

Human Behavior Reflection #7

Contextual Analysis Questions

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

Adolescents' identity formation in a collective society depends on their significant relationships with other people. When parents, teachers, friends, and those around the adolescent don't agree with the adolescent's choices, it hinders them from further exploring that part of their lives and may lead to an impediment in identity exploration. Identity exploration in adolescence and young adulthood may be difficult, frustrating, and stressful. But, when encouraged by peers and caregivers to explore who they are and find what they like, it will promote identity exploration. For example, there is experimenting with physical appearance, fashion, friendships, social group belonging, social behavior, cultural affiliation, romantic attractions, dietary choice, gender expression, sexual orientation, popular music, media icons, activity interests, personal ambitions, and political beliefs, to name a few. This leads to growth and independence and helps build strong connections.

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

Culture has influenced Havar's identity exploration process in that it led him to not explore. Due to what is considered cultural norms in his family, he is expected to take over the business and does not want to explore what he really wants to do in life. His parents arrived in the United States in search of a better life, and in that search, they found a passion for cooking and established two restaurants. At a very young age, Havar was groomed in preparation for the day that he would take over the family business, and this became his dream of everyone for him. Cultural assimilation plays a major role in how Havar's family learned to survive in a foreign country when they migrated from other countries. It will also play a role in the future endeavors of Havar.

How Typical is Havar's identity formation process for children born to migrant parents?

Havar's identity formation as the child of immigrant parents renders the process of **identity formation** very difficult or fragile, with an additional burden coming from bullying and harassment from his peers. In addition, children born to migrant parents often have difficulties in adjusting as they try to incorporate both cultures and adjusted to incorporate their culture and the native culture of the parent's country; in this case, Havar's parents migrated from two different countries, and have two different cultural styles. For Havar, he must find a balance where he is happy and his parents are satisfied, which can be very difficult.

Psychological Analysis Questions

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

According to Erik Erikson's psychosocial theory, Havar's desire to be like his father could be explained by the **Identity vs. Role Confusion** stage of development. During this stage, adolescents are trying to figure out who they are and what they want to be. They may look to their parents or other role models for guidance and try to emulate them. This is a normal part of the development and helps adolescents form their identities.

1. Imagine Havar fifteen years in the future, when he is in his thirties. What might his life be like? What challenges may he be facing that are a result of the career, educational, and lifestyle decisions he is making now?

Havar is currently in his teens, and fifteen years, he will be in his thirties. By then, he may have completed his parent's dream of managing the family's restaurant. He may be facing challenges resulting from the career, educational, and lifestyle decisions he is making now. For example, if he chooses to pursue a career in managing a restaurant, he might regret not attending college like his peers or pursuing something that he genuinely enjoys. He may face difficulty finding another job or source of income if the restaurant fails or he decides it is no longer what he wants to do. If he chooses to pursue a different career, he may lack the education necessary as well as experience.