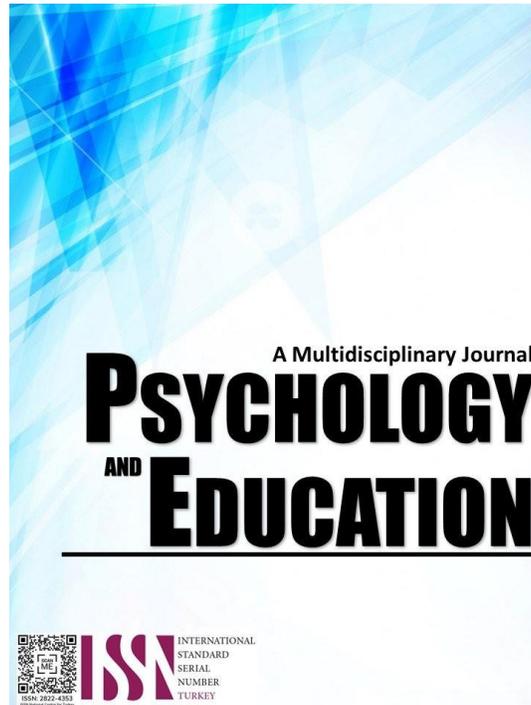


**THE HARMONY OF LIFE: A UNIFIED APPROACH TO
UNDERSTANDING HUMANITY FOR THE
STUDENTS AND LECTURERS AT
NATIONAL UNIVERSITY
MALL OF ASIA
CAMPUS**



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The Harmony of Life: A Unified Approach to Understanding Humanity for the Students and Lecturers at National University Mall of Asia Campus

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Abstract

Harmony of being, a concept that recognized philosophy, values, social science as a unit whole in understanding humanity holistically. This research paper aimed to discuss the relevance of this approach to NU MOA students and faculty members. The essence of studying how it enhanced personal growth and development was therefore explored through this paper. The research methodology used an exploratory and documentary analysis in which primary and secondary sources were used as data collection tools. In conclusion, the results from this study could be used by NU MOA to come up with programs that enhanced harmony among its students and staff.

Keywords: *philosophy, values, holistic understanding, harmony*

Introduction

NU MOA was expected to not only educate but also shape the learners into complete human beings since it was one of the most prestigious medical academic institutions in the Philippines. All these involved academic development as well as personal growth and an understanding of oneself, among others. At that time, where things were happening so fast due to globalization and other factors, creating awareness about values was critical since it helped build harmony among people.

The concept of harmony of being emphasized merging philosophy, values, and social sciences to provide holistic understanding towards humanity. It realized that human beings were made up of different aspects like physicality, emotions, and spirits, hence comprehending all this was necessary for one's inner peace as well as peace with others.

This research paper aimed at discussing the relevance of this approach to NU MOA students and faculty members. Personal growth and development were examined through exploring how this concept influenced one's life. Consequently, the findings from this study could be used by NU MOA in designing programs that promoted holistic development for students/faculty within its premises.

Research Questions

These research problems aimed to guide the investigation into the Harmony of Being, prompting a deeper exploration of its theoretical foundations, ethical dimensions, and practical implications for understanding and improving the human experience.

1. What does harmony of being mean when one talks about understanding humanity?
2. What is the significance of integration of philosophy, values and social science for NU MOA students and faculty members in terms of personal growth and development?
3. How can NU MOA adopt harmony of being to result into a harmonious environment among its students and staff?

Literature Review

Harmony of Life Approach

Harmony, a concept that's been woven into the fabric of human life for centuries. It's in our music, art and thought. It's even found its way into many aspects of religion and philosophy. The idea that different parts coming together creates something greater than the sum of it is also being used to study humans today. In this review, we summarize various sources on the topic of harmony to better understand life, NU MOA community and all.

One major theme that arises time and time again is that humans are not separate from nature but are a part of it. This is being referred to as "ecological self" which drives home the message that everything on earth has some form of connection (Oelsner, 2015). These thoughts challenge the traditional belief that humans are superior to nature which can lead to more empathy — both towards other people and animals alike — and more sustainable practices (Salim & Li, 2014). Being an academic community based around sustainability NU MOA students should find this research particularly interesting.

Another element vital to harmony is balance. Confucius says it best with his quote from "The Analects", he stresses the importance of balancing just about everything: relationships, knowledge-hungry minds, and self-growth (Confucius, 479 BC/2005). To him balance comes from understanding how interconnected each aspect of life truly is. One example he uses is mind-body-spirit and individual-society.

To conclude, harmony, in terms of connecting with others but also within oneself has proven itself invaluable throughout history. The values that NU MOA strives towards echo these sentiments perfectly. And while everyone here continues to learn, it's their hope that this newfound appreciation will help them see life in a new perspective entirely.

Personal Growth and Development

A study conducted by Szifris (2021) concluded that philosophy is a powerful catalyst for personal growth. The author argues that critical thinking, self-awareness, and ethical decision-making are all made possible through philosophical teachings. On top of this, the researchers highlights the role of values in shaping one's beliefs and behaviors, both contributing factors to growth as an individual.

On the flip side, studying social sciences can offer insights into human behavior and contribute to life's journey. Psychological theories, like those from scholar Rogers (2018), focus on empathy and unconditional positive regard and how these traits help individuals as they explore themselves.

All in all, philosophy, values, and social science bring a layer of understanding for someone's growth. Things like critical thinking, self-awareness, and making choices that are good for everyone are essential tools in growing.

There are practical implications too. Integrating these disciplines into schools can help kids learn about themselves and what it means to consider other perspectives. In work settings it can promote teamwork by getting people to look at things from the same angle.

Harmonious Environment

A harmonious environment could be defined as a place where everyone feels like they belong (Erdem & Kaya, 2023). It's when people respect each other and make healthy choices together. There have been many studies highlighting how important a happy environment is to people's well-being.

When students were learning in places where there was respect between staff and students it was found that they had higher levels of self-esteem (Hébert, 2021). The study also found that stress went down as emotions went up.

The benefits don't end there though. A harmonious environment has been proven to improve relationships between all parties involved with the school district. Stress goes down for both staff members and students which leads to better academic performance (Hébert, 2021).

Methodology

This research adopted a qualitative approach through literature review and document analysis. Primary sources (e.g., academic articles, books, and journals) and secondary sources (e.g., reports, policies, programs) were obtained to gather data.

Research Design

The research design was exploratory since it sought to provide insights into how relevant the harmony of being is to NU MOA students and faculty members. A systematic literature review was conducted, while materials from NU MOA were analyzed for a complete comprehension of the topic. The criteria for selecting participants in this study included being affiliated with NU MOA as either a student or a lecturer. The sampling design used was purposive sampling, where individuals were chosen based on their relevance to the research topic and their availability for participation.

Participants

To obtain comprehensive perspectives on the concept of harmony of being and its relevance to the lives of NU MOA students and lecturers, 25 NU MOA students and 25 NU MOA lecturers were selected as participants, allowing for a comprehensive exploration of perspectives. They were reached through various methods, including published works, mobile phone interviews, and focused group discussions.

Procedure

The interview was conducted in a semi-structured fashion to allow flexibility while ensuring key topics are covered relative to the research questions. Participants were invited to share their perspectives and experiences about the Harmony of Being concept and how it is related to their life at NU MOA. Attached below are some questions used as standard operating procedure, which can be helpful for this study.

SOP no. 1: Can you share your understanding about harmony of being concept?

SOP no. 2: How do you think that harmony of being contributes to personal growth and development?

What is your perception towards integrating philosophy, values social sciences within educational framework at NU MOA?

SOP no. 3: How do you envision NU MOA adopting "harmony of being" concept to create more harmonious environment among its students and staff?

Data Analysis

Thematic analysis was used to analyze the gathered data. From the collection, patterns, themes, and concepts were identified to shed

light on the research questions.

Ethical Consideration

This research paper respected ethical rules aimed at protecting the privacy and confidentiality of the participants involved. Consent from participants was sought, and their privacy was respected throughout the study.

Results and Discussion

The results and discussion section encompassed findings of the study which included a review of literature about harmony of being, its significance in understanding humanity, as well as how it affected one's personal growth and development. This chapter also included views and experiences of NU MOA students as well as faculty members.

Deeply rooted in philosophical traditions that date back centuries, there exists the concept of harmony of being. Ancient philosophical systems such as Taoism, Buddhism, and Confucianism have long emphasized the interconnectedness of all things and living harmoniously with oneself, others, and nature. These traditions shed light on various aspects of human predicament and provide a platform for comprehending intricate aspects of human life.

In Taoism for instance, the concept of “wu wei” or non-doing suggests that true harmony comes from aligning oneself with the natural flow of the universe rather than opposing or controlling it. This principle calls upon individuals to detach themselves from egoistic desires and strive to live in a state of inner peace and acceptance. Also, Buddhism recommends mindfulness as well as compassion together with ethical behavior to escape suffering and eventually gain enlightenment. Individuals could ultimately understand themselves better through practicing mindfulness while exhibiting virtuous attributes leading to greater harmony with themselves among other people around them.

Contrastingly, Confucianism lays emphasis on ethical relationships as well as social harmony where “ren” or benevolence is one which means treating others kindly, empathetically, and respectfully according to this view. Moreover, Mencius and Xunzi who were Confucian scholars further expounded on development of moral character through education supported by self-examination among other ways to cultivate virtues in oneself. By cultivating virtues such as compassion, sincerity or filial piety are important because they help individuals contribute towards societal welfare thereby facilitating creation of an orderly society.

Currently speaking the idea has found its place in different disciplines including psychology sociology as well as education; these are some examples among many others social psychologists like Carl Jung and Abraham Maslow have studied how individual personalities relate with collective unconsciousness hence stressing the importance self-awareness integration plus self-actualization needs so that individuals can develop personally. A theory presented by Maslow concerning hierarchy holds that basic physiological and safety needs shall be fulfilled before pursuing higher levels such as love, esteem, and self-realization.

Sociologists for example Emile Durkheim and Max Weber have investigated the significance of social norms, values, and institutions in human behavior as well as social cohesion. As an instance, Durkheim's concept known as “anomie” refers to a state characterized by normlessness or moral confusion resulting from lack of strong social ties. On the other hand, Weber's idea of “rationalization” explains that there is increased concern about efficiency calculability together with control within modern societies leading to feeling alienated from society.

Educators including John Dewey and Maria Montessori advocate for holistic education approaches which promote intellectual emotional social ethical development among students. Dewey's philosophy of experiential learning stresses on active engagement, reflection, collaborating learning process approach. The main aim in Montessori education is to develop prepared surroundings that enhances freedom of choice exploration and self-expression. Teachers can enable students to become empathetic responsible citizens through selecting areas where they can explore their interests while developing critical thinking abilities plus cultivating moral character.

From a student's perspective, the concept of harmony of being can be seen as an ideal to strive for. As a student, you're constantly managing different responsibilities and tasks in your academic and personal life. It's easy to get overwhelmed and lose yourself in all the chaos. Striving for harmony of being reminds you to prioritize self-care and strike a balance between academics and personal wellness.

The notion also underscores the significance of connection and understanding in our relationships with others. Our interactions with peers and faculty members are central to our educational journey. If we aim to have harmonious relationships with those around us, it fosters positivity and collaboration in learning environments.

Faculty members take a broader outlook on achieving harmony of being within their community. They play an important role in shaping students' experiences, promoting open-mindedness, acceptance, and understanding among individuals with diverse backgrounds, abilities, beliefs, and identities.

In addition to fostering an inclusive environment, this goal can also lead to greater academic success — when students are at peace with themselves and others, communication improves which leads to better learning outcomes for everyone involved.

In conclusion, embracing ‘harmony of being’ has the potential to make a huge difference in the academic community. Students and faculty members should aspire for harmony within themselves and work towards it with others. This doesn’t mean aiming for perfection; it means seeking self-awareness and understanding one another better. By doing so, we create more positive connections that nurture individual growth.

Impact on Personal Growth and Development

Philosophy can also help inform personal transformation by integrating various disciplines such as sociology, psychology and human and values studies. Awareness of personal values, beliefs, and aspirations can be engendered through reflection on fundamental questions about existence, meaning, and morality. Consequently, people become more self-aware which is useful when making informed decision regarding personal enterprises and setting meaningful goals.

Incorporating philosophy, values, and social sciences within the educational framework of NU MOA can also foster critical thinking and open-mindedness. Philosophy encourages individuals to question their own beliefs while social sciences provide insights into our world’s complexities. Gaining knowledge in these subjects can help students develop a broader understanding of life essential for personal growth.

Moreover, studying the social sciences including psychology, sociology and anthropology exposes individuals to know how people behave together with knowing their way of life. A good grasp of human interactions and societal dynamics enables one to develop empathy skills to communicate better or try and resolve conflicts (Schreier 2012). These are emotional intelligence capabilities that help an individual establish strong ties in creating the best means for solving personal challenges among other positive ways that an individual can contribute to society.

NU MOA students should look at such interdisciplinary connections within their educational programs whether it’s in classrooms or outside the curriculum. By engaging with different perspectives and participating in critical dialogue students can expand their world views as well as question things they have always taken for granted to gain deeper understanding of themselves (Zimmerman, 2015). Similarly, faculty members also serve like role models who mentor students till they find themselves.

Making sure every student and faculty member can grow is a key part of NU MOA. They understand that academic achievement isn’t the only thing that matters. By incorporating the harmony of being concept into the curriculum, they can promote emotional and spiritual well-being in addition to typical knowledge learned at school.

As a student or teacher, integrating philosophy, values, and social sciences into your education will be valuable. By promoting self-awareness, living by your values, and fostering critical thinking skills you’ll become more fit mentally to tackle problems in real life.

In conclusion, making sure personal development is at every student's core will make learning easier. With a greater understanding of themselves and how they relate to others around them students will feel more comfortable overall. The goal here is to have each person reach their full potential not just academically but in their personal lives as well.

Promoting a Harmonious Environment

On the topic of NU MOA, adopting this concept would have a positive impact on campus. I believe it’s important that the university prioritizes creating a harmonious atmosphere for its students by encouraging mindfulness & reflection practices. NU MOA could start offering meditation sessions or yoga classes that help students gain insight into their own behavior patterns as well as their surroundings’. The museum could also host workshops/lectures on mindfulness, stressing the importance of self-awareness and reflection. This can help students manage stress and build resilience, and ultimately achieve a more positive/harmonious mindset.

Secondly, NU MOA can cultivate healthy relationships between students and staff by encouraging open communication and mutual respect. Students and faculty should be encouraged to interact on a personal level outside of the classroom. By participating in extracurriculars or attending events together, barriers can be broken down and collaboration will become more frequent.

Moreover, NU MOA should also incorporate the concept of ‘harmony of being’ in academic curriculum. Encouraging interdisciplinary approaches will allow students to understand different POVs and deepen their knowledge about themselves and other cultures/beliefs. By doing this, we’d foster an inclusive accepting environment where people feel comfortable communicating with others regardless of their backgrounds/identities.

Looking from the perspective of a faculty member, it is important for NU MOA to take care of its staff. Fostering a harmonious environment calls for policies that address the needs and well-being of the staff. These may include having flexible working hours and access to mental health services, as well as promoting initiatives that will create a sense of community among staff members. When the faculty is happy and contented, it can lead to a more positive work culture which eventually benefits the students in many ways.

Another way that NU MOA can promote harmony in its community is through mindfulness practice. Being mindful means being aware of our thoughts, feelings, and sensations without judgement. By teaching their students these skills, NU MOA will encourage emotional regulation, stress reduction, and mental clarity necessary for academic success.

In summary, ‘harmony of being’ is a powerful concept that NU MOA can utilize to create a positive atmosphere for its students and

staff. This university has the means to improve wellness and support the growth of its community members. Incorporating harmony into the school's culture and curriculum will lead to an inclusive space where everyone is able to learn comfortably. NU MOA could also implement workshops on conflict resolution, intercultural competence or ethical leadership which would promote empathy and accountability within its members while fostering an inclusive culture.

Conclusion

After considering the concept of "harmony of being" and how it helps to understand humanity, the researchers thought about what that could mean for NU MOA students and faculty members. In short, a lot. First off, the idea is all about looking at a complete picture of a person. Their physical health, emotions, and their spiritual sides are all important pieces of who they are. After understanding themselves, they can also begin to build relationships with others and their surroundings too.

Those pieces bring us to our second insight. Philosophy, values, and social science can be a bit boring on their own. But together? They're an unbeatable combo when looking for personal growth or development in any way shape or form. By taking this approach to learning — holistic learning — students will be able to think more critically, empathize better with others and have something to say about societal norms too. Lastly (and most relevantly), there's no doubt that things feel good when everyone gets along at school or work. To foster that type of environment at NU MOA, the university should take this "harmony of being" stuff seriously: Communication needs to be open between faculty members and students; policies need to respect every voice; mindfulness opportunities must present themselves often.

By doing those things and more, there's no reason why NU MOA couldn't become one of the best places to thrive as an individual academically or professionally. The best part? That type of culture encourages people to keep doing good outside its walls to bring out the best in everyone involved.

Based on the findings of the study, the following recommendations are:

Promoting "Harmony of Being" Awareness. NU MOA should prioritize initiatives that increase students' and faculty members' understanding of the concept of "harmony of being." One method could be integrating discussions on holistic well-being and interconnectedness into academic curricula. Workshops or seminars on mindfulness and self-awareness can also be organized, as well as fostering opportunities for reflective dialogue within the campus community.

Integration of Philosophy, Values, and Social Science. The integration between philosophy, values, and social science should continue to be emphasized in educational programs and institutional practices. This might require developing interdisciplinary courses or modules that explore such intersections. Collaboration among faculty members from different departments can also foster further integration. Additionally, ethical considerations should be incorporated into academic and administrative decision-making processes.

Adopting "Harmony of Being". To encourage a harmonious environment among its students and staffs, NU MOA should adopt the principles behind "harmony of being." Policies and programs are recommended to promote open communication, respect for diversity, empathy culture, compassion culture with all these aspects considered. Furthermore, initiatives should be taken by NU MOA to support the mental health of its community members.

Quantitative Research on "Harmony of Being". As a suggestion for future research, conducting a quantitative study about the concept of "harmony of being" can provide valuable insights into its prevalence within the NU MOA community. A survey targeting a large sample size could assess participants' levels of harmony. It is also possible to discover possible predictors for harmony too. The relationship between harmony and various outcomes such as academic performance can also be examined through this study. By quantifying these data regarding "harmony of being", it will drive future initiatives aimed at promoting holistic development amongst individuals while fostering a supportive environment where everyone thrives together.

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