

## Kindness: An Essential Quality to Define a Perfect Human Being

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### Abstract:-

A human may be perfect in all ways but the quality of Kindness in a person makes him a perfect and full-hearted human being. Being good to people around us is considered as an act of kindness. When we support people emotionally or help them financially and be nice to them, all acts come in the category of kindness. Being kind to someone, gives us the feelings of a complete human and accomplishments. In various religious books Kindness has been described very beautifully which convey the message of being compassionate towards humans as well as other creatures. Kindness should be performed as a selfless act and while showing kindness one should not expect anything in return.

### Introduction:-

Kind words can be short and easy to speak, but their echoes are truly endless.

**-Mother Teresa**

Human Kindness has never weakened the stamina or softened the fiber of a free people. A nation does not have to be cruel in order to be tough.

**-Franklin D. Roosevelt**

Kindness is all about having compassion and empathy for people and to recognize their plight and offering them emotional support and advocacy in a moment of anger or despair. In today's time when there are many evils like violence, egoism, self-centeredness and frustration are spread everywhere, Kindness is the only thing that the world needs most because it reduces stress, improves emotional wellbeing and increases our happiness. When we spread kindness we get opportunities to connect with others and it helps to build a strong sense of community and a strong bond is developed between friends, family, neighbors and even strangers. The pain of other people is always felt by kind-hearted people as their own and it's often difficult to find them in this self-centered world. Kind people are mistaken many times as weak hearted because of being compassionate and helping nature. They always become an easy target for others' anger and frustration when they show their generosity and soft heartedness.

Kind people are always considered weak for not having the ability to stand up for their self respect because of their kind and good nature but on other hand they behave maturely to let go of anyone who treats them with disrespect and it proves them strong hearted who are always ready to help others and do not hold grudges for them. Kind people should always be respected because they think about others before them and we should always respect those people who are kind to us and show their concern and love towards us. Being kind to others does not cost anything but it gives inner peace and self-satisfaction. Being kind to people always helps them overcome their pain, anger, sadness and frustrations because it gives them emotional and mental strength. Sometimes kindness may be more important than ever when it comes to balancing seesawing emotions and helps to improve some health outcomes. Kindness is not a cure though sometimes being kind to people and providing them emotional support can heal their wounds and helps them to be strong enough to face the difficulties of their life. Kindness is the most important virtue and a strong moral that everyone should have and try to follow the steps of being kind in this self-centered world. This virtue should be used by everyone in every situation, for example by helping someone cross the street, making people smile, offering food to the needy and most importantly being polite with everyone without thinking how others treat them because kindness is all about being kind in every situation of life.

Sometimes hardships of life compel people to choose an easy way to overcome their sufferings and difficulties without thinking the outcomes and for that they are always judged by their actions, for example if a man becomes thief due to circumstances and get punished for his actions and realizes his mistakes later but he will always be remembered for his deeds and will be given the treatment of a thief and he won't be able to move on in his life because of being judged for his old acts. Here in this situation what he will do, if he can't have a job or place to live because of a tag which is going to be associated with him always despite of getting all the punishments of his past deeds and the only thing he can do is to be on the same path in which he was earlier a thief because he knows that he will be judged for his previous acts. Now in this situation if he would be shown kindness by everyone he would feel free from his personal errors and realize that this world and even people are beautiful because they have really a good heart and understand his emotions. Everyone deserves the right to be treated kindly and we should treat them in that way. In this scenario we find that this thief is not actually a bad person in fact these are the circumstances which make him do the things which he does unwillingly just because of his survival. Kindness is all about to make people happy and to be compassionate with them, without judging them according to their acts because it's their choice how they want to be as a person and it is our choice too how we want to be as a person and we should choose to be kind not for impressing others but for our inner peace and happiness.

Every nation would be at peace, if kindness were a war strategy and it would help them to end the circumstances of war through delegations not by bullets. Sometimes handling situations with kindness can be nearly impossible but in the end we find it the best option to deal with every situation of life. Kindness is the greatest gift which one can give because kindness is a very simple and special way to express genuine care for another. When someone shows kindness to others they feel special and good

about it because people forget what they have been said but they never forget how they have been made to feel. We don't need to do something big to show our kindness because kindness can be done by performing small acts such as being polite or providing emotional support to someone. It does not take much effort to show the gesture of kindness but a big difference can be made through such gestures in another person's life. To help people it is not required to be a millionaire all you should have for this is a good heart. Everyone has something to give to this world and the thing should be given is kindness because we all are responsible to make this world a better place and it can happen only if we are kind to each other.

People who have qualities like politeness, humbleness or generosity are always liked by everyone because nobody wants to befriend people who are selfish, rude or arrogant and here it can be said that the most common symptom in a people relationship is only kindness. Sometimes people put a mask on their face to maintain their good image in that case they pretend to be nice with friends, neighbors and colleagues because of thinking of their good image but they forget that a person's real side is only revealed around his family members, if someone behaves rudely or coldly with their family, parents, siblings and children he is not kind at all because it does not matter how good he behaves with outsiders, if he is not respecting his own family members how can he respect others, he is only trying to act nice with them to just protect his image of being a good human. It has been said that the beginning of every good thing starts from home so everyone should respect his family and near ones first thus he would be able to be kind and nice with others and for that he won't need to pretend or be image conscious.

Kindness is an act of emotion, not an act of pretending so if you are really kind towards people it automatically shows up and you don't need to shout it loud because actions speak louder than words. Being kind is not difficult because it does not cost a single penny to be kind, if you are kind to people it really makes your life enjoyable and brings inner peace and happiness. No one should expect anything in return of kindness because it is much above of give and take thing and if someone expects any favors of his being kind towards anyone than he definitely is thinking of trade because kindness is not about profit and loss or taking or expecting something it is only about giving love and emotional support, showing compassion and concern an etc. The quality of being gentle, caring, friendly and considerate is kindness. Someone has said that if we want not only others but also ourselves to be happy we all should practice kindness because people are very cheerful who follow kind thoughts in their life. Kindness should not be followed as a selective perspective or narrative. It means one should not be kind to selective people but be kind to everyone because we can't assume what people are going through in their lives. Humility is a part of showing kindness and it is the best way to express your gratitude because words do the work of magic when they are said in a polite or kind way that's why it is generally said that one should watch their words and use them carefully because words have the power to heal someone when we talk with somebody in a polite manner and listen them peacefully it gives them emotionally and mentally strength and more power to fight their battles of life and the other side it can be said that words can break a human emotionally and mentally when they are used in a very

harsh manner and the wounds which are given by using the harsh and mean words can never be healed so everyone should use their words very wisely and kindly so that they can never hurt others by their impolite behavior.

Kindness is not only a quality but also the power of a human being which makes them different to animals as it is said that humanity and kindness are two most powerful tools that create a big difference between human and animals because kindness as a quality can only be expressed by human beings though animals can never be kind to other animals for example a deer will never be shown kindness by a lion neither a cat by a dog. But for human beings kindness is a virtue as much as it will be practiced as much as it will blossom and help a person to be a great human being. Kindness can be practiced in many different ways, for example by saying kind words, giving a smile, to help someone in their work, making people feel special by complimenting them, sharing food etc. Kindness has the power of self-healing and it helps people to overcome their anxiety and depression because when someone offers his kindness towards others he feels optimistic and efficacious and being helpful to other people boosts their confidence and self-esteem. Kindness is not about using sweet words or admiring the other persons, rather it is all about making them feel precious and valuable and it is counted as the highest quality of kindness.

Kindness should not be practiced as a behavior pattern because it is a virtue and should be practiced in any situation. When somebody thinks for another person's future without having any expectations it is counted as the greatest nature of kindness. When a person is given the choice between being right or being kind then everyone should choose to be kind because it makes you feel no more a human rather divine in a human form. The act of kindness whether it is small or big never goes in vain because it has the ability to bring a change in society and helps it to be a better place to live. Kindness should be practiced not only with actions but also with words.

People who are soft spoken and polite generally considered fragile and delicate because of their kind nature but in real kindness is so powerful and it requires a lot of courage and strength to be kind because kindness is about showing compassion towards others in every situation and it becomes very difficult not to react loudly when you are angry or going through a lot in your life because a person who is facing hardships in his life it becomes harder for him to be polite or talk sweetly that's why it is said that you need a lot of strength to be kind because whatever may come kind people always try to be calm and not to hurt anyone by their behavior. We all are human being and we all feel emotions like happiness, anger or sadness and it takes a lot of efforts to be kind towards others when you are angry or sad but when someone try to overcome their anger and choose to be kind to others it shows that he has immense strength to control his emotion and in this situation he is thinking about others not about him or his sufferings and this is the reason which proves kind people as a strong human being who does not let their emotions affect any other person.

When we are nice to people it not only benefits them but also helps us in the form of self-satisfaction and gives us peace of mind by reducing the stress levels in today's busy life. It always feels good to do

good and good to be good and it is the first step of being kind and human. Sometimes giving your presence and time can be more valuable than money and it is completely free of cost and does not charge anything to show kindness and humanity to people so one should not think twice if they are able to be there for someone and provide them emotional support when they need it most. Being kind to people has been very helpful for us also because it helps us to get rid of negative feelings, reduces stress, increases happiness and inspires us to be optimistic. If the thought, why be kind to the world, comes to your mind then you should know the benefits of kindness and also that kindness is beautiful. If we offer kindness we receive it in return and being kind really helps to make the world a better place to live. Kindness can be a reason for our happiness and satisfaction because when we are kind to anyone we feel better within ourselves because it makes us feel happy and confident and this is an awesome feeling which can't be expressed only can be felt. If anyone has to feel good about them they should never hesitate to help someone who needs them most.

Kindness is an act which we perform for ourselves not for others because it helps us to get our peace of mind, reduces our anxiety and pain and makes a person experience positive vibes like cheerful mood and inner happiness. In a study it is declared that if any person feels nervousness and anxious he should look out for ways to help others because it makes him feel self-confident about himself as he thinks about helping others, forgetting about his tensions and problems and it takes away all his nervousness and anxiety because he feels strength in himself after helping others which makes him face all his fears and problems and calms his mind. Acts of kindness always help a person to get rid of the feeling of depression, loneliness and aggression and also help to solve the problems very smoothly which leads him to stress. Kindness is very powerful because it always helps to improve the relationships with people and it creates a bond of emotions and love between each other because it is very important for everyone to feel emotions of others and have compassion and empathy in their heart because it connects people with other people and they start to feel about their pain and problems whether they are not known to each other.

Acts of kindness helps a person have a much more positive attitude; it improves our mood and reduces pain and inflammation, decreases blood pressure and boosts feelings of self-confidence by increasing hormones serotonin and oxytocin and increases our lifespan. Kindness has the potential to make the world an optimistic and a happier place to live. If a person experiences kindness and its benefits in his life then he can also encourage others to repeat good and moral works which helps to create a positive environment in this society. Kindness helps us to build meaningful relationships with other people. When someone shows care about others, it creates a bond of emotions and concern between them and they feel more connected and try to cooperate with each other which makes their lives better and that is the reason why kindness feels good. The feelings of self-worth and belonging can be created by the small acts of kindness because it helps to improve our self-esteem and gives a feeling of optimism. Kindness increases feelings of gratitude and this feeling should be there in every person since their childhood and they should be taught to follow footsteps of humanity and kindness at their early age so that they can be grown as a good human being and can make this society a great place to live.

Kindness is not only considered a job to do but also a spirit of concern and care. Kindness improves the quality of life and makes it so beautiful and meaningful when it is done without imagining a reward because it is a very precious gift you can give to someone and can make them feel special by being there in their crucial time or when they need you the most because sometimes money can't buy you peace and happiness but the two words of concern and care can provide you peace of mind and inner happiness. Sometime asking question like this "How are you feeling", "Are you fine", "Can I help you" can make people feel better because sometime people feel so lonely and depressed that they want to say a lot but find themselves unable to express about their emotions and the situations which they are going through in their life and in this condition if somebody shows kindness towards them provides them emotional support, gives them their time and listens peacefully them and gives them inner strength which they require most at that time just by providing emotional support by saying "If you need me I will always be there for you whatever may come", "Everything will be fine , don't take so much stress" are a few words which can heal their stress and boost their morale, makes them mentally strong so that they can deal with the situations of their life in a calm and composed manner and can overcome their stress and fear and fight their own battles of life and can conquer them just by being an optimist and positive thinking.

Kindness is the most powerful thing in this world and it does not require any physical strength to perform at all and for being kind you don't have to be muscular because it can be done by merely saying just good things or talking politely. Kindness is very important in the society because in today's busy life where people are self-absorbed and self-centered and think about themselves only and don't have any time to help someone, kindness and humanity are the only things which can connect people with each other and help a person to be a good human being. Kindness is the easiest way to seek happiness because you don't need to spend a single penny to be kind, the only thing required is a good heart because when we do something good for others and make them happy we feel privileged and the feeling of being there for them whenever they need us, it brings the natural smile on their face and making others feel special make us feel doing something very good in this selfish world where it is so difficult to find time for yourself, it is not easy at all to take time for someone else in this fast-paced life. In a research it is analyzed that sometimes a person is not able to be happy even after having everything in his life and he makes every effort for the peace of his mind but he does not get success in that and when he starts to follow the path of kindness and he can find his inner peace and feels calm and relaxed. Kindness is important because to be kind makes one feel good about oneself and when we do things for others and help and support them with anything it makes us feel warm and that we have accomplished something in our life and the most thing which we get in return is respect which we earn by our good behavior. We can make somebody's day a lot better by incorporating kindness into everyday life because it not only makes the other person feel good but also makes us feel good about ourselves.

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### Conclusion:-

Our world needs people who can make this place better to live in and believe that being kind and humane is the path to peaceful coexistence. Kindness plays an important role to ensure our subsistence since we are introduced to this world thus we can say that kindness is in our blood and is essential to human survival. Some things which cannot be done by force can be accomplished by Kindness. In this world if hate and prejudice will be replaced with kindness and humanity then this world will be a happier and peaceful place to live. We should always show kindness whenever we get a chance to do as it is said that our kind deeds may have a larger consequence than we know. Amelia Earhart has defined it very beautifully by this quote, “A single act of kindness throws out roots in all directions and the roots spring up and make new trees.”

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