The Internalized Attitudes Expectations And Viewpoints Of Society

According to Mead, we first internalize the expectations of the people closest to us. Although Mead may not use the term, sociologists now refer to such people as significant others. As we grow older, significant others become less important. Instead, the expectations and attitudes of society take on added importance in guiding our behavior and reinforcing our sense of self. Mead called the internalized attitudes, expectations, and viewpoints of society the generalized other.

The Internalized Attitudes, Expectations, and Viewpoints of Society: Shaping Our Identities

We are all products of our environments. From the moment we are born, we are immersed in a complex web of societal influences that subtly, yet powerfully, shape our attitudes, expectations, and viewpoints. This isn't simply about conscious indoctrination; it's a deeply ingrained process of internalization, where the norms, values, and beliefs of our culture become integral parts of our self-concept. This blog post delves into this fascinating and often overlooked aspect of human psychology, exploring how society's internalized messages impact our behaviors, relationships, and overall well-being. We'll examine the mechanisms of this internalization, its potential benefits and drawbacks, and how we can cultivate a more critical and self-aware understanding of its influence on our lives.

H2: The Mechanisms of Internalization: How Society's Messages Become Our Own

The process of internalizing societal attitudes, expectations, and viewpoints is multifaceted and begins in early childhood. Several key mechanisms are at play:

Observational Learning: We learn by watching others. Children observe the behaviors, attitudes, and interactions of their parents, siblings, peers, and significant adults. This observational learning shapes their understanding of acceptable behavior and social norms.

Socialization Agents: Family, schools, religious institutions, media (including social media), and peer groups all act as powerful socialization agents. They transmit societal values and beliefs through explicit instruction, subtle cues, and rewards and punishments.

Reinforcement and Punishment: Behaviors aligned with societal expectations are often rewarded, reinforcing their adoption. Conversely, behaviors that deviate from these norms are frequently punished, leading to their suppression.

Cognitive Development: As we mature, our cognitive abilities allow us to internalize abstract concepts like fairness, justice, and morality. These concepts, often shaped by societal norms, become integral parts of our moral compass.

H2: The Impact of Internalized Societal Messages: Benefits and Drawbacks

The internalization of societal messages has both positive and negative consequences:

Positive Impacts: Internalizing beneficial societal norms, such as respect for others, cooperation, and adherence to laws, creates a stable and functioning society. It provides a framework for social interaction and allows for predictable behavior.

Negative Impacts: The internalization of harmful societal norms, such as prejudice, sexism, or classism, can lead to discrimination, oppression, and inequality. These internalized biases can negatively impact mental health and well-being, contributing to feelings of inadequacy, self-doubt, and anxiety. Internalized oppression, for example, can cause individuals from marginalized groups to perpetuate negative stereotypes about themselves.

H3: The Role of Gender and Cultural Norms

Internalized societal messages are profoundly shaped by gender and cultural norms. For instance, gender roles often dictate expectations about behavior, career paths, and emotional expression. Cultural norms regarding family structures, religious beliefs, and social hierarchies also significantly influence internalized attitudes and viewpoints. These norms can be both empowering and limiting, depending on the specific context and individual experience.

H3: Breaking Free From Limiting Internalized Beliefs

Recognizing and challenging limiting internalized beliefs is a crucial step towards personal growth and liberation. This involves:

Self-Reflection: Becoming aware of one's own biases and beliefs is the first step. This requires honest self-assessment and a willingness to confront uncomfortable truths.

Critical Analysis of Media: Media often perpetuates harmful stereotypes and reinforces negative societal norms. Critically analyzing media consumption is crucial in breaking free from its influence.

Seeking Diverse Perspectives: Exposing oneself to diverse perspectives and challenging one's own worldview can broaden understanding and dismantle limiting beliefs.

Developing Self-Compassion: The process of challenging internalized beliefs can be challenging and emotionally demanding. Self-compassion is essential in navigating this journey.

H2: Cultivating a More Self-Aware Approach

Ultimately, understanding the internalized attitudes, expectations, and viewpoints of society empowers us to live more authentic and fulfilling lives. By developing critical awareness, challenging limiting beliefs, and cultivating self-compassion, we can navigate the complex social landscape with greater clarity and agency. This self-awareness allows us to make conscious choices rather than being passively shaped by external forces.

Conclusion

The internalization of societal messages is a powerful and pervasive force shaping our identities and experiences. While it provides a framework for social interaction, it can also perpetuate harmful biases and inequalities. By understanding the mechanisms of internalization, recognizing its impact, and developing critical self-awareness, we can cultivate a more conscious and fulfilling existence, free from the constraints of limiting beliefs.

FAQs:

- 1. Q: Is it possible to completely escape the influence of societal norms? A: No, complete escape is impossible. We are inherently social beings shaped by our interactions with others. However, we can cultivate self-awareness and critical thinking to navigate these influences consciously.
- 2. Q: How can parents help their children avoid internalizing harmful societal norms? A: Parents can model critical thinking, promote open communication, expose children to diverse perspectives, and actively challenge harmful stereotypes and biases.

- 3. Q: What are some signs that someone is struggling with internalized oppression? A: Signs can include low self-esteem, self-doubt, negative self-talk, feelings of inadequacy, and a tendency to perpetuate negative stereotypes about their own group.
- 4. Q: Can internalized attitudes change throughout life? A: Yes, absolutely. Internalized attitudes are not fixed and can be modified through self-reflection, education, and exposure to new experiences and perspectives.
- 5. Q: How can I identify my own internalized biases? A: Pay attention to your gut reactions, observe your automatic judgments, and reflect on your assumptions about different groups of people. Consider journaling or engaging in self-reflection exercises.

the internalized attitudes expectations and viewpoints of society: SOCIOLOGY NARAYAN CHANGDER, 2023-12-11 THE SOCIOLOGY MCQ (MULTIPLE CHOICE QUESTIONS) SERVES AS A VALUABLE RESOURCE FOR INDIVIDUALS AIMING TO DEEPEN THEIR UNDERSTANDING OF VARIOUS COMPETITIVE EXAMS, CLASS TESTS, QUIZ COMPETITIONS, AND SIMILAR ASSESSMENTS. WITH ITS EXTENSIVE COLLECTION OF MCQS, THIS BOOK EMPOWERS YOU TO ASSESS YOUR GRASP OF THE SUBJECT MATTER AND YOUR PROFICIENCY LEVEL. BY ENGAGING WITH THESE MULTIPLE-CHOICE QUESTIONS, YOU CAN IMPROVE YOUR KNOWLEDGE OF THE SUBJECT, IDENTIFY AREAS FOR IMPROVEMENT, AND LAY A SOLID FOUNDATION. DIVE INTO THE SOCIOLOGY MCQ TO EXPAND YOUR SOCIOLOGY KNOWLEDGE AND EXCEL IN QUIZ COMPETITIONS, ACADEMIC STUDIES, OR PROFESSIONAL ENDEAVORS. THE ANSWERS TO THE QUESTIONS ARE PROVIDED AT THE END OF EACH PAGE, MAKING IT EASY FOR PARTICIPANTS TO VERIFY THEIR ANSWERS AND PREPARE EFFECTIVELY.

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the internalized attitudes expectations and viewpoints of society: Ending Discrimination Against People with Mental and Substance Use Disorders National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Board on Behavioral, Cognitive, and Sensory Sciences, Committee on the Science of Changing Behavioral

Health Social Norms, 2016-09-03 Estimates indicate that as many as 1 in 4 Americans will experience a mental health problem or will misuse alcohol or drugs in their lifetimes. These disorders are among the most highly stigmatized health conditions in the United States, and they remain barriers to full participation in society in areas as basic as education, housing, and employment. Improving the lives of people with mental health and substance abuse disorders has been a priority in the United States for more than 50 years. The Community Mental Health Act of 1963 is considered a major turning point in America's efforts to improve behavioral healthcare. It ushered in an era of optimism and hope and laid the groundwork for the consumer movement and new models of recovery. The consumer movement gave voice to people with mental and substance use disorders and brought their perspectives and experience into national discussions about mental health. However over the same 50-year period, positive change in American public attitudes and beliefs about mental and substance use disorders has lagged behind these advances. Stigma is a complex social phenomenon based on a relationship between an attribute and a stereotype that assigns undesirable labels, qualities, and behaviors to a person with that attribute. Labeled individuals are then socially devalued, which leads to inequality and discrimination. This report contributes to national efforts to understand and change attitudes, beliefs and behaviors that can lead to stigma and discrimination. Changing stigma in a lasting way will require coordinated efforts, which are based on the best possible evidence, supported at the national level with multiyear funding, and planned and implemented by an effective coalition of representative stakeholders. Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change explores stigma and discrimination faced by individuals with mental or substance use disorders and recommends effective strategies for reducing stigma and encouraging people to seek treatment and other supportive services. It offers a set of conclusions and recommendations about successful stigma change strategies and the research needed to inform and evaluate these efforts in the United States.

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planning; foreign policy; legislation; microeconomics; national income; and the welfare state. The earliest title looks at the nature of nationality, and two further titles look at politics in France. This set will be an insight for those interested in the history of either field.

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David Fagelson, 2007-06-01 Do any moral values underlie the foundations of law and society in
America? In Justice as Integrity, David Fagelson argues that morality is indeed a part of the idea of
law. Examining controversies of speech and privacy, he does not ignore the conservative
communitarian streak in America, but argues that liberal tolerance best fits the social meanings of
American political morality. While tolerance plays a critical role, different social practices yield
different conceptions of tolerance. Judges must interpret any public text to develop coherent
narratives that best explain the use of force in their jurisdiction. In America, Fagelson argues, liberal
tolerance is the sovereign principle that the Supreme Court uses as a prism when interpreting social
institutions like marriage, speech, and even death, to make them more consistent with personal
autonomy.

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with the opportunity to read from primary texts, this valuable supplement presents theories as interpretive tools, useful for understanding a multifaceted, ever-shifting social world. Emphasis is given to the working world, to the roles and responsibilities of citizenship, and to social relationships. A concluding chapter addresses globalization and its challenges. Contributor to the SAGE Teaching Innovations and Professional Development Award

the internalized attitudes expectations and viewpoints of society: The Sociology of Religion George Lundskow, 2008-06-10 Using a lively narrative, The Sociology of Religion is an insightful text that investigates the facts of religion in all its great diversity, including its practices and beliefs, and then analyzes actual examples of religious developments using relevant conceptual frameworks. As a result, students actively engage in the discovery, learning, and analytical processes as they progress through the text. Organized around essential topics and real-life issues, this unique text examines religion both as an object of sociological analysis as well as a device for seeking personal meaning in life. The book provides sociological perspectives on religion while introducing students to relevant research from interdisciplinary scholarship. Sidebar features and photographs of religious figures bring the text to life for readers. Key Features Uses substantive and truly contemporary real-life religious issues of current interest to engage the reader in a way few other texts do Combines theory with empirical examples drawn from the United States and around the world, emphasizing a critical and analytical perspective that encourages better understanding of the material presented Features discussions of emergent religions, consumerism, and the link between religion, sports, and other forms of popular culture Draws upon interdisciplinary literature, helping students appreciate the contributions of other disciplines while primarily developing an understanding of the sociology of religion Accompanied by High-Quality Ancillaries! Instructor Resources on CD contain chapter outlines, summaries, multiple-choice questions, essay questions, and short answer questions as well as illustrations from the book. C Intended Audience This core text is designed for upper-level undergraduate students of Sociology of Religion or Religion and Politics.

the internalized attitudes expectations and viewpoints of society: The Science of Effective Mentorship in STEMM National Academies of Sciences, Engineering, and Medicine, Policy and Global Affairs, Board on Higher Education and Workforce, Committee on Effective Mentoring in STEMM, 2020-01-24 Mentorship is a catalyst capable of unleashing one's potential for discovery, curiosity, and participation in STEMM and subsequently improving the training environment in which that STEMM potential is fostered. Mentoring relationships provide developmental spaces in which students' STEMM skills are honed and pathways into STEMM fields can be discovered. Because mentorship can be so influential in shaping the future STEMM workforce, its occurrence should not be left to chance or idiosyncratic implementation. There is a gap between what we know about effective mentoring and how it is practiced in higher education. The Science of Effective Mentorship in STEMM studies mentoring programs and practices at the undergraduate and graduate levels. It explores the importance of mentorship, the science of mentoring relationships, mentorship of underrepresented students in STEMM, mentorship structures and behaviors, and institutional cultures that support mentorship. This report and its complementary interactive guide present insights on effective programs and practices that can be adopted and adapted by institutions, departments, and individual faculty members.

the internalized attitudes expectations and viewpoints of society: Measures of Personality and Social Psychological Constructs Gregory J. Boyle, Donald H. Saklofske, Gerald Matthews, 2014-09-04 Measures of Personality and Social Psychological Constructs assists researchers and practitioners by identifying and reviewing the best scales/measures for a variety of constructs. Each chapter discusses test validity, reliability, and utility. Authors have focused on the most often used and cited scales/measures, with a particular emphasis on those published in recent years. Each scale is identified and described, the sample on which it was developed is summarized, and reliability and validity data are presented, followed by presentation of the scale, in full or in part, where such permission has been obtained. Measures fall into five broad groups. The emotional

disposition section reviews measures of general affective tendencies, and/or cognitive dispositions closely linked to emotion. These measures include hope and optimism, anger and hostility, life satisfaction, self-esteem, confidence, and affect dimensions. Emotion regulation scales go beyond general dispositions to measure factors that may contribute to understanding and managing emotions. These measures include alexithymia, empathy, resiliency, coping, sensation seeking, and ability and trait emotional intelligence. The interpersonal styles section introduces some traditional social-psychological themes in the context of personality assessment. These measures include adult attachment, concerns with public image and social evaluation, and forgiveness. The vices and virtues section reflects adherence to moral standards as an individual characteristic shaped by sociocultural influences and personality. These measures include values and moral personality, religiosity, dark personalities (Machiavellianism, narcissism, and subclinical psychopathy), and perfectionism. The sociocultural interaction and conflict section addresses relationships between different groups and associated attitudes. These measures include cross-cultural values, personality and beliefs, intergroup contact, stereotyping and prejudice, attitudes towards sexual orientation, and personality across cultures. - Encompasses 25 different areas of psychology research - Each scale has validity, reliability info, info on test bias, etc - Multiple scales discussed for each construct - Discussion of which scales are appropriate in which circumstances and to what populations - Examples of scales included

the internalized attitudes expectations and viewpoints of society: Shared Reality E. Tory Higgins, 2019-06-04 What does it mean to be human? Why do we feel and behave in the ways that we do? The classic answer is that we have a special kind of intelligence. But to understand what we are as humans, we also need to know what we are like motivationally. And what is central to this story, what is special about human motivation, is that humans want to share with others their inner experiences about the world--share how they feel, what they believe, and what they want to happen in the future. They want to create a shared reality with others. People have a shared reality together when they experience having in common a feeling about something, a belief about something, or a concern about something. They feel connected to another person or group by knowing that this person or group sees the world the same way that they do--they share what is real about the world. In this work, Dr. Higgins describes how our human motivation for shared reality evolved in our species, and how it develops in our children as shared feelings, shared practices, and shared goals and roles. Shared reality is crucial to what we believe--sharing is believing. It is central to our sense of self, what we strive for and how we strive. It is basic to how we get along with others. It brings us together in fellowship and companionship, but it also tears us apart by creating in-group bubbles that conflict with one another. Our shared realities are the best of us, and the worst of us.

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the internalized attitudes expectations and viewpoints of society: The Life Course Stephen J. Hunt, 2017-09-16 Dramatic social transformation in Western society over recent decades has had a profound impact on the way the life course is studied. While people continue to experience the implications of class, gender, ethnicity and, of course, age, they are more than ever able to take personal control of their own lives. The Life Course considers how, in a diverse and uncertain world,

the previously predictable stages of life are no longer fixed but increasingly open to change. Focusing on continuities and change, this book looks not only at the different 'phases of life', but also at the transformation of a number of closely related social institutions such as the family, education and the workplace. Recognising that the established cradle-to-grave view is now outdated, the trajectory from infancy and youth to later and end-of-life is followed not as a stable object of study, but as a starting point for critical analysis. This second edition offers an essential overview of the sociology of the life course, incorporating both contemporary and conventional perspectives. It calls upon current theorising around the life course as well as on up-to-date empirical research data. This thought-provoking text is relevant to researchers and students of life course studies and sociology, as well as to those in nursing, social work and related caring professions.

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the internalized attitudes expectations and viewpoints of society: All This Could Be Different Sarah Thankam Mathews, 2023-08-01 2022 NATIONAL BOOK AWARD FINALIST ONE OF THE LOS ANGELES TIMES' TOP 5 FICTION BOOKS OF THE YEAR ONE OF TIME AND SLATE'S TOP 10 BOOKS OF THE YEAR Named one of the BEST BOOKS OF 2022 by NPR, Vogue, Vulture, BuzzFeed, Harper's Bazaar, and more "One of the buzziest, most human novels of the year...breathless, dizzying, and completely beautiful." —Vogue "Dazzling and wholly

original...[written] with such mordant wit, insight, and specificity, it feels like watching a new literary star being born in real time." —Entertainment Weekly From a brilliant new voice comes an electrifying novel of a young immigrant building a life for herself—a warm, dazzling, and profound saga of queer love, friendship, work, and precarity in twenty-first century America Graduating into the long maw of an American recession, Sneha is one of the fortunate ones. She's moved to Milwaukee for an entry-level corporate job that, grueling as it may be, is the key that unlocks every door: she can pick up the tab at dinner with her new friend Tig, get her college buddy Thom hired alongside her, and send money to her parents back in India. She begins dating women—soon developing a burning crush on Marina, a beguiling and beautiful dancer who always seems just out of reach. But before long, trouble arrives. Painful secrets rear their heads; jobs go off the rails; evictions loom. Sneha struggles to be truly close and open with anybody, even as her friendships deepen, even as she throws herself headlong into a dizzying romance with Marina. It's then that Tig begins to draw up a radical solution to their problems, hoping to save them all. A beautiful and capacious novel rendered in singular, unforgettable prose, All This Could Be Different is a wise, tender, and riveting group portrait of young people forging love and community amidst struggle, and a moving story of one immigrant's journey to make her home in the world.

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the internalized attitudes expectations and viewpoints of society: Equity and Justice in Developmental Science: Implications for Young People, Families, and Communities, 2016-07-26 Equity and Justice in Development Science: Implications for Diverse Young People, Families, and Communities, a two volume set, focuses on the implications of equity and justice (and other relevant concepts) for a myriad of developmental contexts/domains relevant to the lives of young people and families (e.g. education, juvenile justice), also including recommendations for ensuring those contexts serve the needs of all young people and families. Both volumes bring together a growing body of developmental scholarship that addresses how issues relevant to equity and justice (or their opposites) affect development and developmental outcomes, as well as scholarship focused on mitigating the developmental consequences of inequity, inequality, and injustice for young people, families, and communities. - Contains a wide array of topics on equity and justice which are discussed in detail - Focuses on mitigating the developmental consequences of inequity, inequality, and injustice for young people, families, and communities - Includes chapters that highlight some of the most recent research in the area - Serves as an invaluable resource for developmental or educational psychology researchers, scholars, and students

the internalized attitudes expectations and viewpoints of society: Crime, Shame and Reintegration John Braithwaite, 1989-03-23 Crime, Shame and Reintegration is a contribution to general criminological theory. Its approach is as relevant to professional burglary as to episodic delinquency or white collar crime. Braithwaite argues that some societies have higher crime rates than others because of their different processes of shaming wrongdoing. Shaming can be counterproductive, making crime problems worse. But when shaming is done within a cultural context of respect for the offender, it can be an extraordinarily powerful, efficient and just form of social control. Braithwaite identifies the social conditions for such successful shaming. If his theory is right, radically different criminal justice policies are needed - a shift away from punitive social control toward greater emphasis on moralizing social control. This book will be of interest not only to criminologists and sociologists, but to those in law, public administration and politics who are concerned with social policy and social issues.

the internalized attitudes expectations and viewpoints of society: The Psychology of Prejudice Todd D. Nelson, Michael A. Olson, 2023-12-20 In this book, we examine the past and present research and theory on the motivations (the why), the situations and contexts (the when), the individual difference variables and traits (the who), and the affective and cognitive processes (the how) that lead to stereotyping and prejudice. The intent is to provide an in-depth and broad-ranging analysis of stereotyping and prejudice. The text focuses on understanding the issues, theories, and important empirical experiments that bear upon each problem in stereotyping and prejudice and to understand the most up-to-date research, theories, and conclusions of the leading researchers in the field. Stereotyping and prejudice are indeed complex in their origin, and one of the main goals of this book is to provide a coherent picture of the conditions under which stereotyping and prejudice are more (or less) likely to occur. Another primary focus is to examine whether (and how) stereotyping and prejudice can be reduced or eliminated--

the internalized attitudes expectations and viewpoints of society: Identity, Hybridity and Cultural Home Shuang Liu, 2015-06-09 The Chinese have been one of the oldest and largest ethnic communities across the world with well over 35 million people living overseas. Despite their relatively large cultural distance from the host countries, and the ordeals faced by generations of Chinese immigrants due to stereotypes, prejudice, and racism, many have adjusted remarkably well economically and socially in their new country. But how do generations of Chinese immigrants reconcile seemingly incompatible demands from home and host cultures to negotiate bicultural or multicultural identities? Identity, Hybridity and Cultural Home explores the multifaceted concept of cultural identity to uncover the meaning of cultural home for Chinese immigrants in multicultural environments. It questions the conventional notion of a stable and secure cultural identity, challenges the common conception of bilingualism and biculturalism, analyses hybrid identities, and identifies directions for future research on the critical issue of searching for a cultural home in a multicultural society.

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