

2013

Social Exclusion: the effects of non-mimicry on self-esteem, need to belong and sociability

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The Plymouth Student Scientist

University of Plymouth

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Appendix A

UNIVERSITY OF PLYMOUTH
FACULTY OF SCIENCE AND TECHNOLOGY
RESEARCH INFORMATION SHEET/BRIEF

Name of Principle Investigator: Elizabeth Templeman

Name of Project Supervisor: Dr Natalie Wyer

Aim of research: The aim of this research is to investigate the effect of listening to music with others on mood/sociability.

First of all I would like to take this opportunity to thank you for taking part in this research. I would like to make clear before the study begins that you have the right to withdraw at any time during the study and the right to withdraw your data once collected without penalty. You will remain anonymous throughout the research process, being identified only by a participation number to ensure your confidentiality. There is no risk associated with the procedures used in this study.

Description of Procedures:

In each experiment there will be three participants. You and the two other participants will be sat in a circle facing one another. You will all be given headphones through which you will listen to a piece of music. Whilst the music is playing you will be asked to nod along to the music. This task will last approximately 3 minutes.

Following the first 'music' task, you will complete a computer-based task in which you will be asked to classify words into categories; this should take no longer than 5 minutes. You will then be asked to answer some questions about your attitudes and preferences. You will complete an activity preference list in which you will be asked to write down 10 things you would like to do right now. These questionnaires should take no longer than 15 minutes in total to complete.

On completion of the questionnaires you will be given a written de-brief and also debriefed verbally by the researcher.

If at any point you have any questions regarding the procedures or the study in general please feel free to ask the researcher. Once again your anonymity is assured so please be honest when responding to the questionnaires.

The experiment will take no longer than 30 minutes and you will be awarded with one participation point for taking part in the research.

Thank you again!

Appendix B

Activity Preference List

Write down 10 different responses to the question “What would I like to do *right now?*” Don’t worry about evaluating the logic or importance of your responses—just write the answers as they occur to you. Give yourself five minutes to complete this task.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Appendix C

Need to Belong Scale

(Leary, Kelly, Cottrell, & Schreindorfer, 2005)

Instructions: For each of the statements below, indicate the degree to which you agree or disagree with the statement by writing a number in the space beside the question using the scale below:

- 1 = Strongly disagree
- 2 = Moderately disagree
- 3 = Neither agree nor disagree
- 4 = Moderately agree
- 5 = Strongly agree

- _____ 1. If other people don't seem to accept me, I don't let it bother me.
- _____ 2. I try hard not to do things that will make other people avoid or reject me.
- _____ 3. I seldom worry about whether other people care about me.
- _____ 4. I need to feel that there are people I can turn to in times of need.
- _____ 5. I want other people to accept me.
- _____ 6. I do not like being alone.
- _____ 7. Being apart from my friends for long periods of time does not bother me.
- _____ 8. I have a strong need to belong.
- _____ 9. It bothers me a great deal when I am not included in other people's plans.
- _____ 10. My feelings are easily hurt when I feel that others do not accept me.

Appendix D

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DE-BRIEF Participation Number.....

This study aims at looking at the effects of social exclusion via non-mimicry on participant's self-esteem, need to belong and sociability. You may have noticed that you or one of the other participants was out of sync with the other two participants whilst nodding along to the music. This was because two of the participants in the study were listening to the same song, whilst one participant was listening to a faster version of the song. You were not informed that one participant would be listening to different music or informed of the full aims of the research as it is essential that the non-mimicked participant believes he/she is listening and tapping along to the same music in order to create a feeling of non-mimicry and social exclusion.

The first computer based task measured your self-esteem. The second questionnaire examined your need to belong and the third measure tested how sociable you were feeling. Once all the data has been collected we will compare the results from each measure comparing the non-mimicked participants (the out of sync participant) to the mimicked participants (the two in sync participants) to examine the effects that the non-mimicry had on non-mimicked participants self-esteem, need to belong and sociability.

Previous research suggests that non-mimicry is perceived by others as a signal that others are trying to distance themselves from the non-mimicked individual creating a sense of social exclusion. It has been observed that social exclusion via non-mimicry

lowers an individual's implicit self esteem. Non-mimicry has also been associated with attempts to reconnect with others in order to feel socially accepted once again, increasing an individual's motivation to socialise and build new social bonds. This piece of research aims to incorporate both self-esteem, sociability and also individual's need to belong and compare mimicked individuals to non-mimicked individuals results on each measure.

May I remind you to not disclose the aims and objectives of this research to any other psychology student as this will contaminate the data.

If you have any questions or concerns regarding the research please feel free to contact me at elizabeth.templeman@students.plymouth.ac.uk. If you wish to have your data removed from the research and destroyed please contact me at the email address above and provide me with your participation number (located at the top of this page) in order for me to locate your data. If you have any further concerns please contact the project supervisor Dr Natalie Wyer at natalie.wyer@plymouth.ac.uk.