

Chapter 3, What is Cultural Psychology?

Name _____

Hour _____ Location _____

(If absent, watch it here:

<http://www.learner.org/discoveringpsychology/26/e26expand.html>)

How does our culture influence our personality?

Cultural psychology integrates cross-cultural research with social psychology, anthropology, and other social sciences.

Acculturation: The process of acquiring or adapting to a new culture, its traditions, customs, and patterns of daily living.

Mutual Constitution: The reciprocal way in which an individual is shaped by the surrounding culture and simultaneously shapes the culture with his or her behavior. The two modes of mutual constitution are independent (focus on the uniqueness of the individual, being unique) and interdependent (focus on group or community, sense of connection and responsibility to larger group).

Protestant Ethic: A phrase that describes and relates to early American culture, emphasizing individual achievement, personal responsibility, self-sufficiency, and control over the environment.

Trios: Psychologist James Jones's theory that the residual influences and harsh experiences of slavery surface in some African-Americans' conceptions of time, rhythm, improvisation, speech, and spirituality.

Answer the following questions as you watch:

1. *As Zimbardo talks about what culture is, list four of the many elements here:*

- a.
- b.
- c.
- d.



2. *Kaiping Peng studies how people from East Asia and North America study behavior differently. Take look at what the fish are doing in the aquarium. Which are true?*

- a. Asian subjects focus on the individual fish
- b. American subjects focus on the group of fish
- c. Americans always talk about individual fish wanted to get away from the leader
- d. Asians talk about kicking out a fish from the group

Who we think we are determines how we see the world.



Hazel Markus

Mutual Constitution

Hazel Markus says, "Cultural psychology builds on one of the most fundamental ideas in psychology: The products of the mind are a function of the social communities that people are part of."

3. *Which of the following are true, according to Markus or Zimbardo:*

- a. the independent mode is seen in the Asian cultures
- b. the interdependent mode is seen in U.S. and Europe

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- c. American students have an independent model of self talk (continued)
- d. Asian students focus on the negative aspects of self to improve
- e. An emphasis of Buddhist religion is on personal achievement and self-sufficiency
- f. One religious factor influencing American personality is the protestant ethic



4. James Jones studies how cultures are assimilated---acculturation. His focus is on West African cultural influences on America. His theory is called TRIOS. Which of the following are true about Jones' research?

- a. As you get closer to the equator there is more of an emphasis on being in the present, called social time.
- b. West African culture has an emphasis on improvisation and personal expression
- c. Storytelling and preaching are important in West African culture



5. Joseph Trimble studies Native American cultures with their clan systems and everyone has a role orientation. Spirituality is expressed through respect for connection to the world. Which of the following are true about Trimble's studies, according to Trimble and Zimbardo?

- a. unconditional giving honors the universe
- b. these customs confuse non native peoples and lead to the destruction of Native tribes
- c. the melting pot ideology required Native Americans to give up their cultural identity

Different cultural groups have different views about what is right and good.



6. Ricardo Munoz studies Hispanic culture. Latinos view mental health services with suspicion. He wants to know why. Which of the following are true?

- a. Munoz takes psychology right to the people
- b. The longer Latinos live in America, the more likely they are to become mentally ill
- c. One view is that the longer immigrants stay here, the more stress they experience due to the lack of a social support system
- d. U.S. Latinos are becoming more American, and more likely to become mentally ill

Zimbardo concludes with these points:

- 1. Distress varies across time and historical context.
- 2. Varying ways of distress indicate the many ways human psychology can take shape.
- 3. Cultural psychologist insights are vital as cultures continue to collide.

