

EXERCISE 2

FACTORS AFFECTING THE PERCEPTION OF OTHERS

A variety of factors influence how people select, organize, interpret, and negotiate data about others. The most important factors are:

1. Access to information

We give meaning to what is known to us. Information gathering is based on verbal and non-verbal communication. Non-verbal communication is of great importance: facial expressions, eye contact, tone and sound of the voice, body posture. Crisis intervention often takes place when information is limited. Being able to deal with these situations requires both mindfulness and the ability to control and tolerate a lack of information.

2. Physiological factors (physical state)

The way we perceive reality sometimes results from the physical conditions of the environment or the physiological properties of our organisms. Each of us perceives visual, auditory, tactile or olfactory stimuli differently. It is worth paying special attention to such physical factors as:

- Physiological responses to a threat
- Age and gender
- Health
- Biological cycles
- Hunger and fatigue
- Neurobehavioral disorders

The physical condition of both the psychologist and the client has a significant impact on the perception of other people.

3. Mental factors (mental state)

Just like your physical state, your mental state also affects how you perceive others. The mood is primarily related to the mental state. It is mood that is one of the most important factors influencing the perception of others. The mood may be depressed (depressed) or elevated (excitement, euphoria). He can also be serene and calm, but also full of fear and tension. Observing your own mood can be a good remedy for seriously distorting other people's

perceptions. One of the mental factors associated with perception is self-image. Self-image largely determines how we interpret other people's behavior.

4. Social factors

Point of view theory describes how a person's social position determines his views on society as a whole. It also influences the perception of the individual. Point of view theory deals with the differences between privileged and marginalized groups, between women and men, and between people of different ethnic and cultural backgrounds. Intervent psychologist should be very aware of the importance of social, professional and life roles in shaping the perception of situations and other people.

5. Cultural factors

Cultural factors influence the way information is selected, organized, interpreted or shared. This is especially true of interpersonal relationships. The differences resulting from cultural factors concern not only global but also local environments and cultures. It is important to remember that the differences in the perception of emotions may apply not only to a Japanese or a Dutch, but also to an inhabitant of a village or a large city.

Cultural differences should be given special attention when working with social groups or families. In a community and a group, they are more visible and have more importance in communication.

QUIZ 2

Preferring individualistic needs over collectivist ones is one of the factors related to the perception of others:

- a) Physiological
- b) Mental
- c) Social
- d) Cultural**