



Lecturing from the President Byeong
in the light of
Ministry, Philosophy, and Leadership of Dr. Melvin
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Adversity Quotient (AQ)

We have often said IQ (Intelligence Quotient) and EQ (Emotion), but I recently learned the term AQ. (Adversity Quotient). In short, it says how well we endure adversity in our lives. Perhaps it means that obstacles should be turned into opportunities. I saw a website called "peak learning," which has a similar concept, and I was interested in the content. Since the peak here means the top of the mountain, it was named peak running because there were hikers, people who quit, and people who reached the top of the mountain. It seemed to mean learning how to get to the top of the mountain. And they use the adversity quotient.

They said the IQ and EQ era is over, stressing that we now need an AQ that tells us how to deal with the adversity ahead of us. Then they made a ladder diagram showing starting, quitting, climbing, and reaching the top of the mountain. And they said it depends on our AQ. The subtitle of the ladder they developed was "turn obstacles into opportunities." They expressed that there are three things. Those who quit from the beginning, those who quit in the middle, and those who go to the top. This was described as low AQ, medium AQ, and high AQ.

This reminded me of a book called "Grit," which focuses on "perseverance." "Grit" and "Perseverance" are all used in the samemeaning. In other words, maybe AQ, Grit, and Perseverance are all the same concepts. The question is how to reach the top completely. As mentioned above, those who climb the mountain will be classified as those who quit from the beginning (Quitter), those who stop in the middle (Camper), and those who continue to climb all the way (Climber). The first two cases will have their own reasons, just as there is no unprovoked tomb. It may be because of economic problems, family problems, or social problems, etc. They are categorized here as "high AQ (keep going)," "medium AQ (get off midway)," and "low AQ (I'm tired)."

There is always adversity in our lives in any way. There may be cases where people go through it from an early age, when they go through it as adolescents, when they get married, or when they get older. How well we can withstand these adversities and rather it can be a support and opportunity to make a comeback for the rest of your life. I heard recently that a couple who had been married for decades had divorced. Whatever the reason for the divorce, the reality is reality. I've thought about two things. How will both live? So called, people with a high AQ will stand up, and those with a low AQ may collapse.

Is there any room to learn anything more through adversity! A research institute conducted a survey of 1,000 people, those who suffer from disabilities. The question was, "If I had a drug that would cure your disability, but it makes you lose everything you got from adversity, would you take it? "What do you think, reader? How many people took the medicine? Some organizers in question expected 90 percent to eat, others 75 percent to eat. They asked a thousand people again, "Would you like to take the medication?" and no one took the medicine, which was completely unexpected.

After all, adversity in our lives is difficult, but people don't want to completely erase from memory what they have learned and gained in the process.