

Group reflection

Psychology



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Group Reflection Group Reflection Definition Of Reflection The term reflection is categorized as a cognitive process which involves the act of considering a particular element for a longer period of time and then developing ideas as well as opinions regarding that particular element (Stedmon, 2009). The ideas as well as the opinions that are developed regarding a particular element are referred to as reflection. This reflection is based on information and knowledge that an individual already possesses or have newly acquired.

Gibbs Definition Of Reflection

According to Gibbs, reflection is a process that starts with a short description of the event or act being studied. Once the description is generated and individual needs to identify his/her feelings regarding the act. Next the individual evaluates the act based on positive and negative consequences associated with it (Rijlaarsdam, 2005). After evaluation of the act the individual needs to analyze the act from different points of view. After the analysis stage the individual needs to identify the alternative that an individual could have chosen and then he/she implements the alternative. In other words, Gibbs defines reflection as a process of learning and then doing a particular act or a job.

Group Dynamics

The term group dynamics is used to refer to a set of actions as well as cognitive processes that occur with a social group or within various groups at the same time (Forsyth, 2010). In other words group dynamics deal with those aspects that motivate individuals to form and operate a particular group.

Aspect Of Group Dynamics

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One of the aspects of group dynamics is the group norms which are categorized as the pre-set standards set by a particular group and these standards provide guidance to group members regarding their actions while they work as a group (Dörnyei, 2003).

Definition Of Fear

The term fear is used to refer to an unpleasant feeling that may be developed as a response to the belief that an unpleasant or dangerous event may take place and harm the individual (Griffin, 2012). For example, members in a group may accept the proposal of the leader because they fear that if they reject then they will be alienated from the group.

Definition Of Communication

Communication is a process in which information is transferred by an individual to another individual with the expectation of the provider of the information that he/she may receive the response or feedback from the receiver that he/she may have predicted (Landy, 2010 & Cordner, 2014).

Definition Of Anxiety

The term anxiety is used to refer to the feeling of being nervous as well as uneasy in response to the uncertainty associated with an event that is yet to occur (Pinder, 2014). In groups, members may experience anxiety as a result of a change that may have been implemented by a group.

Benefits Of Group Work

Group work leads to increased productivity because as group individuals divide tasks in which they specialize and help each other (Thompson, 2003). It leads to the development of better interpersonal skills because when individuals work as a group they share time as well as personal information about each other (Schermerhorn, 2012). It even leads to reduction in waste

or increased efficiency because individuals work on those tasks in which they have enough expertise.

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