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My Experience of Overcoming Conflict

At 22, I realized I hadn't achieved anything and felt my life was a miserable tragedy. Compared to other flying colors' achievements and incredible performances, I found it challenging to cope with it. However, when I decide to focus more on myself, I feel relief and comfort in being an average person.

In Malaysia, mental health issues are becoming more severe, and the number of people who suffer is increasing tremendously during the lockdown period. However, there are several factors considered with mental health conditions, including age, family income, relationships, gender, and perception of COVID-19. According to the research by Muhammad Ikhwan Mud Shukri et al. in 2023, university students reported the highest prevalence of anxiety and stress during the COVID-19 pandemic.

Personality can help us get to know a person at the beginning. We can observe whether the person is introverted or extroverted during the conversation and the behavior they present to us. However, we should not simply assign people introverts and extroverts; it could be very personal and depend on who they meet.

My friends Suniil and Ang give different opinions about my personality and how they look at me. Suniil thinks I am an extrovert and pessimistic. In contrast, Ang thinks I am somewhere in the middle and optimistic somehow. From that, we can observe that different people have different perceptions. But both of them feel that I have been suffering from some mental health issues. It is valid that I have been suffering from some mental issues during the lockdown. I am an introverted and pessimistic person about my life and most things. During the lockdown, I felt depressed and anxious about my result and the relationship between my friends and my ex.

I struggle with my decisions and feel guilty about what I did and never did to maintain my relationships with others. It is too late. When I realize I need to do something. Eventually, that caused me to struggle and isolate myself from others. During that time, my weight was down at least 5 kilograms. Never eat for one whole day and other idiot stuff, just like the movie portrays the stuff that heart-breaking people did. It was all because of my breakup with my ex, my first love.

It isn't easy, no matter how I try to let myself forget it and move on. That day, my sleep quality was terrible. When I sleep, I dream about my ex, having a conversation between us, and the scene of the future we imagine all appear in my dream. Everything dumb and silly things I try makes my condition worse and affects my results to some degree. Whenever I wake up, the sorrow and disappointment surround me. I numb myself with alcohol and tonnes of assignments, exercise, and practice. Although it is sarcastic, at that time, I felt everything was meaningless; I found no point in life and even thought about suicide.

After a year, I calmed down a bit, and the good news is that I dream when I fall asleep. But it takes two to three years for me to heal myself. Craving for the answer and struggling with it is funny for most people. However, this is my life, the task I must overcome. Even being mocked and laughed at by others is okay. Everyone has their own business and needs to care. Most people won't care about others. Being laughed at by someone is embarrassing, but we need to pay for the dumbass stuff we have done, and probably, they have nothing to do instead of making fun of others. "To cure yourself is nothing to do with others, but you must move on and accept the reality." By accepting the fact and never crying over the split milk, your life will be better and happier.