

IB DP Psychology
Higher level
Paper 3 – resource booklet

The sources in this examination have been collated to assess the claim that culture plays a key role in self-development.

Source 2

A study was conducted to investigate the values prioritised by adolescents in two cultures.

Fifty 16-year-old participants from each country (USA and Japan) rated the importance of independence and the importance of family duty on a scale from 1 (not important) to 10 (very important). The mean importance ratings were calculated for these values in the two samples.

The table shows mean importance rating for values of independence and family duty in relation to culture.

Table 1: Mean importance ratings (1–10) for values of independence and family duty among adolescents in the USA and Japan

| Value | USA | Japan |
|--------------|------------|--------------|
| Independence | 8.5 | 5.4 |
| Family Duty | 6.2 | 8.9 |

Source 3

A researcher conducted focus group interviews with 16-year-old students from four different cultural backgrounds to explore how culture influences their sense of self. A thematic analysis of the interview transcripts identified the following themes:

- Adolescents from individualistic cultural backgrounds tended to describe their identity in terms of personal traits and achievements (e.g. “I’m someone who works hard to reach my personal goals”)
- Adolescents from collectivistic cultural backgrounds often described their identity in terms of family and social roles (e.g. “I am a daughter and a member of my community; that’s what defines me”)
- Several participants with bicultural backgrounds expressed feeling “caught between” different cultural expectations, struggling to balance personal desires with family obligations
- Many participants highlighted that traditional cultural practices and language were important for their sense of who they are

Source 4

A cross-cultural study examined the relationship between family cohesion and self-esteem among adolescents in the USA and Japan. Participants from both countries completed a family cohesion questionnaire and a self-esteem scale.

Pearson's correlation coefficients were calculated to examine the relationship between family cohesion and self-esteem in each cultural group. The correlation coefficient reported for the Japanese sample was statistically significant ($p < 0.05$), whereas the correlation for the USA sample was not statistically significant. The results are shown in **Table 2**.

Table 2: Correlation coefficients family cohesion and self-esteem among adolescent samples in the USA and Japan

| Variable | Correlation with self-esteem |
|-------------------------------|------------------------------|
| Family cohesion score (USA) | 0.22 |
| Family cohesion score (Japan) | 0.55 |

Source 5

A longitudinal study examined the development of self-esteem across adolescence in two cultural contexts, the USA and Japan. Participants' self-esteem was measured at ages 10, 14, and 18 years, and mean self-esteem scores were calculated for each age group in both cultures.

Figure 2 shows differences in the developmental trajectory of self-esteem across the two cultural contexts, with higher scores indicating higher levels of self-esteem.

Figure 2: Mean self-esteem scores by age in the USA and Japan

