

# Reflection

Psychology



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REFLECTION here] of [Due paper] Reflection Culture plays a significant role in the personality development of every individual. If I talk about the aspects of culture that have affected my personality development, I would say that my religion and traditions have played a vital role in shaping my personality. Religion and cultural traditions affect the mindset of every individual. In my culture, there is no concept of gender-based discrimination because of which we give equal rights to women in all fields of life. This aspect of my cultural upbringing has made me a fair individual. On the other hand, I have a friend who was brought up in a country where people usually discriminate between men and women. He belongs to an Asian country and has a culture very different to mine. In his culture, there is no concept of coeducation and women employment. This aspect of his culture has shaped his personality in such a way that he has become a highly frustrated individual. He becomes very surprised when I talk about my female class fellows. In his culture, friendship between men and women is not considered a good thing which is very surprising for me.

If I analyze my personality, I would say that I am a very decent, confident, peace loving, honest, and fair person. I am a person who does not repeat the same mistake again. This aspect of personality is supported by Skinner's behavioral theory which reveals that behaviors are based on consequences of previous behaviors (Cherry, n. d.). Moreover, I do not feel confused even in stressful situations. This sign of personality is supported by Erikson's theory of psychosocial development which reveals that a person must develop confidence in earlier stages of life or he/she will not be able to cope with challenges (Erikson, n. d.).

#### References

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Erikson, E. (n. d.). Erik Erikson: Theory of Psychosocial Development. Retrieved from <http://explorable.com/psychodynamic-theories-of-personality.html>