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## POVERTY AND INDOLENCE: AN EMPIRICAL CORRELATION

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**Abstract** – Inadequate access to safe drinking water, enough food, medical treatment, an adequate education, adequate clothes, and a safe place to live are hallmarks of the economic state known as poverty. But inherent economic insufficiency isn't the only possible explanation for all of these things. Indolence, or sloth in general, may exacerbate poverty in certain cases. That is, if one's behaviors hinder one's economic growth and development, then that person might fall into poverty. David (2017) has previously investigated poverty on a neighborhood level in the Philippines, where he was born and raised. The proponent of this study has chosen to go beyond by investigating how apathy contributes to poverty in a number of Asian nations. The results of the empirical study showed that the respondents' low economic and social status is exacerbated by signs of laziness. The pervasive vices and other filthy habits of these indolent people make them common..

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**Keywords:** Poverty, Indolence, Median Poor

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### RESEARCH INQUIRY

#### Traditional Definition of Poverty

The economic disparity between the wealthy and everyone else serves as a foundation for the growing poverty rate, which in turn puts the middle class in a vulnerable position. Misuse of wealthy national resources and corruption, according to certain analysts. The degree of money, privilege, and luxury that individuals get is the only distinguishing element between the affluent and the

impoverished. We will use severe poverty, which is defined as having a salary below the \$2 per day specified by the International Monetary Fund, as our reference word for this study in the worst case scenario. More nations in Asia, and especially in the South Region, are affected by this unfortunate predicament than any other continent. Nearly half of the Filipino population lives below the poverty line, which the International Monetary Fund has placed at 47%.

### **Indolence as a Plausible Cause of Poverty**

Beyond its typical theoretical underpinnings and even its inherent structural defects, poverty persists. Because of how it manifests itself, poverty is primarily a social illness. That is, the impoverished believe they will never be able to get out of their present situation, and when they act on this belief, they lose all desire and drive, turning instead to vices like smoking, drinking, and drug use, which not only dull their senses but also deplete their finances. Even worse, they continue this harmful habit in their offspring.

There is psychological and anecdotal evidence to suggest that these activities let them momentarily escape from their social circumstances. Therefore, poverty is a complex illness that impacts a person's mental, social, and economic capacities.

Most significantly, the aforementioned problems are only symptoms of the underlying problem of poverty, which is something else entirely. The most important is the poor's mentality, or the belief that they will always be poor and that the government and taxpayers have an ethical and financial responsibility to help them. They have no chance of self-respect or personal development since their mindset is hardwired to believe this. On top of that, they wind up being parasites and too reliant. They have no faith in society since they think it will never be able to improve their social sickness for them, their children, and their future.

### **Research Predicament and Objectives**

- Among a subset of Median Urban Poor Asians, this study confirmed whether or not instances of indolence contributed to the worsening of poverty. The following objectives were met by this:
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- 1. Find out why the respondents were poor. 2. Find out what they do to improve their present situation.
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- Assess and provide viable solutions that might assist them in resolving their socio-economic dilemma..

### **SYNTHESIS OF RELATED LITERATURE**

The most glaring indicator of poverty, from a social perspective, is population density, which is itself influenced by demography. Poverty is exacerbated by density because, as a general rule, the more people crammed into a given region, the fewer resources the area's limited natural resources can support (Yegorov, 2009).

A large number of people will use up a small area's resources, which are finite and have a limit. The surge of informal settlers in Metro Manila is a prime illustration of this phenomenon; these people have opted to live in metropolitan areas despite their financial incapacity, and as a result, they have resorted to making makeshift homes beneath bridges, in abandoned buildings, and right on the streets. This occurs because there are more people planning to eat than there are available spaces, which means that capacity is limited, much as the city's fixed, capital, and human resources. A country's GDP and domestic product take a hit when there are too many people living there, some of whom don't have work but nevertheless contribute to the total. This has knock-on effects on the economy.

Researchers Najman et al. (2010) followed over a thousand low-income people over time to learn how they felt about their social position and how they saw the world when they were living on the edge of poverty. Findings indicated that being born into poverty and never experiencing a good life shift might have a profound effect on a person's thinking. It was also shown that the most vulnerable time for impoverished people is during adolescence, which is when the so-called "formation stage" occurs. Consequently, we need a new way of thinking about poverty, one that addresses the issue head-on and

provides the resources the poor need just when they are about to succumb to its effects.

The processes are not put into action, even if the concerns are straightforward in theory and in texts. There is a complete lack of implementation of the policies and programs aimed at reducing poverty. As a result, initiatives meant to cure this societal sickness end up only masking the symptoms. The policies must be put into operation in paper, and the key to success is consistency and dedication. Lobao and Kraybill (2009) argue that in order to accomplish more social and economic advancement, there must be clear cooperation between the government, the business sector, and the poor's belief.

## **RESEARCH METHODOLOGY**

Two sections made up this research. Part one focused on surveying a cross-section of Asian Americans to get their perspectives on poverty and its root causes. Whether or if sloth is a contributing factor to their present low level of living was assessed by their individual responses. In the second level, they were encouraged to make an extra effort and cut out bad behaviors to see whether their lives may improve.

show up. The whole curriculum was finished in two (2) quarters of a year.

### **Research Framework**

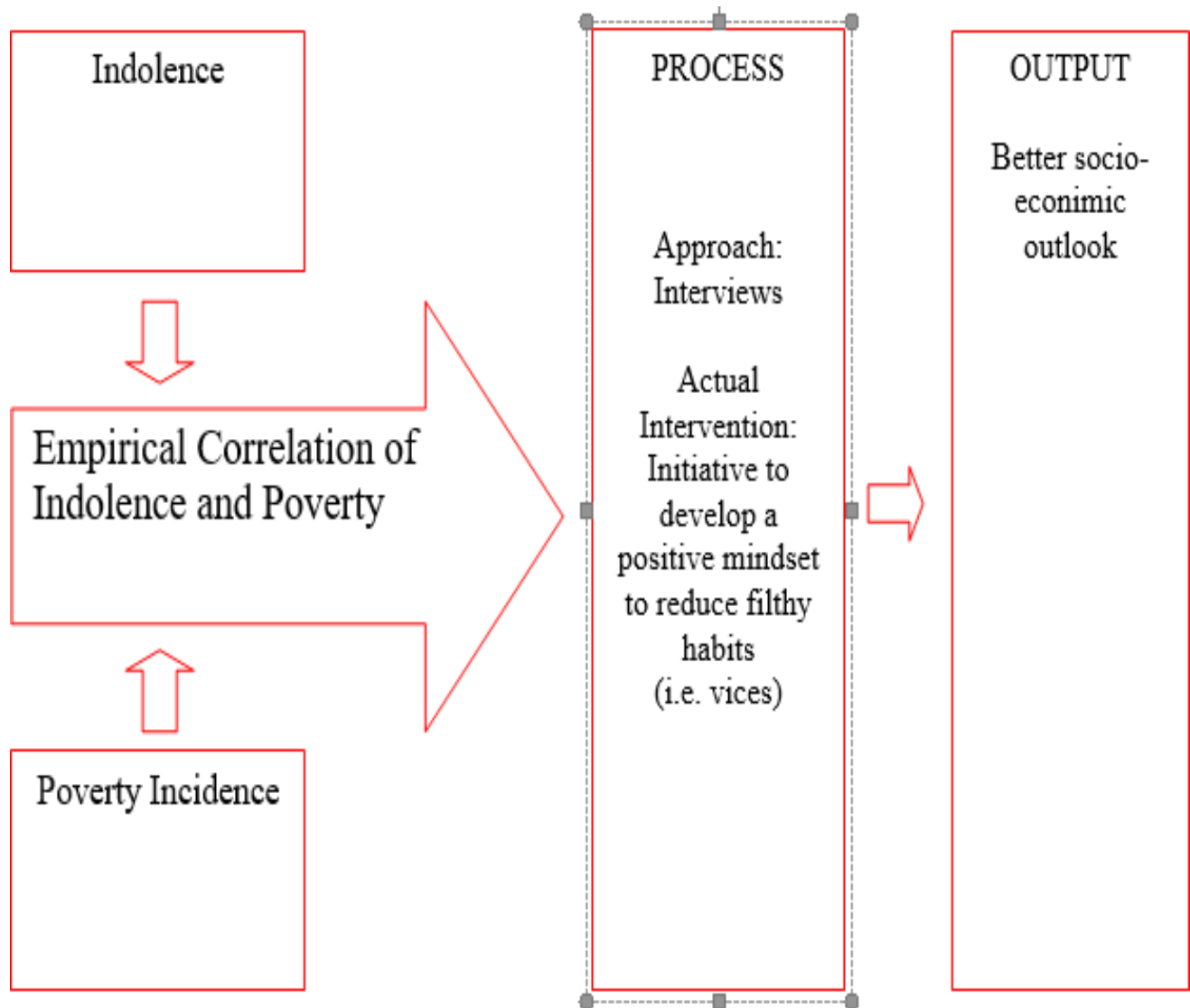
### **Sample size and sampling design**

**The researchers intentionally selected 300 participants from three developing-world Asian nations whose residents come from economically disadvantaged backgrounds. Community leaders originally and deliberately selected them based on reports that they had the highest number of vices.**

**In addition, a modified cluster sampling strategy was used to the respondents in order to bolster the study's content. They were put into groups so that we could track their growth more thoroughly and compare it to others.**

### **Data Collection Instrument and Gathering Protocol**

Residents of several neighborhoods in the nation's capital were surveyed via in-home interviews. The questions were framed in accordance with the questionnaire's contents, and the responders gave their most genuine responses. Subsequently, the sample was exposed to the treatments after the responses had been evaluated. This was the second phase of the research. The implementation procedure started when the respondents were informed and the plan was provided to them..



**Fig. 1 Research Framework**

There isn't much going on structurally; basically, the study tried to prove whether or not sloth contributes to or worsens poverty. To get there, we had to ask the respondents some dirty questions about their behaviors. Here, it was thought to be shown by the widespread and commonplace vices they engage in. They were then provided with treatments designed to foster a more disciplined frame of mind and attitude. The intervention was straightforward:

they were to abstain from their vices for six months, no matter how often or how much they indulged in them. Following the allotted period, they were re-interviewed to see if any improvements had been made..

### **RESULTS AND DISCUSSION**

The following are the significant findings of this research:

### Poverty Insight

It has been concluded that poverty is a complex problem with numerous societal and economic roots and consequences.

In his 2011 talk at the University of Santo Tomas for the International Convention on Social Protection, La Vina drew a comparison between poverty and a monstrosity with several hearts. And to top it all off, we need to use every tool in our arsenal for fighting poverty—microfinance, microenterprising, social entrepreneurship, and countless more—to simultaneously stab every heart and crush this so-called social tyrant. In light of this, we

may say that his metaphor is correct; after all, the respondents' perspective suggests that it covers a lot of ground.

The majority of respondents (60%) agree that poverty is a societal illness, and this conclusion is supported by the participants' various replies. This response adds weight to the argument put forward by Hoppe et al. (2010) that poverty is like a disease that impacts a person's mental health, leading them to believe that society's structure is undeniably unjust and uneven.

<b>Table 1. Poverty Insight</b>	
<b>Base: Number of Respondents</b>	<b>Percentage</b>
Dismal Social and Economic Status	87
Unavoidable life situation	55
Others Reasons (i.e. Government Corruption)	20
Note: Results exceed 100% due to multiple responses	

### Relation to Indolence

After being questioned further, the individuals who said they lacked financial discipline actually admitted that vices contribute to their present situation, which they describe as demeaning and cruel (we'll go into this in more detail in the coming sections).

**In light of this, two things are further established:**

**One way to look at vices is as a result of not having enough financial discipline, which is a major contributor to poverty.**

**According to the responders, the social illness effect on the impoverished people's mentality, which includes many traits and qualities, is really real.**

**Cigarette smoking, excessive gambling, and heavy alcohol use are the vices.**

### Program Implementation and Results

- After providing candid responses, participants were instructed to abstain from certain vices for six months. In order to ensure that the responders gave it their all throughout the experiment, the researcher refrained from interfering.
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- The following are the noteworthy outcomes:
- 
- 
- The majority of participants (75%), according to the program's findings, have successfully managed their vices, and

- 
- There is clear evidence of changes when looking at the following metrics:
- 
- They managed to put aside a little extra cash, which they could then use for necessities like food and medication.
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- Some respondents reported a bodily improvement, suggesting a connection to health and wellness research. As an example, a former chain smoker boasted that he regained his energy and optimism after breaking the habit, and that he felt more motivated to work than before.k.

<b>Table 2 Filthy Habit (Vice) Control</b>	
<b>Base: Number of Respondents with Vices</b>	
Able to control	Not able to control
75%	25%

This shows promise and potential. Though, 25% is still a significant percentage, nevertheless, this can still be mitigated.

The reasons for the non-improvement are very simple yet devastating

- Relapse
- Too much negativity

## **CONCLUSION AND RECOMMENDATION**

Indolence exacerbates poverty, as may be clearly inferred. Although it may seem cliché, the stakes are high for human growth, and individuals struggle to put into practice even the most basic forms of discipline. Consequently, this research was considered to provide a solid model for societal improvement.

Therefore, it is reasonable to suggest continuing the program. Even among the so-called "reformed," relapse is always a possibility. The potential for social transformation, however, is limitless if the community can implement activities and interventions to keep tabs on everyone and include everyone.

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