

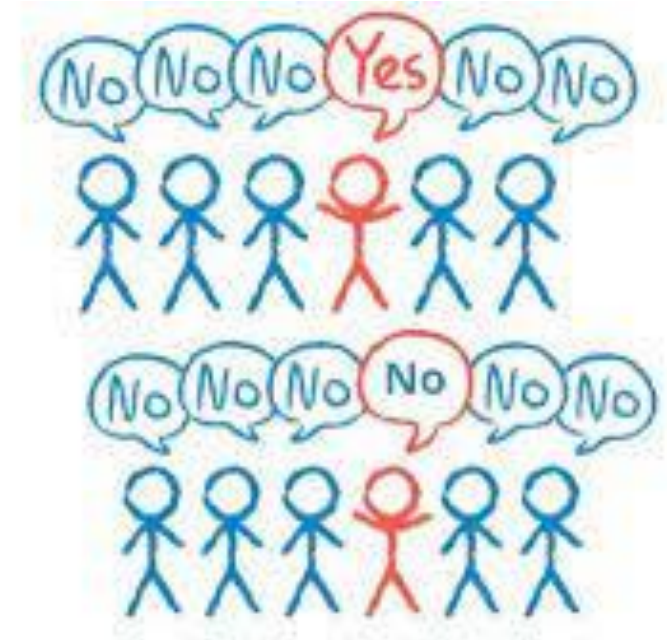


UHV – Case Study Social Conformity Hinders Personality Growth

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What is Social Conformity ?

- ▶ Social conformity is **a type of social influence involving a change in belief or behavior in order to fit in with a group.**
- ▶ Humans have a common tendency to adopt the opinions and follow the behaviors of the majority.
- ▶ **Conformity** is the act of changing your behaviors in order to fit in or go along with the people around you.



The Good Part of Conformity

- ▶ **Conformity aids in rule enforcement.**

Every society has rules for people to follow for a specific purpose. One of the main reasons people evolve and progress at such a fast rate is because we've always formed societies in which we were dependent on the other members, by conforming to others.

- ▶ **Conformity can help you abandon your bad habits.**

Peer groups can do an excellent job of helping you remove the bad habits from your life.

- ▶ **Conformity makes the work easier for everyone.**

The goal of conforming to society is one that seeks eternal harmony. The group sees that there is a greater good which can be achieved when everyone works together to accomplish a goal.

The Bad Part of Conformity

- ▶ **Conformity causes you to lose your identity and personality.**

The actions that groups play some individuals to make them conform creates a dangerous issue because it forces a loss of personal identity. Each person is uniquely different from every other. You might go to a party and if your friends starts teasing you because you're not drinking like they are, however, then you can be coaxed into doing something that you don't want to do.

- ▶ **Conformity increases the chances of depression.**

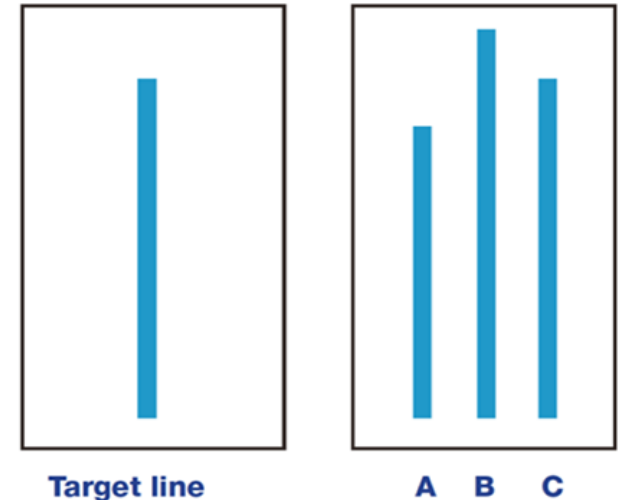
The fear of social rejection is something that most people face at least once in their lives.

- ▶ **Conformity doesn't encourage change in the world.**

Although conformity in society encourages individuals to make changes that bring them closer to the majority, the reality of this process is that it doesn't impact mobile societies.

Asch Test – A Case Study on Conformity

- ▶ Dr. Solomon Asch, a renowned social psychologist conducted a social experiment(task) to see the extent of conformity among people.
- ▶ The task consisted of selecting a line of particular length among some options which closely matched with the target line.
- ▶ It involved a group of people, who were made to say their answers aloud, so that everyone can hear it. However Asch also included people whose purpose was to intentionally say the wrong answers.
- ▶ Nearly **75% of the participants** in the conformity experiments went along with the rest of the group at least one time.
- ▶ After combining the trials, the results indicated that participants conformed to the incorrect group answer approximately one-third of the time.



How UHV relates with Social Conformity

- ▶ Social conformity closely relates with actions being performed due to preconditioning (discussed in several proposals). The idea of how others influence our unique personality is an example of how pre-conditioning affects us.
- ▶ Social conformity affects us especially if we choose to follow it over following what is naturally acceptable to us. It causes us to lose our personality and identity(our unique and innate identity).
- ▶ We know that respect(one of important values in a relationship) is due to right evaluation and accepting individuality. However social conformity hinders the process of right evaluation, since we are modifying our own individuality in accordance with others. Hence respect is lost in a relationship

Overcoming Conformity

- ▶ The first step is to have clear, strong, and committed values. What do you believe in? And how resolutely are you willing to stand behind those beliefs? Are you willing to be vulnerable? To be embarrassed? To be disliked?
- ▶ The next step is to want to see what is going on around you. Can you see it for what it is?
- ▶ Getting out of your comfort zone and having the courage to act when something is going on that is out of sync with your values. To say something. To stand up to power, if that's what it takes.



Thank You

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