

Monotony-Indispensable Element of Life

Definition of Monotony: Lacking in variety, tedious through sameness

(This article is by no means a cynical view of our existence. This article is written to prove that Monotony is indeed one of the few unavoidable ways in which we all live our life at some point in time & space. This phenomenon is inherently continuous in nature but discretely evaluated by each observant / individual due to limitation of individual's understanding of continuous phenomena.)

Let me start with initial assumption that in life we interpret events in discrete time domain [Refer previous articles].

Now, we come across various stages in life where we feel as if the going has become monotonous in nature. But that could be merely our perception, which unfortunately is both a Myth and a Reality.

In our life, prior to any given point of time (**The time is interpreted as conscious time**), we were a part of multitude of events in life knowingly as well as unknowingly.

Each event had certain degree of importance associated with our life at that given point of time. Also each event creates certain degree of monotony at that given point of time without we actually realizing in totality. This partial realization is itself a myth as well as a reality.

Each event could act as a reference for future events or could just subside in our memory. But the cumulative monotony of any event never vanishes from our memory. It may merely become unimportant for us in reference to future events. But if recollected, it recreates the notion of monotony for the time being with respect to that event and lingers in our mind as long as its effect is strong which is obviously dependent upon the individual's prior association with that event.

The simplest form in which we can depict the function of monotony with this basic background is as follows:

$$\mathbf{y}_{\text{now}} = \left[\alpha \cdot \left(\prod_{i=1}^{z_1} \prod_{t=d}^{\text{now}} \mathbf{a}_{it} \cdot \mathbf{x}_{it} \right) \right] \cdot \left[\beta \cdot \left(\prod_{i=z_2}^n \prod_{t=d}^{\text{now}} \mathbf{a}_{it} \cdot \mathbf{x}_{it} \right) \right]$$

Where,

y_{now} = Extent of total monotony in life at present

Π = Multiplication symbol

n, z_1, z_2 = Monotonous events ($n = z_1 + z_2$)

x = Extent of monotony per event at a given time (**Value is always above zero but less than or equal to one**)

d = Time since a particular monotonous event begun

a = Importance of a particular monotonous event at a given time (**Value is always above zero but less than or equal to one**)

β, α = Random numbers (**Value is always above zero but less than or equal to one**) ($\beta > \alpha$)

The entire function of monotony is a multiplicative function with no parameter taking a value as zero, else it would nullify the assumption of an individual having a memory based system. Ie once the event is initiated for an individual it can never be forgotten in totality. Thus prior memory of events creates further references for the extent of monotony for that event.

Now, let us explain the function in detail. The function has two broad components, one multiplied with β (component S) and another with α (component T). As stated above $\beta > \alpha$. Thus weight age of component S is more than component T, but that does not mean that component S will always be more than component T.

Now what is component S & T. In life we become a part of many events, which we cannot avoid no matter how so ever we may try. Ie those events may be very important for our day to day living but it may also be very monotonous. Eg brushing our teeth, going to office etc. Also almost every other day we are becoming a part of new monotonous events, which we have never, experience before.

Thus we have two components namely those events whose we have prior experience and those whose we don't. Now those whose we have prior experience is considered as an **outright reality (α)** while those whose we don't is not at all considered as an outright reality as we haven't explore that particular event in depth. Hence we call it a **myth (β)**. Thus in life we weigh higher to myth than to reality as the extent of monotony is more distinctly observable in case of events which are considered as myth as against those which are a reality. This is because for a mythical event the amount of time we considered for evaluation is very short and hence the chances of monotony arising is higher. **It's only after few experiences with that mythical event that the tolerance sets in and it starts becoming a reality.**

Thus those events, which were once a part of z_2 (component S) may later on shift to z_1 (component T).

Also the importance parameter (α) acts as a barrier to avoid a particular monotonous event. I.e. if a particular event is important for our existence then we ought to do it no matter whether we like it or not at some point of time & space.

Thus in life monotony can never be avoided. It can remain as a myth or as a reality or as both dependent upon the recipient's way of looking at the events in life.

Monotony is another side of a coin. Other side had been the exciting side, which we always love to have. **But our life is like a loaded dice. It all depends which side we want to load it more and have skewed probability of its occurrence.**