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ENG 1121

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Reflections on Revisions

I chose to revise my Unit 2 assignment because this was the assignment that I got the lowest grade on out of the three major assignments. I had to change the entire format of the piece because I did it incorrectly the first time. So to make the revisions I followed the format provided by the professor which was adding the annotations, summary reflections and the quotes from the articles used and label them so it would be obvious to the reader. I followed the same format for all of the three articles I used. Last but not least, I changed the citations to MLA8 format, I'm not quite sure what the problem was with them. I tried doing research and I found some examples that I chose to follow that seemed correct.

Research question: Can Muslim girls in America have it all?

Many minorities living in America are the children of immigrants; they grow up with morals that greatly differ from their parents. First-generation Muslim kids have had their parents migrated from foreign countries and with them, they brought their culture, beliefs, and morals.

These children grow up with modern beliefs of how to act and how they view life at school and traditional beliefs of living your life for your parents at home. The difference of beliefs begins to create a divide within their lives and they start to understand that these identities are meant to be kept separate as if their world collided they would be looked down upon and in some cases disowned. The traditional beliefs and cultural values of the immigrant parents are used to raise their kids, sometimes showing that culture and family matter more than individuality. This question intrigues me because Muslim Women of Southeast Asian culture living in America face difficulty when cultural factors and societal roles keep them from having a regular teenage life like their peers. When religion is involved these three facets clash in their differing ideals, making it difficult to live up to these expectations. These teens are limited to living a life with multiple identities because they don't have the privilege of freedom to live an open life like their white peers do. They struggle more than their peers when it comes to being a regular teen as many people expect different things from them. Women and girls from the southeast Asian culture are judged at home for who they hang out with and how they act and when with their friends they are mocked about how they have never done anything or lived their life for themselves. The wants and desires of the young women aren't taken into account as the culture dictates 'the parents always know best'. The ideals of these cultures clash with the ideals of where their parents brought them, they are meant to live in a modern world but still told to keep traditional beliefs. Women and young girls of these cultures have to live separate identities in an attempt to have regular teenage lives. They have to manage multiple identities during the most crucial years of their lives. I expect to find what kind of impact managing multiple identities have on these girls and women and how do they justify living a double life? Do they justify it as an act of rebellion or do they see it as freedom?

Carey, Benedict. "The Secret Lives of Just About Everybody (Published 2005)." *The New York Times*, The New York Times, 11 Jan. 2005, www.nytimes.com/2005/01/11/health/psychology/the-secret-lives-of-just-about-everybody.html

Summary

The article is mainly about a series of experiments conducted by scientists about human behavior when they tend to keep a secret. There are some positive and negative examples of what keeping a secret can do to a human being. The positive is that they feel like they are more in control of their life when everything around them is normal and transparent and it feels like they've lost control over themselves and their surroundings, keeping a secret helps them gain that power back. It makes them feel dominant compared to the people around them. On the other hand, keeping an unhealthy secret such as hiding a drinking problem or pretending to be a heterosexual when you're really not to keep the relationships around you can drive you insane. It creates unhealthy paranoia which eventually has a heavy impact on the person's mental health. I personally agree with everything the author is saying. I think at some point in life all of us have kept some good and bad secrets like hiding the excitement of a surprise birthday party or trying to hide the crash on your mom's car that you took without her permission. Depending on what the secret is it can really make you feel like you have the upper hand on the environment around you which is a good feeling.

Reflection

This genre is super effective for my topic because it has a series of experiments that were conducted by well-known scientists, which also makes it reliable. The author's reason for writing

this article is to inform and educate people about what keeping secrets can do for them and back it up with scientific evidence. The author's writing style is very effective and straight to the point which makes the article interesting to read. This specific article tells me a lot about my research question for example, the double life that most of the first-generation Muslim teens are living probably leaves a really bad impact on their mental health. They are in a constant state of fear and paranoia that their parents might find out about their secret lives through a relative or some social media post.

Quotes

- 1) "The ability to hold a secret is fundamental to healthy social development, they say, and the desire to sample other identities -- to reinvent oneself, to pretend -- can last well into adulthood."
- 2) "Quite often a secret life can bring a more lively, more intimate, more energized part of themselves out of the dark."

Sherman, Beth. "Leading a Double Life Is More Common Than Many Suspect : Psychology: Who Harbors the Mysteries of a Secret Self? It Could Be Just about Anyone, the Experts Believe. Even You." *Los Angeles Times*, Los Angeles Times, 29 Nov. 1992, www.latimes.com/archives/la-xpm-1992-11-29-vw-2591-story.html

Summary and Quotes

To escape the expectations from everyone around them Muslim teens begin to separate their lives, creating psychological burdens. An article by Beth Sherman, *Leading a Double Life Is More Common Than Many Suspect : Psychology: Who Harbors the Mysteries of a Secret*

Self? It Could Be Just about Anyone, the Experts Believe. Even You, states how it isn't easy to get away with living a double life. Sherman shares that it is not uncommon for people to live double lives and how it is hard to manage and very difficult to keep the two separate. A method shared by Sherman is where people create public and private lives, to allow themselves to act out and do things that are frowned upon but never have to face consequences as that isn't a part of their public life. Being a respectable person around your family and friends and acting out when alone seems manageable to some, but what if you have to manage a third life as well. This is what Muslim teens from certain cultures have to do to escape the eyes of their judging family and friends. Sherman states, "The double life unravels when the person is caught and the secret revealed. Some actions may be an unconscious cry for help..." (Sherman 1992). If you aren't caught you continue to lift your double life as you distance yourself from the truth, you don't recognize the person you have become, and spiral into a pattern of burying down the secret. What starts out as a coping mechanism to escape the expectations from everyone around them, Muslim girls end up in situations where they aren't at peace with themselves.

Reflection:

I agree with everything the author is saying in this article. She uses scientific evidence to back up her claims which makes it reliable and trustworthy. She uses different scenarios to explain the psychology of human nature better. This document helped me analyze my hypothesis from many different angles.

Lur Alghurabi, September 11. "So Many Rules to Break: On the Struggles of a Modern Muslim." *Literary Hub*, 2 Apr. 2019, lithub.com/so-many-rules-to-break-on-the-struggles-of-a-modern-muslim/

Summary and quotes:

Lur Alghurabi is a Muslim woman and in her article, “*So Many Rules to Break: On the Struggles of a Modern Woman*” she states how as a Muslim she was expected to act a certain way. Lur also makes reference to sins in the Islamic religion, how they can justify committing any sin but eating pork is the one that almost all Muslims never commit. “Muslim kids committing every sin under the sun except eating pork. We’ll do it all: we’ll break our fast, we’ll have the sex, we’ll do the drugs, we’ll eat that steak, we’ll go to the club and we’ll drink the beer and we’ll smoke that cigarette and that weed, but don’t you get that pork anywhere near us. Do you want us to go to hell?” (Al Ghurabi 2019). So Muslim teenagers end up trying to hide their religion from their friends to get acceptance and validity, they will commit certain actions that are acceptable for their friends to do but sinful in the Muslim religion. They realize that it’s easier to push away the lives they are expected to live and keep the life they want to live separate from the life that is filled with expectations. This keeps Muslim girls from discovering who they truly are as they are caught between two worlds and don’t know which version of themselves is the true one. When they try to fit into this foreign culture and do things that are normal to people around them like go on a date and have their first kiss with someone who isn’t their husband and they seem to enjoy that kind of life, their subconscious that is trained to think the opposite will always be there making them feel like what they’re doing is sinful.

Reflection:

I completely agree with the text and what the author is trying to convey through her article. One thing I would like to say to the author is that I really like the addition of the poem within her article it brings a lot of perspectives that people can relate to. This document tells me why a lot

of Muslim girls feel like an outcast and really help me understand things from their point of view instead of my own. Even though I am a Muslim girl and I also come from an immigrant family and I did have my fair share of difficulties fitting in and grasping the concept of the culture here but this article helped me understand what it's like for others.

Conclusion

The pressures of being a Muslim girl comes from many components; family expectations, religious obligations, cultural factors as well as societal roles. It is difficult to be a teenager when your religion, cultural, and social life beliefs start to crash and collide. Muslim girls who come from southeast Asian cultures are labeled as that, religious girls who come from strict cultures. Assumptions come to play and a girl can't live the typical teen life of and parties because you are criticized. If these teenage girls were born into white families then they would not feel the same amount of pressure as the cultural factors religious factors and societal factors are different and have more of an effect on a brown Muslim girl than a white girl. Though whiteness does not equate with a life of complete freedom, whiteness does come with more freedom than any other religion. This is seen through mental health statistics, an article from the American Public Health Association states, "Major depression and factors associated with depression were more frequent among members of minority groups than among Whites." This article compared the different rates of major depression between different races. Falling into the minority category of the data, Teenage Muslim girls do have higher rates of depression than their white peers. Related articles researching social anxiety disorder and panic attacks had similar results to major depression article, a link can be seen between the pressures of being a Muslim girl in America and their mental health. What's surprising is how underlooked this problem is in the Muslim community

and how girls who are going through it use humor as a coping mechanism so they don't come as "oppressed" to their non-Muslim friends. This is such an important topic because not only Muslim immigrants go through this, every other immigrant child can relate to this in some shape or form depending on the intensity within their culture. Immigrant parents come to America to provide a better life for their kids but being under the pressure that they had to sacrifice everything they make forget that their children have their own lives as well and they cannot live as an extension of their parents and fulfill their dreams for them. Out of all the people, the immigrant community needs to hear this message and do something about these issues which are so common that they are considered normal. Both immigrant children and parents need to speak up about what needs to be done and set new boundaries that are fulfilling the desires and meeting the expectations of both sides.

Citations

Carey, Benedict. "The Secret Lives of Just About Everybody (Published 2005)." *The New York Times*, The New York Times, 11 Jan. 2005, www.nytimes.com/2005/01/11/health/psychology/the-secret-lives-of-just-about-everybody.html.

"Leading a Double Life Is More Common Than Many Suspect : Psychology: Who Harbors the Mysteries of a Secret Self? It Could Be Just about Anyone, the Experts Believe. Even You." *Los Angeles Times*, Los Angeles Times, 29 Nov. 1992, www.latimes.com/archives/la-xpm-1992-11-29-vw-2591-story.html.

Lur Alghurabi

September 11. "So Many Rules to Break: On the Struggles of a Modern Muslim." *Literary Hub*, 2 Apr. 2019, lithub.com/so-many-rules-to-break-on-the-struggles-of-a-modern-muslim/.

