



## EXISTENTIALISM AND ITS FUNCTION

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### ABOUT ARTICLE

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**Abstract:** In this article, the author presented his research results on the function of existentialism. Existentialism has become a significant phenomenon in Western culture. This philosophy greatly influenced the work of artists Alberto Giacometti and Jackson Pollock, as well as film directors Jean-Luc Godard and Ingmar Bergman. This concept still plays a significant role in the intellectual world today.

### INTRODUCTION

Existentialism is a philosophical movement based on the idea that people live in an incomprehensible universe, doomed to constantly make choices and bear responsibility for them. Moreover, they do not know what is right and what is wrong.

One of the first existentialists was the Danish philosopher Søren Kierkegaard back in the 19th century. However, the direction really took shape in the first half of the 20th century. Two world wars, a crisis of tradition, the inability of existing theories to explain what was happening and the loss of faith in progress made the critical ideas of Nikolai Berdyaev, Karl Jaspers, Simone de Beauvoir, Albert Camus and Jean-Paul Sartre popular. The last two existentialists were even awarded the Nobel Prize in Literature. Both received recognition for their artistic works, which were inextricably linked with the philosophy of existentialism.

Existentialism has become a significant phenomenon in Western culture. This philosophy greatly influenced the work of artists Alberto Giacometti and Jackson Pollock, as well as film directors Jean-Luc Godard and Ingmar Bergman. This concept still plays a significant role in the intellectual world today.

Functions of existentialism:

#### **1. Continue to search for the meaning of life, even though the world is absurd**

Existentialists came to the conclusion that the vast Universe has no purpose, logic or meaning. A person has to create himself independently in a world indifferent to him, where no one owes anyone anything. Therefore, people are lonely, and even communication cannot get rid of this feeling. For existentialists, existence has become absurd.

Thus, Albert Camus compared existence with the work of the mythical king Sisyphus. The gods punished the ruler and doomed him to forever drag a huge stone up the mountain, from which it constantly falls, almost reaching the top.

People, like Sisyphus, are doomed to search for the meaning of life and not find it. Therefore, they may feel a sense of anxiety, abandonment and purposelessness of their stay - experience a so-called existential crisis.

However, the absurdity of the world does not mean that we must stop looking for the meaning of life. Because without this search, according to existentialists, it is impossible to live fully. If a person stops asking himself why he exists, existence will begin to burden him more and more, and he himself will plunge into an existential crisis.

## **2. Be responsible for your choices**

Existentialists suggest that existence is not predetermined in any way, and there is no universal path. Each individual chooses his own path, every day he creates, or invents, himself. In this sense, we are unique and do not resemble either animals or inanimate objects.

But freedom in existentialism is not a gift, but a heavy burden. She constantly demands to make a choice. According to Sartre, a person is "doomed to freedom," since he must either be himself or constantly adapt to his environment.

And you must be responsible for any choice.

## **3. Be yourself**

Sartre argued that a person can only be considered "one who makes values exist so that they determine his actions." Therefore, for existentialists, following duty and acting in accordance with their real ideas and ideals are not the same thing.

For example, a truly free person will wake up on an alarm clock not because of work, but because he himself decided to wake up at six in the morning, be responsible and go to the office every day.

Existentialists consider moral norms to be artificial, conditional, and sometimes even completely false. Of course, this does not mean that you can do whatever you want, such as steal or kill. The main thing is to soberly assess your own ideals and the rules imposed by society and the world. This way you can understand what you are really striving for and what is truly important to you. This will help you stop worrying and get rid of the syndrome of lost profits.

## **4. Remember that not only gender and appearance characterize a person**

According to existentialists, we can and should pay more attention to the spiritual than to the material. After all, nationality, gender, skin color and class do not define a person. This is just an interpretation of his image. Therefore, existentialists recommend abstracting from your "I" and from the world around you in order to look at yourself and others through the eyes of an impartial observer. This is the only way to see people for real.

5. Think critically

## **CONCLUSION**

Existentialists doubted almost everything: morality, the knowability of the world and man, the existence of higher powers. Of course, it is not necessary to repeat after philosophers, but the ability to think critically in an era when it is very difficult to distinguish truth from lies is extremely valuable.

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