

Living Creatures have needs that must be met for survival. These needs differ for the many different types of living creatures that exist. Needs for survival have evolved over the course of time, especially for humans. For all creatures, needs can be physical and mental. While every species is different, one need shared by nearly all is Sociality and Community.

Socialization is a fundamental need of life, especially for humans who communicate in the most advanced way. Two prominent theories studying modern socialization are Charles Cooley "The Looking Glass Self" and Erving Goffman's "The presentation of self, the staging of self.". The looking glass self-posit a 3-part theory on how humans think others view them. Social presentation is at the center of Goffman's idea. Goffman argues that social situations are performances viewed by other people. In these performances, people try to convince others that their attributes are acceptable. Both Cooley and Goffman's theories identify parts of sociality that could be affected by the fear of judgement of one's attributes, which could lead to social ridicule and denying of the basic human need for a social community.

Charles Cooley's The Looking Glass self-theory describes the idea that humans reflect and consider how others view them. This theory contains 3 parts, being the main three ways, this theory is applied. The first way is how a person thinks they look to another person. The second is when someone thinks they will be judged by another person based on what the person believes they lack in. This third and final part is how someone believes they are viewed by a person based off that person's previous judgement. These three parts can take form in many ways of life and sociality. This concept is named the looking glass self-due to the idea that our view is looked at in a skewed way, alike if we were looking through a looking glass. Fundamentally, the looking glass self-idea skews our view of our selves socially. An example presented by Cooley is a person looking at their own features in the mirror. They may start to think about how they might

to believing in one of the three parts of the theory. Worrying about how your features will be accepted is the fear of being socially rejected. If judged, taking away from a person's need for social community. The looking glass self-idea described by Charles Cooley examples a fear of a need for community and sociality being rejected.

Erving Goffman's "Presentation of self" theory has multiple components. I will be focusing on his thoughts about "Staging and the self." The basis of "Staging and the self" is that in a social sense, humans are merely performers. Humans try and convince others that their traits and qualities are pleasing in social scenarios. Many do this both consciously or inadvertently, to seek acceptance or approval, from those in the audience. The performance's audience is the person or group, receiving the performer's qualities and traits. All people take the roles of performer and audience member at some point. This could take place in many social situations, one major being social media. Those participating in social media present a version of themselves to the world. Often times people only put forth their best qualities and build a certain version of themselves on that social media platform. The audience, being whoever interacts with that version of a person. In many cases social media causes stress, directly from the pressure of being socially judged, or failing to be accepted by the audience. Social media is a major aspect of sociality in the world today, and in many of those interactions the stage and audience claim can be applied. Goffman's Staging and Self" idea applies to social interactions, especially social media as a stage performance, where one person attempts to present their best qualities to another for social approval, which can cause stress over a judgement from the audience.

Socialization and the need for a community is a basic need for many species of living things. Humans especially crave social acceptance and community and have developed intricate ways for fulfilling those needs. Goffman and Cooley's theories both investigate ways of human

presentation of self, the staging of self” both are relevant in the modern age and can apply to many different types of social situations. While this can be argued, both have a scientific basis and provided persuasive facts to back their claims up. Both Goffman and Cooley’s theories were presented as an explanation of human social behavior, and the thoughts directly resulting from that behavior. Human sociality will forever be studied, as much is still to be uncovered about how humans socialize. Especially about how humans find and develop social community, fulfilling their basic need for community. Both Goffman and Cooley offer theories applying to social interactions and revolve around the fear of social judgement caused by the human need for sociality and community.