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Is Negatively Charged Ego the Middle East Biggest Problem?

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Introduction

In fact the writing about the Middle East ego is a very difficult task, and this will lead to some kind of attack and criticism, because this will not be able to satisfy everyone. As the old wisdom goes; if two people look at the same thing, they will see it differently. There will be people who will be offended; and who want always to present a positive picture about the Middle East. They do not want anyone to portray anything other than a rosy picture of the Middle East.

Complaints are the prevailing norm in any Middle East residents' conversation. You do not see two people getting together without reciting a list of complaints over many things in their daily lives. From the poor educational system to poor infrastructure, from lack of sanitation to daily humiliation at the hands of the regime, not to mention the embezzlement of the nation's wealth, Middle East culture is infected with many negative elements. Therefore, it is essential to study Middle East residents' psychology and shed some light on such psychological phenomena, and therefore help people to have a clear understanding of the causes of Middle East residents' pain and agony [1].

Characteristics of Egotism

Egotism is the drive to maintain and enhance favorable views of oneself, and generally features an inflated opinion of one's personal features and importance. It often includes intellectual, physical, social and other overestimations [2]. The egotist has an overwhelming sense of the centrality of the 'Me', that is to say of their personal qualities [3]. Egotism means placing oneself at the core of one's world with no concern for others, including those loved or considered as "close," in any other terms except those set by the egotist. Egotism is closely related to "loving one's self" or narcissism - indeed some would say "by egotism we may envisage a kind of socialized narcissism" [4]. Egotists have a strong tendency to talk about themselves in a self-promoting fashion, and they may well be arrogant and boastful with a grandiose sense of their own importance [2]. Their inability to recognise the accomplishments of others [5] leaves them profoundly self-promoting; while sensitivity to criticism may lead on the egotist's part to narcissistic rage at a sense of insult [2].

The Etiology

The Inequality, Economic Growth, Poverty, unemployment, social injustice and weak health care are of the principle negative elements which charge the ego negatively. Indeed, many authors and commentators argue that income inequality is among the most pressing current problems of our era [6]. Wilkinson and Pickett [7] provide abundance of evidence to show that that income inequality dramatically has an impact on people's everyday lives. For example, greater inequality seems to lead to general social dysfunction; homicide rates are lower and children experience less violence in more equal societies; people trust each other less in more unequal societies; and less equal societies tend to do worse when it comes to health, education and general well-being [8]. On the relationship between income inequality and poverty, Cheema and Sial [9], in the case of Pakistan for the period between 1992/93 and 2007/08, show that inequality plays significant roles in affecting poverty.

In addition, the rates of participation in the labor market in the MENA region are among the lowest worldwide; they have stagnated for years in most countries and even declined dramatically in some [10]. Rabea Ataya mentioned that "the biggest threat from and to the Middle East and North Africa (MENA) region is the massive unemployment problem of a growing youth population." They have done survey on working people born between 1980 and 1996 about their priorities in life in the bayt.com "Millennials in the Middle East" survey (February 2014), the overwhelming response was what you would expect from young people anywhere in the world. They want financial stability, good health, and successful careers. Unfortunately, the same survey also showed the gap between these hopes and reality: 59% rely on their family for supplementary income; and 28% say that they find it difficult to make ends meet. Furthermore, 79% say that the foremost challenge of their generation is finding a job (Bayt.com"Fresh Graduates in the MENA" July 2014).

Tunisia has often been presented as a »role model« for the rest of the region in terms of unemployment rates the educational system, the development of the middle class, and the effciency of the public sector. A closer look at the structural problems and roots of the »Jasmine Revolution« shows that growing tensions between the elite and the middle class originated in the 1990s and extended slowly to all components of civil society, manifested in regional disparities, and finally led to the collapse of any working development model. The political repression of authoritarian regimes, growing economic misery of increasing parts of the population, and social injustice were the driving forces for protests and demonstrations. In particular, the lack of both access to basic services and opportunities to escape poverty have severely impacted the living conditions of a large part of the population. Young people with higher education degrees have been the victims of the phenomenon of jobless economic growth. While the elder generation has often invested heavily in order to facilitate better education for the younger generation the hopes for a better standard of living for the next generation have been disappointed, resulting in anger and humiliation [9].

In addition to the previous mentioned reasons the weakness of the health care status in planning human resources development is one of the most crucial issues facing health systems in the Middle East countries. The problems range from absolute shortage to under-employment, where national health systems are unable to absorb

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human resources, to geographical and skills-related maldistribution. The role of governments in health financing is decreasing, and there is limited interest among donors to support health systems and service development projects [11]. The Region is at risk for epidemic-prone diseases because it is a crossroads for international trade, travel and tourism, and a centre for religious mass gatherings, and is continuously exposed to a changing expatriate workforce [12].

Discussion

How do people's thoughts and feelings about themselves influence their propensities to perform acts of aggression against others? Multiple answers to this question can be suggested [13]. In recent decades, American society has come to look on self-esteem as an unmitigated good and as cure for a broad variety of personal and social problems [14]. Consistent with this view, it has been widely asserted that low self-esteem is a cause of violence [15-19]. According to this theory, certain people are prompted by their inner self doubts and self-dislike to lash out against other people, possibly as a way of gaining esteem or simply because they have nothing to lose. A contrary view was proposed by Baumeister, Smart and Boden which the violence tends to result from very positive views of self that are impugned or threatened by others [20].

In plainer terms, it is not so much the people who regard themselves as superior beings who are the most dangerous but, rather, those who have a strong desire to regard themselves as superior beings. Some people may be able to brush off criticism easily, just as others may view it as valid and well deserved, and neither response may produce aggression. In contrast, people who are preoccupied with validating a grandiose self-image apparently find criticism highly upsetting and lash out against the source of it. Thinking well of oneself is not inherently prone to lead to aggression--even in response to criticism and in- suits--but wanting to think well of oneself may well be [13].

With respect to the wave of protests and unrests that swept across the Middle East and North Africa (MENA) region since 2011 has continued in different forms. In addition to demands for more economic and political inclusion, the protests had been largely sparked by a refusal to any longer tolerate the gross socio-economic inequality perpetuated by long-entrenched "elite" in power [21].

Based on the previous discussion we can say that the negatively charged Ego is the main source of social problems in Middle East, unfortunately from the beginning the child born and living in the Middle East suffering from the negative attitude towards society which is considered a psychological behavioral problem and demands treatment (mistrust crisis). Actually in this case the blame oriented primarily towards the family as primary society followed by school as secondary society as well as the society as whole and finally the government. In reality the concepts of family, school, society and governments is not fully understood if not misunderstood and these concepts are not applied properly to establish trust and enhance positive attitude in contrast the previous mentioned concepts applied negatively in a way lacking the logic sense of ethics. Indeed these concepts are carried out in a manner to achieve the desires and wishes for narrow spectrum of people which destroy the real meaning of these concepts and this will be reflected on the attitudes of the remaining people who characterized by lacking of trust and relationship either with themselves, families, society and governments.

Conclusion

To conclude the environmental incubator is repellent environment for every psychological, ethical, scientific and professional well-being subject who likes to give and to be fruitful in the society. This environmental incubator activates the negative attitude instead of positive one at different levels and forms so consequently the society is reinforced and enriched by negatively charged Egos as the environment is favorable for their concerns and goals.

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