

Social psychology and multicultural psychology essay sample



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In this paper you will see me discuss social psychology and multicultural psychology. In the paper I will give the definitions of both social and multicultural psychology. I will describe the primary research strategies of social psychology and give examples. I will also explain how social and multicultural psychologies are related and what separates them into two distinct fields.

In the world of psychology there have multiple versions experts' study, today we will talk about to that in my opinion go hand and hand while being two fields that are separate. According to psychologist Gordon Allport, social psychology is a discipline that uses scientific methods "to understand and explain how the thought, feeling and behavior of individuals are influenced by the actual, imagined or implied presence of other human beings" (1985). Social psychology looks at a wide range of social topics, including group behavior, social perception, leadership, nonverbal behavior, conformity, aggression, and prejudice. It is important to note that social psychology is not just about looking at social influences. Social perception and social interaction are also vital to understanding social behavior. The primary research strategies used in social psychology are descriptive, correlational, and experimental research.

The goal of descriptive research is to portray what already exists in a group or population. Unlike causal and relational studies, descriptive studies cannot determine if there is a relationship between two variables. They can only describe what exists within a given population. An example of descriptive research would be conducting a survey to find out people's attitudes toward a particular social issue such as divorce, capital punishment, or gambling

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laws. Social psychologists use correlational research to look for relationships between variables. For example, a social psychology might carry out a correlational study looking at the relationship between media violence and aggression. Experimental research is the key to uncovering causal relationships between variables. In experimental research, the experimenter randomly assigns participants to one of two groups: the control group and the experimental group.

The control group receives no treatment and serves as a baseline.

Researchers manipulate the levels of some independent variable in the experimental group and then measure the effects. Because researchers are able to control the independent variables, experimental research can be used to find causal relationships between variables. One example of experimental research would be finding the relationship between a group who does yoga everyday and one that does yoga everyday while eating a balanced diet. Multicultural psychology is the systematic study of all aspects of human behavior as it occurs in settings where people of different cultural backgrounds encounter each other. Multiculturalism has been considered a “fourth force” in the field of psychology, supplementing behaviorism, psychodynamic theories, and humanistic psychology. Multicultural psychologists prefer a salad bowl rather than a melting pot as metaphorical image, viewing the United States, for example, as a society in which groups maintain their distinctiveness (Moodley & Curling, 2006).

They stress and argue for the necessary development of multicultural competence by psychologists and others. Such competence includes

understanding of your own culture, respect for other cultures, and acquiring
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appropriate culturally sensitive interpersonal skills. To this end, professional guidelines have been proposed (and adopted) for education, training, and practice. Such guidelines are approved by the American Psychological Association (APA) for practice with persons of color (APA, 2003), practice with sexual minorities (APA, 2000), and practice with girls and women (APA, 2007). In conclusion, the textbook stated that each of us is a multicultural human being. This simple and basic proposition, most descriptive of those of us who live in contemporary heterogeneous societies, constitutes the basic (though complex) theme of this book.

Within its pages the reader will find attempts to explain, illustrate and argue for the value of this assertion. A major stimulus for pursuit of this is the belief that the study and understanding of behavior, when guided by the premise of individual multiculturalism, will increase the authenticity of our knowledge and the reliability of our predictions. This, in turn, should enhance the relevance and efficacy of the applications of our work to significant life situations – in the interest of advancing human welfare. Social and multicultural psychology are related due to them both looking at multiple similar aspects when it comes to people such as their behaviors, influences, environments and choices. What separates them is social psychology doesn't deal with multiple cultures exclusively. Social and multicultural psychology goes hand and hand while being two distinct fields to be studied and many we have different interpretations in my opinion.

Reference:

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