# **Learning Journal - Unit 5**

Computer Science, University of the People

PSYC 1504-01 Introduction to Psychology - AY2024-T4

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Going through the posts in discussion forum 5 a few things pop out in regard of sexual orientation, ageing and the emotions involved and how they relate to each of the subjects. I noticed a lot of different personal views each from different cultural backgrounds and social circles. All my peers expressed a diverse collection of views on the subjects, all of which show the position of multiple cultural backgrounds and experiences.

A few of the similarities I noticed in the posts were around how society and culture change and affects our personal identity and our stages of life. Both later adulthood (old age) and sexual orientation are deeply rooted with both emotional and psychological issues that are also affected by social norms and cultural activities and traditions. This goes to show and deepen the fact that psychological development and emotional well-being are anchored in these aspects throughout our lives and all its stages.

There were a few similarities in how my peers addressed the subject of sexual orientation and late adulthood. Many choose to emphasis the importance of social acceptance and support. Noting that it is important that we push the role of education and awareness of these subjects to help remove the stigma and taboo and motivate us to a culture of acceptance and approval. For example, both Alphonsus Israel Gabriel and Fathima Shafra made note that it is important to understand and support the diverse sexual orientations for us as a society to grow and improve. Also, they noted that the elderly need to be respected and valued to help foster a social goal of empathy and inclusion across all life stages.

A few differences do crop up when look at the cultural context and the personal viewpoints of my peers. For example, Enoch Beamahn noted that in the Ghanaian society there is great reverence and respect for elders. While Tatsuya Ishizumi spoke about how the Japanese outlook on aging revolves around social support and respect towards the elderly. These and other differences show how cultural norms influence our outlook on both aging and sexual orientation.

While reading the posts about sexual orientation and aging, I felt a bit proud and happy that there is such a diverse collection of outlooks and cultures shared in this course. I felt that I saw a real effort from my peers to understand and empathize with all the different viewpoints. All the posts were very insightful and even though the complexities of the subjects all showed an understanding to try and acknowledge the challenges and opportunities for growth and acceptance.

Many students like Fathima Shafra, made special note of the need of social understanding and involvement and the support of the diversity in sexual orientations to help battle discrimination and help improve mental health. This helps promote the theory of emotion which highlights the social and cultural ideas in shaping emotional experiences and well-being.

The posts on aging and showed a deep respect towards the elderly and understanding of the pitfalls and hardships that come with aging. For example, Israel Mokgwetsi and Francis Quayson spoke about the beliefs that connected to aging and death. They made special note of how it is important to maintain dignity and provide support for the elderly. These posts reminded me of Erikson’s theory which says achieving a sense of integrity in late adulthood involves reflecting on one's life with a sense of fulfillment and acceptance.

To summarize, the discussion and posts in unit 5 gave a rich collection of insights and views of the emotional and psychological aspects of both sexual orientation and aging. The diversity of all the perspectives and different cultures emphasized the complex connections between social norms, personal experiences and our emotional wellbeing. By being part of discussions like these we improve our understanding of the things that affect our social emotional development and helps promote a more inclusive and empathetic society.

## References

* Learning Guides  
  <https://my.uopeople.edu/>
* Discussion Forum Unit 5 – multiple peers  
  <https://my.uopeople.edu/mod/forum/discuss.php?d=1322399>
* Spielman, R., Dumper, K., Jenkins, W., Lacombe, A., Lovett, M. & Perlmutter, M. (2017). Psychology. OpenStax College, Rice University. Download for free at <https://openstax.org/details/books/psychology>