

# Groups: process and practice

Sociology



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The leader must ensure getting substantial information about the members during the screening stage before the actual beginning of the group. For instance, a group leader of adolescent school students should identify with the dynamics of the members and demonstrate sufficient knowledge of the psychological issues concerning adolescents.

As a leader of an adolescent group, I would consider songs as the opening exercise in the beginning of a group. I would ask the adolescent students to sing their favorite songs in whichever language they like. The reason for avoiding the use of specific language is to remove restrictions in the initial stages of the meeting, which might work to derail effective group processes in the future. In addition, opening language for use in singing by individual members is to help everyone express his/her beliefs while demonstrating how they cherish certain cultures. The messages and tone of the songs considered favorite can also help members develop slight understanding of one another alongside appreciating differences as exhibited by different songs. Once members begin to appreciate differences and gain slight understanding of one another, they can start developing friendship and openness, which can help establish and build trust (Lerner, McLeod & Mikami, 2013)

Another opening exercise may involve dividing members into groups of three people and asking the different group to engage in games of counter pulling of ropes. This game is usually interesting and requires willingness and commitment to emerge winner as contestants need to use a lot of energy. To win, members of a group will require to coordinate and arrange themselves

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in the manner can ensure productivity. This act of coordinating and then reaching an agreement is an important tool for building trust as they have to talk and exchange ideas on how to win the game. Once members begin to speak to one another, there is a reliable surety of continued openness, understanding and trust (Paquin, Kivlighan & Drogosz, 2013). The performance of the individual groups can also help members understand the magnificent power of group work built on trust and understanding. However, it will only apply to members deemed to be in stable physical and medical conditions.