

# Free essay on my life and culture

[Politics](#)



## **My Life and Culture**

Living in a foreign country is extremely attractive and enjoyable as it enables one to learn a new culture, meet new people and learn new ways and modes of life. However, the stay may sometimes be skeptical and cumbersome, as it may entail little traces of prejudice, discrimination and lack of comfort and freedom to enjoy certain aspects of life. I am of Korean descent, born in Brazil, and my stay in Brazil has shaped and made me acquire new aspects of life in contrary to the Korean way of life, characterized by several factors, which include traditions, norms, the mode of dressing, especially on notable occasions, language, religion, art, literature, and food.

Life in Brazil has been hugely captivating, and it has mounded me to become a highly significant person in the society, characterized by high levels of humility, respect, humanity, and self confidence. In tandem to this, I am a hardworking student, multifaceted and determined to achieve the best in my course and obtain a brilliant carrier. In light with this, I possess magnificent interpersonal and communication skills, which enables me to fit in different societies, interact with new people, and participate well in team work.

Conventionally, all these can be partly attributed to the culture, which tends to be unique in a plethora of ways. The main religion in Brazil is Christianity, depicted by the large number of Roman Catholic Christians. Further, there are traces of Protestantism, Judaism, Candomble and some aspects of spiritualism and Umbanda (Meade, 2010).

Apart from this, food and drinks are also unique characterized by a blend of indigenous and foreign food staff, attributed to the numerous groups that make up the country. Examples of the native food include cassava, meat,

corn porridge, and variety of roots (Meade, 2010). In addition to this, samba is one of the most famous musical cultures in Brazil. Traditionally, samba is a genre of music consisting of dance and songs, accompanied by drums (Meade, 2010). Besides, the common costume in Brazil was the baiana costume, and it consisted of wide skirts and turbaned headdress (Meade, 2010). Moreover, the afro-Brazilian martial art is also a common culture practiced in the beach to entertain people.

Dejectedly, I have a psychological disorder, which entails pulling out of my own hair. Technically the disorder is referred to as Trichotillomania (TTM), and Franklin and Tolin (2007), affirm that the disorder is common in adults, and the pulling site is the scalp hair. The hair removal method involves the fingers, and it follows after a great deal of anxiety generated on the resistance of the behavior. Treatment involves the introduction of awareness and self-monitoring of the patient. Similarly, saving the pulled hair and the correction of behavior is a technique used in treating the disorder (Franklin & Tolin, 2007). Apart from this, I also have a significant problem in public speaking, and according to Hamilton (2012), the main causes of poor public speaking comprise of lack of self confidence, situational anxiety, and communicator anxiety, which is highly affected by the culture, and language to be used. In line with this, trait anxiety is also a core factor that amounts to poor public speaking, and it deduces the internal feelings about the communicator (Hamilton, 2012). The remedy to this problem largely entails thorough preparation and practice. Adequate planning and detailed analysis of the audience aid in the generation of confidence, thus delivery of an admirable speech or a magnificent presentation (Hamilton, 2012). Proper polishing of the language is also equally essential.

<https://assignbuster.com/free-essay-on-my-life-and-culture/>

## **References**

Franklin, E. M. & Tolin, F. D. (2007). Treating Trichotillomania: Cognitive-Behavioral Therapy for Hair pulling and Related Problems. Philadelphia, PA: Springer Science + Business Media, LLC.

Hamilton, C. (2012). Essentials of Public Speaking. Belmont, CA: Wadsworth Cengage Learning.

Meade, A. T. (2010). A Brief History of Brazil (2nd Ed.). New York, NY: InfoBase Publishing.