

Social exchange vs. social norms vs. evolutionary essay

[Psychology](#)



**ASSIGN
BUSTER**

Social Exchange This “theory of helping” holds that lending a hand to other individuals is highly dependent of “fairness” (Syque, 2008, n. p.). This means that people help if he or she knows what he or she benefits from doing so (Syque, 2008, n. p.). Furthermore, one helps if he or she feels and believes that his or her partner in the kind of relationship he or she is in, for instance, of “giving and taking”, is truly deserving of his or her help (Syque, 2008, n.

p.). In addition to that, according to this theory, one helps because he or she feels that his or her relationship with the person he or she lent a hand to will be improved or enhanced (Syque, 2008, n.

p.). **Social Norms** This “theory of helping”, on the other hand, holds that an individual should only lend hand if he or she thinks that others are worthy of one’s help (A Social Psychology Glossary, n. d., n. p.

). This is similar to the first theory aforementioned wherein help is provided if the person assisted is worthy of such (A Social Psychology Glossary, n. d., n. p.). In addition to that, this theory also states that, a person should assist when other individuals need it and when they are relying upon one’s aid (A Social Psychology Glossary, n.

d., n. p.). **Evolutionary** “Evolutionary theory”, however, states that people help because such characteristic has been passed on to them (Altruism, n. d., n.

p.). For instance, this theory believes that “people can actually pass on their genes by helping those they are genetically related to” (Altruism, n. d.

, n. p.). This theory then if compared with the first two mentioned is entirely different since it is not in any way similar to the two others (Altruism, n. d.

, n. p.). References Altruism.

(n. d.). Retrieved November 29, 2008 from [http://72.14.235.](http://72.14.235.132/search?q=cache:E6FNTY7hURMJ:psychology.utoledo.edu/images/users/27/Altruism.ppt+theories+of+helping+%2B+evolutionary&hl=en&ct=clnk&cd=2&gl=ph&client=firefox-a)

132/search?q=cache:E6FNTY7hURMJ:psychology.utoledo.

edu/images/users/27/Altruism.ppt+theories+of+helping+

%2B+evolutionary&hl=en&ct=clnk&cd=2&gl=ph&client=firefox-a

Social Psychology Glossary. (n. d.). Norm of Social Justice.

Retrieved November 29, 2008 from [http://facultystaff.richmond.](http://facultystaff.richmond.edu/~allison/glossary.html)

edu/~allison/glossary.html

A Social Psychology Glossary. (n.

d.). Norm of Social Responsibility. Retrieved November 29, 2008 from

[http://facultystaff.richmond.](http://facultystaff.richmond.edu/~allison/glossary.html)

edu/~allison/glossary.html Syque. (2008). Theories About Helping Others.

Retrieved November 29, 2008 from [http://changingminds.](http://changingminds.org/explanations/theories/a_helping.htm)