

LETTER TO EDITOR

Various Schools of Thought on Patience

Dear Editor,

This letter concisely addresses various schools of thought about the impact of patience in the health care setup from ancient literature to the present. Patience is the key leadership skill to be empowered in the life of a health professional to capitulate or endure delay, difficulty, or agony without getting agitated or disturbed in the workplace (Bushardt, 2016, pp. 13-14). From the Buddhist perspective, patience is the righteousness of confronting agony and frustrations with a peaceful state of mind (Jeffrey, and Pawl, 2025, p. e70025). Historically, patience is described as *khanti* in the sixth perfection of the Theravada tradition and as *kṣānti* in the third perfection of the Mahayana tradition (Apple, 2012). According to spiritual books of Indian origin, the concept of patience in the religion of Hinduism is referred to as *parikṣa* (forbearance), *sahīṣṇutā* (patient toleration), *titikṣa* (patient endurance of suffering) and *sahānshilata* (suffer with patience). The *Bhagavad Gita* emphasizes patience as a part of *Sthitaprajna* (the state

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of equanimity and mental balance), *niṣkāma karma* (dispassionate action) and *anāsakti* (maintaining a state of non-attachment) (Singh, Raina, and Oman, 2023, pp. 195-209). In the biblical tradition, patience is regarded as the greatest virtue for enduring moral failings that provoke negative emotions, grief, or distress. (Jeffrey, and Pawl, 2025, p. e70025). In Islam, the Holy Quran and the Sunnah of the Prophet (PBUH) serve as foundational guides for reducing moral evils, enduring physical suffering, and cultivating *sabr* (patience) through steadfast belief in Allah (SWT) (Aslan, 2001, pp. 24-47). According to Abu Huraira's narration, the Prophet (PBUH) said that "*If Allah wants to do good to somebody, He afflicts him with trials*," elucidating that steadfast individuals who are tested by trials may be offered blissful tidings (Sahih al-Bukhari 5645, n.d.). The hypothetical aspect of patience ("patience is bitter, but its fruit is sweet") was narrated by the eminent thinker Aristotle, and the viability of patience ("*patience is the key to all doors of success*") was described by Stoic philosopher Marcus Aurelius (Bommarito, 2014, pp. 269–286). Therefore, the concept of virtue may have significant importance in the comprehension of an individual's capacity to regulate their emotions (Kim, et al., 2024, p. 11).

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