



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

PROGRAMME: BSC PSYCHOLOGY (DUAL AWARD)

MODULE NAME: STUDY SKILLS FOR PSYCHOLOGY

MODULE CODE: MWPS4005

INDIVIDUAL ASSESSMENT (2000 WORDS)

ASSIGNMENT VALUE: 50%

ASSESSMENT TITLE: COMPONENT 1: E-PORTFOLIO

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Task 1:

The Conformity and Group influence chapter from the book called 'The Science of Mind and Behaviour' mentions that active social influence includes attempts by people to change other people's thoughts or behaviours. Also, social influence can be less direct which may not involve requests, or demands as mere presence will be just enough to influence other people. Another form of indirect social influence happens when the clothes which the friends wear and the information which they casually share will also be enough to influence the choice of the individual. Also, this chapter states that the majority influencing the minority is not always the case as the minority of the people also have the ability to influence and make an impact on the mass population. Therefore, conformity is the result of the direct or indirect social or peer pressure to transform one's beliefs and behaviour to suit the group. The word 'Group Pressure' is the word which emerges when defining the conformity concept because the 'pressure' constantly comes from people who they consider to be important for them, which includes family members and friends. Moreover, conformity does not necessarily mean following a specific social norm, as it could even involve being pressured by people who are very different from their cultural background.

Task 2: Summarised Abstracts

Abstract

Article 1: Why We Cheat?

This article investigates what makes people cheat as people seem to do it in various situations, such as in games, workplace, etc. It suggests that people not only cheat to gain financial rewards, but to also earn praise for their falsely exaggerated sense of capability in their performance. It also explains that people tend to cheat less to avoid getting caught and avoid suspicion. Because, people aim for more rewards but not at the cost of damaging their reputation. In other words, peoples' cheating behavior has its limit as they expect higher rewards while protecting their self-image. The author noted that people unconsciously convince themselves that they are moral and rational and believe that their negative behaviours are acceptable or dismissable when it did not breach their moral boundary, and will compensate others when they did breach the boundary. Also, people who are not concerned with their reputation tend to openly admit their mistakes. However, those concerned with their reputation tend to protect it by accusing others, while dismissing their mistakes as insignificant. Finally, the article advises that people are prone to being dishonest, so when someone strongly argues as they only exhibit noble behaviours, be cautious of them.

Article 2: Workplace Friendships

This article discusses that having workplace friendships has its benefits such as providing a sense of belonging, safety, trust and support which fosters psychological wellbeing and overall work performance. However, workplace friendships cannot guarantee positive experiences only, as it is also susceptible to spreading rumors, harassment, nepotism, and favouritism which negatively

alters the work environment. Also, the article explains that, while social capital improves work experience, motivation and performance, its lack of boundary could lead to cronyism which causes unfavoured or unfairly rewarded employees to feel mistreated, leading to lower motivation to perform well. Moreover, the article states that friendship focuses on social and interpersonal benefits whereas networking is mainly transactional as it focuses on professional achievements and career advancements. The article also notes that when a co-worker is promoted, the friendship dynamic often experiences challenges due to lack of establishment of boundaries which ultimately affects the relationship. In conclusion, the article closes off by suggesting strategies to manage social dynamics in the organisation.

Article 3: Gender: How stubborn are the stereotypes?

This article discusses the presence of descriptive stereotypes which refers to the idea of how people think and behave and the prescriptive stereotypes which refers to the expectations of how each gender should think and behave and describes how societies across the world associate gender roles. The article states that previous studies indicated societal views on females as demonstrating traits of warmth and expressiveness, associating with nurturing and cooperation while males were seen as demonstrating traits of competency and agency, associating with strength and dominance. The article mentions that people seem to have inaccurate views on society's expectations on gender roles and behaviours, causing them to negatively react when someone contradicts their expectations. The article also mentions that countries with lower gender equality perceive manhood as needing constant demonstration to prove its existence, which makes some men believe that allowing women to be equal can become a threat to manhood. To sum up, the article addresses that prescriptive stereotypes may be a complex issue

to solve as it extends from individual to national way of thinking but addressing it on a global scale will lead to a future with more equal and harmonious societies.

References for Task 1 and Task 2:

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