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Should individual freedom be restricted in order to preserve social order?

Individual freedom is important for growing and learning. Making mistakes is almost unavoidable; they help us grow and learn what to do in the future. While rules and restrictions are sometimes needed, fully limiting individual freedom, especially for teens, can restrict a person's ability to grow emotionally and mentally. In the play *Alba*, there are many conflicts which make the audience question if the mother, the character for whom the play is named, uses excessive control over the daughters, or if they should be allowed to learn from their own experiences.

One reason individual freedom is important is that people need to learn and develop through social interactions. Socializing with others and hearing their opinions is important for forming opinions and beliefs. In the play, Alba keeps her daughters isolated, only allowing them to leave the house for school. They are taught to follow this strict routine and not question it. Alba believes that she is protecting her daughters by not letting them experience “negative” events, claiming that she experienced a crazy life when she was young, so she knows what's good and bad for her daughters. Isn't this hypocritical? Shouldn't her daughters also experience their own lives so they too can distinguish right and wrong? How will her daughters learn to be self-sufficient without real-world experiences?

Another reason Alba's restrictions are wrong is that isolation can lead to various mental health problems for her daughters. Their lack of freedom causes frustration and unhealthy thoughts. Alba's daughters, ages 29, 18, and 17, are no longer children. Angie is an adult and still living with her mom. A person this age should be out living life, not just working and being home. Adela and Amelia, both teens, should be hanging out with friends, going to parties, and overall having a good time. Alba believes she's doing well by her daughters by having them obey her strict routine, but in reality she's doing more harm than good. This is observed and noted by Gladys, the nurse who helps Alba’s mother, when she says, “In my country, we know hunger. We know sickness. There’s a reason why my sister and I are here. But we did not know the type of unhappiness that I have seen in this house. It is a different thing.”

The control imposed by Alba often creates more conflict than peace and order. Alba thinks her daughters are spared from painful feelings and experiences being restricted to only the house and school, but in reality, their feelings are kept hidden and continue to grow. This shows that restricting someone's individual freedom does not make them responsible. Showing trust in them would make them more responsible and independent.

Although individual freedom should not be restricted, there should still be some rules for safety and well-being. Rules and restrictions can be beneficial for safety and structure, but they should never be used to limit someone's learning, social relationships, and personal choices. While Alba thinks her household looks good to outsiders, on the inside there is tension and unhappiness. She thinks her rules make the family look proper and respectable. In reality, by suppressing her daughters' emotions and thoughts, she exposes them to the dangers of excessive control.

In conclusion, individual freedom should not be restricted to restore social order. People learn from real-world experiences and make their own decisions based on their experiences. *Alba* shows that excessive control can lead to frustration, negative emotions, and even more problems than before. While rules and restrictions are important, individual freedom is necessary for personal growth, independence, and a better understanding of the world.