Hla Myint Myat   
185923216

hmyat1@myseneca.ca  
  
  
Reflection Paper 2 for Chapters 5, 6, 7, & 8

# Chapter 5, Self

Entry 1: Understanding Ourselves: Self-Concept, Cultural Influences, and Self-Discovery

(150 words)

In this chapter, we dive into understanding ourselves, including how culture and gender influence how we see ourselves. It shows that even though we think of ourselves as personal, our ideas about ourselves are shaped a lot by our families, friends, and the society we live in.

The chapter talks about how we have a mental picture of ourselves called self-schemas, which affects what we notice, think, and remember about ourselves. It also explains that having a clear idea of who we are is good for our self-esteem and mental health.

There are differences in how people from different cultures and genders define themselves. For example, in Western cultures, people focus more on their own thoughts and actions, while in non-Western cultures, they may think more about their relationships with others.

We learn about ourselves in different ways, like thinking about our thoughts and feelings (introspection), observing how we behave, and comparing ourselves to others. These processes help us understand ourselves better and navigate social interactions.

Lastly, this chapter teaches us that our sense of self is complex and influenced by many factors, including our culture, gender, and social experiences.

# Chapter 6, Attitudes and Attitude Change

Entry 1: Understanding Attitudes: Feelings, Thoughts, and Behavior

(150 words)

In this chapter, we dive into attitudes, which are our feelings and thoughts about things like people, objects, or ideas. Attitudes can be positive, negative, or a mix of both, and they influence how we see and behave toward different things.

In this chapter, it is explained that attitudes are made up of three parts: how we feel (affective), what we think (cognitive), and how we act (behavioral) toward something.

It also discusses explicit attitudes, which are ones we know we have, and implicit attitudes, which are hidden and can affect our behavior without realizing it.

We also explore when attitudes can predict our actions. It shows that asking specific questions about our attitudes helps predict how we'll behave better than asking general questions.

Lastly, this teaches us a lot about how our attitudes form, how they affect our behavior, and how researchers can study them to understand human actions better.

**Chapter 7, Conformity**

Entry 1: Conformity

(150 words)

In this chapter, we dive into how people often change their behavior to fit in with others, which is called conformity. For example, we might dress a certain way or do things because our friends or family do them.

The chapter explains two main reasons why we conform: one is because we think others know better (informational influence), and the other is because we want to be liked or accepted by the group (normative influence).

It discusses famous studies like Sherif's Autokinetic Effect and Asch's Conformity Experiment, which show how people can be influenced by others even when they know their own thoughts.

This chapter also looks at how conformity affects real-life situations, like how social norms can change our body image ideas or how we might behave differently in a group compared to when we're alone.

Lastly, this chapter helps us understand why and when people conform, showing that it's a common part of human behavior influenced by social pressures.

**Chapter 8, Group Processes**

Entry 1: Group Processes

(150 words)

In this chapter, we dive into what groups are and why people join them. It explains that groups are collections of people who interact and depend on each other for common goals, like sports teams or family units. People join groups because historically, being part of a group offered survival advantages, such as hunting and protection.

We also explored the dynamics within groups, like how social roles and norms shape behavior. It discusses famous studies like the Stanford Prison Experiment, showing how individuals can change their behavior dramatically when put in certain roles within a group.

Additionally, the chapter covers concepts like deindividuation, where people may act differently in groups due to reduced personal accountability. It discusses group cohesion, which can lead to positives like sharing ideas but also negatives like groupthink, where pressure to agree can lead to poor decision-making.

Lastly, this chapter provides insights into how groups influence individuals and the complexities of group dynamics.