

Admission Essay

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Research with minority groups

Research with minority is a concept that has been triggering ideas and prompting discussions among various stakeholders. The term minority, in this case, does not refer to numbers but rather those individuals that the society deems as inferior. These individuals face a myriad of problems including discrimination and lack of representation. Women are good examples of such individuals because many societies associate them with subordinate responsibilities (OPEN (Organization : Ireland) & Ireland, 2010). Many researchers have conducted their research on minority groups in an attempt to discover the forces behind the current scenario. I agree with the proposition that researchers should consider the cultural context of the population when conducting their research on minority groups.

Cultural beliefs and stereotypes are the main driving factors towards the creation and establishment of minority groups. Different societies have different cultural beliefs that guide their members in their day-to-day encounters. Therefore, it becomes extremely difficult to study the minority groups without a comprehensive understanding of the cultural background of the society under consideration. Furthermore, the main purpose of research is to identify forces that are beyond what one can observe directly from the field. Cultural context will help the researcher in carrying out a deep understanding of the forces surrounding minority groups. Cultural context eliminates the assumption by many researchers that there are no cultural differences.

Sociohistorical view of culture and counseling

The main aim of counseling is to help a client go through difficult times and to live a good social life. Sociohistorical view of culture refers to the understanding of the social and historical factors that contribute towards the development of a behavior or culture. This concept will help the counselor in determining forces that contribute to the behavior of different clients (Louw, Van, Louw & Botha, 2008). Sociohistorical view of culture will help the counselor in identifying the family background of the client among other personal characteristics of the patients, which is helpful in the services that the counselor will offer. Therefore, a counselor who has a good understanding of sociohistorical culture will find it very useful in dealing with clients from different backgrounds.

Ecological validity

Ecological validity refers to the study of how the environment challenges and tests the behavior of individuals. The concept has a connection with generalization as it eliminates the chances of individual assessment in a research. For instance, an individual will give different answers to the same questions if they were to be presented to a group because of environmental factors, which influence the behavior of the individual to answer under the influence of factors such as nervousness (Pope-Davis, 2003). The response that the individual will give in such a circumstance will not conform to what is actually happening in the real world. Counselors should consider the role of ecological validity in dealing with diverse clients.

Clients come from different social and cultural background, which questions the ability and efficiency of generalization. The setting or the environment of counseling determines the behavior and the relationship between the counselor and the client. A counselor who ignores the role of ecological validity in influencing behavior will not be able to deliver the best quality to a client (Pope-Davis, 2003). The action or the response that one gives depends on environmental setting among other things, which calls for the need to acknowledge the contribution of ecological validity in the behavior of individuals.

References

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