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Castone-Multi-Disciplinary Course

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Psychology of Social Identity and Insecurities

Did you know that 80% of the world's population is affected by low-self esteem? Various of studies show that around the world at least 50% of those people are women, single mothers, young women, and single young mothers. Men are also affected by psychological insecurity as well though some men do not show it as their behavior is attained to the man box and the man box only.

What is Insecurity?

Insecurity is a certain type of anxiety in which people become anxious of their behavior, appearance, and various other things that give them lack of confidence. Many people are socially disdained because of their lack of confidence. Usually society builds the anxiety up because of how people judge you. Whether or not people judge based on skin color, ethnicity, religious practices it is all something that only society perceives from the outside. Those that are deeply insecure about themselves usually get to a level of insanity and soon become intemperate. Usually resulting in homicidal and or suicidal acts.

Effects of Insecurities

Homicides and Suicides

Though homicides are a factor as much as suicides are, Insecure people usually commit suicide over homicide and sometimes even both. It has been demographically shown that at least yearly 44,193 people commit suicide and for every suicide there is 25 attempts. It has been shown that suicide is the 10th leading cause of death in the U.S. People who commit suicides usually start out as a minor issue it starts to become a mental disorder once you continuously attempt to take yourself out of society's existence. It has been said that those that become suicidal usually have had someone in their family that actually wanted to commit suicide. That means that is likely a psychiatric disorder that is affected by insecurities. People who are homicidal aren't as insecure as those who are not.

Hypothesis

Women are more prone to insecurities than men are.

Explanation

Women and Men are different in many different cases besides being the same species. They have different experiences, socially, emotionally, and mentally. Their social constructs are built very differently to the point that most women are negatively affected by it. A man is described as

being powerful, emotionless, and very strong living up to the masculine lifestyle. A woman on the other hand is suppose to be all but what the man is not.

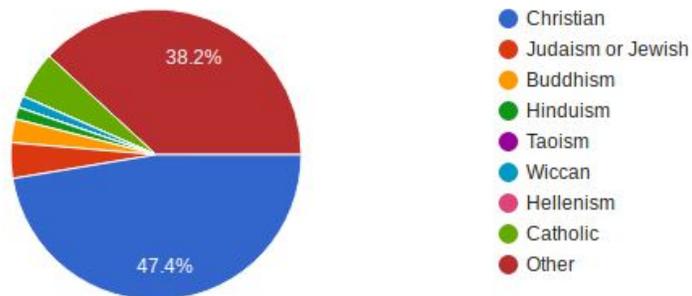
In the bible the woman is described as being the “Helper” of the man instead of his significant other. Quoted; "It is not good for the man to be alone. I will make a helper suitable for him." (NIV, Genesis 2:18). This particular quote may not define a woman’s purpose in life but it is specified that the woman must obey her husband and be his servant which is planted over the bible. The bible was created for men instead of women. The bible was the soul inspiration for America’s constitution, amendments and rights. The U.S. was built by men not women and thus in this case a woman alone is indeed a minority in the U.S.

Statistics

I planned out my statistics for this process of social constructs like Religion, Age, Gender, Ethnicity, and Sexuality.

Religion

76 responses

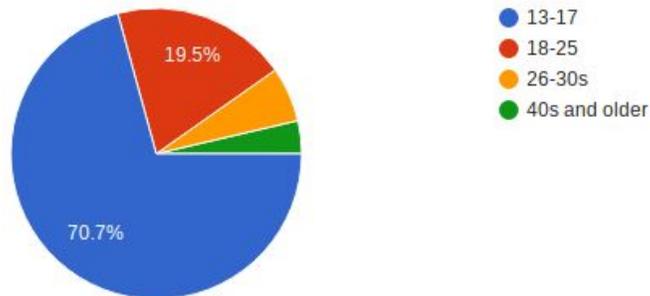


Religion

Religion may have an affect on the insecurities because of certain practices and traditions that they follow. Certain religions like Islam are to remain covered up at all times no matter the what the weather or case. Other various of religion such as Hopi cultures dress vibrantly in their native cloths, people usually find it very unusual in business places

Age

82 responses

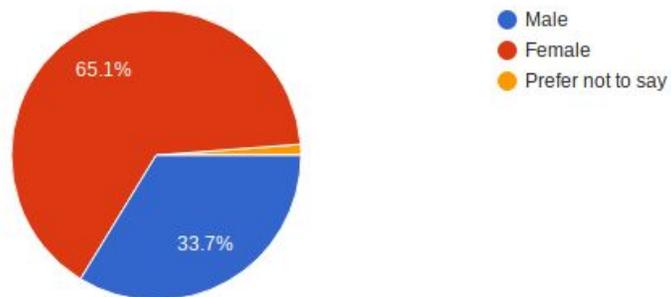


Age

While age is not a big part of insecurities, I know some people, predominantly older people try to alter their appearance to appear younger. This is common in entertainers, musicians, and people who live their lives on social media. Women within the older age groups are usually the ones that are insecure about their age and as a result most women become “cougars” and date younger men and or live life as if they were younger.

Gender

83 responses

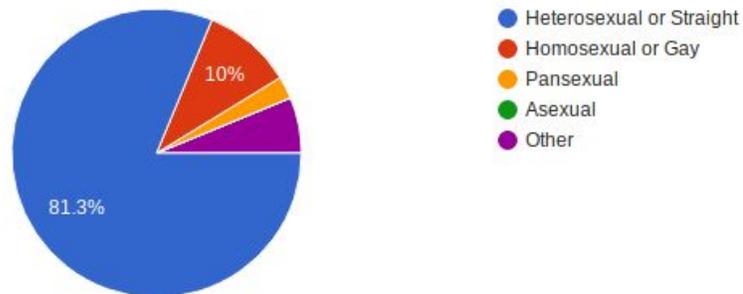


Gender

Women and Men each have insecurities about their gender and their well being especially if their gender conflicts with their lifestyles. Men usually worry about being in power and worry about whether they take the appearance of the stereotypical man. Men are strong, the aggressors, and are inclined to power over women. Women on the other hand are usually the complete opposite to the man. While the ideal man is beefy in appearance, women would rather be “curvaceous” When a man is skinny he is usually ridiculed for being his specific body type. When a woman is thicker and glandular she is usually ridiculed for being her specific body type.

Sexuality

80 responses

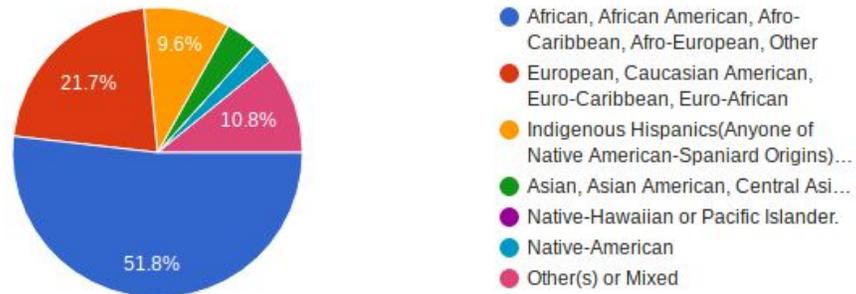


Sexuality

Sexuality plays one of the biggest roles in insecurities. Men are usually ridiculed than women are because it goes against the Man Box. Some examples that men are ridiculed in this category is that the bible kindly says no man should lay with another man. In some countries female homosexuality was always accepted by the government because of the Man Box being a prime reason why men shouldn't be gay. Despite as much power a man has in society they face deadly adversaries in being a Man.

Ethnicity

83 responses



Ethnicity

The biggest role in societal insecurities are the construct of ethnicity. Stereotypes leave certain ethnic groups in a spiral when it comes to insecurities. Black women face insecurities because of stereotypes that they are single mothers, Asian men face insecurities because of the size of their penis, Arabians also face insecurities because of their cultures and habits they are usually ridiculed for being wearing their dress code and also are “jokingly” referred to as bombers.

INSECURITIES

Insecurity levels are from 1-10 in statistics the predominant ethnicity were of the “African, African American, Afro-Caribbean, Afro-European, Other”, the predominant gender was “Woman”, the predominant religion was “Christian”, the Predominant was “13-17”, the

predominant scale of insecurity was “3”, and the predominant reason of insecurity was “Appearance.”

In my studies I noticed that males are dominant within high self-esteem ranging from 1-3. Particularly males of christian religion, between the ages of 13-17, and heterosexual are the highest ranking of high self-esteem. Females show that their appearance is the one they feel the highest in self-esteem about.

Apparently, those that are at their lowest in self-esteem are high in feminine count. Actually, mostly everyone in the category are insecure about their appearance. Since females are dominant here my hypothesis proved well despite it being bitter in count. A good 75% of men were not insecure while the 25% were either moderate or low. There is also a good amount of women

Conclusion

Based on my studies of insecurities it is likely that women are prone to insecurities than men. But, based on outside statistics it also show that men are likely to express their feelings to the world through the means of hurting and or doing harm to others. Most homicidal and suicidal actions are predominantly men especially involving school and public place shootings. Women are the opposite of this in which they are also prone to expressing bodily harm on people, they use the persuasion method to deal hurt on others. Ethnicity wise, it has been shown that people of Asian and White ethnicities tend to be more insecure about themselves than that of those from

Black and Latino ethnicities. But this conflicts with my study because most of those who were black were more insecure than that of whites and any of the other ethnicities.

Homosexuals were not a big variable within my study because there was a mild amount of people who took the survey but I can say that homosexuals within society actually aren't very insecure and mildly insecure about themselves because sometimes they know whom they are.

The only homosexual men that may be insecure is the ones that don't exactly want to be gay. On the other hand Heterosexuals are far more likely to be insecure about appearance and how they present themselves to the people in the society. They are afraid of judgement and do not like facing a crowd of onlookers that may actually judge them in a different light that has nothing to do with sexuality.

Religious insecurity seems to be a thing. Certain practices are very embarrassing to the person apart of the practices. Many religious backgrounds include women who are to shave their heads, in some religions men are to wear skirts instead of pants, in christianity men are in power and women are to be a product of the man not a significant other. There are a variety of religious things that both men and women equally feel like fuels insecurities.

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Psychology of Self Identity

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