

**Psychology of Personality and Individual Differences: Theory and Applications**

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**Lecture 27: Positive personality trait: Kindness**

I welcome you all to module 11 of this course. So module 11 is about developing positive personality traits, and this is the last lecture of this module. So this is the fourth lecture of this module, and overall it is lecture number 27. So today we will be talking about one of the positive personality traits, which is called kindness.

So before we talk about today's lecture, let me give you a brief recap of the last lecture. So in the last lecture, that is lecture number 26, we discussed one of the positive personality traits, which is empathy. So in that context, we discussed the difference between the terms empathy, sympathy, and compassion. We also talked about the different domains or dimensions of empathy, and we discussed some of the neurological bases of empathy. We also discussed what the possible predictors of empathy are and what empathy can predict in terms of human behavior.

We also talked about what the right kind of empathy is, in the sense that some aspects of empathy could be very draining when a person identifies too much with another's suffering. So in that sense, what is the right approach to look at empathy? And at the end, we discussed how we can cultivate this sense of empathy. So these are some of the things we discussed in the last lecture. In today's lecture, we will be talking about the concept as a trait. So we will be talking about what counts as kindness.

So basically, we will try to see what the meaning of kindness is and what kind of behaviors are considered as kindness. We will also talk about the evolutionary mechanisms of kindness. How evolution can explain the sense of kindness that we see among human beings. We will be talking about the relationship between kindness and happiness, and at the end, we will be talking about practicing kindness. So let us start today's lecture.

So when we talk about the concept of kindness- this is something we all understand; we have all heard about this term because this is something that is very important in everyday life functioning, and we keep hearing about this word from various sources,

including religions and so on. So when we talk about kindness, its very simple meaning is actions intended to benefit others. So any action that is done with the intention to benefit somebody is called kindness. So this is one of the simplest definitions that we can give.

Whatever action you do, if the intention is to benefit someone else, or you do it with the positive intention to have some positive impact, then that action can be called kindness in a very broad and general sense. When you talk about kindness, it has a very strong moral dimension because everybody wants kindness to be present among human beings, as this is a kind of preferable trait that we all want human beings to have. So in that sense, it has a lot of positive moral connotations associated with it.

All religions prescribe the practice of kindness as a holy virtue and the basis of our happiness. Almost every religion talks about it and it is one of the foundational qualities or characteristics that is preferred and promoted by different religions and moral philosophies and so on. So, in that sense, kindness as a trait is very important and it's one of the important fabrics of human society and it is promoted with a very positive, moral connotation. So, when we talk about the word kindness, it includes combination of emotional aspects, behavioral aspects and motivational aspects.

So a lot of these psychological constructs that we talk about, these are not just thought processes, they have emotional aspects to it. They have behavioral impact to it. So when you have certain sense of kindness in your mental aspects, it will reflect in your behavior also. It will reflect in your motivation also. It will reflect in your emotion also. Since mind is not an isolated thing, it has a constant interaction with emotions, behaviors and so on. So similarly kindness also has a combination of emotional aspects, behavioral aspects and it also has a motivational component. So at the emotional level it is compassion. When there is kindness in your expression of emotion it can be called compassion.

At the motivational level, it is an urge to help others, and at the behavioral level, it includes actual helping behavior. So when you actually go and help someone, that is the behavioral component of it. So kindness can reflect itself in the emotional, motivational, and behavioral aspects. So, in simpler terms, kindness means treating others with warmth and respect. So these are different ways of defining the same term.

So it also includes the aspect of treating others with warmth and respect. So when we explore kindness, it has many aspects in terms of the components included in it. Some of these things we have already discussed. One other aspect includes generosity, which is about giving your time, resources, and skills to help those in need. So that's one

component of kindness: generosity—giving your time, resources, and skills to help other people.

Kindness also includes compassion, as we already talked about. This is an important component of kindness itself, mostly in the emotional aspect, which means being truly present for someone, whether by actively listening to their struggles or offering silent support. This compassion reflects genuine concern for others' well-being. And many times, this compassion gets reflected in the behavior of actually helping someone. In the last lecture, when we talked about empathy, we discussed that compassion is also one of the aspects of empathy.

And mostly it gets reflected in the action of the person. So kindness is also about nurturing and caring for others, finding joy in doing favors, offering support and performing acts of good will. All these qualities basically gets reflected in the form of kindness.

So if you look at these characteristics, we notice that a lot of people have the trait of kindness. So it can be part of your personality trait in terms of the fact that some people are more kind as compared to others as a natural trait. So there are individual differences in terms of kindness.

So having said that, kindness can also be developed by people who are lower on the trait or express it less. In terms of individual differences and personality traits, some people are high on this trait, some people are low on it. Kindness is not only a personality trait but it is also an important character strength and it falls under the virtue of humanity. According to research it has been found that when measured, kindness ranked among the top five most common character strengths globally.

So this shows that people give a lot of importance to this trait. Research also indicates that kindness serves as a buffer against negative effects of stress, promoting resilience and emotional well-being. So people who are kind in a sense, also have some other positive benefits in terms of being able to deal with difficulties and stressful situations, it also promotes sense of resilience and enhances emotional well-being.

So we'll be looking at some of the possibilities why this happens. Also, practicing kindness towards yourself can reduce anxiety, self-criticism, perfectionism and foster healthier and more balanced mindset. Some research also indicates that you can be kind towards yourself too. Sometimes some people are too critical of themselves and they are

not happy with any aspect of themselves and engage in a lot of self-blaming, which manifests itself into lot of dissatisfaction, lot of irritation, lot of anger, which can lead to dissatisfaction with oneself and can reflect as negative behaviors. So kindness towards oneself could also can be a positive thing as it will reduce all of these negative attitude towards oneself. So practicing kindness towards yourself can reduce anxiety associated with self-criticism and other things. Kindness can also help people who have tendencies towards perfectionism which can be a cause of a lot of anxiety. Thus, kindness is not only directed to others but also oneself and it can have several benefits attached to it.

Now, what counts as kindness? That basically means: what kind of behaviors can be called kind behavior?

So any action that you do with the intention to benefit someone will be called kindness. So it can include anything. It is not necessary that kindness is something only reflected in terms of great works of charity, or some kind of great help that you are showing towards someone else. Kind behavior could reflect, or acts of kindness could be reflected in very simple day-to-day actions that we perform in our life.

It could include things like, a smile towards someone just to encourage that person, or saying thank you or a word of encouragement to other people. So these are simple things that we do in our day-to-day life which may not really cost you anything. So if your intention is to help someone, encourage someone, motivate someone with a smile or saying thank you or some kind of words of encouragement, all of this could be counted as acts of kindness.

So it's not necessary to do some great charity work for it to be considered as an act of kindness. Small small things could also be included under that, however, what's important is that it's an act coming from genuine care and concern for another person. So that is the main criteria in the action, outward expression of action is not that important.

Intention is more important in this context. So the acts of kindness can come from spur of the moment. Sometimes people get engaged into acts of kindness randomly- you see somebody and you know something triggers you and you try to help someone, so in the spur of moment that urge can come and these are also called random acts of kindness that people do. Kindness can also be thought of and planned in an advance, where you can sometimes aim to help someone in a systematic manner, for e.g., helping someone with calculations will require the use of stepwise analysis. All in all, it doesn't matter whether these acts of kindness are planned or done in the spur of the moment, what matters is only

the intention behind these acts. Kindness requires us to be aware of the people around us and to notice their needs and feelings.

So most importantly people who are kind in terms of personality traits are people who are more sensitive to the needs of other people. They also probably have more empathy which helps them understand the perspective of other people and be more sensitive towards the needs of other people, from which kindness as an emotion or as an action emerges. So let us see some of the evolutionary mechanisms of kindness. Kindness is not just a psychological concept. Evolutionary psychologists have also discussed how kindness emerged alongside evolution.

Kindness is somehow inbuilt in the biology of human beings. In a limited sense, in human beings, kindness could express itself in many diverse ways. But evolutionary forces, with the progress of time, have given certain tendencies toward kindness in a limited sense—maybe in a very selfish sense also—to promote the species. Because without kindness, the species will die. So it's very important that kindness is there, inbuilt in the biology of animals and human beings; otherwise, the whole species will not be able to survive and go to the next generation.

So there are certain evolutionary bases of kindness which promote the action of kindness. Let us see some of these evolutionary bases. So kindness has a very strong evolutionary basis because it promotes social connections, cooperation, and the flourishing of communities and societies. It is because of kindness that, there is a social connection—that people connect with other people, help other people, and people grow or thrive as a community, as a society. If there is no kindness, people will not connect; they will completely disintegrate themselves.

And probably a lot of the disintegration in today's world is because a sense of kindness is reducing. A lot of disintegration is happening at the group level and the societal level too. So because it promotes social connection, cooperation, flourishing, and the survival of the species, all these are required. So that means there is some evolutionary basis to it and evolution promoted this kind of behavior.

So how does evolution promote this behavior? Let us see some of these mechanisms. So evolutionary mechanisms favor kindness in a variety of ways. Curry et al reported some of the mechanisms of evolutionary mechanisms in the kindness. One is kindness to families that is called kin altruism.

So when we talk about evolutionary mechanism, we are talking about how evolution promotes these behaviors. So there is an inbuilt mechanism that is promoting this behavior, Thus, there is an automatic predisposition towards those behaviors. So the biological forces are promoting these behaviors. Thus, there is an evolutionary basis of something like keen altruism which refers to a natural sense of kindness towards the family members or people who are very close genetically.

So natural selection promotes kindness to genetic relatives such as family members. For example- love and kindness for off-springs or children, siblings parents etc.

Obviously the evolutionary forces are limited in some sense, however, it promotes the survival of the species through mechanisms such as keen altruism.

We are more likely to be kind and help people who are genetically close to us. Naturally, if there is any need for people who are very close to us, maybe our siblings, brothers, sisters or parents, whoever is genetically close, there is a natural tendency among us to be more kind towards them, to help them if they are in the difficulties and so on. So this is something that is very automatic.

Obviously, in human beings, there can be exceptions where there can be problems and conflicts with your close ones. We are not talking about those things. In general, there is kindness, and more kindness towards genetically close people. It could be your brother, sister, it could be your parents, whatever it is. Or it could be your own children and so on.

There is a natural tendency to be more kind towards them. So, evolution promotes this because it is necessary for survival. So, in a sense, that is called kin altruism. This is one of the first principles of the evolutionary basis for kindness that can get expressed in other higher realms later on, but evolution definitely promotes it.

So, that is called kin altruism. The second is called mutualism which means showing kindness to members of one's community. It can also be understood as natural selection or evolutionary forces.

Evolution favors the tendency to be kind, to coordinate and collaborate with others who share common interests, such as teammates and group members. So, evolutionarily, there is a basis for more kindness and cooperation towards people who are part of one's own group. Whatever that group means—it could be people in your community.

Whatever the definition of community could be. A community may be a social group, people who live in a society, or it may be a religious or cultural group. Whatever it is. So, there is a natural tendency to be more kind and cooperative towards one's community and to coordinate with them because there is some kind of common interest among this group of people. So, this tendency led humans to form clubs, gangs, sects, and so on. This form of kindness can explain loyalty, solidarity, camaraderie, civic-mindedness, community spirit, and commitment to a cause greater than oneself. So, this is expressed in terms of showing more concern and cooperation toward people of one's own group.

That group could be a small group, could be a larger group, whatever it is. We are members of so many different varieties of groups. Because of certain common characteristics, there is a natural tendency—evolutionary forces promoting that kind of behavior—and people engage in that kind of behavior. So that is called mutualism.

The third is called reciprocal altruism where people show more kindness to those who are more likely to meet again and return the favor. So it has a certain kind of self-interest in it. In the sense that people are more likely to help someone if they see a possibility that this person will return that favor in some way. If there is a higher possibility, then probably they are more likely to help. So this is kind of another evolutionary mechanism involved in it. Natural selection favors kindness to those who might return a favor later. This is mostly unconscious; this is what happens. So reciprocal altruism can explain kindness in the form of sympathy, trust, returning favors, gratitude, forgiveness, and friendship.

So you tend to show more kindness towards people who are more likely to meet again and so on. So reciprocal altruism predicts that these tendencies will most likely be shown in interactions where individuals expect to meet them again. And it may include kindness to strangers as a way of making new friends and so on. So many people also help strangers, which may be because of this mechanism of showing kindness, hoping that you can meet again and build some kind of a relationship with them and so on. So people also express kindness because of this reciprocal altruism concept. The fourth mechanism is called competitive altruism. Some evolutionary psychologists also say that natural selection favors kindness that impresses peers and attracts mates.

So many times people show cooperative or helpful behavior towards another person just to impress people, particularly in the presence of mates or possible potential mates. So competitive altruism can explain kindness in the form of generosity, bravery, heroism,

chivalry, magnanimity and public service. And these are elicited especially in the presence of rivals and potential mates as it may enhance one's status.

So many times people also engage in cooperation just to impress someone, particularly it become more prevalent in case of mates or opposite sex and so on because there is a possibility that it will attract your opposite mates by showing such kinds of behavior because there is a positive impact of such behaviors. So this is called competitive altruism. So these are some of the possible evolutionary basis to kindness that explain why people show cooperation towards certain kinds of people.

Evolution and biology promotes certain kind of cooperation or kindness behaviors at the individual level, group level and so on because it promotes survival of the species. It promotes certain kind of survival as a group, making social connections and so on. But when we talk about evolutionary forces it is important to note that these are very unconscious forces, it can just direct certain kinds of tendencies and it could be in a very selfish sense also. Now when we talk about kindness and human beings, sometimes the kindness that human beings show could be much more broad than this evolutionary mechanism that we are talking about.

One can be completely selflessly kind also. This could be rare and which may not be very prevalent for a lot of people. Most people could be under these evolutionary forces. But a lot of people can also show behavior beyond these evolutionary forces, where there is no self-interest in terms of one's benefit and so on. So kindness could be expressed in a much broader way when we look at human behavior.

Also one of the reasons why people engage in kind behavior is because of its strong connection with happiness. So there is a saying: what goes around comes around. So what you give to others somehow returns back to you in some way. It may not be immediate, but whatever you give—if you give suffering to others, it will come back to you in some form.

This is a general idea. If you give happiness to others, it also comes back to you in some form. So kindness is also connected to that. So if you show kindness to another person or cooperate with another person, it will kind of return back to you.

It may not happen directly, but one of the main things that comes back to you is the sense of happiness that you get. So this is very important in terms of kindness, which is why sometimes people get engaged in it. So apart from these evolutionary reasons which

could be very unconscious sometimes, another one of the main psychological reasons why people may engage in kindness is because it gives them a lot of happiness. People feel happy and joyful by showing kind behavior toward others.

It's a natural tendency that when you help someone, it gives you a lot of happiness if you have a genuine concern for other people. So this is one of the basic reasons why people get engaged in it. People show kindness as it gives them happiness. This may explain a wide variety of behaviors including donations and charity work, even anonymously, without really showing your name and so on.

People get engaged in and give donations and support people anonymously also. Why would somebody do that? There is no self-interest here. It could be because they are getting a lot of happiness out of it which is more important than their recognition and other things.

A lot of research supports this proposition that the act of kindness increases happiness and well-being. This could be one of the prime reasons why people get engaged in it apart from the evolutionary reasons mentioned earlier. So one of the interesting studies done in this context indicates how it is connected to happiness.

So, this was the study that followed five women with multiple sclerosis for three years. So, these are women with a certain neurological disorder called multiple sclerosis. This is a neurological disorder which limit your life.

They were given the task of peer support for 67 other multiple sclerosis patients by training them in compassion and active listening. So they were supposed to call each patient for 15 minutes per month.

So, these people were asked to compassionately listen to 67 other people with the same disorder. They were trained to listen, how to listen to the problems of others compassionately and practice active listening and the task was to call each patient for at least 15 minutes per month.

So at least once or twice a month, they were supposed to call these patients, talk to them, find out what was happening, and actively listen and support them. So that was the task given. So for three years they did this.

And this task was given just to help or emotionally listen to them, be compassionate, just to show some sort of kindness to other similar patients. Now this research shows after

three years these five women reported that they experienced increased satisfaction in their life. They increased sense of self-efficacy or self-confidence to them and feelings of mastery. They experienced a new sense of confidence emerge when they talk to similar patient because many times when we listen to other people and try to solve their problems, we also realize that we have many strengths by which we can support other people, or you also realize that I am not the only one who is suffering. There are many other people suffering similarly or maybe more than me.

And still maybe they are doing good. So you also learn lot of things. So because of that people reported increased sense of satisfaction, self-efficacy, feelings of mastery and so on. So these five women also reported engaging in more social activities and reported less depression. So their depression level went down too.

They also reported that they shifted their focus away from themselves and their problems toward others. So one of the things that it did is that because they were talking to them and trying to support them emotionally, it helped them move their attention away from themselves. When you are only focused on yourself—my problem, my problem—then it exaggerates and multiplies your problems. When you remove your attention from yourself and give it to someone else, you forget a lot of things because you don't pay much attention to what is, so that sense of multiplication doesn't happen to your sufferings.

They also reported a stronger sense of self-esteem and self-acceptance. They started accepting themselves more—their conditions, disabilities, and so on. This study showed that just by doing some acts of kindness every day for some time, it made a lot of difference in their mindset, their behavior, and their emotions etc. So this is one of the studies that shows how kindness could be connected to happiness.

Many other studies also show that acts of kindness have many positive effects, like increased happiness and well-being, decreased symptoms of depression and anxiety, and increased positive emotions. They increase social well-being and quality of relationships and so on. So these are some of the other research findings that also show how it is connected to happiness and well-being. Now the question is: Why does it make people happy? So one of the research findings is very clear: Acts of kindness actually make people happy.

Why does it make people happy? What could be the reason behind it? So Lyubomirsky suggested some of the possible mechanisms why these acts of kindness make people

happy. Some of the reasons are listed here. One is kindness leads you to perceive others more positively and more charitably.

So when you engage in acts of kindness, one thing is obvious: you will have a positive attitude toward others or you will perceive that person positively. Otherwise, why would you do something like that? So the kindness mindset perceives others positively. Otherwise, people would not show kindness.

So there is a sense that you are more likely to perceive others positively. That is why it will get reflected in your behavior. So your perception of others becomes positive, which gives you a lot of happiness. Because if you look at the negative aspects of other people, it will also... It is more likely to stimulate negative emotions and so on.

If you perceive others positively, it is more likely to stimulate positive emotions and so on. So, an act of kindness by definition promotes the perception of others in a positive light. Kindness also changes self-perception. Many times, when you engage in kind or cooperative behavior, it changes your own perception of yourself. You start liking yourself.

You feel like you are doing something worthy. So your own sense of perception towards yourself becomes much more positive. Many people do not have a positive attitude about themselves. That is why you do not like yourself—because there are so many things you are not happy about with yourself. So, an act of kindness actually shifts that perception many times, making your sense of self-perception more positive.

So it helps you view yourself as a more compassionate, altruistic person. This may enhance your sense of self-esteem, confidence, and optimism. The third reason is that an act of kindness towards others may distract people from their own troubles and ruminations, shifting focus from the egoistic self to others. Earlier research also shows that participants reported it removed their attention from their own suffering to others. So you do not give much importance to what is going on in your personal life because you are focusing more on other people's lives.

So too much of an egoistic focus gets shifted from oneself to others which kind of reduces a lot of suffering and depressive symptoms. So that could be another reason. Fourth reason is acts of kindness for a worthy cause may give you a sense of your abilities, resources, expertise and feeling of control of your life.

Many times through acts of kindness people realize they have so many abilities to help other people or they have many expertise, many resources, which they were not maybe aware of, but they realize once after engaging in such kind of behavior. So sometimes self-discovery also happens that also makes you have a sense of control of your life and so on. Fifth reason is through act of kindness people also learn new skills or discover hidden talents and promote self-efficacy and accomplishment. So it is connected to the earlier point. Many times while engaging in acts of kindness, people learn new skills because they have to use their skills in the situation and they may discover many hidden talents they have in the process.

Sixth reason is that acts of kindness may promote a sense of meaningfulness and value in one's life. So it gives a lot of value and meaning to your life. Some people live too individually and egoistically. On the other hand, when you kind of broaden your boundaries of your life in terms of engaging with other people, it gives more meaning and value to your life. Naturally you feel your life has much broader meaning and so on.

Seventh reason is that kindness can lead to a cascade of positive social consequences such as others liking you, showing gratitude and reciprocating others goodwill. One good behavior can kind of stimulate many positive things in one's life. So you help someone, so it can lead to many positive consequences such as others liking you, showing gratitude, reciprocating favors by other people. One action can stimulate many positive actions. Similarly, one negative action can stimulate many negative consequences in one's life.

So action can have long term consequences. So positive action like kindness can have many long term positive consequences in one's life which can promote happiness and so on. Eighth reason is that kindness satisfies the basic human need for connection with others and satisfies the need for relatedness. It is a basic human need to connect with other people. So this is one of the fundamental needs that we all want as a social animal and kindness kind of fulfills that basic need.

So it helps you by giving you a lot of satisfaction. So these are some of the reasons why kindness is connected to happiness and why most of the research shows that it is connected to happiness. So this could be some of the possible reasons. Now the last thing which is very important is how to practice kindness.

Now as we have already said, kindness can be considered as a trait that people differ on, with some people being higher and the others lower. However, it is not a rigid trait that

people cannot change. There are certain qualities that one can develop in order to enhance this trait, for e.g., people can develop a sense of sensitivity and empathy in one's life. So this is connected to the last lecture that we talked about on empathy that will also promote a sense of kindness. Dalai Lama had once said that be kind whenever possible it is always possible. So that's the gist of what this is all about.

Kindness comes from broadening of openness of your mind, becoming more sensitive towards the needs of other people. It automatically flows. So sometimes one can plan acts of kindness by consciously deciding and planning to help and support some people and organization like donating resources and so on. Some people are naturally more kind as a trait/characteristics. Others can develop it by becoming more sensitive towards others.

This trait develops slowly from childhood based on how you are taught, what kind of models you have seen in your life and what kind of people are. A lot of factors can contribute to why someone develops the trait of kindness and why someone is less on that. Sometimes some incidents can change such perspective of life and sometimes people can consciously develop it. So that is something about the practice of kindness. Some aspect of kindness, it's not directly kindness, but some behaviors which can be connected to kindness.

Sometimes, kindness may take a toll on certain people. Research shows that the role of a full time caregiver of chronically ill or disabled loved ones can take a toll on one's mental health. In such cases, lot of these care givers experience depression, fatigue, anger and resentment. So it is a very noble and kind act of helping behavior but in such situations it can also take a toll on the people who are doing this behavior or particularly caregivers. Now it is not because of the kindness it is happening but it is because of some other reasons.

So caregivers of spouses with Alzheimer's disease show depression level three times more than the average person. Alzheimer's is a neurodegenerative disease where people start forgetting things and so on. Caregivers of spouses with spinal cord injuries report severe physical and emotional stress, burnout, fatigue, anger and resentment.

These people experience a lot of these negative indicators of mental health. However, it is important to note that these negative outcomes are not the direct result of showing kindness. It is not because of kindness they are becoming depressed and with full of resentment and so on but it is because of the grieving process where people on a daily basis have to look at their loved ones suffering. Kindness is also an element of empathy

also. So although you are showing this kindness and helping behavior, but at the same time you are also looking at another person who is very close to your life and suffering a lot. So that is the main reason why a lot of this negative impact is happening.

It is because of this accompanying grieving process where you see your loved ones suffering on a daily. Such caregiving also interferes with the daily goals and functionings of the caregiver which may increase stress and frustration. People with caregiver roles are also not able to deal with their life because they are not getting enough time. So their goals of life and functioning of life is strictly hampered which could also contribute to lot of anxiety and depression and so on.

So at the emotional level such caregiving may have detrimental effect but it may increase certain dimensions of well-being such as giving purpose and meaning in one's life. And is appropriate because it's an appropriate and honorable work and one sacrifices pleasures of life because of their duty and so on. So obviously emotionally it can drain people but at the same time many people in such situations also can report that this enhances meaning and purpose in their life.

So in certain dimensions it enhances their well-being but emotionally it could be quite draining in such cases. So the basic idea in the case of kindness or act of helping is that a true act of kindness should be done freely and autonomously and only such acts bring maximum improvement in well-being.

When an act of kindness is done fully out of freedom not because somebody is pressurizing you to do this then it will not have that benefit. True benefit of act of kindness comes only when it is done fully autonomously with full freedom. Not because of certain pressures, external pressures.

A forced help may not bring about the benefits of kindness as it is not truly act of kindness. You are doing it because you are pressurized to do it or because of circumstances you are forced to do this.

Then it will not have that benefit because it is not out of your freedom that you are doing it. So that is an important aspect to it—when it can have a positive impact and when it may not have that impact. The important thing is that kindness should not be forced on someone. Other people may not always welcome your kindness if you just force yourself on someone's life and start helping. That is also not good. One has to be sensitive. Other people may not always welcome your act of kindness and may put other people in an

uncomfortable or disadvantaged position. Therefore, it is very important that one has to be sensitive towards the needs and preferences of others. Just because you want to help someone doesn't mean that you can force yourself on someone else's life because that person may not want your help. So that sensitivity is also very important.

So these are some of the things, some of the aspects around kindness and the benefits of it. If you have that kind of mindset or trait in you, then it has a lot of benefits—particularly, it makes your life much happier and full of satisfaction, enhances well-being, and so on. So these are some things about the act of kindness. With this, I stop here. Thank you.