

Domino Effect

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Have you ever wondered why natural disaster like flood or volcanic eruption or any natural calamities occurs. Ask yourself, does it happened on a sudden or there would have been something happening slowly and gradually due to which we witness such type of big disasters. In the above scenario nothing had happened within a sudden, there were events that stimulated other events that eventually lead such big happenings. The situation that triggers any event and through that event the series of events start taking place is nothing but the Domino Effect. Like the collapse of any bank can cause or have a drastic domino effect on other financial institution.

This Domino effect plays a vital role in mental health condition of humans. Just see your everyday happenings you will find that you are surrounded with domino effect, starting from making your bed till going to sleep after having a good dinner every event triggers another one.

For the very first time the term Domino effect was used in cold war era, the cold war as we know has been ended years ago but what about the cold war which is going on within the mind and body of a student who is yet to get a job or who is still unemployed?

What about their sociability and relationship? Well, if we see students who are not employed yet after their completion of studies one can observe the rate of irritability is quite high, for every small happening the reaction rate of theirs are too high which leads to effect their domestic relationship as well, due to which they often become less sociable or less interested in making new friends or connection which eventually lower their self-esteem and the lower self-esteem surely will affect the mental health of the student.

The mental health issue even effects the enthusiasm and energy in them as they may don't feel like to leaving the comfort zone of student life and will not able to face the new challenges and opportunities. This lack of enthusiasm and energy eventually lead a cycle in which they become more isolated and less able to engage with their peers and studies.

So, the domino effect in the students who are not employed is like, it starts from lack of engagement to low concentration which eventually affects the progression that further effects in lower energy and enthusiasm leading to less engagement with society and relationships.

Employed

What about those who are employed, how domino effect interfere in their life?

In business scenario domino effect can be so beautiful or either it can cause you a lot. As it is the chain of action that takes place simultaneously.

The workplace where one works is full of domino effect, just think about #metoo movement how that thing became so viral and then the reported case of sexual harassment went up to 35% higher than the earlier one, all this is the beauty of domino effect.

But there is always pros and cons of every thing in the nature, so in case of this effect one small gossip or critic about any employee can get highly scaled and will directly affect the mental of the employee.

Every small action that takes place in workplace pokes other actions to instigate which can result in a big happenings.

So, to make the domino effect positive one must start with the things that motivate him/her the most and maintain the momentum and consistency, after the completion of one task one should move to the next required task immediately so the motivation remain activated within the self, whenever the doubt comes in between just break the things in smaller chunks and start working on them.

Reference - <https://cms.law/en/int/expertguides/cms-expert-guide-on-sexual-harassment-in-the-workplace/france>

