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Concept of Conformity

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Concept of Conformity

Conformity is the tendency for individuals to align their behavior, attitudes, and opinions with those around them. The urge to belong is deeply wired into human biology and going contrary to one's group can be detrimental to social cohesion (Aronson et al., 2015). Furthermore, conformity involves altering one's conduct to fit in. On certain occasions, this societal effect can encompass behaving like most individuals in the crowd or agreeing with them. It can also involve conducting oneself in a particular way so that one is perceived as normal by the group. Failure to do so may make someone feel or be excluded from certain following which may come out as disadvantageous. For that reason, conformity tends to help at times thus need to consider it.

Conformity has impacted my behaviors, thoughts, and feelings in different ways. For instance, I have realized that I am used to conforming for different reasons, but one of the prominent explanations is that I conform to avoid looking foolish. This happens especially in circumstances where I am not sure how to act or when what is expected of me is vague. For instance, when I am not sure about the correct response in the classroom setting, I often look around to those who are well-informed than me and use their leadership as a guide to answering questions. I agree with my classmates' answers, who I perceive to be more intelligent than me. This makes me appear well-informed just like my smart classmates.

Generally, though conformity is imitated, it is not necessarily a wicked might. At its best, conformity establishes a sense of fit in and group identity and encourages individuals to obey honorable principles. At its worst, conformity can have a huge disadvantage in that it can expose an individual's darkest whims. Additionally, conformity can be used to validate and execute undesired results.

Reference

Aronson, E., Wilson, T. D., Akert, R. M., & Sommers, S. R. (2015). *Social Psychology*.
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