

Multicultural psychology

Psychology



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Multicultural Psychology Applicable Racial Ethnic Identity Model I well fit in the Poston Biracial model which is applicable to individuals of a single ethnicity or race. This stage model was proposed to act as a way of addressing identification with multiple groups. The first stage being the personal identification stage involves a sense of self independent from racial backgrounds. For instance this is the stage that we develop self esteem and self worth.

The second is the choice of group categorization where we tend to choose the groups that we belong. In this case from the religious values we learn I would choose the Muslim group. The third stage is the denial stage where some individuals retrogress from their racial and ethnic groups encounter a feeling of guilt and confusion.

The third stage is the appreciation stage. This is the stage that individuals start appreciating their multiple identities. They finally agree to explore these identities. Finally in the integration stage, individuals get to the recognition and valuation of ethnic identities (Hall 15).

Berry's model of acculturation

This is acculturation model that involves behaviors and attitudes in intercultural encounters. The first stage is the assimilation stage where a cultural group that is not willing to maintain its cultural identity decides to assimilate. Separation occurs where the group decides to maintain their culture but does not wish to interact with those in the host culture.

Those who opt for separation may as well be doing so as a result of their being rejected by the host culture. There is need for a separating group to be large for them to be able to maintain their identity. It may be a voluntary or involuntary separation (Hall 16)

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Current limitations in multicultural research

The limitation involved in multicultural research is the inability to consider the cultural diversity and complexity an aspect that has led to overlooking culture. This is for instance implied where study of culture in psychology is conducted on a sample from small ethnic minority group. If these results obtained are used to generalize results, then they will not be representative enough of the population (Hall 21).

Racial and ethnic socialization

Racial and ethnic socialization is the process by which parents pass to their children perceptions about race and ethnicity. Racial and ethnic identity in children is observed to develop mostly where ethnic groups are present. They are largely influenced by the beliefs held by their parents. Racial and ethnic socialization is usually conveyed in four ways. The first way is egalitarianism, which is emphasizes on the individual qualities over membership to ethnic group, cultural socialization, which includes talks concerning the cultural values, preparation for bias and promotion of mistrust (Hall 52).

The advantages of racial and ethnic socialization are that it prepares children on how they will deal with discrimination in future, and helps children to learn about the culture and promotes attachment to ethnic groups. The disadvantages are that it promotes in group favoritism and that it promotes mistrust in the children.

Current forms of discrimination

According to Hall (70) racists have taken new forms of discrimination whereby they have taken the European American perspectives. They have started focusing on symbolic racism by adhering to traditional American

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values and viewing success and failure as being aspects within individuals. For instance opposing the affirmation action on the ground that the minority groups already have what is intended to be achieved by the affirmative action. Egalitarian values are a great motivation to this as well as political conservatism.

Micro-aggression is another form that involves other aspects such as micro-assaults, micro-insults and micro-invalidations. These involve verbal non verbal, or non verbal attacks intended to hurt a person's feelings. These still enhance discrimination.

Work cited

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Hall, Gordon C. N. Multicultural Psychology. Upper Saddle River, NJ: Prentice Hall, 2010. Print.

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