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Societies have experienced numerous disruptions since antiquity. Historical evidence shows that catastrophes such as diseases and war often result in a paradigm shift that forces cultures to revert to tradition. Framing change through traditional values can have several benefits and downsides. On the positive side, it can help societies react and reconstruct in ways that best align with their values, systems, and structures (Morillo 417-418). Communities can also symbolically interact with the disastrous event, developing tailor-made responses that best work for them. However, such interventions could further divide communities, causing tension and hatred in the wake of the calamity.

Disruptions and Reactions

COVID-19 is among the most significant disruptions in modern society. The pandemic began in China in 2019 and spread worldwide, affecting virtually every country. As the pandemic spread, governments banned traveling, social events, and religious gatherings. Lockdowns and curfews further affected the businesses and the overall socioeconomic lives of the people.

As the pandemic continued, societies framed their changes based on tradition. For instance, research shows that communities in Asia depend more on religiosity as a coping strategy for their mental health (Ting et al. 4). In such societies, spirituality helps reduce stress and promote positive mental health. The same applied to Muslims who utilized religion to avoid

the pandemic-related depressive symptoms (Ting et al. 5-6). Some societies responded by weakening social ties that formed a significant part of their cultures. For instance, people had to redefine traditions such as weddings and funerals to meet public health needs. Instead of holding large ceremonies, individuals resorted to more privatized events to avoid cross-infection.

Therefore, the pandemic caused more divisions through social exclusion. American values such as individualism became more apparent. Everybody was more concerned with their health and well-being, and policies such as lockdowns and curfews increased isolation.

The 9/11 terror attack was another significant modern disruption of the 21st century. The violent aggression by the terrorist on September 11, 2011, sent shockwaves into American society, prompting a war on terror in the following years.

The 9/11 attack witnessed a more nationalist approach to issues. The American identity became strong as citizens jointly condemned the act of terror and stood firm with the victims and their families. Islamophobic attitudes increased, creating a wage between Muslims and the rest of society (Gallup, par. 2). During this period, American values such as emphasis on family, patriotism, and church attendance increased. Accordingly, national unity became widespread post-9/11.

Works Cited

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