to tell.
- Enter the lives of their characters, their feelings, and thoughts.

DISCUSSION

Students have to face various situations in daily and social life, education or work. Sometimes there is danger, sometimes there is excess pressure in it, then people feel

mentally disturbed, depressed or suffer from various sufferings. Being emotionally united with such people in such a situation is called empathy. Empathy is to understand the pain and suffering of the sad, endangered, diseased or depressed people and to empathize with them. In other words, Empathy means to take into account all the pain, suffering, suffering and depression of people and act accordingly. Empathy is a feeling that originates from the deepest part of the heart.

There is a special importance of empathizing with human suffering. Empathy plays a special role in the development of mutual relations. If you empathize with the danger of other people in the family or society and show empathy, the door of mutual cooperation is opened. People lend a helping hand to each other and help each other in any kind of problem. If all the members of the society come forward with each other's problems then interpersonal relations will develop among them. When all the members of the society extend their hand of sympathy and cooperation to each other, their mutual relations will be strengthened and any problems can be solved.

CONCLUSION

Experts say that fostering empathy among children is now more important than ever. Instead of oppressing each other, the way of knowing the world will change. Apart from proper growth of children, there will be opportunity to benefit from it throughout life.

If you empathize with other people in the family or society and show empathy, the door of mutual cooperation is opened. People lend a helping hand to each other and help each other in any kind of problem. If all the members of the society come forward with each other's problems then interpersonal relations will develop among them. When all the members of the society extend their hand of empathy and cooperation to each other, their mutual relations will be strengthened and any problems can be solved.

Only when you learn to be empathetic towards your loved one can you fill his heart with love. If you give importance not to the clothes of the person you love, but to that person, it will fill the life of both of you with happiness.

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