

Human Adjustment Processes
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Module - 6
Lecture - 1
Emotions & Adjustment

Today, we are going to start a new module, where would be focusing exclusively on how our own emotions, they are appraised by us how to we experience our emotion, but that is not our prime focus our primary focus is that how our emotions play roll in making ourselves more and more adjusted; what we would we do is that we would initially a no begin with the a basic concept of emotion.

Those of you who have been to the introductory psychology course know you must have red emotions at length their here, know for the benefit of those, who have not been in to the introductory psychology course what I would do is very quickly summarize. The main thirst no in this area that knowledge statics is very crisp type of very quick type of summary, and then we would move towards a understanding emotions with respect to know what is needed by the society what is needed by the environment how do we experience it an why is it that know we experience certain type of an emotion.

In a given type of situation based on what we think of it that the, that is the whole appraisal factor in emotion and we would primarily know take the goal congruent emotions. And the goal incongruent emotions will basically know the basic emotions will bifurcated them into 2 clusters, and then for each of them we would see that to what is the primary appraisal process; what is secondary appraisal process and why finally, something makes us happy something makes us jealous something makes us guilty that would be the focus. For each of them, we would then try to understand that is it that my happiness has know made me more and more adjusted given the type of situation, I was experience it. So, this the whole know focus in this very motive.

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Emotion

- “A complex state involving heightened perception of an object or situation, wide-spread bodily changes, an appraisal of felt attraction or repulsion, and behavior organized toward approach or withdrawal”.

– Eysenck

I am just taking one of the definition of emotion given by the Eysenck, where he says that emotion is basically a complex state, which involves heightened perception of an object or situation wide spread bodily changes an appraisal of felt attraction or repulsion and behavior organized toward approach or withdrawal. Now, frankly speaking many things are they are in this definition, what we will do is at will break it up for our convenience know and this will easily let us know, but what are the basic elements in of a emotional state.

First it says that know, it is a complex state which involves increased heightened perception of object or a situation. So, there is an object in your environment or there is a situation that you are experiencing and the perception of the object or the scenario, it is relatively a know heightened in nature 1 2 that wide spread bodily changes could be induced because of the presence of the object or the situation where you are...

So, there are certain physiological changes, that take place to third at an appraisal of felt attraction of repulsion either that very a know bodily changes and the object or the situation attracts you; you move you feel moving towards it or it induced feeling of repulsion in you where, in you feel a know going away from that object or that situation. And the fourth that you organize your behavior which, either goes for an approach type

of reaction or for the withdrawal type of a reaction. So, either you tend to know go an face that object that situation or you tend to withdraw from that object or from that situation. So, primarily 4 important processes are put together in this very definition.

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Emotion

- Multifaceted processes involving—
 - Physiological reactions: influence in a covert way
 - Behavioural reactions: directly affect person-environment relationship
 - Expressive reactions: directly affect person-environment relationship
 - Subjective experiences: have bearing on emotions in the long run

Now, if you look at know the basic elements of a emotional state it has know multiple processes involved in to it, first the physiological reaction physiological reaction would primarily be at the movement you ex start experiencing an emotion certain changes takes place in the in within the physiological system of the body, I would slightly deviate terms of making, you understand know what type of physiological changes takes place.

There are interesting theories in psychology the. In fact, the very first theory of emotion that was proposed long back it talked about the fact that say you respond in a given situation you have stimulus situation and object you respond to it and it is your response that makes you experience the emotion. So, that would primarily mean say a dog is chasing you run away from there and then you start looking back at your own activity that is you are running away from an object and that experience makes you afraid.

So, primarily it is not presence of the dog who is trying to reach you makes you scared rather, it is your own physiological reaction that makes you scared. Let in later the theory

was revised, which again said these two processes run parallel. And since there in you know many things have been added to the research in emotion. But something that we know remains universally true is that certain set of emotions they induced certain changes in the body and they would alleviate the processes of the body.

Say for example, the blood pressure might increase the pulse rate might enter to go a change the sensitivity level the electrical conductance at their surface skin that might enter to go a change. In fact, we know there might be certain changes that could be observed in the term of say the brain waves. There are interesting studies which also says we know that what type of emotion 1 as experienced can also be detected only by looking at the contraction of selected muscles on the face they very good EMG studies electromyography study we know, where this very area of the face no sensor are should attach to it.

Just you look at object and depending on the changes that take place in terms of contraction of these muscles or ratification of these muscles, 1 can make out what type of emotion you actually experienced. This type of no changes that take place, within the body is basically one of we know the primary indicators which is used in lie detection tests ok. So, in cases of say forensic investigation if somebody is no put under lie detection, I am sure many of you must we aware of how lie detection conducted we know initially what happens, say if you are suspect 1 investigating officer you know interrogates you that investigating officer would be somebody from the local police station.

The record of the question that was ask to you and you are responses are retained by the local authorities, when you are take into forensic science lab those questions along with we know any other questions also in a random order they are ask to you. Once again all sensitive indicators of the bodies are taking like blood pressure like pulse rate like we know perspiration rate the no change GSR changes the chin change at the skin conductance level a yes not very frequently use, but there could be a possibility where in you can even analyze primarily a 2 of the brain wave to find out.

If there was no some type of deception here in their case or not and have very in interesting is as which has been conducting now a day's is in terms of the papillary

dilation. So, just looking at how much you dilate your pupil is could also be construed as an indicator of deception. Now certain questions, which do not invoke some type of emotion in you and therefore, your physiological reactions are different and suddenly there is the change in physiological reaction when some uncomfortable questions are asked to you.

Now, the changes that a lie detector records on a basis of which the scientist in the forensic science lab declare that, yes you did speak lie on these questions are again based on the psychological reactions, which are recorded by the given machine. Same technology is also used when you look at your own psychological reactions in a biofeedback. Linux to best of my knowledge we do not have too many biofeedback Linux in the hospitals in our country. But I know selected hospital where, there is specialized clinic called biofeedback clinic and biofeedback clinic is nothing but, basically you are simply made to see your bodily functions autonomic nervous in functions what we are referring to her physiological reactions.

So, certain sensors are attached to selected part of your body on monitor you see your own blood pressure you see your own heart beat you see your own GSR records, you see how your know how what is the depth of your respiration breathing you see. Now, how is strong your heart pumps everything is seen on the monitor and all you're told is that see there a the bundled the standard template how people should ideally breath or what is the know standard way the should beat either your heart is beating slowly or it beat faster you just look at the monitor and know try your best to make your own know psychological functions match the standard template.

Believe me few minutes of trial and would realize that yes you can manipulate it. It is not at all difficult. Now, few minutes of exposure and you realize I can know temper my own bodily system then this means that if you are periodical ask to come to such clinics and using that machine you are as it see no usually, this is no how your psychological function re this is how your body reacts. Now, with the help of the machine you have to learned how to team our bodily system after certain trails you do not even need a machine know you know.

This is what I think you know that this is what I feel this is what I think and this is how I get control over my own psychological reaction and its possible perfectly possible a I do not think we will have time to do that, but if you visit the psychological lab here. We also have this machine and you can see for yourself know how easily know you can manipulate your own psychological reactions that was in terms of control mechanism. Right now, what we are talking about is that 1 of the permanent process that involved in emotional reaction is a changes that takes place know in a covert fashion in terms of the psychological functions of the body.

So, whether you like it or not certain type of emotion will need to certain type of changes within the psychological mechanism. 2: there would certainly be certain behavioral reaction when you experience in emotion and that is you would know get affected with the presence or the absence of a particular type of an object or a situation the initial definition that we looked at. So, presence of the stimuli in the involvement makes you behave in a particular way.

Think of certain a situation know right now, when I am putting it is a example it might appear hypothetical, but all of you I am sure must have experience such type of things you enter a train a compartment and then you have a foul smell all around you it is a that you feel when vomiting there would be an presence there is a presence of aroma there a bad smell there and accordingly your behavioral reaction changes you decide to immediately get out of the immediately leave the train.

In the same train you enter there is no foul smell you take your seat. And then you realize there is beautiful girl on the other side, of the seat your entire know behavioral reaction changes. You then realize at know the second equipment of the another seat as a small baby, who keeps on crying all the time your behavioral reaction changes. So, irrespective of know the fact that you remain constant as an individual, the movement the situation would change in the involvement.

Depending on the a person environment relationship, you would realize a you that tempted to come forward with behavioral reaction. Third important factor in emotional processes: the expressive reactions expressive reaction is once, again is a is a byproduct

of personal environment of interaction, where you express yourself know in psychology you will find know very rich literature on both type of expression verbal expression and nonverbal expression.

Verbal expression, where you know verbalize your feelings nonverbal expression, it could be through your facial expressions, it could be through your gestures there could even be know imagination thought dependent type of a reaction that you contemplate. Now, expressive reaction is usually would be those no expressions, which are very overly visible, but there is a always possibility of nonverbal reactions also these again know great deal research on all of this know verbal nonverbal all the of these has been very extensively research.

Then the last 1 is that there is something called subjective experiences, Now, subjective experience is an experience that you as an individual had in given type of situation and the experience that you had, might not match with rest of the people who were in the same situation, it could be different completely diversion from others who had no experience the same thing,, but in the term of subjective experiences find it there could be difference for example, the same example if you take you confront say.

An object that makes you scared and the expression of fear that you have a in your face, might be different from the expression of fear that somebody else as on his or her face the intensity of expression might change the way you respond to that scare is situation it might be different and it could be completely different know when the third person shows the reaction to scariest situation. In term of behavioral reactions, we all differ in term of subjective experience also we differ, but then there is a great deal of 40 cal over lab when comes to expressive reaction, when it comes to psychological reactions.

So, these are interesting know a developments a when look at emotion is a process. Many things have been no studied at length for example, how the psychological systems know get affected in a given emotional state 1 2, the changes know that we talking about in terms of the bodily reaction where it comes forensic investigation and the other type of changes even the recent trend of what which is know going on in term of a looking at the pupillary changes.

If you again look at the current set of theories that had been proposed in this area; you find a beautiful description of something called a cognitive emotion regulation, which primarily means that you can have some type of a cognitive appraisal based control over your own emotional processes. Think of a situation you are an office bearer who feels something, but is not suppose to express it; however, strong you feel within outwardly you cannot express it outwardly you have to still remain very quiet and calm composed.

I will give you some real life examples, minus the names I know of somebody who was 1 caught in ambush in central part of India while he was returning back of after search operation in a Naxal affected village. So, the conveyed is moving and that was the joint team of local police force and the central reserve police force he being the officer was in 1 of the chief is. And the vehicle the petrol the petrol vehicle which was just in front of him which was suppose, to know a clear of the route for these people suddenly landed up on a mine and then it blasted, and because is vehicle was just behind it he could see everything.

So, he saw the vehicle know flying up in the air, then body parts getting mutilated falling down on the ground and he told me that 2 of his bodyguards, who over with him for last several years ware also in that vehicle, which exploded and then know say for example, if you know some somebody called Ramsingh this is not the true name hypothetical name.

Now, how difficult how painful it is to see Ramsingh getting converted into Pisces. it hesitates you within, but then say a media team approaches you ask you about your experience. And you are suppose to show degree of common composer on your face that as this is what happened then, we will take stringent action inwardly you feel know that pain outwardly you still have to know showed no I am a brave soldier who experience it we will fight back, I not at all disturbed this is 1 of the examples know; when I am sure know sometime some situation might have confronted you when you must have felt crying.

Or when you must have thought of enough busting into anger, but then because of situational restrictions you decided not to bust, because of situational interpretation you

decided not to cry it there. So, these are know the part of quality emotion regulation, we are not going into details of it. In term of expressive reaction once again know, it is important for us as an individual not only to display through our expression, but also we should be skill full in term of understanding the expressions of others.

Again a very true example very different type of situation somebody a known to our professional group a lost 1 of the family members. And then we decided to visit his house pray attribute show our solidarity to that family, what we have decided was at all of us will go independently, but we are decided the time at around this time all of us would know within 5 10 minutes range all of us would reach that house and then will be there with that family for some time in our group we had somebody who was a little advanced each,, but was not married this.

This has nothing to do with marriage, but what am trying say is that perhaps that very person did not get those many opportunities in life. To know judge expressions of others repeatedly when you are in group set off when you are leave in a group set off you periodically look at the expressions of others know and therefore your ability to know decipher the emotions of others through the faces increases know this person goes there an instead of know asking an appropriate question simply ask.

So, how are you know somebody as loss somebody in the family you ask that person how are you know socially this is irrelevant question know should not be asked that point in time rest everybody started looking at that very person know that what type of questions did you ask. So, in terms of know adjustment it is also important that you tempt to mark certain thing you tempt to utilize certain things we will come to those things little later; when you feel angry, but on the face you try to know pretend neutrality as for as possible is it do not show your expression.

Just you a give your mid semester examination and say for example, 1 of questions you did not understand appropriately, can to see emotion independence, dependences you come and ask me and I say that, I cannot explain it right know and may be that felt know giving question paper back to throwing that question paper back to take your question paper I am also not interested given the mid sem exam. Ask you for clarification you say

no there is examination I want explain it, but then you do not have a choice because know that you run higher risk if you showed this type of emotion.

So, even though felt through in the question paper on my face, if said sir and you go back and take your seat and inwardly you feel all my emotions know directed towards you, but I do not have a choice, but to write the answer to the question and know it seeds us a lot because know the movement you look at expressions of others you realized find what the other person experiencing and accordingly you can take your own reactions and therefore, you try to minimize conflict as for as possible.

Now, behavioral reactions what we have talked here was know that physiological behavioral expressive and subjective experiences. Now, we will drop 3 of them we are no exclusively looking at behavioral reaction, because we are into the psychology class right know and this in a physiological psychology class then we would have gone to the first 1 first know the physiological reactions, but we are primarily banking on behavioral reactions and since the slide we would only and only talking about the behavioral reactions.

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Emotion

- Behavioural reactions directly govern our approach and avoidance reactions, which in turn, influences our adjustment to the environment.
- Ecocultural framework (Berry, 1976; Berry, Poortinga, Segall, & Dasen, 2002)— three kinds of antecedental influences—
 - ecological indices
 - sociopolitical indices
 - aggregated psychological characteristics

Now, behavioral reactions they directly govern, or approach or about in as reactions.

Now I decide to approach you, I decide to go away from you and that primarily know decides in long run know how would be the relationship what type of relationship finally, we would to maintain. So, are we going to have stronger bond between 2 of us or is it that we would have a very weak bond between 2 of us.

Or is it that knows onwards we are strangers and we will not interact at all. And primarily it is the behavioral reaction which also would decide in the long run, the adjustment level of both the people who were put in that very situation somebody with whom you had terrible fight. And you decided to remain anime forever somebody with whom you had terrible fight and then you understood at there is nothing. So, beautiful in retaining in the fight, but there is a beauty in understanding each other becoming friends and you decide to become friends rather becoming enemies you have terrible fight with somebody and then you decide that.

Now, there is no beauty in fighting each other, but I do not appreciate your view point and you do not appreciate my view point and hence we remains separated completely insulated from each other they will not interact each other at all possibility exist now. So, basically these behavioral reactions the will primarily decide whether you would approach that individual or you would try to withdraw from that individual it could be for a given situation also weather you would approach certain type of situation or weather, you would try to stay away from certain type of situations later on when we come to that self assessment session that had promised at part of this course and that time we would also be know you would yourself would self at mister test which is primarily.

A design to measure social anxiety video and 1 of the component of social anxiety is: the fear of relative evaluation I as an individual feel, I would not go in that situation because people would start judging me same. If I ask you anybody who would like to share 1 experience here many of you would hesitate coming to this side of the desk now, reason being see when you are on that side you feel still, it is a safer place for you the movement you come here you are looking at me know. There know a default assessment that take place and you do not want to be under scrutiny by...

So, many people and therefore you say even though you want say something you will

keep quiet. After the lecture is over you quietly come and ask the question. This is the very common practice know, because where are you keep thing twice thrice how to ask the question front of the others because others will start thinking you could not even understand this also I understood it long back before coming to the class. So, this important behavioral reactions, because the whole of know a withdrawal and avoidance at the whole of know the reaction in term of weather you would approach weather you would avoid in the coming days that would be decided by the behavioral reactions in the long run.

Coming back to emotion a since the time of Darwin, there has been know long debate in term of identifying, what are the basic emotions are is their component of universal at in emotion. This is a very old debate know, it has been reserved thankfully basic emotion means emotion which by default will stay in all human beings universality of emotions means weather you are here or some other part of the group,, but you would certainly display your emotion this way. So, that would be the universality an there were modules know the understanding is that we have 6 basic emotions as human beings.

So, whether, you are in India weather you are in some other country or even if you have been bon at very isolated place still you would have know these basic emotions: happiness, sadness, fear, anger, surprise and disguised these are 6 basic emotions: happiness, sadness, fear, anger, surprise, disguised fine rest of the emotions. They are considered to be a combination of 2 of them there are few more emotional experiences, but they are considered to be the intensification of these basic emotions.

Or they are suppose to be a know the byproduct of combination of 2 of these basic emotions, we would not go into know compose emotions, we would not go into those know intensified versions of emotion basic emotions there is a beautiful theory given by, where it talks about all these know where it talks about the it is like a unfolding of the petals. So, if you have a leaf of a flower you unfold it once you unfold it twice he has taken all basic emotions firsts level of intensified reactions second level of intensified reaction and.

So, you have the whole and then he also talks about combinations when x_1 and x_2

combines then what happens then x1 and x3 combines then what happens x2 and x3 then what happens beautiful, beautiful theory, but we are not right know going to those theories another important way of looking at emotion was in terms of certain major attributes major attributes like valiancy of the emotion we have 6 basic emotions know talk.

In terms of valiancy of emotion valiancy would be you divide emotion into 2 clusters positive emotions and negative emotions happiness is a positive emotion surprise is a positive emotion sadness fear anger disguised their all negative emotions. So, one we of looking at emotion could be the valiancy of emotion second important way of looking at emotion could be the directionality of emotion directionality means weather that emotion makes you approach or avoid the situation.

Happiness what type of emotion is, it is an approach emotion you know I feel happy being here therefore, would I come at eight of clock tomorrow also approach emotion this type of situation makes you very sad I you try to stay away from that situation happiness approach sadness repel you are angry is also an approach emotion you feel angry and then you feel directly going to the source of anger and express it in full blame shame. If you calculate at the risk is worth taking, if you calculate at the risk is not worth taking then instead of a know reacting to that particular individual you show some other form of aggressive retaliation what forms that we would come after 2 modules when we exclusively talk about aggression and how it is affects adjustment.

So, valiancy directionality and again if you see here directionality the approach and avoidance once again comes here. So, behavioral reaction will always have this thing by default there is. A very interesting know proposition, it is called eco cultural framework given by berry a later on revised in 2002 by berry his colleagues which talks about 3 kinds of incidental influences sorry 3 kinds of antecedental influences know first the ecological indices 2 the sociopolitical indices. And the third aggregated psychological characteristics once again, we are not going into any of these theories any of these framework.

But this is just to say know that you still have certain major factors which influences

your behavioral reactions in a given situations and these behavioral reactions will interned a trigger asset of reaction the other person in environment will react back to you this interned will demand you to react in certain way and this change might get triggered this could be 1 possibility the other possibility is that your reaction needs some type of buffer reaction, where in your native reaction gets diffused. And therefore, there is no retaliation from the other hand. You are very easily accommodated with all type behavioral reactions that you have shown.

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Emotion & Adjustment

- Relationship between emotion and subjective well-being.
- Quality of adaptation shown by an individual is proportionate to the happiness one derives in life and overall life satisfaction.
- This, in turn, positively affects one's subjective well-being

Now, emotion and adjustment in terms of how emotion helps you a just a given situation, and also in terms of how it. Finally, facilitates your subjective well being it has also been very well studied in behavioral the quality of adapt adaptation shown by an individual is proportionate to the happiness 1 derives in life and overall life satisfaction this means; that your own qualification as an individual to adapt to a given type of situation. That is directly proportionate to how which of satisfaction and happiness you would derive in life.

I think last week beautiful piece of research has come forward which says that: you must have heard the famous proverb that money cannot buy you happiness, know a famous proverb banking on this the research as based on their empirical data says that money

cannot buy you happiness directly, but with the help of money if you buy things for others that interned can make you happy ok. You got the point it is a very interesting research know that you have money you can afraid to buy things for others and hence you buy things for others and you derive happiness out of it.

So, money has not led you to buy happiness directly, but indirectly you can still derive happiness, it is something like a say you buy crackers and you bust them you derive happiness out of it the pass of the second possibility where you buy crackers; and some of the crackers you give it to others who do not have crackers with them. And you watch them know going it and their happiness interned induces sense of happiness within you I am sure at railway station it is a very common site you buy some food step for you and somebody comes asking you begging you for food.

I am sure all of you must have seen that, if you travelled by train and the know many times that herds comes from within know that you just took up the plate and here is somebody know who with fold an hand and ask you for food. And instead of taking food yourself you gave the whole plate to the individual you buy another plate for yourself and the happiness that you derive out of it is no far greater than the satisfaction you would have otherwise derived while consuming that food yourself and saying this beggar go from here.

So, a primarily its again know your ability to adapt in given situation weather it is now, adaptation demands you to little know neutralize your own emotions weather it is asks you to intensify your emotion or weather it ask to you to mask your emotions, but I take 1 example of each of them, but what happens that this know adaptation, finally makes others and you yourself realize that fine, I have proven my a know ability as an individual to appropriately respond in this situation people would appreciate you would also feel satisfactory.

Take the first example, know where you intensify your emotional reaction you have gone to boat or train and you realize at the compartment, where your birth lies is as been occupied. By others an your request does not fetch to the desired result know you tell them this is the reserved seat for me and they say sit, somewhere the person some

occupying your seat does not leave that very, it is also a very common type of a think know in certain part of this country and suddenly you intensify your emotion.

You bust and the person who is occupying your seat realize is that there is no point still returning the seat. So, let me racket it know you take your seat I will there is no point showing anger like this I was just sitting, because you did not come and then he leaves the seat you get your desired out come. Your outcome is based on the intensification of the emotion. Second type of situation; where you realize that there is the need to neutralize your emotion the person occupying your seat since to be much bill wilt has couple of arms in minuses with him.

Then show you know all types of things that you would otherwise never think of experiencing in life you just request him and he says go away from here do not ever show your ticket, I can show you hundred ticket like this and then he says why do not you sit there and even though you feel know retaliating, you decide not to intensify your emotions, you decide not to show your anger and because your calculation says that: you yourself might be at the know, if there is fight between 2 of you therefore, you quietly occupy of your seat which is next to it you do not argue.

There could be third situation, where you mask your emotion masking of emotion means the inward emotion is something else, but outwardly you put some other emotion over it you look at the person your sitting please, please no problem no know you can sit here I books it for other some you know please keep sitting here. So, you did not even think of neutralizing your feeling other you thought of masking it putting another emotion over your original feeling. We do this entire thing in our life at times we show our proportionate reactions at times.

We intensify your reactions at times, we mask our reactions at times, we neutralize our emotions, because we realized at in this given situation this is what is prudent this is what will give me the best result and therefore, you do it and because you have calculated at this will give you best possible result and you get back. Therefore, you derive happiness out of it that I finally, got what I want it, you derive a sense of satisfaction.

Once again this all these feeling of happiness and satisfaction that you derive out of your ability to adapted in a given situation, it positively affects you subjective well being your own feeling of how would you are how happy you are that experience increases.

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Emotion & Adjustment

- Emotion has certain biological universals but what makes it significant for the adjustment process is the socio-cultural variability of the progression.
- Few societies (such as agricultural societies) lay emphasis on compliance whereas few cherish independence
- Conformity and compliance influences not only the way emotions are expressed but also the way they are experienced.

Now, emotion has certain biological universals, but what makes it significant for the adjustment process is the socio cultural variability know. So, there are biological universals know that this emotion will have this emotion will have this, but then what you realize at their (()) variations in terms of the socio cultural demands. And it is basically, the variance in the socio cultural needs in given situations which finally, puts you under some type of pressure that your emotion needs to be like this.

Now, you can broadly divided know society like, the individualistic society and society now few societies such as the agricultural societies they lay emphasis on the compliance whereas, other societies know might cherish independence know. For example, our society requires more and more of compliance, where major or say stakeholder who has otherwise more power and authority invested in decide certain things and then people try to comply to it. You go to a shopping mall and then the wife says at why do not we have the kid side and why do not we go to those know to the fun zone, where we can have a some toys to play.

And you have a major stakeholder in the family says no, we will all go to this, you take the third direction. And you realize that very quickly the other members of the family will comply to you the wife might say, how irritating this person is I feel having and he is not even allowing me to have it. The kids might feel how boring my father is, that is not even allowing to play here in the fun zone, but the fact remains at both of them they comply to what you have finally decided.

This is at the small unit at the family level at social level also there is a great degree of compliance and compliance to even absorbed practices also. You remember, when we are talking about normality, we had taking that example of know making the small babies fall from the roof top of place of version know this is absorbed practice. But comply to it tomorrow, we would continue and we would look at know the conformity and compliance factor.

We will try to look at know the difference of practice between the individualistic and collectivist culture. And if possible, we will see 2, 3 visuals to make out at in collectivist society like ours. There could be conformity and compliance even to certain veered type of practices and do not question it, because you show a heightened degree of complex.