

## Choices Are The Hinges Of Destiny: Analyzing Working Women's Choices In I Don't Know How She Does It

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### Abstract

*The physical, ethical, moral and societal status of professional women has undergone tremendous transformations. Women are found to have stretched their profession inspirations. It is experienced that the integrity of women into formerly male subjugated ranges have challenged wonderful modification with their accesses and contribution into once forbidden spheres. Yet, this does not unavoidably suggest an acceptance and equivalence of women in patriarchal circle, nor does it indicate that the skirmish amid work and family struggle has been settled. The commenced study engages the theoretical framework of Rational Choice Theory reviewed by Burns, T. and Roszkowska, E. (2016) and examines some of the measures that continue to outbreak women when they endeavor to undertake in advance in their specialized ranges and queries the existence of humankind chiefly of women, as an ethical and accountable kind. Though, the worth of the worlds is diverse for everyone, the current article emphasizes on the movie I don't know how she does it in the background to find out the factors that rise the likelihood of creating choices that want to be satisfied, thus suggesting a lasting enjoyment and gratification than temporary serenity. The principal mission of this accountability is additionally recommended to be the tussle amid the independence and self-esteem of the mature females and the serious wants of the greater communal in the fight for joint existence. The findings expose that a person can be more calculated in taking choices which fulfill the needs and encourage psychological strength after enduring a struggle of cognizance and a disturbed conduct.*

### Introduction

The coherent choice method has recently been the foremost method towards conjecturing human achievement in the realm of communal knowledges. This philosophy focuses on factors that lead to personal choices and the peculiar methods of linking societal conduct which rest on the consequences of specific selections. In economics models, people are mentioned as coherent and self-focused. Assuredly, the utmost logical and stylish arrangements of models of human action appear with this theoretical approach. There are some detailed stages to ultimate choices. The Rational choice is equipped with a pronouncement taking state when an individual echoes some restrained alternates, acclaims importance to them, and places these apprehensions in accord to their importance and worth and is enabled to make the best choice available (Ayub, A., Gul, R., Malik, M., Sharjeel, Y. M., Rauf, B. M. 2021). The person is likely to comprehend all possible choices to select the finest act or reserve to accept the conclusions on the foundation of predictions of future standards or effects of the choices (Burns & Roszkowska, 2016).

An authoritative awareness of every person follows his or her individual morals and self-regard, typically within the background of and in contradiction toothers, which rushes sensibly with their own egotism and their individual beliefs (Gul, R., Khan, S. S., Mazhar, S., & Tahir, T. 2020). A philosophy of this nature forces the human conduct and the ability to create consequences and to follow rational aims. With every choice that is made, one is connected with the surroundings and locate the response which is concerned with the gratification of endurance or self-defense, ownership, resistor, achievement, ability and attainment, freedom or deliverance (Bukhari, S. K. U. S., Gul, R., Bashir, T., Zakir, S., & Javed, T. 2021).

The action situations are more or less fully informed to the individuals. Burns, T. and Roszkowska, E. (2016) Rational choice theories contain numerous disparities. Primarily, a person in a selected condition notices or recognizes additional deeds or their forms, with the optional list in the situation of decision, that seem likely and accessible and are recognized distinctly. Furthermore, the consequences from each of the substitutions and the likely conclusions of the choices are decided. And third, among the available options, the individual has favorites, and the results of actions are comparable with personal feelings or efficacies. Finally, an application of a verdict or choice procedure to the alternates is made to assess the most of net gain; therefore, a solitary substitute is selected.

### ***Radiance of the Eminence World***

Glasser (1984) opinion regarding the control theory extends the description of all human conduct and he altered the term of the philosophy to the choice theory because of the additional stress on social conduct as a matter of choice (1998). Wubbolding's writings (2000, 2011) outspread the philosophies of choice theory, though numerous other people have added their specialties to the application of choice theory to ranges as childrearing by Buck (2000), teaching by Sullo (2007) and administration by Pierce (2007), couples therapy by Wubbolding and Carlson (2012) and by Olver (2011) and improvements by Myers and Jackson (2002).

For the whole lifetime, one acquires from the values of one's choices by developing a rising desires and wishes that might comprise of images of desired people, sustaining happenings, valued belongings, enjoyable situations, ideal principles and perfect situations (Wubbolding, 2000). Glasser, the founder of Choice Theory and Reality Therapy stated, "It is a paradox that all of know what's in our quality worlds to the minutest detail, but few of us know that these worlds exist" (Glasser, 1998, p. 46). Seemingly, it would be considered valuable for one to understand about the choices that are sustaining with the wanted result of serving every person in promoting private contentment and pleasure in their own sole way, thus chasing the decent lifetime.

### ***Sustaining the Primary Requirements***

Happiness is a debatable subject. The researchers typically decide that contentment could be explained as the verge that one acknowledges an optimistic general worth of life (Britzman et al., 2011). Investigators frequently describe contentment as the vigor of happiness over one's whole existence or a profound intellect of prosperity that rises from taking vigorous selections (Gul, R., Khilji, G. 2021). Seemingly, contentment is a considerate choice that is continuous by nourishing desires in a vigorous and stable mode, regardless of exterior circumstances (Ricard, 2003).

Absurdly, there is slight link amid money and worldly-wise substances and continuous optimistic feelings. Certainly, as Dr. David Meyers (1992) expresses, "Money is two steps removed from happiness: Actual income doesn't much influence happiness; how satisfied we are with our income does. If were content with how much it is, we're likely to say we're happy" (p. 39). Rushing a decent lifetime needs an empathy of these wishes and also creating a perfect image and propose for nurturing these requirements on a everyday base (Britzman et al., 2011).

### ***Love and ownership***

In order to increase the influence of character to improve the relations, the persons often diminish the place of commonplace people who progressively attempt to commit the correct thing even when there is a price. Owning robust appeal meant a least four main causes. Firstly, a good character derives from individual chastisement in the choices. Moreover, respectable character drives from nursing one's opinions, principles and morals. Third, upright character occurs from possessing bravery. Lastly, virtuous character is established with willpower. The matter of character would never fade away as long as people interrelate with each other (Britzman et al., 2011).

The relational associations are improved when one truthfully worries about other individual's lookout and oppose in a way that mirrors a sense of kindness, admiration and understanding that often endorses outstanding communiqué assistances (Britzman et al., 2011). Near, life-long relations that are founded on joint admiration, honesty and love are one of the sturdiest prognosticators of cheerfulness (Meyers, 2000). Research specifies that married people incline to be improved and live a lengthier life.

As far as a strong marriage is concerned, the two-character qualities found to be essential ideologies are admiration and understanding (Suleman & Mohamed, 2019; Suleman, Mohamed & Ahmmed, 2020). Affectionate relations are not complex but require a purpose to bring out the finest in other even if occasionally they might not seem like they earn it. This proves to be particularly correct when it reaches the point of childrearing. Each adult is an educator and a role archetypal, particularly the parents (Gottman, 1999). Strong relations are vigorous to assist in providing the admiration, nourishment, and caring push when one is tested to utilize the interior inspiration that exist in within to make the choices which deliver the greatest promising concerns (Britzman et al., 2011).

### ***Sensation of the sound Standing***

It is not comfortable for many people to live with a belief that they are not blessed with certain aptitudes and skills and this influences their careers. Thus, individuals who attend on their already possessed supremacies in each day are, "six times as likely to be engaged in their jobs and more than three times as likely to report having an excellent quality of life in general" (Rath, 2007, p. iii).

The natural abilities and wishes would last for a lifespan, but too frequently are left to be unexploited. Perhaps one need to realize that a gifted bundle is waiting to be utilized. By custom, investigators have positioned a casual amount concerning the intellect by scheming language aids, reminiscence, issue-resolution with pictorial and unusual contrast to others of a comparable age (Rath, 2007). Selecting a profession course for exterior acknowledgement or gain is tough to tolerate if one does not possess a logic of desire about the doings of others (Britzman et al., 2011).

### ***Approving Existence with Better Strength and Health***

The experience of the greater stages of health could be achieved as many specialist's trust that one needs to be more alert and linked to becoming more conscious of existing choices by assessing the succeeding main life errands: nutritious consciousness, bodily movement, anxiety administration, environmental awareness and spirituality (Britzman et al., 2011). Self-accountability is the most significant notion that is linked to being well in mind, thoughts and body. Turning more accountable for rushing a good life needs to be well aware of present choices by assessing the alternate options in order to turn life into more expressive and taking action by utilizing aspects and opportunities to be able to take better options (Gul, R., & Rafique, M. 2017). Choices could only be taken in the present-day. It is beneficial to acquire from the previous time but could not be held a prisoner by it. Also, an acceptance of the vagueness of the future and emphasis on what one could regulate currently (Butler & Hope, 2007).

#### ***Developing Ability to avail opportunities of Cheerfulness and Contentment***

In order to possess the competence for happiness, something has to be acknowledged from early stages to maturity and to the advanced stage of life. Admiring lifespan was missing from analysis and thoughtfulness as the specialists that attended on eliminating symbols, like misery and anxiety (Butler & Hope, 2007).

#### ***Liberty of Picking Destiny***

It is unwise to suggest that life is fair and there are numerous forces that allow, lessen and inspire one's choices. Lastly, it is important that one should grasp the liberty to select the methods and actions that are so confidentially linked to the way of it is being felt. Liberty is frequently exposed by not evasion depraved moods but accepting them proactively.

#### ***Succeeding the Upright Lifetime***

A lot of people do not understand the option to attain in life. Producing sensitive and maintainable power could be minor choice. Quite frequently, the action is the lost component to initiate the desired variations in lifetime (Butler & Hope, 2007).

#### **Methodology**

The theory that supports this study is Rational Choice theory which affects the self-regard of the person by connecting to the understanding about a person and the perceptions in the surrounding. The individual measures the damages and advantages of multiple actions, along with the scales or consequences, with the solitary anxiety about the outcomes. Thus, an occasion, act, communal sequence or association could be clarified in terms of the serviceable choices of persons and then later logically defined.

For the collection of data, the study supported the awareness that the videos/movies could provide the occasion to be categorized as an evidence means within which the essential data could be documented (Gul, R., & Reba, A. 2017). For the creation of the data, the researcher selected certain segments from the movie, *I don't know how she does it* (2011) and utilized them for a precise analysis procedure. Thus, the video of the movie turned out to be the data after developing logical outlines were established and methodically used and worked out across numerous observations (Goldman & McDermott, 2007). The researchers attended numerous features of the protagonist's life in the Aristotelian manner of beginning, pinnacle and conclusion with specific emphasis on numerous choices made by Kate during the development of the movie that portrayed an influence on her life, well-being, gratification, nervousness, guiltiness, and lastly resolution.

The queries and the check list for the procedure of data examination was adopted from Britzman, Nagelhout and Amy (2011) and Evaluation of choices was adapted from Wubbolding (2000; 2010), with an effort to investigate into the person's communal, particular and specific to communal or cooperative level, with a trial to evaluate the status of gratification that would suggest to take ultimate choices and considerations regarding some of the chief choices in life, that might not influence others but one's own life.

#### **Synopsis of the story**

"I Don't Know How She Does It" is adapted from Allison Pearson's 2002 novel about a woman who is powerfully successful in business and maintains a happy family and manages everything like juggling. So, Kate Reddy is a high-flier manager for a Boston investment company and her long-suffering husband, Richard is a stressed, often unemployed architect, who ultimately turns out to be the househusband who is responsible to bring up their two young children. Things are not normal amid Kate and her husband and are stressed with each passing day.

Kate and her friend, Allison, who is a single mother who worked as a lawyer, on their way meet some stay-at-home mothers, who pretend to be blessed for being home all the time with their kids. At work, Kate's boss, assigns her a new project with Jack. In the next morning when Kate is leaving her house, her children call out to her and she sobs from guilt as she is also getting late for work. During one of her professional meetings with Jack, Kate itches her head due to lice that she caught from her son at school but achieves to get through with the meeting. Richard's mother is disappointed on how Kate and Richard are madly working and hopes that Kate could spend additional period with the children.

Kate travels amid two cities, madly trying to balance her personal life and her chief office plan with Jack. Kate is awestruck by Jack's character and Jack admires Kate. Ut back at home, Kate and Richard are confronting clashes and fight over matters regarding home.

Kate's professional life is exceeding but her family life is torn apart. She misses kids but professional life is also important. Her relations with her husband are turning cold due to spreading distances. She tries hard to pull everything together and cooks the thanksgiving dinner for the family. Before Kate leaves for emergency meeting, Ben, her son, utters his first words, "Bye Bye, Mama".

After successful meeting, Kate is informed by Richard that Ben fell down the stairs and hit his head, so Kate rushed to the hospital, after which Kate and Richard start a dispute. The next morning, at work, Kate receives a phone call from Jack who confessed his dream moods for her. Kate replies that she loved Richard and could not leave her family. Kate meets Richard and they both apologize for their behavior and Kate admits and ask for forgiveness for listing work over family. Richard ensures her too that he would be more responsible. The moms at home later emerge and Kate arrogantly yells that she certainly brought ready-made pie to the bake sale at school and she actually participated in her daughter's activities.

### **Analysis and Discussion**

The Choice Theory elucidates that every person has a personal opinion or images in mind concerning what turns them to feel upright and is thus, specified as quality world. Persons haphazardly make choices that could satisfy their basic wants and often contain the people with whom they wish to spend time with, acquaintances or worldly materials, or opinions and assessments that possess the power to rule wanted conduct. Thus, every day, one is more or less conscious of the images in the world per excellence, if or not one understands the accurate basic necessities (Glasser, 1998).

The collection of the under described data had been possible with the help of check list presented by Britzman, et al., (2011) and an assessment of choices is made by adapting the measurement criteria described by Wubbolding (2000; 2010) that progressively and regularly portrays the choices of the protagonist, Kate in the particular movie, *I don't know how she does it*, and the sentences spoken by other characters, that eventually carries Kate away from the apparently content life to the super disruption of professional expansion to the peak of comprehension of taking a choice to the ultimate conclusion of fulfilment in life.

**The check list by Britzman et al., (2011) and the analysis in three basic areas of work/school, home/family, and Friends/Acquaintances is explicated as under:**

#### ***The Elementary Requirements of Passion and Possession***

It is the want for love, for closeness, pleasant relations and care. To upkeep for and sense the care and worry about by families, intimate relations, peers, and in close and/or friendly associations.

##### **Work / School**

"I want her to know I tried", "airport taxi meeting, meeting airport taxi", "he is the cutest guy I met", (I don't know...2011). Britzman et al.,(2011) declare that one could substitute undesirable or irrational opinions. One of the most influential manners of achieving this is to only emphasis on the minds and attempt to envision an effective overwhelming hardship or recalling a spot that is linked with optimistic descriptions or spirits.

##### **Home/Family**

Primary family duties could additionally pressurize one to guarantee a steady salary irrespective of gratification. This too frequently burns the fire to being held prisoner to something one is bound to do in place of what one wants to do (Britzman et al., 2011).

"Kate is amazing", "she can do anything", "she is amazing", "you worry too much", "I love being a mother of two year old", "I can't let Kate down", "I was prepared to stay up all night", "I want Kate to feel the same way", "I don't want her to feel that her mother was away", (I don't know...2011).

##### **Friends/Associates**

"List at night, she is amazing and does it all even if it extends to ten more", (ibid).

#### ***Self-esteem, Value and Self-Effectiveness***

This explains the necessity for a sense of authorization, merit and individual efficacy. To feel talented and capable and to be appreciated and comprehended for the hardships and endeavors by others.

##### **Work / School**

"Nothing fears me than being caught by my daughter's kindergarten teacher", "I have two choices here at work", "to get to office before my boss does", "Kate works really hard", "even during lunch, when she should be working, she talks to her kids", "quality of your ideas will hit", (ibid).Parents are the main sources of influence on their child's behavior and concerns. The influence of family happenings could not be exaggerated. The positive utilization of time includes communal happenings that deliver parents and children the resources to work together and progress into a mutual esteem and admiration for each other. Besides, the activities that involve grandparents and other relations could also be worthy (Britzman et al., 2011).

##### **Home/Family**

"who wants to watch movie", "you are too talented", "Kate is amazing", (I don't know..., 2011).

##### **Friends/Associates**

"Your kids and husband will spend quality time with nanny", (ibid).

#### ***Self-determination***

The requirement for individuality, and independence to take choices, to generate, to discover, and to depict oneself spontaneously. Thus, to have an adequate place for an unhampered movement, and to feel unhindered and uncontrolled in resolution of choices and free will. The refusal to receive that method charges persons bundles of money. There merely is no magical tablet. Rather, one should be eager to make good choices from each of the food groups, find a stability amid nutrition and bodily movement, and gain the most nourishment per calorie from the nutrition consumption (Britzman et al., 2011).

Work / School

“Nobody will know I am gone its only for a night”, “this will be the best time for my career”, “can I swing, you love your job”, “a lot of travelling”, “Yes! I can do it”, “I will be busy travelling for the next two months”, “the new york loved my idea!”, (I don’t know..., 2011).

Home/Family

“Nothing bothers me about my kids, you can call me at work”, “there is no age of getting rid of anxiety for mothers”, “it’s my daughter’s birthday next week”, “if it works....it works big”, “my mother was left with two jobs and no saving”, “oh! That is the best news, and we will celebrate...Richard!”, “being a mother is the most rewarding experience”, “sorry! My kids love this music”, (ibid).

Friends/Acquaintances

“There were rumors that Kate had lice, I will not get into an elevator with Kate”, (ibid).

### ***Amusement and Pleasure***

The requirement for pleasure, drama, desire, and amusement are essentials for life in doing things as they are stimulating, captivating and inspiring.

Home/Family

“it’s my daughter’s birthday”, “can I get you a drink”, “we need to talk”, “men never do stuff at home but make the money”, “today is everybody’s fault”, (I don’t know...2011).

Friends/Acquaintances

“you still arranged the piranha”, (ibid). Religiousness links to the connotation, determination, and course that one takes in chasing the respectable life. Identification with a complex supremacy, while devoted to a particular religion, defining worldwide values that recover relationships, and turn more involved in serving others appear to be main elements that progress emotional state of holiness (Britzman et al., 2011).

### ***A vision regarding experiencing a quality life***

“Darling I have the chance to go to New York....it is going to be a breakout in life...”, “Its only for two weeks in a month...”, (I don’t know..., 2011).

Love and belonging

“We can do it, I promise I will make everything work”, “I said I will do it, don’t worry”, “we will make everything seem better”, “that’s the plan, I have two kids and I love it”, (ibid)

Self-esteem, worth, and appreciation

“I will do it, I promise”, “that was very challenging”, “I am given the biggest break in my life”, “I love my job, I love my job so much”, “I don’t care what sex I am, don’t think of me as a working mom but Kate your advisor”, (ibid).

### ***Amusement and pleasure***

Amusement and pleasure are accessible to nearly all and one could always wallow in the loveliness of creation or take a chance to share positive knowledges with someone whom one admires to spend time with. One also has numerous stockpiled psychological photos that suggest positive emotions which could be retrieved practically any time (Butler & Hope, 2007). “I love bowling, but I don’t have time, no stains, I have something to wear”, (I don’t know...2011)

Liberty:

“I will spend two weeks in New York, I kept a professional distance”, (ibid)

Well-being and Fitness:

“From that time on life got busier and busier and I kept going and going”, (ibid)

### **The analysis on the elementary queries from Wubbolding (2000; 2010) is as under:**

These questions are adopted from Wubbolding (2000; 2010), that would try to clarify and find the responses to some of the private truths related to life and thus lead to the choice making verdicts, gradually in a successive way. The questions are created by Wubbolding (2000; 2010) that aim to clarify the revolving point or the highpoint of happenings that lastly are accountable for granting one that turning point where choice making turns out to be unavoidable.

*What is precisely needed in life?*

“Thank you for giving me a break! There is so much joy, get the madness of having a baby!”, (I don’t know...2011).

*A need that is inaccessible?*

“What goes up goes down, Our life was more a fast forward, what time is it...???? shit! Shit! Shit!”, (ibid).

*An achievement that is unwanted?*

“The distance between me and Jack turned from day to hours”, (ibid)

*The priorities among the desired?*

“Richard... I am sorry... I did everything perfectly well”, (ibid)

*What ends one would go to get what is desired the most?*

“I have to travel to Cleveland tomorrow...its only for a night...”, (ibid)

*The amount of struggle and efforts exerted to achieve the desire?*

“This is sort of thing that cracks the family up!”, (ibid)

*What doings or actions are workable or not workable for the one struggling?*

“My job...”, “just don't tell your mother about my project”, (ibid)

*What is presently being done to achieve the desire?*

“Jack and I are just friends and work”, “the project is in good shape”, “Jack is between us”, “I make a great turkey too”, (ibid)

*A particular time of fulfilment of desire?*

“We can go to your parents, and get a sitter and go to the movies, fun trip!!!”, “We are ready to have fun, we are at a trip, I am not working, I don't need it”, (ibid)

### **Alteration is continuous and predictable**

The final query is not related to change or not to change, as variation is part of one's life voyage. The query is if one could attach and assemble the procedure of alteration to move near to one's idea of an eminence life (Butler & Hope, 2007).

*Where the choices are dragging the one?*

“I had not noticed”, (I don't know..., 2011)

*Is the life procedure turning out to be the best?*

“Tomorrow morning is our shot, you know how hard I've been working, it's not my fault”, (I don't know...2011).

*Are the current choices serving or aching one with others?*

“Richard... I...”, “You got to go, we will talk about it when you come back”, (ibid).

*The present scenario of things could be hurting or supporting?*

“You should be at lunch”, “I should be there not Jack”, “it's yours and team stuck together”, “I can't believe it!”,

“Richard honey I will be there I promise”, (ibid).

*If an action could be changed for someone to be noticed?*

“Forget the list”, “I forget to charge my phone”, “I had to call your boyfriend”, “I failed, I messed up”, “we never relax, even when you are here”, “what do you want from me”, (ibid).

### **Evolving a strategy of act**

This is adapted from Wubbolding (2000; 2010) and explained the natural movement of things after one decides in mind and selects and the manner that their choices are exposed to others and begin their impact on their surrounds with their choices:

*What are the undecided feelings related to the essential deviations?*

“I messed, get my life together, I did not want to leave thanksgiving, I promise to make it up to you”, (I don't know...2011).

*What possibly could be done by one?*

“stop making lists, I am happy you feel that way, I made terrible mistakes, my place is with him, you”, (ibid).

*What would be done by one?*

“I have to go, I have to do something”, “I will call you later”, “I need to talk to him, I have to go to Atlanta on Monday”, “I am unavailable, because I have to make a snowman”, (ibid).

### **Advance a strategy for the future activities**

Adapted from Wubbolding (2000; 2010), this is based on new choices, and this plan is as follows:

*Simple* “life is once”, (I don't know...2011). Work is an important fragment of life and carries the possible to yield much gratification or unhappiness. Apparently, assisting every person to select an occupation way that would offer the utmost probability to match benefits, standards, and aptitudes, is significant (Rath, 2007).

*Achievable* “being a man is unattainable”, “she is a juggler”, (I don't know..., 2011).

*Quantifiable* “my kids will grow in a flash...I have to make it up”, (ibid).

*Tangled* “somehow some way things will change, Richard”, “I love you to an amazing amount”, (ibid).an effort to keep the love alive in a person's affiliation, though, could be stimulating as a consequence of an absence of consciousness, consideration, and inter-personal ability and growth (Meyers, 2000).

*Controlled by the achiever of the strategy* “if I have no job things will be different”, “I have given everything for the job”, “I will buy the pie from bakery”, (I don't know..., 2011).

*Dedicated* “I can't quit, but I have to go”, “I can get a new job”, “it will still be a mess”, (ibid).

Inappropriately, numerous people are not obsessive about life until they think that they are near to face a death experience. A certain event in form of disastrous in to ponder one's own intelligence of impermanence. A time period emerges in life when one loses the energy, passion and vitality to remake and

readjust through new choices through the procedure of consuming the time to ponder on one's drive and course in life. However, it is still not impossible to take a choice to stagger with the death by developing a wisdom of determination without the outcome of a nearby error.

It is found that the agony of remorse is often much bigger than the agony of self-control. The results also expose that the actual examination of chasing a decent life is a readiness to receive one's liberty of choice particularly when one does not wish to. Apparently, what influences most in life is grasping occasions to love and be loved by means of one's blessings and living a life that is noteworthy by reminding one that the being is powerful and free to select and accomplish life. The spirit of admiration is to offer the others the status of social equals with positive respect for the self-esteem of all people, counting one's self too. Another peculiarity related to people who are concerned in dispensation of an admirable character and personality, is accountability. That is, to turn out to be ethically answerable for the choices and their influence on others. In addition, what stands at the top list is a deep need for love and thoughtfulness.

Hence, under perfect circumstances, one logically desires to make selections that improve the sense of importance and spirits of self-value. One also needs to possess the necessity for liberty to be in control of one's own life and to make choices deprived of any burden, hazards or corruption from others or the exterior world (Gul, R., Kanwal, S., & Khan, S. S. 2020). It is the right of a person to possess a need for entertainment and pleasure. So, through life, there is a dire need to involve in a pleasurable relaxation chases with bodily health and a sane mind.

Henceforth, normally the conflicts could be placed in the category of being true or false. A true conflict is not accompanied with any satisfactory solution in the short term. A false conflict is accompanied with a solution, but it might be the one about which does not possess the quality of being implementing. True Conflicts does not carry a single solution that could satisfy both sides. But, on the other hand, the false conflict carries a solution that could be rough and revolting but bears the tendency and power to resolve the issue. So, when there is no solution, in a true conflict that could satisfy both sides, then the question is if there could be the chances of handling this type of conflict. The study depicted that there exist options that could be upright and immoral, sustaining and unproductive. One way to resolution is to let the conflict going for a long time. This could comprise of aggression, intimidating, blarney, brooding begrudging, disheartening, getting inexplicable. This could be unproductive, aching and could finish the relationship. However, to resolve things out, it is important to turn it over and give time and space for resolution. In other words, delay a verdict and flowing with things and wait for the results. The things which meet their needs might not be the similar. It is significant that everyone needed to put their vivacities into sustaining events in that are not included in conflict and at the same time delaying a verdict on the chief conflict. Another method is to settle the solution for some time and then to evaluate if it is satisfactory for both sides. This method is important to grant chance to a new work arrangement and the management decides to a joint review after a certain lapse of time. A certain conflict existed amid desiring the old circumstances but had to live in the new one. There is no instant explanation that could solve the fight in a reasonable way. however, it is significant to acknowledge that only time and doing satisfying things could settle the sorrow.

However, sometimes the conflict could be a false conflict when there is a single behavior involved that could resolve it (Gul, R., Khan, S. S., & Akhtar, S. 2020). At times one is stuck in a situation and unable to move forward and this suggested a false conflict. There are good and bad explanations for staying in the untrue or false conflicts. There are good and bad reasons for doing things that reflect intentions and values, fears, a poor self-perception or a habit of blaming the rest of the world for the problems. In Choice Theory, the depression is seen as dealing with the space amid what one had and desired. The Choice Theory held out the option of overpowering depression as even depression is not considered to be bad all the time. Occasionally, depression is found to be better than the substitutes, as it is still important to comprehend that the route out of depression starts with varying what one wanted or altering how one behaved. Depression is usually thought as a substitute to rage and at times it could be wiser to pick depression over anger as it often makes matters worse. Depression could be a harmless, momentary substitute to anger. However, it turns out to be insecure when it precedes for long. Besides, depression enhances a certain amount of control over people and circumstances. It could aid to escape dangers by staying in a safe environment, as people try their best to evade upsetting a person who is already in depression. After being distressed by something, depression could give control of lives. The price for this control could be high, as it is accompanied with suffering. In reality, nobody enjoys depression, but it does bring a certain amount of help. Depression is a way of evading pain. Thus, in depression, the Choice Theory assist to succeed over depression through proper action.

### **Conclusion**

The study concludes that the choice theories have several variants and have the following mechanisms: A certain decision in a particular situation recognizes or specifies substitute activities or consequences of actions. thus, the under-analysis character and her range of choices in the situation that required decision are conceivable and are known definitely. Secondly, the character regulates the significances resultant from each substitute along with the possible consequences or payments of the choices. Thus, the involved person is expected to comprehend and

understand the pertinent results of her substitute actions. Thirdly, the actor possesses the favorites among the choices, and there is always a reliable preference. Thus, the results of actions could be related to subjective favorites. Fourthly, the character depicts to apply a verdict or choice to the replacements to calculate which exploits the maximum gain. In short, the choice action is motivated by the interest of the individual concerned with the values as she observes or describes them. The character seems to judge and differentiate the charges and profits of substitute actions along with their values or consequences with depicting anxiety about the consequences for herself. Thus, an occurrence, act, societal procedure could be elucidated in terms of the lucid choices of individuals.

The study concludes that in life a person is constantly confronted with making right decisions that would be beneficial for the one and others who are associated. Thus, choice Theory seem to help to fight over with each conflict and argument that arises in mind and life. It is, as a matter of fact, the conflict that arises from very essential features of how the minds operates. The above study brought out some causes of conflict that could be, variances in what everyone wants. Everyone has multiple and countless ideas or pictures of what they desire to prevail. Certain efforts and attempts to get what one wanted could bring into conflict with other people, especially when one refuses to receive and tolerate the fact that others desire diverse things than what we wish. It is not necessary that the conflict should be amid two persons or a group of people, but it could exist in one person alone. Secondly, sustaining the essential wants and the desire for power could create skirmish with other person who possessed an equal strength in need for power. So, nourishing the desire for liberty would bring one in conflict with people who already possess an equal power or belonging. It is interesting to find that even satisfying one's desire for fun could arise conflict amid other people too.

Thus, the analysis depicted that the character under investigation seemed to have no direct control over the sensation of depression and over her thoughts, but there is a certain control on what she did. Thus, when she is capable to do a little more, she gets the inspiration to try to do something more. Moreover, preferably, she focused on small things which she desired and which she could achieve too. However, any kind of action is not easy as it is difficult and consumes a lot of time and patience. The analysis depicted that a person's spirits, opinions and activities are related, but at times one has to do something for quite some time to allow the feelings to turn positive. Although, this action could take time and one doesn't feel like starting ahead, but it would be attaining its value it due time.

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