

Change – Why is there Resistance to it?

Change literally means to transform or revolutionize. However, we see that there is a lot of resistance to change. People in general do not accept it easily. Some are also outright critical to the idea.

Some reasons for resistance to change are shared below –

- **Change entails being different from the present:** Most people get used to their surroundings and circumstances, even if they are difficult. Their surroundings and circumstances become their comfort zones. Their comfort zones are familiar to them. Any change is unfamiliar. What is not familiar is scary. Hence, there is resistance to it.
- **Change is perceived as difficult:** Present lives of people may be very hard. They may not like the results they have created for themselves. Still, introducing any amendment in their lives is seen as difficult. Most people generally do not like to attempt anything that is subconsciously understood as difficult. Mostly people wish to have things easy.
- **Change requires effort:** Most people do not want to put in the necessary effort that is required in creating any kind of change. Hence, they prefer to reject it. People adopt a variety of ways for rejection. The most common way to reject any new development is to make excuses. These excuses may have great variety but the purpose is always resistance.
- **Desire to change is a decision:** There is resistance to change because people are required to make a decision. Most people do not like to take a decision. Decision means leadership – taking charge. Most people like to be followers than leaders. Hence, they just continue following the way life takes them rather than taking a decision to change.
- **Change does not guarantee success:** Any change does not come with an attached guarantee of improvement or betterment or success. It may make the present situations even more difficult. People show resistance to new ways of conducting things because of this reason. They do not understand that if they are not happy with their present results, they should try changing their methods. Even if the new method does not work, it still teaches them something.

People get used to living their lives in a certain way. Anything other than the familiar is uncomfortable. Familiarity creates inertia. Inertia means inclination towards continuation of the present state. Any change may be good if it is implemented with courage and is accompanied with a desire for perseverance. It is good to try in earnest. So, keep trying with high aims.