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## U2 Annotated Bibliography

### Introduction

**Research Question:** How does one's upbringing influence their lifestyle, considering various factors?

The influence of an individual's upbringing on their lifestyle is a diverse topic that involves a various factor that mold a person's values, beliefs, behaviors, and decisions. It examines how upbringing, parental guidance, and cultural standards can have a lasting impact on a person's course in life. It also looks at the psychological, social, and anthropological aspects of this phenomenon. It also offers insights into how early experiences shape an individual's identity, relationships, career, health, and general well-being. Comprehending these factors is essential for individual growth, society comprehension, and the creation of successful plans for encouraging healthy lives and well-rounded people.

Contemplating, family dynamics, values, and socioeconomic standing, for example, can all have a big influence on a person's decisions and actions. Youngsters who grow up in homes, where morality is highly valued are more likely to live by the same values as adults. Therefore, a person's upbringing's financial situation can have a lasting impact on their lifestyle because wealthy people may have had easier

access to resources and educational opportunities, which may have affected their career choices and level of financial security. Moreover, food habits, customs, and community involvement are all influenced by one's cultural and religious background. This bibliography explores the complex interrelationship between lifestyle and upbringing, looking at a range of factors such as education, personal experiences, family dynamics, cultural background, and socioeconomic situation.

**Citation:**

Thompson, R. (2023). Social and personality development in childhood. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology*. Champaign, IL: DEF publishers. Retrieved from <http://noba.to/gdqm6zvc>

**Summary:**

This article by Ross Thompson talks about childhood social and psychological development as a dynamic, multifaceted process marked by rapid growth and change. Children shape their personalities and acquire vital social skills at this time. They gain empathy, collaboration, and communication skills as they learn how to deal with interactions with classmates and adults. Friendships become more and more significant since they help people explore their identities and feel like they belong. The formation of one's self-concept and self-esteem is essential to the formation of one's personality. Children's personalities develop over time, becoming more stable and distinct due to a combination of environmental experiences, genetic makeup, and temperament. A child's personality is also greatly influenced by family dynamics and parenting

approaches. Adolescence and adulthood see the continuation of social and personality development, driven by the same confluence of biological, social, and representational factors that were examined in infancy. The foundations for development throughout life are still formed by shifting social roles and connections, biological maturation and (much later) decline, and the way an individual communicates their experiences and identity.

### **Reflections:**

Honestly, I do agree with this text because it is necessary to view children from three perspectives that interact to form development to understand social and personality development. The first is the social environment in which a child grows up, particularly the bonds that offer protection, direction, and education. The second is biological maturation, which is the basis of temperamental identity and fosters the development of social and emotional competencies. The third is how kids are forming their own identities and perspectives on society. The ideal way to conceptualize social and personality development is as the ongoing interplay of these biological, social, and representational facets of psychological development. Any age group can be alarmed by any of these, including adults and children. One simple thing has the power to alter your entire life.

### **Quotations:**

“Each of these aspects of peer relationships requires developing very different social and emotional skills than those that emerge in parent-child relationships. They also illustrate the many ways that peer relationships influence the growth of personality and self-concept.”

“One answer is that young children are remarkably sensitive observers of other people, making connections between their emotional expressions, words, and behavior to derive simple inferences about mental states...”

“As children mature biologically, temperamental characteristics emerge and change over time. A newborn is not capable of much self-control, but as brain-based capacities for self-control advance, temperamental changes in self-regulation become more apparent. For example, a newborn who cries frequently doesn’t necessarily have a grumpy personality; over time, with sufficient parental support and an increased sense of security, the child might be less likely to cry.”

“Each of these examples of the growth of social and emotional competence illustrates not only the interaction of social, biological, and representational influences but also how their development unfolds over an extended period.”

**Citation:**

TEDxUCLA. "What is the most important influence on child development | Tom Weisner. YouTube, 15 Aug.

2016<https://youtu.be/gIZ8PkLMMUo?si=dHaA5Br-dg6DeOwO>

### **Summary:**

In this 8-minute 42-second TED Talk by Tom Weisner, he presented his research and teaching focus on human development and culture; families and children in danger; and evidence-based policymaking to enhance the quality of life for kids and families. In addition to studying the effects of rural-urban migration on children and parents in Kenya, he has also studied the effects of sibling caretaking and education in Hawaii, non-parental and sibling caretaking worldwide, families with children with autism in Delhi, India, support for working poor families in Wisconsin, families with children with disabilities in Los Angeles, hippie and counterculture families and children in California, and gratitude and school achievement among Latino adolescents and families in Los Angeles.

### **Reflection:**

In a whole honest opinion, I agreed with Weisner's view and the words he had in this TED Talk. The environment in which a person grows up influences how they develop personally in terms of their values, beliefs, and attitudes. An individual's view on different elements of life is substantially influenced by the cultural norms, traditions, and family structures that are common in that location. Someone's lifestyle can be significantly influenced by the social milieu in which

they are raised. Urban locations frequently support varied communities that are more exposed to different cultures, beliefs, and viewpoints. One's perspectives can be expanded, "tolerance can be encouraged, and cosmopolitan lifestyles can be adopted as a result of this exposure to variety."

Weisner was talking about what influenced a child's development which could be this.

**Quotation:**

“ 00:00 The most important thing in child development is providing attachment security, good nutrition, stimulation, a religious or spiritual pathway, and resources for the child's future.”

01:24 “ The most important influence on child development is the context in which the child and its family are living, including factors such as the family, neighborhood, community, and nation.”

02:20 “Children's Development is influenced by their context and cultural differences, and understanding this can help improve their well-being globally.”

**Citation:**

**The between living environment, well-being, and lifestyle behaviors in young women in Shiraz, Iran** Asiyeh Salehi MSc, Neil Harris PhD, Bernadette Sebar PhD, Elisabeth

### **Summary:**

Asiyeh Salehi's MSc, Neil Harris's PhD, Bernadette Sebar's PhD, Elisabeth Coyne PhD article, talk about individuals' perceptions of the problems with their living environment that were linked to demographic factors such as occupation status, income, education level, and ethnicity. The current study demonstrates the important influence that physical and social aspects of living settings have on the well-being and lifestyle choices of young Iranian women. Thus, to boost QoL and SwL among young Iranian women and improve their healthy living behaviors, there is a need for more focused attention to the meaning, assessment, and creation of neighborhood livability, including both physical and social components of a neighborhood.

### **Reflections:**

This tells me a lot about my research question because it means, standard deviations and score ranges were computed as descriptive statistics to characterize the fundamental aspects of the data, encompassing the attributes of the residents as well as the factors related to the social and physical living environment. Using analysis of variance and Pearson's correlation, relationships between the living environment and demographic and health characteristics were estimated. The study employed stepwise multiple linear regressions to investigate the potential relationship

between the features of the living environment, such as social and physical determinants and resident characteristics, and the well-being and lifestyle behaviors of young Iranian women. ——— This says a lot about how one’s upbringing influences their lifestyle, meaning any consequences or various factors.

**Quotations:**

“ For example, the socioeconomic status of individuals distinguishes subgroups within a population in terms of education, economic opportunity, lifestyle, and living environment (Diez Roux & Mair [2010](#)).”

“ The literature shows that the social environment is linked to disease pathways and mortality risks, often independent of individual socio-demographic characteristics (Root [2012](#)).”

“The living environment construct is an 11-item scale incorporating the two domains of the physical environment (such as traffic, industrial fumes, rubbish, and graffiti), and the social environment (such as neighborhood disorder, homeless people, troublesome neighbors, teenagers hanging around, frightened after dark, ethnic and religious tensions, and drug abuse), with Likert response options from 1 (always an issue) to 5 (never an issue).”

**Conclusion:**



In conclusion, one's lifestyle is shaped by a complex and diverse process that is influenced by a variety of factors related to their upbringing. Values, beliefs, and habits are formed by a person's family dynamics, cultural background, socioeconomic situation, and educational possibilities taken together. A person's formative years are crucial for laying down fundamental values, and they frequently have an impact on their decision-making, interpersonal interactions, and worldview in general. Furthermore, the impact of upbringing persists long after childhood, since people are still molded by their prior experiences and change and adapt as a result of the constant interaction between environmental and social elements. Ross Thompson, Tom Weisner, and Asiyeh Salehi MSc, Neil Harris Ph.D., Bernadette Sebar Ph., Elisabeth Coyne PhD all had in common when talking about one's lifestyle being influenced by somewhat variety of factors, such as communication, friendship, moving, neighborhoods, household, etc.

Having a loving and caring environment influences one's ability to make both good and bad lifestyle decisions, as well as resilience, emotional stability, and a sense of purpose. On the other hand, people who grow up in difficult circumstances could find it difficult to form healthy habits and might be more vulnerable to harmful influences. The persistence of the influence of upbringing on lifestyle is further highlighted by the attitudes and behaviors that are passed down across generations. A more thorough approach to promoting positive change is made possible by an understanding of the complex web of influences that shape individuals. This approach emphasizes the value of early intervention, education, and social support networks in breaking cycles of disadvantage and enabling people to lead fulfilling lives. In the end, understanding the intricate interactions between various elements that influence lifestyle decisions ( considering who you talk and hang with, parents relationship, neighborhoods, what

school to go to, racism, religion, etc can help to shape focused interventions and laws meant to foster an environment that is more fair and conducive to personal growth.