

Social Conformity and Emotional Competence Among Minority Groups

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Abstract— This research paper is all about the Social conformity and Emotional competence among Minority groups. Conformity refers to the tendency of individuals to adjust their beliefs and behaviours to align with those of the majority or dominant group. Compliance pertains to the act of adhering to external pressures or requests, often imposed by authority figures or social norms. Cooperation entails collective efforts and collaboration with in minority groups to achieve common goals and address shared challenges. Understanding how conformity, compliance, and cooperation operate minority groups is essential for comprehending their social dynamics, power dynamics, and potential impacts on individuals and communities. Factors such as group identity, social norms, power differentials, and external influences shape how these processes unfold. In this research we are assessing the level of social conformity and emotional competence is higher or lower in Sikh community as compared to Muslim community respectively. Through this paper we aim to assess Social conformity and Emotional among minority groups. T-test used here to check the same on the age group of 18-30 years old minority group audience.

Indexed Terms- Conformity, Compliance, Cooperation, Minority groups, Communities.

I. INTRODUCTION

Social conformity: Social Conformity refers to the tendency of individuals to adjust their attitudes, beliefs, and behaviours to align with the perceived norms of a social group. Minority groups may experience conformity pressures both internally, within their group, and externally with the minority group. Conformity can occur due to factors such as the desire for social approval, fear of rejection, or the need for social identity within the group.

Emotional competence: The ability to identify, comprehend, and regulate one's own emotions as well

as the capacity to work well with the emotions of others is referred to as emotional competence. It involves abilities like empathy, self-control, self awareness, and social skills all of which are essential for forming wholesome relationships and effectively navigating a range of social circumstances. Emotional competence is regarded as a crucial component of emotional intelligence and is necessary for both career and personal development.

Minority groups: The term minority groups can have several meanings. Demographic minority: a group that makes up a smaller part of the population than others, based on size alone. Sociological minority: a group that differs from the majority in terms of social, cultural, or other characteristics, regardless of size. In sociology, economics and politics, "minority" status is not always determined solely by demographic size. Groups that are not the smallest in size can still be considered minorities due to their distinct characteristics and treatment as marginalized groups. For example, in South Africa during Apartheid, white Europeans held virtually all social, economic, and political power over black Africans. For this reason, Black Africans are the 'minority groups' even though they outnumber white Europeans in South Africa, this is why academics more frequently used the term minority group to refer to a category of people that experience a relative disadvantage, as compared to members of a dominant social group.

II. OBJECTIVES OF THE STUDY

1. To explore and make a comparison between the levels of Social conformity and Emotional competence of Sikh and Muslim communities, How cultural, religious and social factors influence them.

III. METHODOLOGY

Sample:

After the 2 questionnaires were distributed, the data for the study was gathered. For the sample, young adults between the ages of 18-30 years were selected from a total of 122 participants.

IV. TOOLS OF THE STUDY

1. SOCIAL CONFORMITY SCALE: This scale was developed by Dr. (Smt.) Shailaja Bhagwat (Jabalpur). There is a list of four emotions. Out of these four emotions, only three emotions are selected to show through three pictures, each of the three pictures is known by its label - Picture A, Picture B, Picture C. The emotions are exhibited through facial expression with relevant posture in each of the three pictures. Pictures A, B, C, will be presented before you, one by one. Observe each picture carefully and identify the correct emotion expressed in each picture from the list of four emotions given on the top of response sheet. Mark your suitable answer on the response sheet.

2. EMOTIONAL COMPETENCE SCALE: This scale was developed by Dr. Harish Sharma (Agra) and Dr. Rajeev Lochan Bhardwaj Deptt. Of Psychology, D. S. College, Aligarh. There are 30 incomplete statements in this scale. Every incomplete statement can be completed with the help of any of the five alternatives mentioned before the incomplete statement. Subjects have to complete every statement in terms of his or her own, therefore think adequately and respond in an honest manner. Tick the mark whichever suits you among the five alternatives. The information given by you will be kept secret.

V. DATA ANALYSIS

I have conducted a study investigating social conformity and emotional competence among two minority groups: Sikhs and Muslims. I employed the Social conformity scale and the Emotional competence scale. The findings suggest similar results for both groups. Consequently, I will utilize a t-test to compare

the two communities in greater detail and validate my proposed hypothesis.

VI. RESULT

Table1:

	Variable	Variable
	1	2
Mean	22.35	3.35
Variance	19.39737	5.818421
Observations	61	61
Pooledvariance	12.60789	
Hypothesizedmean		
Difference	0	
Df	38	
Tstat	16.92125	
P(T<=t)onetail	1.38E-19	
Tcriticalone-tail	1.685954	
P(T<=t)two tail	2.77E-19	
Tcriticaltwotail	2024394	

Table 2:

	Variable	Variable
	1	2
Mean	455.9177842	500.1505
Variance	917.1905283	3396.48698
Observations	61	61
Hypothesized Mean	0	
Df	89	
Tstat	-5.216694386	
P(T<=t)onetail	5.88396E-07	
Tcriticalonetail	1.662155326	
P(T<=t)two tail	1.17679E-06	
Tcriticaltwotail	1.9869787	

VII. DISCUSSION

With the help of the above tables, there is a clear picture to understand the Social conformity and Emotional competence among minority groups. Through the above tables, Table no.1 & Table no.2, we can see the values of both the scales respectively. It is understood that the Sikh community has more Social conformity and Emotional competence than the Muslim community.

The purpose of this research was to examine how social conformity and emotional competence in minority groups is worked.

1. Basic objective of the term paper was to tell the social conformity and emotional competence among minority groups.
2. Data was collected from the desired population & was analyzed by using the test social conformity and emotional competence scale.
3. I hypothesized that the social conformity and emotional competence of Sikh community is based on or influenced by the collectivism, communal harmony and their traditional values. On the other hand, the social conformity and emotional competence of Muslim community is based on their beliefs and principles.
4. And after finding out the result the hypothesis was proved right.

CONCLUSION

According to the result, it is clearly shown that Sikh community has higher range in Social conformity and Emotional competence than Muslim community.

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