

IDIOMA: INGLÊS

Área 3

* Indica uma pergunta obrigatória

1. E-mail *

2. ÁREA *

Marcar apenas uma oval.

3-CIÊNCIAS HUMANAS, CIÊNCIAS SOCIAIS APLICADAS

3. NOME DO CANDIDATO *

4. NÚMERO DA INSCRIÇÃO *

5. NÚMERO DO CPF *

Leia o texto e responda as questões a seguir em Português. Todas as questões deverão ser respondidas de acordo com o texto. As respostas digitadas neste formulário eletrônico constituirão o ÚNICO documento válido para correção da prova.

The Basics of Prosocial Behavior

Kendra Cherry, MEd ; Updated on November 17, 2022; Medically reviewed by Amy Morin, LCSW

Prosocial behaviors are those intended to help other people. These actions are characterized by a concern for the rights, feelings, and welfare of other people. Behaviors that can be described as prosocial include feeling empathy and concern for others. Prosocial behavior includes a wide range of actions such as helping, sharing, comforting, and cooperating. The term itself originated during the 1970s and was introduced by social scientists as an antonym for the term antisocial behavior.

Benefits of Prosocial Behavior

In addition to the obvious good that prosocial actions do for their recipients, these behaviors can have a range of beneficial effects for the "helper":

- **Mood-boosting effects:** Research has also shown that people who engage in prosocial behaviors are more likely to experience better moods. Not only that, people who help others tend to experience negative moods less frequently.
- **Social support benefits:** Having social support can be crucial for getting through difficult times. Research has shown that social support can have a powerful impact on many aspects of wellness, including reducing the risk of loneliness, alcohol use, and depression.
- **Stress-reducing effects:** Research has also found that engaging in prosocial behaviors helps mitigate the negative emotional effects of stress. Helping others may actually be a great way to reduce the impact of stress in your life.

Types

While prosocial behavior is often presented as a single, uniform dimension, some research suggests that there are different types. These types are distinguished based on why they are produced and include:

- **Proactive:** These are prosocial actions that serve self-benefitting purposes.
- **Reactive:** These are actions that are performed in response to individual needs.
- **Altruistic:** These include actions that are meant to help others without any expectations of personal gain.

Researchers also suggest that these different types of prosocial behaviors are often likely to be motivated by differing forces.

Prosocial Behavior vs. Altruism

Altruism is often seen as a form of prosocial behavior, but some experts suggest that they represent different concepts. While prosocial behavior is seen as a type of helping behavior that ultimately confers some benefits to the self, altruism is viewed as a form of helping motivated purely out of concern for the individual in need.

The Bystander Effect

Characteristics of the situation can also have a powerful impact on whether or not people engage in prosocial actions. The bystander effect is one of the most notable examples of how the situation can impact helping behaviors.

The bystander effect refers to the tendency for people to become less likely to assist a person in distress when there are a number of other people also present.

For example, if you drop your purse and several other items fall out on the ground, the likelihood that someone will stop and help you decreases if there are many other people present. This same sort of thing can happen in cases where someone is in serious danger, such as a car accident. Witnesses might assume that since there are so many other people present, someone else will have already called for help.

The 1964 murder of a young woman named Kitty Genovese spurred much of the interest and research on the bystander effect. She was attacked late at night near her apartment, but no one contacted authorities during the attack.

Later research demonstrated that many of the neighbors may not have had a clear view of what was happening, which explained why no one tried to intervene or contact the police. However, the crime still spurred an abundance of research on the bystander effect and prosocial behavior.

Other Influences on Prosocial Behavior

Research on the bystander effect resulted in a better understanding of why people help in some situations but not in others. Experts have discovered a number of different situational variables that contribute to (and sometimes interfere with) prosocial behaviors.

- Fear of judgment or embarrassment: People sometimes fear leaping to assistance only to discover that their help was unwanted or unwarranted. In order to avoid being judged by other bystanders, people simply take no action.
- How other people respond: People also tend to look to others for how to respond in such situations, particularly if the event contains some level of ambiguity. If no one else seems to be reacting, then individuals become less likely to respond as well.
- The number of people present: The more people who are around, the less personal responsibility people feel in a situation. This is known as the diffusion of responsibility.

How to Take Action

Researchers have also suggested that five key things must happen in order for a person to take action. An individual must:

1. Notice what is happening
2. Interpret the event as an emergency
3. Experience feelings of responsibility
4. Believe that they have the skills to help
5. Make a conscious choice to offer assistance

Other factors that can help people overcome the bystander effect include having a personal relationship with the individual in need, having the skills and knowledge to provide assistance, and having empathy for those in need.

Adaptado de: <https://www.verywellmind.com/what-is-prosocial-behavior-2795479> (para fins educacionais).

6. QUESTÃO 1 – Em qual década o termo comportamento pró-social surgiu, * por quem ele foi trazido e com qual finalidade?

7. **QUESTÃO 2 – Dentre os três benefícios apresentados pelo comportamento pró-social, escolha dois deles descrevendo o que é apontado pelas pesquisas.** *

8. **QUESTÃO 3 – De acordo com as pesquisas, quais são os tipos de comportamento pró-social e quais são as ações que definem cada um deles?** *

9. **QUESTÃO 4 – De acordo com alguns experts, qual a diferença entre comportamento pró-social e altruísmo?** *

10. **QUESTÃO 5 – Quais são os cinco passos sugeridos pelos pesquisadores que devem ser observados para que uma pessoa possa agir.** *

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