

# Implicit association essay



**ASSIGN  
BUSTER**

Implicit Association Test Heather C. Harrington ETH/125 May 12, 2013 Tiff Archie Abstract In this assignment I will be providing the results from the Harvard-hosted Implicit Associations Test that I recently completed online. I will share my personal results from the test, and provide answers to the questions that were provided in the course syllabus Implicit Association Test An Implicit Association Test (IAT) is a psychological assessment that measures the unconscious partiality that a person demonstrates between two opposite things, people, groups or features. The Harvard hosted demo test presented several different categories to choose.

The tests ranged from determining Gender/Career, Sexual Orientation to Religion. The test that I chose to take was the Weight IAT. I was curious to find out the results because weight has always been an issue in my life. In the past five years, through dedication and perseverance I have lost 120 pounds and striving to lose 30 more. The data from the IAT suggested “ a moderate automatic preference for Thin People compared to Fat People” (Harvard Research Team, 2001). The results meant that I reacted quicker when I was presented with thin images and positive words compared to fat images and negative words.

This places me the unprejudiced discriminator or the reluctant liberal role. I agree with the results to an extent but do not feel that I am prejudiced against fat people. I am very conscious about gaining my weight back and my goal is to become thinner so yes in that sense I do prefer thinner people to larger people. I know what it is like to be obese and I am aware of the physical and emotional struggle that comes with being heavy, but I do not feel that I discriminate against someone who is cumbersome.

Weight based biases have negative consequences on people who are overweight in the United States. Some people become suicidal, they may have low self-esteem as well as poor body image. Being overweight or morbidly obese is rarely associated with happiness or good health. I think this could explain one reason for my results. Unconsciously I was agreeing with the stereotype of overweight people. When I took the test, I was consciously aware that I had a quicker response when I was required to match thin with good. That is what I have been told my entire life.

By doctors who constantly told me I needed to lose weight and by my mother who expressed that I would be so much more comfortable with myself if I just weighed 50 pounds lighter. The results are valid whether I believe them or not. Somewhere in my mind I have placed larger people second behind the thinner ones. If I was living in an environment that held larger people in a higher esteem the result of my subconscious mind may have chosen the fat/positive word grouping over the thin/positive word grouping. I believe that prejudice is hard to measure.

Based on my results I am showing a negative prejudice for fat images. But though I do not want to be overweight, does not mean that I do not like overweight people. I am an advocate for obesity and feel very compassionate when speaking about my past weight problem. I think it is also hard to measure because a person who is truly prejudice against a group or individual may hide his feelings for the hatred against them. \*

References Harvard Research Team, (2011), Project Implicit, Retrieved from <https://implicit.harvard.edu/implicit/demo/selectatest.html>

<https://assignbuster.com/implicit-association-essay/>