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Human Behavior II  
Reflection #7

### **Havar and the Restaurant:**

#### Contextual Analysis:

1. How can parents, teachers, and friends, promote or impede identity exploration in this case?

Parents play an important role in their children's lives when it comes to identity exploration. Some parents can be too controlling, or even too nurturing during later years, disabling their children from growing towards independence. Teachers and friends also play a role in identity exploration. Havar is an only child. His uncle does not have any children at all but really wants to see the restaurant being carried on through the family name. Havar grew up in the restaurant, working for the restaurant, and even has a role in the restaurant to create a custom meal once a week with his name as the special. The customers know their story, and everyone assumes Havar will eventually be running the restaurant. Havar's career choice is heavily influenced by his upbringing, culture, and social relationships. Havar also has to deal with assimilation. His parents first language is Spanish. Havar is more than likely bi-lingual. He has to deal with being Hispanic in western culture. He may find himself fighting with two separate cultures and identities and may feel pressured to assimilate and conform to contemporary western culture, ideologies, and values.

2. How may culture influence Havar's identity exploration process?

Hispanic youth are much more likely than white adolescents to adopt their parent's lifestyle and career choices (Ashford, 2018). Hispanics are very family oriented. They feel responsible and loyal to the family. I think culture will most definitely influence Havar in his identity exploration process. I think the odds are very high that he will follow in his father's footsteps and run the restaurant. His father has also demonstrated hard work and becoming successful from very little. I think his father's story will also influence Havar to do much with what he's been given.

3. How typical is Havar's identity formation process for children born to immigrant parents?

Havar's identity formation process for children born to immigrant parents is pretty common. Many children who are born of parents with a different culture experience pressure to conform and assimilate in order to identify with peers. They may even experience some insecurities and like they don't belong. I think it will be easier for the younger generations as the United States is becoming more and more diverse.

Psychosocial Analysis:

1. How does psychosocial theory explain why Havar wants to be just like his father?

Psychosocial theory could explain why Havar wants to be just like his father by looking at his relationship with his father. Havar is dependent on his father not only for basic needs that all adolescence has but his father is also his boss. Havar, being an only child also has a lot of pressure to continue his father's legacy. Also, it would be much easier for Havar to follow his father's footsteps as they are already paved out for him rather than create a whole new plan and direction for himself.

2. Imagine Havar 15 years in his future, when he is in his 30's. What might his life be like? What challenges may he be facing that are a result of career, educational, and lifestyle decisions he is making now?

I think Havar will be running his fathers' restaurant successfully. I don't think he would further his education after high school as a restaurant owner, he will already have a lot on his plate. A challenge he might face is that similar to his uncle, who's life evolved around the restaurant that he never married or had children. Hopefully Havar will be able to learn from his uncles experience and spend time for self-care as well as maintaining healthy relationships with friends, family, and romantic relationships.