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Human Behavior in The Social Environment II

Reflection #10

1. Support groups can be extremely beneficial for caregivers. They can offer a sense of community and provide a much needed break from caregiving. They can create a space for caregivers to share information and coping strategies. These groups can instill hope and validate participants' thoughts and feelings in regards to their situation. This sense of community also helps combat loneliness and isolation. It allows these caregivers to feel less alone knowing others may be facing similar hurdles.

2. Women in America are often committed to four major social roles. Wife is one which includes tending to husband or partner, your in-laws, and general maintenance. Homemaker includes tending to duties in the household and family. The role of mother involves tending to the children. The last role is employee which encompasses a woman's career. Women typically take each of these four roles very seriously. It is often difficult to find balance between these roles, and many times these roles overlap.