



Liberian Self Discipline A Case Study For Psychological Impact On Pakistan And Other Asian Countries

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Article Details:

Received on 18 May, 2026

Accepted on 12 June, 2026

Published on 15 June, 2026

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Abstract

Discipline is one of the fundamental aspects of human psychology ranging from an individual to national level. Every religion, culture and society has highlighted to value of discipline in national psychology. History bares witness that all those individuals and nations who have adopted discipline in their life have risen to honour and success. Normally it is considered that European Nations are more disciplined as compare to rest of world and most of African Nations are especially Sub Saharan ones are considered as uncivilized nation including Liberian Nation. Although Liberian Nation despite limited economic resources and being deprived education system and basic necessities are disciplined as compared to many developed nations of the world. Despite many financial and International limitations including presence of UN forces Liberians are developing at a good pace, Liberians have realised that the development is achievable only through discipline and hard work. Sense of Pride in their nation and discipline of Liberian Nation is a role model for the many nations especially for Pakistan and other Asian nations who make colonial regimes responsible for their deplorable discipline and sluggish development. It is worth mentioning that most of the Liberians were repatriated American slave and are still under the U.S influence. The Liberian nation has realised that self-discipline and national pride can lead them to development. Discipline and national pride of Liberian is a model for nations including Asian nations who have been ruled and European Colonialism from 1769 to 1954 and are still being influenced by those.

Keywords: Self-discipline, National pride, Culture, Punctuality, Psychology and Motivation.



Introduction

Like most of African nations which have been controlled by the European Colonialism from 1830 to 1945 (Anna, 2013). Subcontinent has also been controlled by British and French colonial powers for over a century from 1769 to 1947 (Lieutenant General Ashok, 2013). Although Liberia unlike most of the African nations was never a European Colony but remained a colony owned by a group of people in the United States till 1847 once an African American man Joseph Jenkins Roberts declared the colony of Liberia in West Africa an independent republic on July 26 (Essortment, 2013). South Asia despite having lot of natural resources, colonial era communication infrastructure and educational facilities for millions of people could not develop to be a strongly mainly due to lack of discipline and unity. However it been observed that despite poor economic conditions and having limited resources Liberia is developing noticeably and that is due to excellent discipline, emerging national pride and unity. Although Liberia consists of various factions including several tribes, West Indian Slaves brought by the United States and neighbouring French influenced tribes but after ferocious civil wars from 1989 to 2003 have realised that their success lies in development and that can be only achieved through discipline and unity (Bai M, 2013) In Pakistan same was realised by the great Leader Muhammad Ali Jinnah who gave the motto of Unit, Faith and Discipline but unfortunately this motto could not be followed which led to diminutive development. In existing scenario Liberia presents a role model of discipline, unity and national pride.

Liberian Demography

Liberia is situated in western Africa as a boundary between Atlantic and Africa. The country possesses little geographical diversity and is mainly covered with tall and lush green rain forests surprisingly called as bush by local dwellers. The landscape has a fewer mountains in the north eastern Voinjama. The area is crisscrossed by a few rivers including the Saint Paul, the Mesurado, the Saint Jhon and the Lofa Rivers etc. The country is administratively divided in 15 counties with Montserrado being the most populace. Total population of the country is about four million. An African American gentleman Joseph Jenkins Roberts from the U.S declared colony of Liberia in western part of Africa as an independent country on 26 July 1847. In 1858 he became first elected president of the Liberia. At that time Liberia was a colony possessed by a group of citizens in United States. In 1816 United States formed a group called as American Colonization Society who knew that if Liberia is integrated into the United States the nation would face a lot of complexities in becoming a truly integrated country so they purchased a colony on West African Coast. It was in 1822 when Reverend Jehundi Ashman led settlement attempt and settled a piece for land at Cape Mesurado (R. C. F. Maugham, 2013). With the passage of time colony developed as it turned into a home for liberated African American slaves set free from West Indies and slave ships. By 1847 Joseph Jenkins Roberts had grown to be a popular leader in the colony and thought that Liberians were prepared for freedom. Since Independence like most of the Liberian Nations have faced many problems with biggest were the two civil wars the first one from 1989 to 1996 (Philip, Marcelo, 2013) and second one from 1999 to 2003 in which hundreds of thousands people were killed and were displaced (Kieh., George Klay, 2009). The first civil war ended with due to the intervention Economic Community of West Africa States and later on an Agreement on Ceasefire and Cessation of Hostilities Between the Government of the Republic of Liberia and Liberians United for Reconciliation and Democracy and the Movement for Democracy in Liberia was



tabled on 18 August 2003 to mark the end of Second Civil War (Julie, 2013). Unfortunately Liberia has been and is still being kept hostage to the interests of global players in various form to make use of its natural resources like, gold, diamond, off shore oil and timber etc.

Pakistani Psychology

Pakistan is a part of South Asian Region is situated between the coasts of Arabian Sea in south and the Great Himalayan Mountain Range in north. Pakistan has variety of landscapes including coast lines, plains, deserts and snow clad mountains. Five rivers like the Indus, the Jhelum, the Chenab, the Ravi and the Sutlej adds to its mosaic. Pakistan is divided into five provinces including one de facto province and one Federally Administrated Tribal Area. Pakistan is a land for 170 million people. Pakistan has reserves of natural resources like gas, oil, uranium and Iron. Apart from these resources its location as gate way to energy rich Central Asian Region and Persian Gulf has kept it as hostage to the interests of global powers. Pakistan has a blend cultural diversity ranging from primitive tribal to modern and educative. However due to low literacy rate and awareness people from different religious faction have been fighting with each other on the tune of global players since the inception of country. Many people have been and are being killed daily. The role of Pakistan as a front line state in war against terror has further make the scenario complex for Pakistani Nation where people are suffering due to the involvement of extra regional forces in its western neighbour; Afghanistan this involvement by extra regional forces is causing disturbance in all over the country in general and its north western province in particular. Historically the area has been invaded by many and has been a battle ground for many; even now its north western province is suffering due to war on terror. It has major concerns with its eastern neighbour; India since the participation of Subcontinent on 14 August 1947 once British left the Subcontinent and divided it into Pakistan and India (Colonel Anil, 2012). The tension between two neighbours has led to the nuclearisation of the entire region. Apart from the interests of global powers lack of discipline is the reason of sluggish socio-economic development of Pakistan. It is pertinent to mention that Pakistani people could not develop as a nation mainly due to insincere leadership, who followed colonial style to subjugate the masses. Apart from insincerity the corruption of political leadership lead to social immorality, which consequently affected the national psychology as it is said that fish is rotten from the head first. The exploitive and colonial behavior of leadership leading to continuous deterioration of socio-national discipline.

Discipline and Psychological National Development

No nation can develop with peace and stability and that comes out of discipline possessed by the nation. A nation with discipline cannot only prosper and can also lead other nations. Discipline motivates the people to organise their lives thus avoiding any disturbance for attainment of any objective. Any disciplined activity not only harmonises the work and relations but also saves time. For Liberian Nation completion of any infrastructure development becomes a race against time as they have to plan and execute the construction of development or for that matter of fact any development in a limited period due to the weather constrains of regular feature of rain. Most of the developmental activities have to be pre planned and executed in a short span of time. To overcome such natural limitations needs a lot of planning and adoption of disciplined approach. Liberians value the discipline and understand that they can only overcome the resource limitation with discipline. A fewer resources and increasing economy has taught them to be disciplined and tolerant.



Liberians understand the value of discipline and have adopted self-discipline for socio economic development.

Self-Discipline and of Liberian Nation Psychology

Discipline is defined as the practice of people to obey rules or a code of behaviour and use of punishment to correct any disobedience (Dr. Keith, 2008). Discipline is of prime value to form, maintain and improve any nation as no nation can survive without discipline. Disciplined can be adopted because of deterrence in form of physical punishment or penalties (Marvin, 2009). Discipline can also be adopted through motivation and that leads to self-discipline (Alfie, 2008); which is crux of justice and humanity which are much needed for social and moral development of any group and nation. In global perspective discipline is being adopted due to deterrence, motivation and combination of both. In Europe discipline is mostly adopted due to combination of both motivation and deterrence however in Asia deterrence contributes more for adoption of discipline; mainly being influenced due to colonial culture and lack of awareness. As for as Africa is concerned it considered as dark corner of the world but discipline being adopted by Liberian Nation is not only exemplary but is also a role model for many nations. Discipline adopted by Liberian Nation is based on motivation which is due to the realization after the tough experience of ferocious civil wars. The realization has caused and induced an esprit to adopt and continue with the most superior form of discipline. Self-discipline being adopted in all spheres by Liberian Nation ranging from child to elder, educated to uneducated, and women and men. It is the self-discipline which has not only caused unity among Liberian Nation but is also augmenting social and economic development process of country.

The most significant and impressive facet of Liberian self-discipline is the traffic tolerance. With a very little communication infrastructure and growing developmental activities traffic is increasing at a greater momentum as compare to roads construction but still Liberians are accommodative to each other even during the road block situations. It will be interesting and impressive to note that all this traffic tolerance is despite a negligible presence of any traffic monitoring by Liberian Traffic Police. It has been observed number of times that despite jam packed traffic the drivers travelling on the wider roads give chance to the vehicles waiting on narrow roads to join main stream by sacrificing their turn and allowing vehicles waiting on narrower roads to have an early opportunity to be the part of main stream. Such a standard of self-discipline make the Liberian Nation distinctive. Despite the availability of limited road space the all vehicles ply and pedestrians walk in their own lanes. Apart from adopting an important aspect of traffic tolerance people of Liberia also obey the traffic rules despite any hurry they do not change lane unnecessarily and seldom blow horn. Despite absence of any traffic monitoring system no one crosses the red light may it be any hurry or even once the road is empty. As for as matter of parking is concerned; people park their vehicle only on specified places and nobody stops the vehicle on the road. Any other important disciplinary aspect is that people try to correct others for the traffic rules and that corrective attitude is accommodated by everyone.

It was impressive to observe that unlike most parts of the world even the university level students wear proper and complete uniform. The University of Liberia in Monrovia, Cuttington in Gbranga and Fundal Campus are a few examples. Apart from wearing the proper and complete uniform it was has been observed that students are punctual and



follow the institutional rules the best of their abilities and take pride in their studies and extra-curricular activities. "All work and no play makes Jack a dull boy". (James Howell in 1659).

In today's competitive job market, employers tend to seek candidates who possess varied skills such as adaptability, problem-solving, compelling communication (i.e., soft skills), teamwork & leadership along with good command on academics. These are acquired by striking a state of equilibrium between extracurricular activities (ECAs) & the traditional academics in life. ECAs encompass diverse activities i.e., participation in social work, sports, arts, entrepreneurship & scientific innovations. This enables students to build networks, enhance interpersonal skills & apply theoretical knowledge into practical world. In spite of the known benefits of ECAs; students often face hindrances (i.e., time limitations & inadequate institutional support) when it comes to balancing ECAs & academics. (Ramachandra D & Gayathri P, 2018).

Students who are efficient at managing time & planning tasks have improved temporal & cognitive ability for extracurricular hobbies. ECAs are beneficial at communal level also, as these activities enhances school spirit & engaging environment. (Solita, 2025). Students who engage in extracurricular activities are good at experiential learning, character development and social skill development, team spirit & relationship-oriented roles as the environment enables them to engage in low-pressure & structured environment with peers from distinct backgrounds. (Mishra & Aithal, 2023)

The important facet of self-discipline is adopted by students as well as all students try to keep the campus or institutional environments clean and green and they do not hesitate in doing others job for the purpose. Teachers are respected as per the standards of a teacher's respect. Mr. Ibrahim a South Indian Muslim Teacher who has been teaching in Cuttington University in Gbranga shared that the students are intelligent and respecting and helpful and take care of their educational and social responsibilities (An Interview with Dr. Ibrahim Professor at Cuttington University Campus at Gbranga on 14 August 2011). Students are accommodative and friendly to each other; most of them have to work to share their social responsibilities to support their families. At present educational facilities are not enough so it has been observed that senior student play a vital role to cover up this deficiency by teaching the younger ones in the evenings on volunteer bases. Liberian Nation has realised the value of education and discipline and is leaving no stone unturned to remove the scares of the past with a promising future.

As they have limited facilities and opportunities so mostly people have to do most of the work by themselves and such works are predominately hard in nature. However the good thing is that almost all family members work to share family and social responsibilities. Liberians even make use of smallest portion of land to grow the vegetable etc. Young and old are involved in rubber plantation and collection, although the means being used are orthodox but the organisation is disciplined and based on justice. "The answer to old age is to keep one's mind busy..." — Leon Edel.

In the context of age, retired person are more inclined to fulfil household and social activities even as a volunteers as they have abundant time available which was not possible during employment. In terms of gender, retired women performed more of traditional house chores and these activities are termed as "feminine hobbies". A retired individual's involvement in household and social activities has been linked to improved mental well-being i.e. decreased stress levels & improved sleep. (Wong & Almedia, 2012).



In the lives of geriatric, house chores tend to be the new “productive work” post retirement. In upper class families, gender inequality still exists where females are responsible for most of the work. Women are found to be repetitive routine tasks i.e. cleaning, washing & cooking. These tasks are often termed as traditional households. Men tend to be more involved in works where they have to “fix the leaky faucet” (repairing) & yard work. This inequitable work division results in sleep disturbances (quality & period) & symptoms of depression. (Adjei et al., 2018)

The unity among the workers is pragmatic and productive; in case of any act of injustice or exploitation of a worker is taken as exploitation of complete community and is dealt as such. The trend of palm plantation is being followed by the Liberians even much organised manner. Hard work has been adopted by all as dignified manner to earn the lively hood and is also an evidence of discipline which is contributing for national development including social one. The hard work is also enhancing quality of self-respect in the entire nation and that is the reason that despite being poor no baggers are found. Weather limits Liberians to work continuously as they have to wait for sun shine for most of their projects. The rainfall is very frequent and heavy in Liberia and a lot work is damaged by the wind storms but Liberians take it as a challenge and continue in their efforts again and again. This nature of hard work has instilled a pragmatic quality to ensure and pursue the objective through discipline much imperative for the country and nation. So with hard work and discipline Liberians are improving their quality of life which will certainly improve their next generations and the neighbouring countries as most of the tribe are living on the borders of more than one country. Hard work by complete community is leading them to development including economic and social development.

Another very good example of Liberian Nation self-discipline is the attitude of people towards law. People from all segments of life are respect, obey and follow the law in true latter and esprit. The behaviour of criminals towards the law is exceptional and has not been observed even in the advanced countries. In this global world where the criminals are finding and adopting various techniques to break away from jails it was astonishing and surprising to observe that prisoners of Liberian Nation move from one correction center (jail) to another correction center at their own and many a times even carry their documents along. That was the best example of self-discipline ever witnessed even in advanced countries or nations. It was further astonishing that once a complete is received by police against an individual he is called by the police at number of time just by sending a message without even a legal documents and the person being called upon reaches the correction centers as per the first opportunity. If he deny the charges against him he is simply allowed to leave. On the other hand if the charges are correct the individual called upon agrees to those charges without any investigation and joins the correction center voluntarily. This quality of self-discipline saves many efforts and resources; at present country is deficient of law enforcing agencies so it is mostly dependent upon the various forces deployed by the United Nations to help those Liberian deficient law enforcing agencies. The self-discipline exhibited even by the Liberian Criminal highlights that the nation can manage with the support of forces deployed by UN. It has been a decade that Liberians have fought among themselves that too mainly due to the involvement of global forces to attain their politico-economic objectives. The self-discipline shown even by the criminals of Liberia is a role model for the rest of the world. Some say that this self-discipline has been adopted after paying a heavy cost by fighting two brutal civil wars



expanding over a decade, even if this is taken as correct even then the Liberians are a different creed as we have seen that most of the countries have not learned the lessons after the World Wars. Even to learn after a catastrophe at such a magnitude needs a national esprit and will and Liberians have shown that resolve and patient. This self-discipline has and is causing peace in the entire country and within the entire nation may it be spread across the boundaries in neighbouring countries. This much wanted peace and stability is vital for development of the nation and country and even will cause peace and development within the region.

During the general elections organised on 11 October 2011 and Runoff elections held on 8 November 2011 once again Liberians exhibited an excellent discipline (Moustapha, 2011). It has been observed across the globe that during elections especially in South Asia and most of African Countries the security situation normally gets out the hands of Law Enforcing Agencies and a political solution is sought out for such situations. Despite the traditional competition between Unity Party led by the incumbent President Ellen Johnson Sirleaf and Congress for Democratic Change led by Winston Tubman Liberians displayed a good disciplined despite all apprehension. It was observed that all parties followed a dedicated and pre-decided schedule to conduct supporting rallies especially in congested areas safely and with peace. All the parties not only planned but also executed the long rallies along the overcrowded roads and routes. Special plans and efforts were made to organise the rallies in such a manner that other passerby are not affected and traffic continues to flow voluntarily by the political parties. It was observed that all parties observed the proper timings of the followed the prescribed routes. All political parties showed an excellent discipline throughout the general election and runoff elections. In the entire election camping only one person was became causality that to because of confusion. Despite few security and administrative arrangements Liberian Nation exhibited an excellent discipline during the process of voting at the time of general and runoff elections. People remained standing in long lines to cast the vote and casted the votes in an organised form. No incident of accusation by any of the political party for rigging or cheating during vote counting was observed or highlighted. The facet of esprit de corps was highlighted by the Congress for Democratic Change and other political parties for accepting the results as such and congratulating the members of Unity Party through electronic and print media.

It is said that time and tide waits for none and Liberians have understood the value of time and have adopted the quality of punctuality. The aspect of punctuality is followed by people from all walks of life including students, teachers, and even general labour. It has been observed that in case of pre-arranged meeting or commitment the individual may be of any senior takes care of the time it has been also observed that during the events like conferences and all agenda is discussed in min possible time and the conference and meeting is called off. The Public Transport system is not large but the good thing is that all buses plying on the routes within the city and plying between various cities follow the prescribed timings. Labour working in the bush is also cognizant of the timings as all the activities are linked to each other; although activities are taking place on lower scale but despite the weather constraints of extensive, heavy and routine rain fall still all those activities are interlinked and synchronized thus avoiding precious resources and time. Time management is one of the potent facets which are leading Liberian Nation to development at a good speed.



People of Liberia do not only quickly understand the implications of rules and regulations but are also implementing those and one of the example is the price standardization; the word price control has been intentionally not used as the Law Enforcing Agencies do not possess that much capability but the good thing is despite that limitation the social compulsions have led to manage the price standardization. As it has been mentioned above that like most of the Sub Saharan Africa the tribal based culture is strong in Liberia as well and the tribes do not value the International Boundaries too much so the economic activity across the border is not considered and taken as smuggling and is considered as a part of the country's routine economic activities. However the important thing is that even this cross border economic activity consisting of exchange of goods is not affecting the social price standardization. The aspects of discipline and tribal culture have added to the Moral aspects of the Liberian Society which are proving to be great helping in improving the social and moral development across the entire nation.

Liberian nation have good values however in this article two of those routine will be discussed in details in succeeding paragraphs. As there are fewer means of communication including the communication infrastructure so transport facilities are also very short which compel people to wait for vehicles to start or continue their journey. As there are very few bus stops and people live away from the road so people had to wait longer time which apart from wasting efforts also proved to be a big time waster so in order to avoid this people leave their belongings on the road side which is taken as an indication by the driver that somebody wishes to travel and it causes convenience for the traveler to reach in time. The most important aspect is that it has been observed that the belongings are left on the road side even for two to three days unattended but no unauthorised person even touches those belongings. This disciplinary quality of a nation with meager resources is exceptional and is role model for others. It is indicative of very high standards of self-discipline and moral values. Due to limited communication infrastructure, limited availability of means of transport and little population motorcycles are being used as Taxis which are used by all walks of life even by females and even after the dark hours. It has been observed very often that a young female passengers travel all alone with the motor cycle rider to their destination safely and with honour and respect. No incident of sexual harassment has been noticed. Apart from self-discipline it speaks of high moral values of Liberian Nation. These two aspects amply highlight the moral values which have been adopted by most of the Liberian Citizen. Such exceptional aspects are role model for entire world even the most advanced nations. Discipline of Liberian Nation leads us to a few analysis which have been mentioned in succeeding paragraphs.

Analysis of Liberian Discipline

Adoption of a high standard self-discipline by any nation like Liberian is based on realization for its need and this realization is centered on a few facets which require pragmatic analysis a few of which are mentioned below:

1. Liberian Nation have realised the value of discipline through a hard way after suffering thousands of casualties of its citizens, damage to infrastructure, loss of resources and monetary capital.
2. Realization to adopt the discipline has led to adoption of the best form of discipline that is self-discipline (Alfie, 2008).



3. Despite limited resources and infrastructure the facet of adoption of self-discipline is leading Liberian Nation towards the socio-economic development including social, infrastructural or economic.
4. Discipline adopted by Liberian Nation is role model for many countries including the most advanced countries of the world.
5. It is imperative to ascertain that how this quality of self-discipline can be galvanized to improve the national development in a pragmatic manner.
6. One of the most important aspect is that how social, moral and economic developments can be improved through discipline.
7. After evaluating the need, quality and strength of discipline it is imperative that how this standard of self-discipline can be maintained due to ever expanding global trends.
8. It is appreciated that the self-discipline of the nation will have positive effects on the neighbouring countries as most of the tribes are living in adjoining areas of the countries.
9. It is of profound value to understand that how other countries can adopt such a quality of self-discipline especially in the recent world order of economic and energy.
10. It will be imperative to analyse that how to safe guard the standards of self-discipline in wake of possible effects of globalization in Liberia in particular and surrounding countries in general.
11. What standards and types of discipline other countries are including advanced one are adopting and how self-discipline can be adopted.
12. It should be analyses that how the discipline becomes a need of a nation and how it changes the philosophy of those people. Why discipline has such an imperative value? And what all factors improve or diminish it?
13. What are implications of colonialism on the nations and to ascertain that was it the effect partial colonialism which could not affect the Liberian Nation.

Conclusion

It has been discussed that discipline is one of the most vital characteristics of human life stretching from an individual to national. Every religion, culture and society has stressed to value of discipline. Liberia unlike most of the African nations have not been a European Colony but persisted as a colony owned by a group of people in the U.S till it proclaimed independence in 1847. Liberia is located as part of western Africa as a frontier between Atlantic Ocean and Africa. The country encompasses little geographical and demographical diversity and is mostly covered with tall and lush green rain forests. Discipline adopted by Liberian Nation was based on motivation which was an outcome of a realization after the brutal experiences of ferocious civil wars. The realization caused and persuaded an esprit to adopt and endure with the higher form of discipline; self-discipline being adopted in all spheres by Liberian Nation. This self-discipline of Liberian Nation is a Role model for Pakistan and other Asian countries.

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