



## Mains Practice Question

**Q.** A positive attitude is considered to be an essential characteristic of a civil servant who is often required to function under extreme stress. What contributes to a positive attitude in a person? (150 words)

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### Approach

- Start your answer with a brief introduction of a positive attitude.
- Write what contributes to a positive attitude in a person.
- Conclude accordingly.

### Introduction:

- A positive attitude is the tendency to have a favourable outlook towards oneself, others and situations. It helps a person to cope with challenges, overcome difficulties and achieve goals. A positive attitude is especially important for civil servants who have to deal with complex problems, diverse stakeholders and public expectations.

### Body:

#### Positive Attitude can Help Civil Servants under Extreme Stress:

- **Emotional Well-being:**
  - It helps civil servants stay emotionally balanced, manage their emotions effectively, and prevent burnout.
  - By focusing on the positive aspects of their work and finding meaning in their service, civil servants can sustain their motivation and well-being even in difficult circumstances.
- **Problem-Solving and Adaptability:**
  - When faced with challenges, civil servants with a positive mindset are more likely to approach problems with a proactive and solution-oriented mindset.
  - They can think creatively, identify alternative approaches, and adapt to changing circumstances, leading to more effective decision-making and problem-solving.
- **Collaboration and Support:**
  - Civil servants with a positive mindset are more likely to build strong relationships, seek help when needed, and offer support to colleagues.
  - This creates a network of mutual assistance, allowing civil servants to share the burden of stress, exchange ideas, and collectively navigate challenging situations.
- **Communication and Leadership:**
  - Civil servants who maintain a positive outlook can communicate effectively even in high-pressure situations, inspiring confidence and motivating others.
  - They can foster a positive work environment by promoting open dialogue, active listening, and constructive feedback, which strengthens teamwork and enhances overall performance.

#### Factors that contribute to a positive attitude in a person are:

▪ **Self-awareness:**

- A person who is aware of his or her strengths, weaknesses, values and emotions can have a realistic and balanced self-image.

▪ **Optimism:**

- A person who is optimistic can see the positive aspects of any situation, expect favourable outcomes and focus on solutions rather than problems.

▪ **Resilience:**

- A person who is resilient can bounce back from setbacks, adapt to changing circumstances and cope with stress.

▪ **Gratitude:**

- A person who is grateful can acknowledge and appreciate the good things in life, such as health, family, friends, nature and achievements.
- This can help him or her to cultivate a sense of happiness, satisfaction and contentment.

▪ **Empathy:**

- A person who is empathetic can understand and share the feelings of others, respect their perspectives and show compassion.
- This can help him or her to build trust, rapport and cooperation with others.

**Conclusion:**

A positive attitude is a valuable asset for a civil servant as it can enhance his or her performance, morale and public service. A positive attitude can be developed and nurtured by cultivating self-awareness, optimism, resilience, gratitude and empathy.

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