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Assignment: Common Sense

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### Helping Others or Helping Yourself?

Passengers, “In case of an emergency. If you are travelling with a child or someone who requires assistance, secure your mask on first, and then assist the other person” (Ortega).

Everyday hundreds of people on planes hear this phrase. These few sentence truly embrace what it means to be human. As humans we tend to think about ourselves first in many situations, and we have also have become inept to thinking of alter motives when doing just about anything. We tend to think if I have nice assets, then I will be seen as high status by society. We think if I go to college, then I will get a good job and make good money. We think if I have lots of friends, then people will think I am popular and envy me. We think if I volunteer or do charity work, then I am a good person.

Do not get me wrong I think volunteering is great, but do people volunteer because they whole heartedly want to just do something nice for others and help? I cannot say that absolutely everybody is this way because there are some who truly have hearts of gold, but for most of us we have a little fool’s gold mixed in. Many people start volunteering or doing charity work because that is what society ingrains in our brain as the “right thing” to do. If you want to be a good person and give back to your community, then you ought to start serving those less fortunate. From the very start people volunteer because they are falling into societies expectations, not because their hearts are truly calling them to do so. Many people find that

volunteering is a requirement in their life. Whether it be for school, work, or an organization.

When someone is forced to do something it is rare that they actually want to. It becomes more of a chore or something to check off the to-do list. So, yes people volunteer to help others but first to help attain the social norms and or a required duty.

When individuals volunteer there is no doubt it makes them feel good about themselves. Helping those less fortunate and or an organization supporting a good cause is always associated with positive emotions. So of course high levels of endorphins and dopamine would be running through the body, making one feel happy and content with life. Everyone likes to feel good about themselves and volunteering is the perfect way to do just so. Many volunteer for the feelings associated with the acts of kindness, but again they are doing it number one for themselves and number two for the people/organization in need of help. Many people also volunteer if they have done something bad in their own life and feel the need to do some sort of repentance. It is good that he or she wants to help the world in order to “reverse” what they have done but all in all they are just looking for an excuse to stop feeling bad about themselves, again putting their thoughts and feelings first. So, yes people volunteer to help others but first for the reward of positive feelings.

If someone volunteers and does not show others what they have done, was it even worth it? This might sound absurd but sadly many think this way. People who serve in their communities just did something good and want to share their accomplishments via social media, or telling friends and family. They want the praise that comes along with the work. When we hear someone tell us about the charity work they have done we cannot help but to admire that person a little more and think more highly of them. More times than not we all want to be seen by our peers like this. To feel respected and to get the reputation of being one that helps others is

a goal for many. Many times these people include celebrities. They do charity work and are quick to post about it because they need to be seen not only as someone famous but as a loveable person. After volunteering many people write long posts on Facebook about their amazing experiences, which I do not doubt were incredible, or post pictures on social media sites showing the world what great work they have done. Then in return people comment how wonderful they are or they get hundreds of likes on their photos. It may not be their first intention, but again it comes back to feeling good about oneself. Humans are always striving towards the feeling of being appreciated and to receiving praise. So, yes people volunteer to help others but first for the opportunity of public praise.

Unfortunately, more times than not people have underlying motives for volunteering. From the great feelings that come along with helping others, to the social praise that follows, it all starts with volunteering. Volunteers may be seen as all giving saints but chances are most are in need of some type of reassurance for what they are doing. Helping those less fortunate is a great way to get involved in the community and without it the world would become a horrible place. So by no means are volunteers horrible people. Humans live for reassurance and fondness of praise is in our blood. So, yes people volunteer to help others but overall to first to help themselves.

Work Cited

Ortega, Sergio. "Inflight passenger announcements." *Airodyssey.net*. N.p., 09 Nov. 2015.  
Web. 07 Feb. 2017. <<https://airodyssey.net/reference/inflight/>>.