

LIFESTYLE, SOUL-TIE COMMITMENTS, AND ADDICTIONS OF TODAY'S YOUTH.

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Introduction:

Youths of the 21st Century has got a lot in their little minds. Most of which ranges from positive and or negative thoughts. This research work is based on the lifestyle, soul-tie commitments and addictions of the 21st century youth.

We will narrow this research on the outlined topics above.

❖ **Lifestyle** refers to a way of life established by a society, culture, group or individual. This includes patterns of behavior, interaction, consumption, work, activity and interests that describe how a person spends their time. It has been observed that most youth of this century has a particular lifestyle, they tend to flow with what is in vogue, under minding whether or not, the actions they take is in the positive or otherwise. Though we have established that lifestyle is people's pattern of behaviour, most of those lifestyles if tilting towards negativity, can of course, mar the life of the 21st century youth if not put in check. The youth of the 21st century however, has needs, needs that could be regarded as "tangible" and "intangible needs" tangible needs are basic needs such as; food and drink, shoes, clothes and security, then the intangible need for love and belonging, self esteem and significance.

The lifestyle of a 21st century youth is what he / she makes out of it. If he / she decides to follow the negative trend, it could become disastrous as against the goodwill / outcome if he / she decides to follow that which seem right before God and man; in other words, God has given man the power to make choices and beckoning on us to choose life so that we and our household shall live. Again the good book says "See, I set before you today life and prosperity, death and destruction. For I command you today to love the Lord your God, to walk in obedience to him, and to keep his commands, decrees and laws; then you will live and increase, and the Lord your God will bless you in the land you are entering to possess. But if your heart turns away and you are not obedient, and if you are drawn away to bow down to other gods and worship them, I

declare to you this day that you will certainly be destroyed. You will not live long in the land you are crossing the Jordan to enter and possess.”

The warning there which says “*if you are drawn away to bow down to other gods*” could also apply to the warning that if you follow the trend of the “world” and their evil lifestyles, you shall utterly be destroyed.

❖ **Soul-Tie.** We have in recent times been told of individuals that involve themselves in soul-tie activities, and these individuals are mainly youths. Research has found out that the reason for the soul-tie involvement was fear of abandonment or rejection, so they decide to make promises to themselves by committing to being with each other for life. Most often than not, the element used in this involvement / commitment is the blood of the parties involved.

A soul tie is the spiritual component of any relationship. Its original purpose was to naturally draw people closer to God together. Soul ties can develop over time and can naturally become stronger or weaker as the two people in a relationship become more attached or disengaged. When we make any connection with another soul, the effect on us is usually positive. We feel an intense surge of excitement, eagerness to explore this new person and all that they are. Initially, the first sign of soul ties is butterflies in the stomach, nervousness and feverish excitement. But it is not so to some of the youths of the 21st century.

❖ **Addictions** is a psychological and physical inability to stop consuming a chemical, drug, activity, or substance, even though it is causing psychological and physical harm. Some addictions also involve an inability to stop partaking in activities, such as gambling, eating, or working. This last point is the challenge that the 21st century youth encounters including the addiction to nude videos and pictures on the internet.

Conclusively, young people have five basic needs:

1. **Needs of Belonging**. The desire to belong is natural and helps to bring youth in contact with others. Belonging to the group helps young people grow because part of their feeling of personal worth is gained from what others think of them.
2. **Affection**. Affection or love is essential in personality development. We need to know that we are wanted and loved in spite of our shortcomings.
3. **Achievement**. Youth want to know that their efforts are worthwhile and appreciated.

Projects and activities need to keep pace with ability since the rate of achievement varies with each member.

4. **Independence**. Becoming independent of parents is a sign of growing up. The desire to be independent is often troublesome to parents and leaders, but it cannot be avoided if the boy or girl is to grow up normally. This desire is shown by impatience with adult leaders' guidance and a preference for making up their own minds.

5. **New Experiences**. Young people need and want to grow up and be active. They need new and different experiences to stretch their horizons.

The period of growing up is an important phase in the life cycle of each and every young one. When the youths grow and develop the surroundings which includes family, neighbours, friends, relatives and other relationships also grow with it and becomes a significant period in their life which have lasting influences throughout the life-course (Wheaton and Clarke 2003). Youth is a period that is expressed by its ever-increasing importance and contribution in the social environment which gets extended beyond the home. These changes take and include a shift in independence of the youth and take away their attention from family-centered relationships toward friends and peer group connections. In order to make a successful transition into adulthood, young ones must learn how to engage in tasks that occur both within and between these interrelated social contexts. Today, most researchers have examined characteristics of youths' homes and schools to assess their immediate social environment. However, many organizations has started focusing on different factors like neighborhood, living style, eating habits, education system, various different skills, culture and values that make the growing up of a young one easy, morally viable and long lasting which results as differential developmental path.