**PSYC20039**

**Interdisciplinary and Cross-cultural Approaches to wellbeing**

Assessment 1

**Critical analysis**

To begin with I would like to put my thoughts on culture “for me culture is everything that we have learned and grown up with, because before we hit maturity and understand the life, we think that this is how whole world live, this is how the life is, and after we grew up, we kind love our culture as much that we cannot ignore it no matter where we go, as we have emotional connection with our existence, culture. As (Triandis, 1996) mentioned that most people believe that whole world sees life the same way we did, and this is how the culture influence works. Well, I am grateful that I had to fill this analysis table as I have never thought this deeply about the cultural influences we have in our lives and personality as this self-analysis and conversation foster my knowledge and understanding about culture and how it opens the doors for wellbeing and positivity. At first, I thought is it difficult to do this, as I had so much in my mind but then I come up with the solution and finalise the major three cultural influences of my life from ADDRESSING table based on my idea of culture, strength and privilege.

I understand it better when I talk with my assessment partner Soumya, because when I first got to know that she is Indian, I was like okay maybe we will have so many things common and thus it might be easy to understand and complete the task. Well yes, we have quite similar culture and privilege, but we know that India is known for its diverse culture, we do have different thoughts and idea about culture influences and privilege. So, she has chosen following criteria in the ADRESSING framework which are (1) age and generational influences, (2) Regional and spirituality, (3) Socioeconomic status and coincidentally I also have chosen same criteria, so it has made our conversation smooth, ongoing and interesting.

Talking about the conversation we had, I got to know that we are of same age, 90’s kid facing difficulties in using some modern technologies sometimes which is a major limitation of our generation as people expect us to know modern technology way better. While talk about our families, we both are from middle class family and have grown up with minimum facilities and thus we are grateful that we learn that in our life that how to use whatever we had provided and make it big in life. While she has grown up in very modern and liberal family where there is no such restriction as most of the girls in India experience. As it is most positive thing I have heard about our conversation as I, myself demand feminism in a positive way and in this case, it is good to heard that women around us have liberty and freedom of doing whatever they want.

In addition to that, the similar cultural influences which we had in our lives are that we both have grown up in the environment where we always think about the rights and equality of women in society. As we talk about it quite long that how women in India are way behind than remaining world in terms of thought process and beliefs, they really need to learn the fact that men and women both can work and handle the household equally. While we both are lucky that both of our parents are earning, but I have seen around neighbourhood and society that male do not allow their wives to work and therefore men cannot earn enough to afford all the expenses single handed and hence it creates more social and financial issues in the society.

In the other hand, we discuss about drawbacks of devoting ourselves to one spirituality and being unfamiliar to other religion and cultures. As we both are Hindu, we both share similar spiritual values and beliefs and so does our thought and culture contain pure Hinduism. Where our upbringing and environment never allowed us to understand and learn other culture, we both are unfamiliar with foreign culture and tradition which is major drawback for us while living in Australia being an International student. While Australian population is full of immigrants and outsiders just opposite as India, we both met different kind of people here every day which comes from different country and background it is easy to communicate and connect if we know them in detail, but we never had this chance to met immigrants in India, we are not used to connecting with other people as we connect to Indians. So does I understand that why being multi-linguistic is a positive way of living our life.

I always feel privilege that I had opportunity to studied in government boarding school with full scholarship, so my parents do not have to spend anything on my education while most of the parents in India do not spend on their daughter’s education as they think that they have to get married and not have to live with them for rest of their lives.

In the nutshell, we believe or not our culture and beliefs have huge impact forming our personality. Where I believe that each and every one holds strength and limitations arise as the cultural influence, while exploring the cultural influence on my partner and doing self-analysis we understand our strengths, positive aspects of our lives, privilege of growing in middle class family and facing all the challenges in life with smile and courage. Being a health practitioner and psychology student, I can say that this task has make my way easier to connect with people I am working with as If I know the culture and beliefs of that person in advance, I can easily make emotional connection with them while talking about the positive side of their traditions so that it would make my task much effective and uncomplicated.

**Reference**

Triandis, Harry C. "The Psychological Measurement of Cultural Syndromes." The American Psychologist 51.4 (1996): 407-15. Web.