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**Characteristics of Social Change in Afghanistan**

The course of history in different societies and states has been dominantly guided by social and political changes. These changes have been able to attract the attentions of social and political scientists to a large extent as they are responsible for the evolution of society and states. Social scientists mostly strive to find out the trends in these changes so that they should be able to understand the patterns of change and should be able to prognosticate them. But unlike the material and exact sciences, prognostications are difficult to be made in social sciences. As they involve many variables which cannot be controlled by the social scientists as per their will. Moreover, they involve human behavior, values, norms and attitudes that different from place to place and are mostly subjective phenomena. Moreover, it is always not true that there are particular patterns of change, that once discovered can retain for the future circumstances. Most of the scientists believe that there are paradigmatic changes in societies; therefore, they seem more certain in their prognostications about the future changes, but most of the times the changes do not seem much interested in what they think about them, and follow their own rules. Another aspect of social change is its normative aspect. Mostly, the social changes are related to the evolutionary process, therefore they are concluded to be positive as the term "evolution" is considered positive; and are expected to take the society towards betterment, but that is not always the case. The changes can be negative as well. Sometimes they are negative for the entire society, sometimes for majority of the people and on most of the other occasions for the minorities.

Further, the social scientists feel more comfortable while studying the changes in the societies that are comparatively more ordered societies. Such societies are marked with political and economic stability and cultural integrity. The paradigmatic approaches can be very helpful in such societies, wherein the course of the changes can be easily traced as they are not marked with frequent fluctuations. Nevertheless, the societies that are marked with instable socio-political and socio-economic setups are difficult to be comprehended and the changes are not traceable even after much struggle.

Another important aspect of the social and political changes is their scope of influence. Some of these changes are not very intense, therefore, they cannot cast much effect on the surroundings, but others may be greater in magnitude with far reaching consequences. The scope of these changes have to be seen in relation with time and space, a particular change at a particular intersection of time and space may prove to be very much meager, while at yet another, it can be of immense impression and importance.

Further, there are periods in the evolution of societies, wherein the changes become frequent and vital. Such periods may be the periods of social and political disorder or the transition periods. Similar to the transition period in elements, which marks the change of one state to another; the societies also move from one phase to another. Like, the Feudalism in Europe changed to Capitalism. And while moving from Feudalism to Capitalism, Europe had to go through a transition period which was marked with frequent and fluctuating changes.

But, unlike in elements, the transitional changes in societies take much longer period of time.

The social and political changes have always bothered human beings. They have been in constant struggle to comprehend their nature and have control over them. In this regard there are researches, studies and mechanisms in societies, with the objective of curbing them appropriately. One of the basic reasons of the formation of a political system was to introduce control within states. This control mechanism is guaranteed by the government in a political system along with other pillars of state. A part from that, the political parties and institutions also play a major role in addressing these changes. Controlling here does not necessarily mean stopping the changes; rather it refers to guiding the changes towards the wellbeing of most of the people living in the state. If on certain occasions changes are blocked on many other occasions changes are promulgated by the government or political parties.

At the present scenario our country Afghanistan is going through a transition period. Transition period here does not mean the transition of the security responsibilities going on in the country; rather here transition is mentioned with much broader perspective. Afghanistan is moving, though to a very limited extent, from a tribal society to a democratic one. Though the real democratic signs are yet to be found in most parts of the country, there have been movement in that direction to a certain extent.

Unfortunately, this transition period is facing myriads of hurdles. The instable political and social setups have further made this period uncertain. The control mechanism itself seems to have lost the focus and devotion. It seems perplexed in the interwoven web of frequent social changes and has been contaminated with intense corruption. It lacks clear vision itself, so how it is possible for it to guide the social and political changes towards a definite goal. The country at the moment is marked with swelling wave of terrorism.

Even the securest of all the people are insecure, the international forces are withdrawing, the national forces are not completely ready to shoulder the security responsibility, the political system is marked with certain incapacities to deal with the diverse political requirements and all these changes have been magnified because of their occurrence during a transition. So, the economic future is clearly uncertain and the most tragic fact is that we are completely unprepared.

This transition period has to be over one day, as happens with every transition period; but what could this period lead to is of immense importance. This period can either lead us to another chaotic state of affairs wherein we have to wait for a couple of more decades for the same transition or it can lead us to position from where we can move towards a successful democratic state. Definitely, the second option is what most of Afghan people desire for, but that is achievable only after prudent, agile and above all sincere efforts on the part of the control mechanism.

**Let's Forgive Each Other**

By: Karimi

The grant free pardon and giving up all claim on account of an offense or debt, is termed as forgiveness. And just as a addendum this doesn't mean that we are approving, accepting, dismissing or condoning what someone else did, but that it is only a mere clipping of the many aspects that compile the body of forgiveness. Forgiveness is a very subjective theme and everyone has his own idea on who should and who should not be forgiven. Forgiveness can encompass many different things, from merely accepting someone's apology to helping them to find their way out of the situation they put themselves in.

Forgiveness is the act of concluding resentment, or ill feelings that came about towards a person because of a perceived offense on his part. It is an important human virtue in many ways and context, both personal and interpersonal. We witness and in most cases practice forgiveness daily. In many cases it is the life blood of any relationship. It also has a way of making life meaningful, and is involved in many life lessons. It is a way of going back on words you spoke and now regret.

I think, to be able to forgive others, you have to first be able to forgive yourself. By this I mean that if you feel guilty about something, you have to be able to accept that you made a mistake, but you also have to then carry on and move forward. If you cannot forgive yourself, you will constantly berate yourself and you won't be able to leave the past behind. Of course, you have to learn from the mistakes you made and endeavor never to repeat them, but it's not necessary to constantly berate yourself over something that has already happened and cannot be changed. Often, we are the last people to forgive ourselves. Once you realize that you have spent enough time making yourself feel bad about something you have done, it becomes clear that quite often, others have long since forgiven you. Forgiveness and its benefits have been inspected in spiritual contemplation, the social sciences and fields of general practitioners. It could be regarded basically in conditions of the individual who forgives as well as forgiving themselves, in terms of the individual forgiven or in terms of the association involving the individual giving forgiveness and the individual receiving forgiveness. In popular milieu, forgiveness is transferred devoid of any anticipation of restorative justice or a reply on the part of the offender.

Forgiveness is about releasing one's apprehension, trepidation, and consternation. This may be done by letting loose the past so it no longer has control over the individual, his/her views, or sentiments. One way to release this tension is to gain reconciliation through forgiveness; it is essential that the individual be aware there is need to engage the other individual, particularly if there is likelihood that the individual won't be approachable. The individual may also discover that reconciliation happens naturally once he/she has set himself free through forgiveness.

As forgiveness takes place within the individual's heart, he/she may entertain inspired ideas of ways to commence reconciliation. He/she may also discover that once he/she shifts his/her expressive energy around the other individual through forgiveness, the individual may actually initiate reconciliation. This is

because whether the individual is aware of it or not, the individual may feel the shift in the others energy. There is numerous life enhancing benefits of forgiveness. For example, forgiveness may help an individual feel more contented and not strained. Through forgiveness the physical condition of an individual is able to improve on every point; psychologically, spiritually, and even physically.

When forgiveness takes place it is normal to free the troubling thoughts and emotions that drain one's physical, psychological, and spiritual well being. The effect is a better level of wellness and joy in addition to the continuous benefits that forgiveness brings. Forgiveness can release an individual from the past and assist him/her in overcoming bitterness or regrets that he/she may have.

Forgiveness, simply it is the important human virtue that allows us to have a freer society, where we can be comfortable making mistakes, and can repair friendships and alliances instantly. You can learn the ways of society, live with yourself and others. Without it life would be less of a joy, more stressful and terribly lonely. The statements "It's Alright" "don't worry about it" and "That's ok" are underrated.

Forgiving others is a very subjective and complicated process. Everyone has their own set of morals and ethics, which means that everyone has a different view of what can be forgiven and what it means to forgive. I think that the hardest people to forgive are the ones who are the closest to you. If someone else wrongs you, it is easier to forgive, because you most probably don't expect much from that person anyway. If someone who is close to you however, a friend or partner for example, then for them to do something which requires forgiveness means that they have betrayed your trust to some extent. I think that the level of trust breached determines how easy it is to then forgive someone. I think if someone made a genuine mistake and this hurt you, then there is nothing to forgive, but if someone intentionally betrays your trust or does something even though they know it will hurt you then this makes it much more difficult to forgive. Everything can be forgiven, but not forgotten. We must learn from our mistakes, so to forget an instance would leave you vulnerable to being hurt in the same way again. Obviously it is easy to say everything can be forgiven, but you never know how you will react when you find yourself in that very situation, where you have to decide whether or not you can forgive someone. Even though I think everything can be forgiven, that doesn't mean that the relationship between the forgiver and the forgivee will go back to the way it was. It is not always possible to trust someone to the same extent as before and even if it is, trust is something which has to be earned back.

As long as you are unable to forgive you hold yourself and the person who wronged you in bondage. You cannot be completely happy or free until you can let go of your hurt and anger otherwise it will fester inside of you consuming you like a disease. Not only do you need to forgive others but there may be times when you need to ask for forgiveness as well. Consequently, it is important to practice the art of forgiveness to heal the wounds of mistakes, casually carved by our fellow beings.

**Control on Prices!**

By: Moh. Afghan

The gradual and unchecked rise in prices of common use has created serious problems to the poor and middle classes of the society. Every passing day witnesses decrease in the income of the working class while prices of commodities rise without any kind of regulation or logic. It seems as if there is not present any government body to regulate or check the prices or if there is present any, it is inactive and not able to carry out its functions properly.

In democratic system of government, there is always present a government body that sets the prices of all the things sold in market and makes sure that the shopkeepers should sell the things on the permitted prices and not more than that. This government body is very essential as it protects the rights of public and not let them be looted or unfairly charged by the shopkeepers or other organs of the marketplace. When this government authority works properly, people are greatly relieved as they are saved from a power that they cannot resist or get into conflict. This fact is especially true for Afghanistan where strong, rich and influential trade community cannot be much regularized by anyone and even the government bodies are at times found to be helpless in controlling them. Such condition can be

controlled by the presence of strong laws and an authority to bring behind the bars all those who violate these laws.

Differences and fluctuations in prices of different commodities are very strange and cannot be compared to any country in the world. It is necessary that government body responsible for setting up the prices should establish prices of different commodities in a rational manner because very low prices can drive the shopkeepers into losses. It is also necessary that government body should work incessantly and vigilantly on the shopkeepers and sellers of commodities so that the things should be sold on the permitted prices.

If such steps were not taken, the life of public would get more difficult with every passing day and it would compel them to choose ways that may be either illegal or unethical like bribe acceptance or resorting to the crimes or other social evils.

If government worked on it, it would not only make the present day living easy and comfortable but the generations brought in such comfortable environment would also ensure a safe and secure future of the country.