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Human Behavior in the social environment 2

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Reflection #10

1-Discuss the benefits of a support group for caregivers. - Leading a support group for caregivers can lead to many benefits. For example, a person who is starting to care for an elderly parent or family member can feel overwhelmed and alone at times, but by participating in a support group one can be reaffirmed and helped to deal with any emotional distress. Also, they can learn different strategies and coping mechanisms to approach their loved ones. Social Workers play a significant role in easing the aging process for elderly people and their families.

2-Identify and discuss the four major social roles of women in American society. According to the author, women are often committed to four roles in society; Wife, Homemaker, Mother, and employee. The Wife role is when the woman is dedicated to pleasing the men that are in her life and being his support system emotionally, sexually, and spiritually. The Homemaker is when the woman is preparing a safe place for her and her family to rest and build memories together. I believe the Mother role is the most difficult but rewarding role out of all of them. This is where the woman gives herself physically and neglects her need to be a mother to her children. Lastly, is the employee role. Which is where many women in today's society rather dedicate herself to, because it can become a place where they feel the most freedom. However, many studies have found out that at the end of a woman's life they are not satisfied with themselves whenever they neglect the other 3 roles to dedicate themselves to being an employee. As a man, I believe the role of a woman is an incredible role to fill and appreciate everything a woman does.