**Psychological Impacts of Race, Culture, Gender and Ethnicity**

**Paper Outline**

Mary Thompson

Post University

Adam McCabe

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**TOPIC**: How do race, ethnicity, culture, gender, and other identities impact one’s psychology?

1. INTRODUCTION
	1. Identities related to race, culture, gender and ethnicity have an impact on an individual’s psychology.
	2. Definitions- According to psychology, personal identity is how one sees themselves as distinct from those around them.
		1. Identity could be based on culture, ethnicity, gender, or race
	3. Relevance
		1. Mental health, i.e., personal identity, affects the mental capabilities of an individual.
		2. The impact of personal identities on psychology is seen in how individuals handle their relationships with others in society, such as family members.
		3. Mental health crisis-understanding the impact of life experiences, based on elements of personal identity, on the psychological actions of an individual
2. BODY
	1. Theme 1: Individual differences in traits in psychology are measured through self-report scales
		1. Personality and self are terms used to describe psychological features used to distinguish one person from the other (Arshad & Chung, 2022)
		2. Personalities expressed as temperament traits influence the mental and thought processes of individuals (Weiss, 2021)
	2. Theme 2: Race, culture, gender and other identities have an impact on behavior which is a psychological element
		1. Culture is something learned when an individual is born and determines their thought processes and, thus, behavior (Adames & Chavez-Dueñas, 2021)
		2. Identities affect behavior in that they determine the reaction of an individual toward conflicts and how they solve life problems (Marcelo & Yates, 2019)
		3. Behavior is related to psychology in that the latter studies mental processes and observable behavior
	3. Theme 3: Race, culture, gender and other identities have an impact on attitudes
		1. Personal identities influence how an individual feels about different issues
		2. The mental processes such as aggression, are as determined by racial, cultural, or gender practices an individual is exposed to (Nadal et al., 2019)
		3. Emotions and beliefs elicited towards objects, persons, or things in society, as a product of experience and upbringing, influence thought processes (Ilagan & Heatherington, 2022)
	4. Theme 4: Problems in self and identity reflect prominently in psychopathology and personality disorders
		1. Certain diagnoses related to psychopathology or personality disorders are directly related to self and identity issues (Shiner et al., 2021)
		2. When one lacks that feeling of ownership of self related to their identities such as gender, race, or culture, they are likely to have psychological issues
		3. Psychological maladies may be as a result of the culture, race and gender-related conflicting situations that cause fluctuating self-esteem (Shahar, 2020)
3. CONCLUSION:
	1. Race, ethnicity, culture, gender, and other identities have a direct impact on one’s psychology
	2. The identities affect behavior and attitudes and also reflect prominently in psychopathology and personality disorders, all of which are elements of human psychology.
	3. Knowledge gained is important as it will help understand human beings and their actions better based on their social identities and traits such as gender, race, and culture.
		1. It will help create the best solutions to dealing with psychological issues as one can understand their origin and how they relate to personal identity.
	4. Future research should touch on the biological substrates of identity and self-hood and the biological understanding of the role of life experiences in shaping identities and, therefore, psychological manifestations (Deane, 2021)

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