

Courage in adversity

Tut Un I



It is generally acknowledged that the society tends to place great emphasis on intelligence levels with the belief of its correlation to success. In recent years, the importance of Emotional Quotient (EQ) has started to gain its recognition owing to its undeniable impact on social and individual performance. Compared with these two values, the Adversity Quotient (AQ), being another essential factor contributing to individual development, however, is neglected. AQ represents one's attitude and courage in adversity. Courage is a core value that needs to be observed.

The courage to insist on striving against adversity is actually one's determination and capability of tackling and overcoming problems. Our society is inevitably in need of people possessing this personality trait to bring about development and progress. It is valuable because of the human glory the concept implies.

Some time ago, I watched a TV programme named "Surviving SARS". With no intention to take it seriously at first, I soon found it surprisingly meaningful and impressive. SARS, a devastating infectious disease that struck Hong Kong in 2003, has gone for a decade. But its implications have changed the destiny of recovering patients thereafter.

Chino, one of the SARS victims who has struggled to survive, recounted her story with tears in her eyes. During the outbreak, she was diagnosed with SARS and sent to hospital immediately. She took over 60 pills a day but her condition deteriorated quickly until one day she was sent into ICU. Although she survived the deadly disease, she had to face innumerable problems and challenges. Chino's lover, who was worried about the infection, left without a word, leaving her alone and desperate in her darkest days. Her legs were not functioning well and the doctor suggested amputating one leg. But Chino refused to have her leg amputated. Acting on another doctor's advice, she started doing Tai Chi. Her courage and perseverance paid off and she ultimately succeeded. She was able to keep both her legs after tolerating the great pain inflicted on her while doing exercise. With her courage, Chino has shown people an amazing miracle which brought out the best expression of the infinite possibility of human persistence.

Courage in adversity best explains the meaning of life. There are times in life when we have to face adversity. With strong will power to overcome every single obstacle in life, life can be fulfilling and enriching. We have already seen how wonderful and impressive it is for Chino to have created a miracle for herself. So why not start creating ours?