

The Art of Mastering Habits

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ABSTRACT

This review highlights the emerging finding of how a habit affects a person's life in terms of direct impact or as an indirect relation towards the same. This review also takes into consideration the differences between different types of habits being either good or bad and the way they have varying impacts on a person's life. This research also brings to our knowledge the ways the human mind can be manipulated to make adopt new habits or to make changes to existing ones through different procedures and methods. We use the direct approach of research and the reviews of people around us to find the objectives of the research and prove the hypothesis under consideration. Through this research, we also come to understand the true potential of the human mind and how it can be rightly harnessed through strategic methods and procedures to reach heights of human excellence.

I. INTRODUCTION

Habits, the word alone tends to bring up certain thoughts in our minds with relation to a lot of things depending on one's own preferences and likes. Habits are like a two sided coin they may have certain good characteristics or may end up being extremely bad characters with the main objective for us to keep and nurture the good habits and to eliminate or mitigate the negative and bad habits. The selection of habits is usually not made by choice and tends to show a nature of randomness with most people around us. We also notice that habits are repetitive in nature and having a good hold of them can make a significant difference in the lives of most people around us. Habits can be created and destroyed with just a few amounts of effort and commitment for a certain period of time till it becomes a new habit in your brain and it gets wired to be a part of your life as a whole. we intend to make a difference in the lives of people through the little amounts of research that we conduct and thus make the lives of people have a better routine for to both physical and mental health. We also hope to cater to all age groups, genders and other categories that divide the society and thus as a whole make the lives of the whole

society a better way for everyone through the change in habits and routines.

II. LITERATURE REVIEW

The main source is the book "POWER OF HABITS" by Charles Duhigg.

Other sources which helped to know more about the book and to gain a better understanding about habits its importance and the ability to change are Atomic Habits by James Clear, Better Than Before by Gretchen Rubin, Mindset by Carol Dweck and The 7 Habits of Highly Effective People by Stephen Covey all these books were thoroughly looked into to provide us with valuable secondary information for our research and to act as a base for our further research in the process of habit change and how it can impact a person's life in general. We also went through a few documentaries by different trusted sources on topics related to habit change to come up with important information on the habits and nature of different people in the society and how habits and actions vary from place to place with variations in culture and other factors affecting it in positive and negative ways.

III. OBJECTIVES:

The major objectives of this research are to focus on the differentiation of good and bad habits with great detail on resolution of bad habits and the promotion of good habits, to examine the impact of a new habit formation on human life and the reputations and tendencies that follow the process and how they can be changed and altered to meet the requirements of the individual. How a habit can be adopted? This is the last main objective of the research being one of the main focuses of the research with emphasis on what all habits can be changed and also how long it takes for a habit to change and how it can be continued made better over time.

IV. MATERIALS METHOD

The methods of information gathering and material review were mainly based on literature review and information gathered from different studies on the topic from major certified publishers

and research conducted by major colleges and other organizations around the world. We also conducted a practical survey of the hypothesis with a random sampling of members in our college which mainly consisted of teenagers, to understand their view on habits, their effects on people's lives, and also if they believe that habits can be changed through certain methods and adopted in the same way. We also conducted a survey through forms where the participants had the freedom to express their thoughts anonymously and we could determine the true view of our hypothesis.

V. RESEARCH METHOD

The research method employed in the process of testing the above hypothesis was descriptive research taking a random sampling of the population to understand their views on the effects of habits on human life. Though there can be discrepancies in the sample selected yet we have attempted to keep the sample space as random as possible with random selections of candidates from different backgrounds, cultures, and languages. The surveys that were collected were mainly collected with the in-person approach and the findings were documented. With forms, we tried to make the candidates as random as possible and also provided the candidates with a chance to be anonymous to make sure the reviews can be as honest as possible. The other major pieces of information used in the research are from other secondary sources and research which have been conducted earlier making sure they are reliable and legit.

VI. DATA ANALYSIS

We also have conducted a few surveys through which we have come to certain conclusions in the field of research with habits as the major basis for the center of the research. We collected data about what the people's mindset is towards habits and how they believe they can change these habits and the result shown were significant showing different information on the habits possessed by them. We also asked them about their common habits and how they believe habits can be changed or created in general. We also asked the individuals about what they think about good and bad habits and how they believe they have formed either of the habits over time from their childhood. We also see that the questions asked were also showing notices of different factors like people believing that habits are just natural and that they cannot be created or modified. We also had a few examples of people following the parts of our studies which showed how to change habits and it tends to show that with certain steps we will be

able to create and modify the habits we have through clinically tested ways through cues rewards and creating it as a habit. We have also noticed that people do not have any idea of these procedures and yet are interested in the prospect of changing and moderating habits in the person's life. We also put a few people including us in the process of habit change to notice the changes and the results were also checked and administered for the purpose of the research.

VII. RESULTS

The results of the research can be noticed from the few people subjected to the system that was implemented for the change of habits and we can get to see that there is a significant change in the amount of time taken to change habits and we also came to notice the most major change with the habit of using of curse words in a specific candidate who had a regular use of such words on such a level that he couldn't stop it even at important situations. We decided to implement our learnings of habit change on the subject providing him with a cue or a signal for the times he may use such words and also added a reward system where we would reward him with one pack of fries for every one hour he resisted the urge to use such words and deducted a pack of fries for every time he violated the experiment. The first few days were hard and over a period of about 5-6 days we could see significant reduction of usage of such words in the said individual with the usage reducing to almost zero over a period of 2 weeks. Which for a habit he had been trying to resist for years was achieved in a matter of two weeks in total. This way we also noticed changes in many people as they reported the change of habits with certain cues and rewards. One other example was another candidate who couldn't get himself to go to a gym to tame to his body due to his irregular nature. We tried to implement a simple system of rewarding him with a certain amount of money for every hour he attended the gym for a certain period of time and noticed that it became a part of his habitual daily routine and tends to remain constant even after the reward was removed. This way we also noticed pretty consistent results with most candidates observed in our research.

VIII. CONCLUSION

Through our study of habits and the ability to change modify and implement them we have understood how it may be an important part of our daily routine and how much of an impact this may have on the normal lives of the people around us. We also noticed that this much become a part of

every person's life and that the education of habits is an important part of how we make or break our lives as whole and how much of an impact this may have on the lives of future generations as well. Through our research we have also noticed a significant factor that perfection of good habits can be a stepping stone to good mental health and overall wellbeing of the person. Control of habits can also be helpful in almost all parts of life from our sleep schedules to even bad habits like smoking or drinking we can put restrictions to all such bad habits and incorporate good habits in the lives of people around us. This way we fulfill the major purpose of our research with its main focus on how the control of habits can be a major breakthrough in the life of a person.

IX. FUTURE RESEARCH

During the stretch of our research we have identified that habits can be broken and made with the help of simple steps but with time we need to know and find its future possibilities and other functions restrictions and possible outcomes in different scenarios with extensive research in all possible fields of use for the betterment of the lives of people. With time we also intend to do research on a wearable that may help people by providing them with the cue for the habit and making sure

that they can accurately track their progress in the breaking or making of a habit and how much change they can make in their lives by doing the same. With the help of other experiments and more extensive research we would like to take this to the limits to determine to what extent we can implement this in most of our lives. Improving our productivity and time saved for more important work as today we see that people have a very tight schedule and tend to have no time for any activities other than the ones that they perform on a regular basis. With the help of habit control and change we can make a person's day more productive and less tiring than it is today.

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