

GEMS Newsletter

scientific essay



Youssef Ibrahim

Gr 10

Michael Collins the NASA astronaut was a part of the apollo 11 crew, but he did not land on the moon. Neil Armstrong and Buzz Aldrin got to walk around the moon, but he had to stay on the ship orbiting the moon in the command module to link with them later. When he circled around to the dark face of the moon, which does not face the earth, he lost all contact with it and with his mates. For the 48 minutes Michael was orbiting the other side of the moon, he was quite literally the loneliest a human has ever been.

Loneliness is an unpleasant emotional response to perceived isolation. Loneliness is also described as social pain – a psychological mechanism which motivates individuals to seek social connections. It is often associated with an unwanted lack of connection and intimacy. Loneliness overlaps and yet is distinct from solitude.

Solitude is a state of seclusion or isolation, meaning lack of socialization. Effects can be either positive or negative, depending on the situation. Short-term solitude is often valued as a time when one may work, think, or rest without disturbance. It may be wanted for the sake of privacy. Undesirable long-term solitude may stem from soured relationships, loss of loved ones, deliberate choice, infectious disease, mental disorders, neurological disorders such as circadian rhythm sleep disorder, or circumstances of employment or situation. A distinction has been made between solitude and loneliness. In this sense, these two words refer, respectively, to the joy and the pain of being alone.

Now, to understand the positives and the negatives of solitude, imagine if you had a big quarrel with your family and figured out that the best solution is to travel for two or three days, but when you got on the plane and as soon as you closed your eyes, you found that the plane crashed, and you are the only survivor. You find the food and aids needed in what is remaining of the plane, and you can link with the airport by the blackbox, but you must wait for a week. What will be your reaction?

Being the positive human you are, you will think of the positive effects of this and the first things that will come to your mind will be freedom and you will be right to a certain degree. Then you realize that your freedom is limited as you are just a prisoner in an island-like cell, so you stop thinking of that and change your perspective, trying to think inwards which is a better thing to do, as another proven benefit to time given in solitude is the development of the self. When a person spends time in solitude from others, they may experience changes to their self-concept. This can also help a person to form or discover their identity without any outside distractions. Which also increases one's creativity.

The problem is by the third day, whatever positive view you had on solitude will begin to shift, as you will find yourself dealing with sensory deprivation, which includes anxiety, sensory illusions, or distortions of time and perception. However, this is the case when there is no stimulation of the sensory systems at all and not just lack of contact with people. Thus, this can be avoided by having other things to keep one's mind busy. But since you are on an island, this is inevitable. Then you will suffer clinical depression

which means exhibiting a low mood, poor concentration and memory, irritability, and insomnia.

And the negative effects won't stop here, as after the plane arrives and you get taken to your family. After the heartfelt reunion and your continuous swearing that you won't get on a plane again. Your family and friends will notice that your social interactions are not as positive as those of you had before, hence your relationships do not buffer you from stress as they normally do.

In conclusion, solitude is a two-sided coin, as it depends on the period in which you experience solitude. Short-term solitude can boost creativity and positive changes in one's personality, while long-term solitude leads to various diseases and disorders. At the end Thomas Mann summed it up when he said "Solitude gives birth to the original in us, to beauty unfamiliar and perilous - to poetry. But also, it gives birth to the opposite: to the perverse, the illicit, the absurd."

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Tethered Thoughts



Malak Mohamed

Gr 10

Wind Resistant. . . .

Don't go along with the cattle

Suffer to make your life matter

Your pain, devour it

It's not worth it

Your scar, don't hide it

It makes perfect

You're the wind resistance

Undefeatable

Better show them your existence

Unstoppable

Malak Mohamed

My sight in a

commute. . . .

Up there it's blue

How magical? No clue!

Stars are hard to catch

Our wounds the clouds patch

The sun is like an artist

Splashing colours on mountains

The sea is like a guitarist

Making rhymes with the waves....

Malak Mohamed

Found hurtful-truth . . .

Blinded horses on the streets
Pain for the merciless became a treat
For a penny people made war
Stretched-out hands became so far
For its waves, the sea became tight-
fisted
The good in people, in peace has rested
Lie after lie, one can't bare
Fear in one's eye, they don't care
A stabbed knife in his back
Yet he ain't got no shame to attack
Blinded horses on the street
Pain in our lives, but we must defeat

Malak Mohamed

My weight-lifting woman...

She is a warrior

She broke the barrier

She deserves a crown

Cause she endures her downs

She shelters your back

Keeps you on your track

To a traitor she says:

Break my leg

I know how to crawl

Please don't beg

I'll show you a brawl

She owns a mighty power

Still her heart like a flower

Whatever she touches becomes so
sweet

Her words are fed like a treat

She is a Beautiful one

Not like anyone

Malak Mohamed

A Woman. . . .

Woman deserve every right
And for that you aint gonna fight
You owe every woman respect
Non-believer? Go watch her brightness
reflect
Don't worry dear
I'll make it clear
For when a knows what she is worth
it
A mountain will rise near
A woman is strong
But you are wrong
You think she is shattered
But your idiocy she has adapted

She carries it all

But never falls

Women deserve every right

And for that you are not gonna fight

Malak Mohamed

Family....

Families share

Families care

Their problems you can bare

But at their reunion you can stare

For so much affection is seen

And how for each other they keen

They may collide

But then confide

Life is tough

But their love is enough

Burdens may bend

But their loyalty can mend

1 sentence when it's said

Their whole hearts are fed

I love you my family

Can you say it happily?

Malak Mohamed