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Investigating the Resolutions and Hopes of Korean Society Through Gratitude and Awareness, Inspired by “Three Days To See” by Helen Keller

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Abstract

In a challenging era of despair and hope, Helen Keller's story and her work, especially the remarkable journey depicted in “Three Days to See” from her autobiography “The Story of My Life,” serve as a deep source of inspiration and wisdom. Her incredible life story reveals the path we should follow and the hope we should embrace. Her story showcases an incredible ability to overcome adversity in the human spirit. It reinforces the idea that even in the darkest moments, one can find the light of hope and resilience. Her story is a testament to the indomitable human will. Furthermore, Helen Keller’s narrative often reminds us of the importance of gratitude for gifts and opportunities that are often taken for granted. Her longing for the simplest things, like sight, teaches us to cherish the abilities and privileges we currently possess. When facing contemporary challenges and uncertainties, her story conveys a profound message of unwavering hope and steadfast faith. She encourages us to seize the present moment, value the gifts we have, and embark on the journey of life with patience and hope, even when the path appears difficult. In this paper, we explore the life of Helen Keller and her literary work, emphasizing the importance of patience and hope in the difficult times faced by Koreans today, and we aim to present our attitude towards contributing to the nation’s development. We seek to provide methods for preparing for a better and more hopeful future. We assert that we must carry hope and determination for the future and strive for new optimism and hope in Korean society.

Keywords: Helen Keller, Three Days To See, Dream, Hopeful Korea, Advancement of Korean

1. INTRODUCTION

Helen Keller stands out as a remarkable role model, not only for individuals with disabilities but for anyone pursuing goals. Born in Alabama, USA, in 1880, she lost her sight and hearing at 19 months old. Despite this challenge, her exceptional energy, enthusiasm, and determination made her an inspiration and a source of strength, advancing the cause of the deaf and blind worldwide. The essay “Three Days to See” unfolds the genuine emotions of the extraordinary Helen Keller and imparts a significant message to its readers [1, 2]. She is regarded as one of the notable figures in history who achieved remarkable feats in a world of darkness and silence, born in the late nineteenth and early twentieth centuries in the U.S.A. She accomplished incredible

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achievements in circumstances that were considered impossible by the people of her time, and her story conveys an inspiring message of vision, dreams, education, patience, and a positive attitude. Helen Keller, a woman from the United States who experienced both language and vision impairments, was born in 1880 and lost her language and vision functions due to a severe case of mass lesions on the frontal cortex at the age of 19 months. There is a profession called speech-language pathologist, which provides specialized services to individuals facing difficulties in language and communication among various occupations today. Speech-language pathologists work as professionals who intervene in therapeutic activities to facilitate desirable changes in the language understanding and expression of speech therapy recipients. Anne Sullivan Macy, the home teacher, was the speech-language pathologist responsible for Helen Keller's language education [3]. Renowned as an American educator and lifelong confidante to her, Anne Sullivan Macy, originally named Johanna Mansfield Sullivan, rose to prominence. She was born on April fourteen, 1866, and passed away on October twenty, 1936. Sullivan confronted an early challenge at the age of five when she contracted trachoma, an eye disease that affected her vision and impeded her reading and writing abilities. Despite these hurdles, she persisted in her education at the Perkins School for the Blind. At the age of 20, Sullivan graduated and seamlessly transitioned into the role of her teacher, establishing a connection that would last a lifetime [4].

With the assistance of her governess, Anne Sullivan Macy, she learned how to read and write using her hands and was able to understand and use language. She became famous as an educator and a human rights activist, providing hope and inspiration to people with language and vision impairments. Her story carries a powerful message about overcoming darkness and difficulties to discover hope and patience. Her experiences serve as a reminder to appreciate the abilities and opportunities we take for granted in our daily lives. Her story conveys the value and message of maintaining hope and patience even in today's challenging times and striving for success. The purpose of this paper is to explore her life and philosophy through Helen Keller's autobiography, "Three Days to See," and understand the values and lessons she imparts. Through this, we will examine the impact of her story on contemporary society and address key themes such as vision, dreams, education, patience, and a positive attitude. Her story serves as an excellent example of the importance of goal achievement and a positive attitude, offering valuable lessons for modern society. Subsequently, we will delve into her early-life challenges and how she set and achieved goals in the face of disabilities and darkness, as well as the faith and positive attitude that played a vital role in this process. Disability encompasses the challenges individuals face in performing certain activities or accessing opportunities equitably within a society due to various conditions. These conditions can be intellectual, evolutionary, cerebral, emotional, somatic, perceptual, or a combination of these factors. Disabilities may manifest from birth or develop later in life. Historically, the recognition of disabilities has been confined to a limited set of criteria. However, it's essential to recognize that disabilities are diverse and can manifest uniquely in each individual [5].

We will explore how she, through education, led herself and society from darkness to light. Furthermore, we will discuss her role in social service and collaboration, as well as how she consistently looked forward to a brighter future and contributed to the development of the nation and society. Through this additional content, we aim to gain a broader understanding of Helen Keller's impactful life story and explore ways to apply her teachings to contemporary society. This paper discusses the application of values and principles from her, such as perseverance, effort, self-management, self-motivation, collaboration with others, and continuous learning and growth, to contemporary society. Perseverance, also known as psychological resilience, refers to the mental and emotional capacity to navigate through a crisis and quickly restore oneself to a pre-crisis state.

The term acquired eminence in the nineteen seventies and nineteen eighties using the project of psychologist Emmy Werner, who conducted a comprehensive forty-year study on a group of Hawaiian children originating

from low socioeconomic backgrounds [6, 7]. It emphasizes her faith and positive attitude while highlighting methods to overcome challenges and achieve goals. Through this research, we aim to understand how her story can impact our personal success and societal development and provide guidelines for achieving goals and leading a positive life. Her teachings demonstrate that when facing one's own disabilities or difficulties, patience and effort can lead to overcoming them.

Self-management and self-motivation play essential roles in achieving goals. Furthermore, she emphasizes the significance of aiding others and participating in community through social service and collaboration, allowing us to create a better society. Her life underscores the importance of continuous learning and growth, enabling us to draw strength from ongoing development and growth. Finally, a positive attitude is essential in overcoming challenges and achieving goals. Her story reminds us of the importance of having hope and a positive mindset, offering effective ways to look towards the future and conquer obstacles. Applying these principles and values to modern society can provide guidelines for personal success and societal development.

2. The Darkness and Adversity that Helen Keller Overcame

Helen Keller's story is a deeply moving tale of overcoming dark hardships and adversity. At a young age of 19 months, she lost both her sight and hearing due to an illness, a situation considered as severe as any disability could be. However, she resolved to conquer these difficulties, and through her unwavering efforts, patience, and passion, she transformed the dark hardships into brilliant achievements. Her story teaches us how to find light in darkness and demonstrates our capacity to realize hope and dreams. Her journey of overcoming her disabilities and achieving a college degree through communication learning and education via Braille underscores the importance of perseverance and effort. Braille, a tactile writing system designed for individuals with visual impairments, can be deciphered through embossed paper or refreshable braille displays linked to computers and smartphones. The act of writing in braille can be accomplished using various tools such as a slate and stylus, a braille writer, an electronic braille notetaker, or a computer connected to a braille embosser.

The device was named in honor of its French inventor, L. Braille. He experienced vision loss due to a childhood accident, the braille code emerged in eighteen twenty-four when Braille was just fifteen years old. Based on the French alphabet, this code served as an enhancement of night writing. Louis Braille published his system, which eventually incorporated musical notation, in 1829 [8, 9].

Her story emphasizes the value of continuously striving in the face of adversity to nurture and achieve dreams, and it conveys the belief that any difficulty can be overcome. Her life and achievements remind us of the importance of holding onto hope and patience to achieve dreams in any situation. Her story conveys a powerful message that resilience and determination are the keys to overcoming any adversity, teaching us the significance of embracing hope and passion while pursuing our dreams. Her life prompts us to recall the virtues of perseverance and the value of resolutely moving forward in the face of any difficulty. While she longed for the ability to see the world, she reminds us that we already possess this capability. This paper, firstly, introduces the significance of Helen Keller's life and works, and then explores the process of connecting her story to contemporary society. Next, we analyze the content and key themes of her autobiography, "Three Days to See." We examine how this book reflects her vision and dreams and how these themes can impact personal and societal success. We then investigate the influence and inspiration that her story has on readers. We explore the lessons readers can derive from her story and how it might bring about changes in their lives and attitudes. Additionally, we explore the significance of her story for contemporary readers. This paper emphasizes the importance of gratitude and awareness in her autobiography, discussing the impact her story has on us and our outlook for the future. Through her experiences and teachings, we encourage valuing the present and

cultivating gratitude while nurturing hope for a better future. Her story imparts many valuable lessons to us. Her perseverance and patience in overcoming darkness and silence serve as a reminder of the value of our sight and hearing. What she longed for, the ability to see the world, is something we often take for granted, forgetting how miraculous and deserving of gratitude it truly is. Through her story, we can gain a deeper understanding of our lives and the world around us. Her experiences of hardship and adversity teach us the importance of gratitude and awareness, and her story offers hope and courage for contemporary readers seeking a better future. Gratitude, thankfulness, or gratefulness embodies the feeling of appreciation experienced by individuals who have received acts of kindness, including gifts, assistance, favors, or other manifestations of generosity. The term finds its roots in the Latin word "gratus," signifying "pleasing" or "thankful." In cases where expected gratitude is not expressed, it is termed ingratitude or ungratefulness.

This concept of gratitude extends beyond individual experiences and holds significance in various world religions. Moreover, philosophers from ancient times through the medieval and modern eras have been intrigued by the profound nature of gratitude, contributing to its enduring relevance and exploration throughout history [10]. Her story has much to say to us. As individuals privileged with the ability to see the world through her eyes, we often tend to overlook and undervalue this gift. However, her story reminds us to cherish and be grateful for the present. While she shared the miracle of gaining vision after overcoming darkness and silence, her story also reminds us that this miracle is something we are blessed with in our everyday lives. Her story shines a bright light on our journey towards gratitude and awareness. Her story is one of the enduring tales that shines as a source of inspiration from within darkness and silence. She spent her early years in nineteenth-century Alabama, USA, and at the tender age of nineteen months, she lost both her senses of sight and hearing. In such a situation, she embarked on a journey to overcome darkness and silence and eventually became a globally recognized writer and activist. This paper delves into her early life and introduction to her disabilities, her process of overcoming darkness and silence, and her passion for self-development and education. Her early years form the core of her story. Since she lost both her senses at a very young age, she had to explore the world within darkness and silence. Despite these circumstances, she persevered with determination and passion to overcome her disabilities and receive an education. Her early years depict her journey of resilience and inner strength in the face of darkness and silence.

The process of her overcoming darkness and silence is one of the most touching aspects of her story. She received guidance and assistance from her teacher, Anne Sullivan, in learning language and acquiring knowledge. As a result, she improved her reading and writing skills, enabling her to explore the world. Her journey of breaking through darkness and silence showcases the boundless power of patience and passion. Her story also emphasizes her passion for self-improvement and education. The journey of self-help or self-improvement encompasses a self-directed endeavor aimed at enhancing multiple facets of an individual's existence, be it economic, physical, intellectual, or emotional. This pursuit is often underpinned by a robust psychological foundation. In engaging in self-improvement or self-help, individuals take on a self-directed initiative for personal advancement across various dimensions, with economic, physical, intellectual, and emotional aspects all playing integral roles and grounded in a substantial psychological context. Distinguishing itself from professional assistance, self-help and mutual-help, though potentially complementary, exhibit marked differences [11]. Even after overcoming darkness and silence, she always aspired to learn and grow. Her passion for self-development and education reminds us of the importance of lifelong learning and how the desire and belief in one's goals can overcome any obstacle. Her story contains valuable lessons about goal achievement, patience, perseverance, education, and a positive attitude. It provides us with endless inspiration, reminding us that the desire and belief in our goals can overcome any difficulty.

3. LITERATURE REVIEW

The literary work “Three Days to See” stands out as one of Helen Keller's prominent works among her various literary contributions. This book is considered a significant text that encapsulates her life and achievements, offering profound inspiration to readers exploring Her inner world and experiences. In this work, we give a comprehensive overview of the book titled “Three Days to See” and offer information to help understand when this book was written in her life.

“Three Days to See” is a unique work among her literary contributions, containing deep reflections and a vision for the future related to her life and her dark world. The book delves into her efforts to overcome isolation and darkness stemming from her visual and auditory impairments, providing readers with courage and hope. This book encompasses her experiences during her early years and educational journey before she became internationally renowned. During this period, the book describes her learning of language, satisfying her intellectual curiosity, and discovering a new world through her remarkable encounter with her teacher, Anne Sullivan, in her home. “Three Days to See” serves as a vital source for exploring the challenges and passion she faced during her early years and education. Through this book, you can gain a deeper understanding of her journey to find light in her dark world and accumulate knowledge.

Understanding when this book was written in her life will greatly enrich your understanding of her story and accomplishments, allowing you to delve into her fascinating journey more thoroughly. “Three Days To See” is an essay by Helen Keller, based on her experiences of overcoming darkness and silence. In this work, Hellen Keller envisions the thing which she would desire to look if she had the opportunity to regain her vision for just three days, reflecting on her vision and dreams. She emphasizes three main issues. “Three Days To See” reflects her dreams and vision, showing how she desires diverse experiences despite her visual impairment. The essay delves into what she would want to see if she were given the chance to regain her sight for three days. On the first day, she expresses her desire to find her beloved teacher, Anne Sullivan, and touch her face, as well as to appreciate the beauty of nature and sunsets. Even with her visual impairment, she longs to experience the beauty of nature and art. She expresses a strong desire to admire the beauty of nature and art by looking at trees, flowers, paintings, and landscapes. On the second day, she wants to experience the wonders of nature, visit the Metropolitan Museum to explore human evolution, and end the day by gazing at the stars. Helen craves contact and communication with people. She expresses a desire to make human relationships more enjoyable, understand facial expressions and emotions, and communicate more closely with others. On the third day, she wants to observe people who are part of everyday life, enjoy performances, and accumulate diverse experiences. Finally, when these special three days come to an end, she decides to return to the eternal world of darkness after offering a prayer of gratitude to the Lord. Gratitude has found its place in numerous global religions, and it has captured the attention of thinkers from ancient, medieval, and modern philosophical traditions. Within the realm of psychology, efforts are made to comprehend not only the transient moments of gratitude (referred to as state gratitude) but also the variations among individuals in the frequency of experiencing gratitude (referred to as trait gratitude). Researchers explore the interplay between these two aspects and delve into the therapeutic advantages associated with gratitude [12, 13].

She emphasizes the importance of knowledge and education, expressing a desire to acquire more knowledge through reading and learning and fulfill her intellectual curiosity. This work contains an emotionally powerful representation of her dreams and desires. It reflects her dreams and vision, showing how she longs for a variety of experiences despite her visual impairment. This work explores her inner world and human desires, encouraging readers to reflect on the value and importance of life. Her story reminds us of the infinite importance of gratitude and appreciation. We should consider how much effort and courage were required to

overcome the darkness and silence from her early years. Through self-improvement and education, she realized her vision and dreams, and as a result, we better understand our own potential through her story. Furthermore, Helen's story emphasizes that her values and lessons can be discovered in contemporary society. Through values such as goal setting, a positive attitude, dreams, and vision, we can apply her story to modern society and realize that we can pursue both personal and social success. Additionally, by exploring her book, we can understand how she thought about vision and dreams and grasp her message and lessons. She had a good future to design the world a better space, so we can see how powerful such a vision can be as a source of inspiration. Her story raises our awareness and gratitude for the abilities and opportunities we already possess while reminding us to apply her values and lessons to envision a better future in contemporary society. Her story reminds us of infinite possibilities and provides us with passion and hope for the future.

4. THE SIGNIFICANCE OF VISION AND DREAMS

Helen Keller authored numerous works throughout her lifetime, and among them, "Three Days To See" holds a unique position in her body of work. This book delves deeply into her inner world and experiences, brimming with her vision and dreams. In this section, we will analyze the content and key themes of the book and explore how this work portrays her vision and dreams. The book is considered one of her distinctive works, amid her life's journey and the difficulties she faced in overcoming her dark world. The book is filled with stories of her efforts, hope, and aspirations. It covers her experiences from childhood to her teenage years, emphasizing the importance of language acquisition and knowledge acquisition. Through this book, Helen expresses her determination and passion towards her dreams and goals while underscoring the significance of self-improvement and education for readers.

One of the central themes is her resilience in overcoming challenges in her dark world and maintaining a positive mindset. She consistently demonstrates a positive outlook and makes efforts to overcome adversity. Furthermore, themes of patience, diligence, the value of education, and belief in knowledge acquisition are important. She believes that through language acquisition, one can better understand the world and lead a better life. Language acquisition is the intricate process through which humans develop the ability to perceive, comprehend, and ultimately be conscious of language. It encompasses the acquisition of skills to produce and employ words and sentences for communication. This multifaceted journey involves grasping the structures, rules, and representations inherent in language. Achieving proficiency in language usage necessitates the acquisition of various tools, including phonology, morphology, syntax, semantics, and an expansive vocabulary. Language can manifest in vocal forms like speech or manual expressions such as sign language. The capacity for human language is encoded in the brain. Despite its finite nature, language allows individuals to generate and understand an infinite array of sentences, thanks to a syntactic principle known as recursion. Evidence indicates that three recursive mechanisms—relativization, complementation, and coordination—enable the construction of sentences with indeterminate complexity in every individual [14, 15]. The book provides an in-depth exploration and portrayal of her vision and dreams. This book illustrates her desire to find light in a dark world and explore the world despite her visual and auditory impairments and an unequal environment. She dreamed of overcoming the constraints of her dark world and realizing her vision while making efforts to do so. Through this book, we can understand the capabilities and passion she demonstrated in finding light in her dark world, acquiring knowledge, and realizing her dreams and vision. Her story delivers a powerful message to readers that faith and desire towards their own dreams can overcome any challenge.

The vision and dreams mentioned in her book emphasize the importance of vision and dreams, not only

in her story but also in highlighting their significance for personal and societal success. In this section, we will explore how she discusses vision and dreams in this work and their impact on individual and societal success. The book shares Helen Keller's story of finding light in a dark world through her efforts and passion. In this book, she emphasizes that vision and dreams play a crucial role in survival and prosperity in a dark world. She may have lost her sight and hearing, but her desire for vision and dreams encouraged and propelled her forward. She tirelessly seeks to realize her dreams and vigorously moves toward her vision. Vision and dreams have a significant impact on personal and societal success. Personally, vision helps define the goals and ideals we want to achieve. The desire to move towards that vision motivates us and ignites our passion. In her story, we witness how the desire for vision and dreams is a significant driving force behind personal achievements and accomplishments. Socially, vision and dreams are also powerful drivers of progress and change. Historically, individuals and organizations striving to realize a vision have achieved social innovation and progress. Furthermore, vision and dreams play a crucial role in addressing social issues and leading positive change. Through her life and story, we learn that vision and dreams can overcome darkness and difficulties and make life more meaningful. Therefore, vision and dreams are one of the emphasized themes in the book and they hold significance on both individual and societal levels. Her remarkable story allows us to gain a deeper understanding of these themes.

5. EFFORT AND POSITIVE ATTITUDE TO ACHIEVE

Helen Keller's journey from a young age, marked by disabilities and darkness, demonstrates the importance of having a goal-oriented passion and belief. Her story emphasizes the significance of achieving goals and maintaining a positive attitude. Furthermore, in contemporary society, we can learn from her experiences and lessons about how to achieve our goals and live a positive life. Her faith and positive attitude provide us with valuable lessons. She possessed a passion for her dreams and never gave up, even in the face of adversity and disability. This attitude empowers us to persevere and maintain a positive outlook in challenging situations. Additionally, her story helps us in achieving our goals and maintaining a positive mental attitude. The notion of Positive Mental Attitude (PMA) was initially presented in 1937 by N. Hill in the work, "Think and Grow Rich." While the book doesn't explicitly employ the term PMA, it extensively explores the significance of positive thinking as a pivotal element for achieving success [16]. Napoleon Hill, in collaboration with W. Clement Stone, the founder of Combined Insurance, later co-authored "Success Through a Positive Mental Attitude." In this work, positive mental attitude is defined as encompassing traits denoted by words like confidence, aspiration, uprightness, hopefulness, liberality, valor, drive, patience, discretion, benevolence, and good sound judgment [17].

Through her experiences, we can learn how to overcome difficulties and work towards our objectives. Her positive attitude encourages us to stay hopeful and think positively in times of hardship. Her story serves as a significant inspiration to our modern society that values goal achievement and a positive attitude. We can learn how to overcome challenges, achieve our goals, and maintain a positive outlook through her experiences and lessons. Moreover, we can gain wisdom on how to enjoy life and succeed while maintaining a positive attitude. This will have a significant impact on both our personal success and societal development. Her story is a wonderful example that conveys hope and passion to us. Through her experiences and lessons, we can learn how to achieve goals and maintain a positive attitude. Her story shows us the path to personal success and social progress. We are grateful for Helen Keller's strength and courage, and following her teachings will inspire us greatly.

She is an excellent example of continuous effort and maintaining a positive attitude in pursuing her goals,

even from a young age despite her disabilities and the darkness she faced. Her ability to maintain a positive attitude and not lose hope during difficult times provides us with many valuable lessons. We can learn how to strive towards our goals and maintain a positive attitude or optimism through her story. Optimism, rooted in the belief or hope that specific endeavors or general outcomes will be positive and desirable, is an attitude that shapes one's perspective. An illustrative idiom often used to contrast optimism and pessimism involves a glass filled to the halfway point: an optimist perceives it as half full, while a pessimist views it as half empty. The term "optimism" finds its origin in the Latin word "optimum," signifying "best." In the conventional sense, being optimistic entails anticipating the best possible outcome in any given situation, a concept often referred to as dispositional optimism in psychology. This disposition reflects a belief that future circumstances will ultimately unfold in a favorable manner and, as a trait, cultivates resilience when confronted with stress [18].

6. WHAT KOREA'S MODERN SOCIETY CAN LEARN FROM HELEN KELLER

Helen Keller's story provides us with valuable lessons on maintaining hope and perseverance even in dark circumstances, achieving dreams, and recognizing the importance of education and interdependence in building a society that grants rights and opportunities to all individuals. From her story and her experiences, there are several points that modern Korean society can learn from. Perseverance refers to psychological resilience. It is the ability to involve the mental and emotional capacity to manage a crisis effectively or to rapidly revert to the state preceding the crisis. The concept gained widespread recognition in the nineteen seventies and nineteen eighties through the research of psychologist Emmy Werner, who conducted a four-decade-long study on a group of Hawaiian children originating from low socioeconomic backgrounds [19].

Numerous factors influence a person's level of resilience. Internal factors include personal characteristics such as self-esteem, self-regulation, and a positive outlook on life. External factors include social support systems, including relationships with family, friends, and community, as well as access to resources and opportunities [20]. Through these lessons, modern Korean society can draw inspiration from Helen Keller's life and achievements to pursue positive change and success. Her story and teachings emphasize the importance of goal setting and having strong faith in achieving those goals. Her successful journey towards her goals with unwavering determination serves as a reminder to modern Korean society that goal setting and strong faith are key to success. Her story also teaches us how to maintain a positive attitude in any situation and overcome difficulties. In modern Korean society, a positive attitude can be a significant asset in overcoming adversity and achieving success. Her life is an example of achieving goals through patience and hard work. In modern Korean society, goal achievement often requires perseverance and hard work, and practicing these values will contribute to growth and development. She found ways to manage herself and self-motivate to achieve her goals.

In modern Korean society, self-management and self-motivation are essential for personal and professional success. To achieve goals, effective self-management and self-motivation are crucial. Her story serves as a source of inspiration for modern Korean society, highlighting the importance of these principles in achieving success and contributing to positive change and progress. Self-Determination Theory (SDT) is a comprehensive framework in the realms of human motivation and personality. It revolves around the inherent growth tendencies and psychological needs intrinsic to individuals. This theory delves into the motivations driving people's choices when external influences and distractions are absent. The central emphasis of SDT lies in assessing the extent to which human behavior is characterized by self-motivation and self-determination [21].

Furthermore, Helen Keller's story illustrates how cooperation and support from others can assist in achieving goals. In modern Korean society, collaboration and assistance from others continue to play a crucial role in realizing objectives. Cooperation with others is a key component in the journey to success. Furthermore, she emphasized the importance of lifelong learning and growth. Her story underscores that continuous learning and personal development are vital for achieving goals and maintaining a positive attitude. It is essential for contemporary Korean society to cultivate habits of ongoing learning and growth. Building on these teachings, she emphasizes the values and significance of goal setting, belief, positive attitude, patience, self-management, collaboration, and continuous growth, contributing to success and development in modern Korean society. Drawing insights from her story, there are valuable lessons that can be applied to contemporary society. Her triumph over adversity underscores the power of resilience and perseverance. In the face of immense challenges, she overcame the limitations of being both deaf and blind, demonstrating that resilience and perseverance are crucial virtues in navigating life's obstacles. Keller's emphasis on education highlights the transformative power of learning. In today's society, where access to education is more widespread than ever, her story encourages a continued commitment to lifelong learning and the belief that education can break down barriers. Her story advocates for the inclusion of individuals with disabilities. In contemporary society, the lessons extend to fostering an inclusive environment that values diversity in all its forms, creating spaces where everyone, regardless of abilities or differences, can actively participate. Keller's use of alternative forms of communication, such as sign language, speaks to the importance of diverse communication methods. In sociology and political science, the concept of diversity within groups is fundamental, denoting the extent of variations in socially relevant identifying characteristics among members of a deliberately defined group. These differences encompass a spectrum of factors, including but not limited to heritage, generation, sexual identity, spirituality, ideology, mobility, social class, romantic attraction, self-perception, mental acuity, physical health, mental health, genetic attributes, personality, behavior, or attractiveness. The recognition of diversity within groups is vital for understanding the intricate dynamics of societies and political structures. In the realm of politics, a historical trend has been the underrepresentation of women compared to men. Women's rights movements, exemplified by feminism, have emerged as responses to this marginalization of women in political arenas. These movements aim to address the disparities and advocate for equal opportunities, participation, and recognition of women in the political sphere [22]. In a world that is increasingly interconnected, her story encourages embracing various means of communication to enhance understanding and bridge gaps. She became an advocate for social and political change. Her story prompts contemporary society to engage in activism and advocacy for issues that matter, promoting social justice, equality, and human rights. Keller's experience highlights the significance of appreciating and leveraging the senses we often take for granted. In a technology-driven world, her story encourages a mindful appreciation of the richness of sensory experiences and human connection. Her interactions with others underscore the importance of empathy and compassion.

In today's fast-paced world, her story serves as a reminder to cultivate understanding and kindness in our interactions with those around us. In essence, her story provides a timeless source of inspiration, with lessons that transcend the specific challenges of her era and continue to resonate in our contemporary society. Some of these lessons include the importance of patience and hope, as her story underscores how vital these qualities are in overcoming darkness and adversity. In contemporary society, it remains crucial not to give up during challenging times, to persevere with determination, and to hold onto hope. Additionally, the value of education is emphasized, with her journey from darkness to enlightenment through education serving as a powerful example. In today's world, recognizing the value of education, acquiring knowledge, and contributing to personal and societal development are of great significance. Furthermore, the story of Helen Keller illustrates

the critical role of interdependence and support, exemplified by her teacher, Anne Sullivan, in achieving success. Modern society continues to benefit from mutual reliance and support, which can aid individuals in overcoming difficulties and attaining success. Lastly, her life serves as a successful example of overcoming disabilities through education, emphasizing the importance of respecting and supporting the privileges and chances of people with limitations in contemporary society. Her life and story continue to provide significant inspiration and lessons for contemporary society. Her experiences and lessons can be applied to modern society, focusing on the relevance of goal setting, a positive attitude, dreams, and vision.

The importance of goal setting and dreams is highlighted, echoing her emphasis on their significance in "Three Days to See." Her story serves as a testament to the art of unwavering determination towards one's goals, even in the face of darkness. In today's world, goal setting remains a cornerstone of success and achievement, and we can learn from her story how to pursue our objectives with strong determination and passion. Despite facing darkness and silence, she maintained a positive attitude and overcame adversity, setting an outstanding example. In contemporary society, we continue to face various challenges and difficulties, requiring us to maintain a positive attitude and tap into our inner strength. Her story teaches us the courage and determination necessary to overcome ourselves and create a better future. She pursued vision and dreams in a dark world, leading her to significant achievements. In today's world, vision and dreams remain the driving force for us to build a better world. Through her experiences, we realize the importance of pursuing dreams and moving towards a vision. Her story and teachings are applicable in modern society, enabling us to strive for personal and collective success based on values such as goal setting, a positive attitude, dreams, and vision. She reminds us of boundless possibilities and hope, instilling faith in the future. The story provides valuable lessons on goal setting and the importance of belief, maintaining a positive attitude, overcoming adversity through patience and effort, self-management and self-motivation, collaboration with others, and the significance of continuous growth and learning. She set goals and, with unwavering belief, emerged from a world of darkness, emphasizing that goal setting and belief remain fundamental to success in today's society. Her story of maintaining a positive attitude and overcoming difficulties underlines the importance of keeping a positive mindset and conquering challenges in any situation. Attaining objectives frequently demands a combination of perseverance and diligence, fostering personal growth and development along the journey towards one's goals.

Additionally, her narrative, where she uncovered strategies for self-management, self-motivation, and self-care underscores the pivotal role of these qualities in the pursuit of goals. Self-care involves the deliberate establishment of behaviors to ensure one's holistic well-being, promoting health and actively managing illness when necessary. On a daily basis, individuals incorporate self-care into their lives through various activities such as making mindful food choices, engaging in regular exercise, ensuring sufficient sleep, indulging in reading, and maintaining dental hygiene. Importantly, self-care is not solely an individual endeavor; the community, acting as a support system, significantly influences access to, implementation of, and the success of self-care activities. While routine self-care is crucial in maintaining well-being without the presence of illness symptoms, its significance becomes even more pronounced when illness occurs. The overall benefits of regular self-care encompass illness prevention, enhanced Emotional well-being, and a better quality of living [23]. Helen not only achieved her goals through personal determination but also received support and engaged in collaboration with others, underscoring the crucial impact of teamwork and external support in realizing one's aspirations. Ultimately, her story serves as a testament to the enduring importance of lifelong learning and continuous personal development, emphasizing the necessity of cultivating habits that prioritize ongoing growth and learning in the context of contemporary society.

7. OUR ATTITUDE TO CONTRIBUTE TO NATIONAL AND SOCIAL DEVELOPMENT

Helen Keller's story and teachings remind us of the importance of education, emphasizing the message that we should contribute to individual and societal development through knowledge and learning. Her life shows us that patience and persistent effort are the keys to overcoming any difficulty. Under the influence of her, we will strive to maintain a positive mindset and never lose hope, overcoming challenges and achieving success in any situation. Moreover, by enhancing self-management and motivation, we will work towards our goals and improve our abilities through continuous learning, providing greater value to our nation and society. Her teachings emphasize collaboration and social responsibility, and together with others, we will promote national and societal development. Through challenges and innovation, we will utilize new ideas and technologies to find innovative solutions to societal problems. Under the inspiration of her, we will advocate for human rights and social justice, contributing to the creation of a society where everyone is equally respected. We will exercise inclusive leadership and have a positive impact on our nation and society. Her story instills in us the belief that we can work assiduously to enhance to the advancement of our country and community. Her story instills in us the belief that we can work diligently to contribute to the development of our nation and society.

Her narrative reminds us of infinite possibilities and brightens our belief in a better future. Her story and teachings emphasize the importance of education and deliver the message that we should contribute to individual and societal development through knowledge and learning. Her life demonstrates that patience and persistent effort are the keys to overcoming any difficulty. Under her influence, we will never lose hope and will maintain a positive mindset, working our hardest to overcome challenges and achieve success in any situation. Additionally, we will enhance self-management and motivation to reach our goals and continuously improve our abilities, providing even greater value to our nation and society. Helen Keller's teachings emphasize cooperation and social responsibility, and we will work together with others to promote the development of our nation and society. Social responsibility encompasses an ethical framework wherein individuals collaborate with others and groups to help the prosperity of the society. There are multiple avenues through which an organization can exhibit social responsibility, such as making donations, fostering volunteerism, implementing ethical hiring practices, and instigating environmentally beneficial changes. This ethical approach underscores the importance of collective efforts toward the betterment of society [24, 25].

Individuals bear the responsibility of social consciousness, which entails maintaining a delicate equilibrium between the economy and the ecosystem in their surroundings. This responsibility involves navigating potential trade-offs between economic development and the well-being of both society and the environment. Social responsibility extends beyond business organizations, encompassing everyone whose actions exert an influence on the environment. This broad perspective emphasizes the collective duty to consider and address the social and environmental consequences of individual actions. [26, 27]. Through challenges and innovation, we will utilize new ideas and technologies to find innovative solutions to societal issues. We will advocate for human rights and social justice, contributing to the construction of a society where everyone is equally respected, and demonstrate inclusive leadership to show a favorable effect on the nation and motherland. Under the inspiration of her, we will work diligently for the development of our nation and have a positive impact on society. Her story reminds us of endless possibilities and instills a belief in a brighter future. She provides profound insights into the importance of vision and dreams. We explore how she addressed this topic and delve deeper into the messages conveyed in her book. In the book, she expresses her longing for visual experiences and presents her vision of life within the darkness and silence she experienced. She imagines the beauty of light and color in a dark world and paints a vision of the future. She saw visual

experiences as connected to human dignity, forming the foundation of her dreams and visions. She demonstrated a strong desire to open up a new world by pursuing her dreams and goals, breaking free from darkness. Her story illustrates how the longing for dreams in the midst of darkness can encourage and motivate individuals. Her book contains the message that a strong desire for dreams played a vital role in pioneering the future and overcoming difficulties from her dark past. Her book emphasizes the importance of pursuing vision and dreams, delivering the message that we can hold onto hope even in dark moments. Her story instills courage and hope in readers, reminding us to continue moving towards our dreams, even in adversity. Furthermore, her experiences offer lessons on how to realize dreams and their significance in constrained environments. The book explores the relentless human desire for vision and dreams, providing faith that even in darkness and silence, we can find light. Through her work, we come to realize how vision and dreams can make our lives more meaningful. Her life story and her works, especially "The Story of My Life," continue to influence and inspire readers. In this section, we will investigate how her story impacts readers and how the lessons gleaned from her experiences affect readers' reactions and experiences. Helen Keller provides boundless inspiration to readers through her trials and achievements. Her story depicts a journey from darkness and silence to education, passion, hope, and success. Such stories serve as a reminder of the power of resilience and hope, giving readers the courage to persevere and move forward towards their goals, regardless of the challenges they face.

The lessons from her story and "The Story of My Life" resonate with readers in various ways. Readers come to understand the value of hope, self-improvement, dreams, vision, faith, and accomplishment through her story. These lessons help readers reflect on their lives and provide assistance in overcoming challenges to become better individuals. Her story teaches readers the ability to find light in darkness. Her efforts and passion demonstrate how we can find inspiration to overcome difficult moments and fulfill our dreams. This impact empowers readers to think positively, look forward to the future, and maintain hope. Her story and works give strength and courage to many readers, guiding them to pursue a better life. Her story reinforces the belief that even in dark times, hope can be found, and faith in pursuing dreams can be strengthened. Helen Keller and her work, "The Story of My Life," inspire us to make commitments for the future. Through her story, we learn to see the future more brightly and cultivate the belief that we can achieve anything. We are currently living in challenging times, often surrounded by despair and uncertainty. However, the lessons learned from her life empower us. We must not lose hope and must strive towards our dreams and visions. Even in dark moments, we can find light, overcome adversity, and achieve success. Uncertainty, also known as incertitude, pertains to epistemic scenarios characterized by imperfect or unknown information. It manifests in predictions of future events, existing physical measurements, and situations marked by the unknown. Uncertainty emerges in environments that are partially observable or stochastic, and it can result from ignorance, indolence, or a combination of both. This phenomenon is prevalent across various fields, spanning disciplines such as psychology, statistics, meteorology, insurance, engineering, philosophy, ecology, physics, information science economics, finance, sociology, medicine, and metrology [28]. Furthermore, her story emphasizes the importance of patience and perseverance. Even in the face of difficulties, we must continue to work diligently and passionately pursue our dreams. Her achievements provide significant inspiration for nurturing patience and hope. Therefore, our commitment for the future is to inherit her spirit and to persistently strive towards our hopes and dreams, no matter the challenges. We will maintain faith in the future and work tirelessly to create a better world. Our commitment encapsulates contributing to national and societal development and progressing towards a brighter future through her teachings. These principles and objectives reflect the lessons learned from her story and can be summarized as follows: maintain hope and a positive mindset even in times of darkness and adversity. This is an essential element for the progress of the nation and society, and it assists

in sustaining motivation and passion in any situation. Respect education and strive to improve ourselves and society through knowledge and learning. Education is a core component of individual growth and national and societal development. Drawing inspiration from her perseverance and unwavering efforts, we commit to persistently striving towards our goals, even in challenging times. This plays a crucial role in promoting the growth and development of our nation and society. This plays a crucial role in promoting the growth and development of our nation and society. We will realize the significance of aiding companions and participating to populace, fostering national and societal development through community service and cooperation. By harmoniously combining diverse perspectives and efforts, we will address societal issues and overcome any obstacles, thereby contributing to the progress of our nation and society. We aim to enhance faith and hope for the future, supporting continuous efforts. Our goal is to inherit her spirit and work diligently for the development of our nation and society, based on her story and teachings. These principles and objectives underscore the essential values of maintaining hope and a positive mindset, education, hard work, community service, and relentless effort as we build a better future. Her story and teachings serve as a reminder of infinite possibilities and instill belief in a brighter future.

8. HOW TO PREPARE FOR A BETTER AND MORE HOPEFUL FUTURE

In the process of moving towards a better future, clear goal setting plays a crucial role. Having a vision and defining our goals clearly forms the foundation for future readiness. To achieve these goals, we need to make plans. Planning serves as a proactive tool to prepare for our future, helping us efficiently achieve our goals by setting specific steps and tasks. One of the key methods for preparing for the future is continuous learning and self-development. In a rapidly changing world, acquiring new knowledge and skills and evolving are essential. A positive mindset is essential because it helps us remain resilient in the face of any challenges, solve problems, and achieve our goals. A positive attitude encourages our passion and patience, helping us maintain hope even in difficult times. In contemporary society, cooperation and communication are essential elements of future preparedness. Collaborating with people of diverse backgrounds and experiences can lead to better ideas and solutions, and being open to various perspectives allows us to prepare for the challenges of the future. It's also important to cultivate flexibility and adaptability, considering the uncertainty of the future. The ability to handle change and adversity with flexibility is crucial in the process of preparing for the future. Maintaining healthy lifestyle habits and stress management contribute to our physical and mental well-being, boost our energy, and help us maintain inner peace, even in challenging times. Engaging in community service and making contributions is a manner to boost our idea of self-esteem and strengthen our connection with society as we prepare for the future. Well-being, alternatively termed wellness, prudential value, prosperity, or quality of life encompasses what holds intrinsic value in relation to an individual. It encapsulates what is fundamentally beneficial and in the self-interest of a person. Well-being can be conceptualized in both positive and negative dimensions. Positively, it is occasionally juxtaposed with ill-being as its antithesis. The expression "subjective well-being" specifically addresses how individuals perceive and assess their own experiences and states of being [29].

The concept of well-being has been traditionally considered as a variable ranging from none to a high degree of well-being. Over time, this understanding of well-being has expanded to encompass not only positive but also negative aspects. In an effort to explore how various environmental factors impact well-being during activities like walking or cycling, a new term, "environmental unwell being," has been introduced. This term reflects the recognition that the environment can play a role in not only enhancing but also potentially diminishing overall well-being in specific contexts, providing a more comprehensive perspective on the

interplay between individuals and their surroundings [30]. Helen Keller's story and her remarkable achievements provide us with inspiration for unwavering hope, dreams, passion, self-improvement, social responsibility, and the ability to overcome adversity. Her life conveys the value of maintaining persistent efforts and a positive mindset in any situation, encouraging us to pursue continuous improvement and growth as we prepare for the future. Her story strengthens the courage and determination needed to maintain hope and pursue dreams, even in challenging and difficult circumstances. Through this, we learn how to self-actualize and contribute to society in the process of preparing for a better future. This work emphasizes the importance of belief in the future and the significance of patience, providing the strength to overcome all difficulties. Her story and work praise our ability to persevere with hope and dreams, along with patience and passion, despite any adversity. She instills hope in us and encourages us to cultivate the virtues necessary to positively prepare for the future. Through her life and work, we learn how to prepare for the future, nurture hope, and move forward with a more positive outlook towards a better future. To achieve a hopeful future and societal development in Korea, efforts and collaboration are needed in various aspects.

Here are some key aspects. For enhancement of the education system, we need to foster talent and promote continuous innovation through an excellent education system. Education in various fields, including STEM and arts and humanities, is crucial. For technology and innovation, investment and research in advanced technologies such as information technology, artificial intelligence, and biotechnology are necessary. Introducing smart city and future city technologies to create efficient and sustainable urban environments is crucial. For sustainable development, actively adopting environmentally friendly energy and technologies to pursue sustainable development alongside environmental conservation is essential. Increasing awareness of recycling, energy efficiency, and environmental protection is crucial. For social integration and respect for diversity, policies that respect and integrate diverse social and cultural backgrounds are necessary. Emphasizing equality in terms of race, gender, and sexual orientation and working towards eliminating social discrimination are important. For work-life balance and welfare enhancement, emphasizing the balance between work and life and strengthening job opportunities and welfare systems to improve the quality of life for citizens are essential. For global cooperation and strengthening international relations, collaboration with the international community to enhance global competitiveness and actively participating in addressing international issues are necessary. And, for highlighting the importance of culture and arts widely promoting Korea's traditions and modern culture and fostering creativity through arts and literature are important. Through efforts and collaboration in these diverse aspects, Korea can move towards a hopeful future.

9. CONCLUSION

Helen Keller's story and her teachings provide us with several important lessons. Among these, the emphasis on goal setting and the importance of belief, maintaining a positive attitude, overcoming adversity, patience and hard work, self-management and self-motivation, collaboration with others, and the importance of continuous growth and learning are particularly prominent. Helen Keller's life demonstrates the power to overcome any adversity and shows how a positive mindset can aid in achieving success. From her story, we learn the importance of setting goals and having belief in ourselves. By dedicating ourselves with patience and hard work, like her, we can achieve our goals and grow. Additionally, self-management and self-motivation are essential for personal and professional success. Her experiences highlight how crucial self-management and self-motivation are in overcoming challenges and achieving one's goals. Collaboration with others plays a significant role in goal achievement. The collaboration between Helen Keller and her teacher

Anne Sullivan Macy was instrumental in her acquisition of language and knowledge. Through this, we can understand how important collaboration and support from others are in overcoming difficulties and achieving our goals. Continuous growth and learning help us achieve our goals and maintain a positive attitude. She emphasized the importance of learning and growing through life. Building upon these teachings, we prioritize goal setting, belief, a positive attitude, patience, self-management, collaboration, and continuous growth. By applying these principles to modern Korean society, we can contribute to success and development. Inspired by her, we will work diligently for the development of our nation and society, striving to make a positive impact. Her story reminds us of hope and potential, instilling the belief that we can pursue our dreams with passion and patience in any situation.

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