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1. Paraphrasing a section of Chapter 26

This chapter talks about conformity and its power in changing individuals' beliefs. Conformity can be defined as a form of social influence where individuals adjust their beliefs, values or behaviours to match the norms in their society or groups. There are two types of conformity; the majority influence, where the bigger group influences the minority, and the minority influence where the smaller crowd influences the majorities. In the majority influence world, the foundational study is an experiment conducted by Solomon Asch (1952) using an unambiguous line-judgement paradigm. Through this research where he placed a naïve participant amongst the majorities who have been purposively provided incorrect answers, Asch found a mean conformity of 32% where the participants agreed with the incorrect answer and 75% in which one individual conformed at least once throughout the trials.

Since then, many researchers have been replicating Asch's experiment. During the period of self-expression and tolerance, it is found by Perrin and Spencer (1981) in Britain, that the rate of conformity in university students is much lower. Another study can be found where the experiment was replicated using meta-analysis by Bond and Smith (1996). They used meta-analysis to compare the results from British and Americans studies with the results obtained by experiments in other parts of the world. They found that there is a higher tendency of conformity in collectivist culture than individualistic culture. Lastly, the most recent research was done by Mori and Arai (2010) where they utilised the MORI (Manipulation of Overlapping Rivalrous Images) technique. The participants were given a pair of glasses with a special effect to view the same display. It is found that the males were not influenced by the majority at all unlike the females where the data matches closely with Asch's.

To explain the underlying psychological explanation of conformity, Deutsch and Gerard (1955) introduced a model distinguishing between Informational Social Influence (ISI) and Normative Social Influence (NSI). ISI comes from individuals' desire to be correct and observed others behaviours to perceive the situation accurately when facing ambiguous events. Whereas NSI comes to fruition when the individuals' desire to be accepted is high which makes them to conform especially when the group have the powers to accept or reject them. These can help explain the two kinds of conformity: internalisation and compliance. Internalisation happens when a member of a group changes their belief to match the collective belief because they agree with it. Conversely, compliance happens when the individual did not personally agree with the group's belief, but comply to it publicly to conform with the group.

While majority influence primarily generates public compliance, minority influence operates through informational conversion to achieve social change. An experiment regarding minority influence can be found from blue/green colour slide experiment by Moscovici et al. (1969). He found that the majority's assessment can be affected and influenced by the minority's consistent behavioural style.

Besides conformity, there are other group processes that can alter decision-making of a group. A risky shift phenomenon was identified by Stoner (1961) from his experiment where he found that group discussions led members to commit riskier action than they individually would. This phenomenon was later expanded by Moscovici and Zavalloni (1969) into group polarisation, where group discussions tend to amplify whatever initial inclination the members already held, whether cautious or risky, via exposure to novel persuasive arguments and social comparison. Lastly, groupthink by Janis (1971) demonstrated how extreme group discussion can be. This happens when intense drive for harmony and unanimity within a cohesive group suppresses critical evaluation.

Gross, R. (2020). Chapter 26: Conformity and Group Influence. *Psychology: the science of mind and behaviour*. Hachette Learning.

2. Summarisation of three journals into abstracts

a. Gender and Stereotypes

Gender-based stereotyping manifests continuously within everyday institutions, transitioning from casual generalisation into systemic, normative constraints. This article addresses the stereotypical roles and traits that different gender groups must have. A survey was done from the Gender harmony where participants were questioned what behaviours a man could display to others if he wanted to prove himself to be a 'real man', and whether they had ever felt 'unmanly/unwomanly'. The study has found where the most of the women responded by describing a real man as being someone who was loyal and supportive, and responsible with childcare and chores. However, responses from men primarily centred around being athletics, going to the gym, drinking, and aggression. Thus, this suggest that we need to work harder in ensuring equality not just in law but also in how we perceive the roles and traits of both genders.

b. Why We Cheat

While everyday dishonesty is frequently condemned especially in professional setting, this behaviour remains widespread across domains involving personal enjoyment without the entailing monetary rewards, like casual games. This paper evaluates why individual cheat in inconsequential situations and how they connect these actions with a positive self-image. It is found that cheating is primarily enabled by moral hypocrisy and self-deception. In order to achieve their wants, people lie rather than using their own abilities, and convince themselves that their behaviour is

fair and acceptable. Hence, it is clear cheating cannot be stopped by moral standards as long as people believes their image is still 'clean' by assuring themselves their behaviour is acceptable for self-satisfaction.

c. Workplace Friendships

Workplace friendship is pivotal ensure individuals feels supported and cared in their working environment. However, it also can result in disputes between co-worker like rumours, gossips and harassments. This paper article reviews the psychological evidence surrounding workplace relationships to establish how organisations can harness interpersonal benefits while mitigating systemic risks. While it has been proven that work friendship is important is increasing job productivity, and reducing mental problems, at the same time, they risk breeding exclusionary in-groups or cronyism which consequently caused worker disengagement. Furthermore, it may causes interpersonal tension, envy and accusations of favouritism due to promotions. To combat this issue, clear boundaries must be enacted strategically, ranging from transparent communication to inclusive socialisation.

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