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# An Exploratory Study on Globalization and Psychological Consequences on Sustainable Economic Development

Syed Mohamed Sadath<sup>1,\*</sup>, Mohd Faheem<sup>2</sup>

<sup>1</sup>Department of Radiological Sciences, Imam Abdulrahman Bin Faisal University, Dammam, Saudi Arabia. <sup>2</sup>Department of Interdisciplinary Asian Studies, Pridi Banomyong International College, Thammasat University, Bangkok, Thailand. smsadath@iau.edu.sa1, mohdfaheem08@gmail.com2

**Abstract:** India's global economy has grown rapidly since 1991, with an average annual GDP increasing from 3.5% to 7.7% between 2002-2012. Globalization, a process involving immigration, trade, and idea exchange, offers opportunities like increased trade, investment, and employment but also presents challenges like inadequate infrastructure, inequality, and identity issues. The concept of grounded globalization was developed in 2002, allowing psychology to develop a theoretical and empirical understanding of globalization in psychology. This study focuses on how globalization influences the psychological functioning of sustainable economic development, particularly in adolescence, as adolescents play a vital role in globalization. This study employs an exploratory survey design. Five hundred eighty-four samples were enquired about how globalization influences psychological functioning for sustainable economic development. Tools such as ANOVA and linear regressions confirm that Identity issues are central to adolescent development, and globalization indirectly affects how changes influence people, reactions, and acceptance rates. Globalization has led to significant psychological changes in identity, resulting in bicultural identities, identity confusion, and self-selected cultures. This study examines the psychological impact of globalization on bicultural identities, identity confusion, self-selected cultures, and the spread of emerging adulthood.

Keywords: Psychological Consequences; Globalization and Identity Issues; Self-Selected Cultures; Spread of Emerging Adulthood; Ideas and Information; Involving Immigration; Inadequate Infrastructure.

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#### 1. Introduction

India joined the global economy in 1991, and since then, it has expanded quickly. These changes impact the economic situation of the nations. The average annual GDP grew throughout the first phase, from 3.5% in 1980–1990 to 7.7% in 2002–2012. Then, it has attained the highest percentage (9%) since 2008. From then on, it climbed steadily, reaching \$8358 in 2022. The term "globalization" is not new; it has been around for many years as a process where values collide and are altered through trade, immigration, and sharing of ideas and information. The degree and depth of the interconnectedness between diverse cultures and geographical areas of the world have grown. So, globalization has become the term used to identify its status quo [21].

The process of globalization includes the origins, paths, and outcomes of cross-border and transcultural fusions of human and non-human activity. It offers advantages such as enhanced international trade, increased investment, economic expansion, and job creation [22]. However, it may also result in several problems like poor infrastructure, inequality, and identity problems.

<sup>\*</sup>Corresponding author.

The idea of grounded globalization was created in 2002. The introduction of a fresh perspective on globalization that sees the phenomenon from the viewpoint of the individuals who inhabit the system opened up new avenues for psychology to explore in pursuing a theoretical and empirical explanation of globalization [15].

Globalization encompasses a broad spectrum of problems and occurrences. The majority of the well-known books on globalization concentrated on economics and how it affected urban life and cultural customs. Nevertheless, it is challenging to comprehend psychology's role in globalization [23]. Most psychological studies and ideas only marginally and indirectly address the effects of globalization [4]. As a result, this research's description was unclear. This article discusses how globalization affects psychological functioning in an attempt to close this knowledge gap. This study aims to investigate the major impact of globalization on psychological identity difficulties [24].

Adolescent-related problems are the main focus of the topic since this stage of life is crucial to the globalization process and because adolescents have the maturity and independence to seek out experiences and knowledge outside of their homes [19]. Finally, they are more receptive to what is novel and different since they are not yet devoted to a specific way of living and have not yet formed deep patterns of beliefs and conduct. In addition, compared to adults or children, they are most interested in worldwide media.

Globalized media, which opens the door for others to acquire or contemplate various beliefs and behaviors, is one of the major benefits of globalization. They increasingly involve global entertainment factors, which are common across nations and cultures [25]. Social media can be a major reason for this phenomenon. According to a United Nations report on human development, market researchers recently started marketing to "global teens" because the majority of urban adolescents worldwide have similar tastes and a parallel consumption pattern for "global brands" of clothing, accessories, entertainment, and beverages [20].

In the psychology of globalization, identity issues are central to adolescent development. In the past, kinds of literature argued that various social issues impact the social process globalization engenders, either individuals or communities, so they did not focus on psychological issues of globalization [13]. Many authors have defined globalization regarding social issues and how globalization evolves. At the same time, interdependence and international exchange should increase the spread of global culture through the common people's experience across boundaries, strengthening the social relations among localities with world classes through global events [26].

These interconnection practices and cross-cultural events are not popular at present. But nowadays, people are spreading this connection through the influence of foreign fashions and cultures, whether cultural globalization or economic [27]. Here, psychology is more important, and globalization is indirectly associated with a psychological, well-versed analysis of how changes in the globalization process influence people, their reactions, and their acceptance rate [28]. This study highlights how this theoretical understanding of psychological issues makes people more interested in globalization and the narrow understanding of global environmental and cultural processes.

#### 2. Literature Review

#### 2.1. Globalization and Psychology

Globalization is the process through which individuals, organizations, and governments from many countries connect and integrate, entailing international trade in products, services, ideas, technology, cultural forms, and people. It promotes the entrance of capitalist values, neoliberal economic theories, and instrumental rationality into traditional societies while also hastening the global circulation of ideas, languages, and popular cultures. Globalization has not attracted much research interest in psychology despite its appeal in the social sciences [29]. The dynamics at the intersection of psychology and globalization are highlighted in the writings of psychologists about the latter [6]. Although the discipline has not systematically examined the processes and results of globalization, they discuss how it affects intergroup relations, mental health, self and identity, quality of life, and responses to climate change.

### 2.2. Self-Identity

As the first psychologist to address how globalization has affected psychology, Sampson [17] argued for a "globalized theory of the person" that considers the interwoven social and economic backdrop of a world that is becoming increasingly globalized. According to Hermans and Kempen [9], an increasingly interconnected global society tests conventional psychological concepts of culture, necessitating a revaluation of identity formation and the self. Arnett [3] asserts that exposure to the "culturally different other" is no longer restricted to local media or firsthand experience and that this is how globalization primarily affects identity difficulties. The phrase "globalization-based acculturation," coined by Chen et al. [5], describes how

a person assimilates some elements of many global cultures into their identity. Depending on one's country of residence, Western or non-Western, different aspects of globalization-based acculturation occur. How identity and self are understood in the modern world is influenced by internationalization, universalization, westernization, and deterritorialization.

#### 2.3. Perception of Life Position

Researchers Diaz & Zirkel [7] investigate the psychological effects of hybridized living and work environments in which people carry out several tasks in a single location. They contend that the continuous barrage of local and worldwide information from this networked multitasking could cause subjective overload. Gergen's concept of the "absent present," which describes a situation in which an individual is immersed in cyber networks and may be physically present in one place but psychologically engaged in another virtual reality, reflects this occurrence [18].

## 2.4. Mental Stability

Researchers in psychology have examined the relationship between globalization and mental health, contending that economic processes that exacerbate poverty and inequality, particularly in low- and middle-income nations, act as a mediating factor in this relationship. The consequences of globalization differ according to the structural characteristics of the nation; poverty is frequently associated with a lack of access to resources such as health insurance, mental health services, and prescription drugs [16]. The decline in mental health and increase in suicide rates in these nations have been connected to global trade processes. While Walker explores how globalization affects depression rates by fostering a post-Fordist model of development and severing people from conventional support networks, Watters cautions against exporting Western mental health paradigms to cultures that are not their own. Due to their tight conditions and long hours, workers at sweatshops and maquiladoras suffer psychological stress [30].

#### 2.5. Environmental change

Significant social justice issues are raised by global climate change, with the most adverse effects often falling on the countries that contribute the least to these processes. Political-economic ties have been reformed, small island states have been impacted, and socio-political and cultural aspects of life have been drastically changed. It has been established by behavioral scientists that there are clear distinctions between the psychological reactions to immediate or localized environmental issues and those to global environmental dangers, such as global warming [1]. These works emphasize the differences between the environmental pressures we have evolved and the spatial-temporal elements specific to globalization and the operation of a global system [31].

Our capacity to react to near-term dangers has allowed evolution to Favor us over distant and worldwide threats. Recently, the American Psychologist published a special issue on psychology and climate change. The article covered the psychological effects of climate change, coping mechanisms in response to it, and the connections between human activity and climate change and cognitive, affective, and interpersonal responses [32]. The essays in this special issue highlight the intricate interactions between individual contributions to and reactions to large-scale system change processes [33].

#### 2.6. Relations among Intergroup

Increased communication between people worldwide is referred to as "globalization." Yet, it frequently leads to "fractured globalization" because of cross-border travel at a rapid pace and the Internet's ability to smuggle in influences from the West. Contradictions and tensions result from this, such as extensive interaction between individuals with little prior relationship history, which might jeopardize group cohesiveness and cultural identity. Intergroup conflict arises from differing perspectives on the meaning and consequences of globalization, which can be sparked by sentiments of cultural loss and increased national competency [2].

The evolution of national and group identities is also impacted by the increased capacity to learn about far-off events almost instantaneously through worldwide communication technologies. Individual responses are intricately entwined with the contextual framing of touch, resulting in reactions to these phenomena that are nuanced and multidimensional. Recent research in social psychology shows that people's responses to greater interaction can be complex and intricately entwined with the situation in which it occurs.

#### 2.7. Issues in psychological studies of globalization

Recent psychological research has supported an ecological understanding of human psychology and a systemic approach to individual, organizational, and societal development. A polyculture perspective on culture has been adopted by some

psychologists, who treat cultures as interacting systems instead of separate entities [12]. In reaction to globalization, people have organized anti-globalization protests, conserved energy, limited their civil liberties, supported cosmopolitanism, and created cultural identities within globalized communities. Psychological studies of globalization primarily focus on two issues: the general perception of globalization and the boom of global culture responses.

#### 2.8. Common Perceptions of Globalization

Globalization is a complex concept that involves many different issues. Earlier research categorized These concerns into five categories: global consumer brands, information technology, human mobility, global disasters, international trade, and regulatory agencies. People in all four regions have rated globalization highly for its effects on warmth and competence [34]. A common folktale contends that as a community advances, its members grow less reliable and more capable. Globalization and development are thought to have similar effects in nations where they are important drivers of each other's progress. Those anticipating improved well-being think progress will make their community more capable and hospitable. In cultures recently benefiting from globalization, individuals also predict a good future trend in warmth and competence [35].

#### 2.9. Boom of global culture responses

Global exposure to many cultures can have various psychological effects, from provoking innovative ideas to evoking restrictive nationalist feelings. Psychological reactions to the influx of foreign culture fall into two categories: integrative reactions, which are goal-oriented and focused on problem-solving, and exclusionary reactions, which are emotion-driven reactions to fears of cultural contamination and degradation [36]. When the locals perceive a foreign culture as an attempt by the foreign culture to trample over the indigenous culture, exclusionary reactions may result.

Goal-oriented and problem-solving in nature, integrative reactions are frequently coupled with the understanding of different cultural traditions as intellectual resources for original problem-solving. While local cultural identification is minimal, people do not experience existential anxiety, and they do not obsess over precise solutions while solving problems; exposure to foreign cultures increases creative performance [37]. Exposure to cultures beyond one's own improves creativity more when people are eager to absorb ideas from other cultures and push themselves to expand their conceptual horizons by incorporating seemingly contradictory cultural concepts into novel cognitive frameworks. Thus, when people view other cultures as sources of inspiration, simultaneously activating two cultures in globalized situations might improve individual creativity [38].

#### 2.10. The Psychological consequences of globalization

Significant psychological shifts brought about by globalization have resulted in the emergence of bicultural identities, with one component entrenched in local culture and the other conscious of their connection to global culture [39]. Young individuals from non-Western cultures are experiencing more identity uncertainty as a result, and they might not feel comfortable in either. Furthermore, some people create self-selected societies with other like-minded people who share their desire for a distinct identity free from the influences of global society and its ideals [40]. With identity explorations in love and work persisting into the ages of 10 to 25, identity investigations in these domains extend beyond adolescence into post-adolescent adulthood.

# 2.11. Identities of Bicultural

Bicultural identities can be used to conceptualize the global consciousness that many children and adolescents are growing up with today. Although this idea has only been considered regarding the identities that people of ethnic minorities and immigrants have established, it can also be applied to globalization. Young people in this setting establish a global identity that involves a knowledge of customs, facts, and styles, which provides them with a sense of belonging to a global community.

The global phenomena depend heavily on television since it exposes viewers to information, people, and events from around the globe. The Internet will probably be much more significant for kids and teenagers in the future since it gives them direct access to global knowledge and facilitates global communication with other people [14]. People continue to create local identities in addition to their global identities, ones shaped by their localized surroundings, context, and community area. They most likely employ this identity in their regular encounters with friends, family, and neighbors.

The tendency to maintain a localized community while developing a worldwide one is observed in a country with a thriving economy driven primarily by youth. In keeping with Indian tradition, even the more intelligent young people who have graduated and entered the workforce prefer to get married in an arranged marriage. They also typically anticipate, in keeping with Indian custom, taking care of their parents as they are older. As a result, they maintain two identities: one steeped in Indian heritage and intended for success in advanced technology, and the other for participation in the global economy and personal fulfillment.

Globalization has altered local cultures through global free trade markets, global media, and postponed. A hybrid identity combining aspects of local and global culture is more likely to result from these developments than bicultural identification due to its profound impact on traditional cultural behaviors and beliefs. One of the factors driving globalization has been identified as more immigration, and identity complexity only grows for immigrants.

#### 2.12. Identity confusion

Many people have adapted to the changes brought about by globalization by creating bicultural or hybrid identities. Due to their sense of isolation from both local and global culture and their belief that it is a part of both, some people may find this process more difficult. Delocalization, displacement, and deterritorialization are frequently used to allude to this process. The term "delocalization" describes the weakening of a child's bonds as they grow increasingly aware of the world.

Electronic media, such as computers and televisions, are vital to this change because they provide access to information and people across vast geographic distances, permeating local experiences [11]. For most young people, this delocalization is not a sign of grief or hardship but simply how life is. On the other hand, delocalization may cause a sharp sense of alienation and impermanence in some young people as they grow up lacking cultural certainty and explicit rules for how life should be conducted.

Young individuals may conclude that their traditional worldview is irrelevant to the new global culture they are entering in quickly changing societies. Juveniles may not find traditional worldviews strong enough emotional or ideological appeal, as evidenced by the fall in youth collectivism in China and Japan. Furthermore, some young people can find it difficult to reconcile the individualistic and consumerist principles of the global culture with their cultural traditions. Globalization can benefit from the application of John Berry's theories on immigration and acculturation, especially about the problem of identity confusion. The pattern of acculturation known as marginalization occurs when a person rejects or is rejected by the new culture while also having little interest in preserving the prior culture. Feeling alienated from the global society and losing faith in the local culture can cause identity uncertainty.

Another word for unlearning elements of one's past repertoire that are no longer relevant is "culture shedding." Culture shedding may be necessary due to globalization because global culture influences local cultures. Globalization has resulted in the increasing egalitarianism of civilizations that have historically upheld patriarchal family rule. The struggle that arises from assimilating into a new culture can also be referred to as acculturative stress, and it can also trigger identity confusion.

The degree to which cultural beliefs and practices differ is known as the cultural gap. The process of adapting becomes more challenging with increasing cultural distance. Problems like substance abuse, depression, and suicide may be signs of identity confusion in young individuals. Following their swift assimilation into global culture, youth suicide and drug use have increased dramatically in several civilizations.

# 2.13. Own choice of Cultures

Global culture is founded on individualism, democracy, and free market economics. It emphasizes individual rights, freedom of choice, adaptability, and tolerance for diversity. Due to their widespread adoption in nations like the West, especially the United States, which are major forces behind globalization, these values dominate world culture. The ideals of the global culture must strongly emphasize accepting and appreciating diversity to bring people together across national and cultural divides.

Global culture is attractive to most people, who will accept it if given the chance. Critics contend that globalization threatens the development of a uniform global culture in which kids aspire to be like the newest pop stars, eat Big Macs, take Disney World vacations, and dress in blue jeans, baseball caps, and Nike sneakers. It is unlikely that this will occur entirely, though, as most people will grow to have a bicultural identity that incorporates both their local and global identities.

Some people integrate into a self-selected culture with greater structure and significance than the global culture. Most young people enthusiastically join the worldwide trend, but others will always intentionally try to set themselves apart [8]. Some achieve this through associating with a self-selected, frequently religiously based group of other dissenters. The world's society is adamantly secular, frequently ignoring religious concerns in Favor of entertainment, materialism, and personal fulfillment. Some people gravitate to religious systems that reject secular values and offer everlasting, transcendent truths because these values are unable to give them the structure and meaning they require.

Globalization has led to the observation of fundamentalist groups in both Western and non-Western nations. These movements are a direct response to these changes. A strict code of conduct, the conviction that the past is sacred and superior to the present, a sense of being under attack from the outside world, and the acceptance of a hierarchical power structure are among the basic values these movements share. Fundamentalists reject the ideals of the global society, claiming that there is only one real faith, that all behaviors should be based on religious principles, and that greed and ostentatious consumption should be discouraged.

Certain self-selected cultures might be nonreligious, like the youth culture that developed around heavy metal music in the 1980s and 1990s. This culture conveyed a cynical and pessimistic view of the world rather than being overtly against globalization. Millions of young people worldwide who identify as heavy metal fans are trying to establish themselves in a self-selected culture apart from the global culture that currently defines mainstream, safe, and conventional. Ironically, young people worldwide have access to the same media products, reflected in the global popularity of heavy metal music and globalization's economic and marketing reach.

Another kind of self-selected culture explicitly opposes globalization. Strong organized protests against the World Bank and International Monetary Fund's alleged globalization ambitions have recently occurred, primarily by youth. If it becomes more widely believed that globalization causes cultural marginalization, political and economic instability, and a widening wealth disparity, this number might rise.

The homogenizing effect of globalization has prompted many regions to directly and consciously counter-respond by making ethnic, religious, and national identities more salient and explicit in recent years. In Samoa, for instance, tattooing intricate geometric designs on teenage boys is a traditional rite of passage that has been revitalized recently.

#### 2.14. Predominant Emerging Adulthood

The timing of transitions to adult roles, such as marriage, parenthood, and the workforce, has changed significantly due to globalization. Emerging adulthood, which spans from late teens to mid-twenties and is defined by self-focused exploration of possibilities in love, work, and worldviews, is becoming more prevalent as young people delay these transitions in response to the growing technological and information-based global economy. This stage of life is marked by instability because of shifting residences, romantic relationships, and employment.

Since emerging adulthood allows young people to explore their love and career options before making lifelong decisions, it is linked to identity difficulties. They better understand who they are and how to express their preferences and skills by trying out various romantic relationships, career paths, and educational opportunities [10]. Economic development is facilitated by globalization and is essential to the emergence of adulthood.

However, many young people may experience unemployment due to this expansion once they graduate. Only the wealthiest segments of society, primarily those living in urban areas, experience emerging adulthood in developing nations. Because they start working like adults at a young age and marry and have children relatively early, the rural poor do not have emerging adulthood or adolescence.

As the middle class grows and globalization and economic development persist, the percentage of youth experiencing emerging adulthood in the middle class is anticipated to rise. The desire for a more varied and inclusive workforce, as well as the growing impact of globalization on the lives of youth, have caused a shift in the timing of the transition to adult duties. The following conceptual model has been developed based on the support of the literature.

#### 3. Conceptual Framework

The framework identifies independent and dependent variables, with globalization being the independent variable. It focuses on the impact of globalization on bicultural identities, identity confusion, self-selected cultures, and the spread of emerging adulthood in the context of psychological impact. Bicultural identity is developing a sense of self incorporating elements from two distinct cultural backgrounds. Identity confusion is when individuals experience uncertainty or conflict regarding their self-concept and cultural identity.

Globalization may contribute to identity confusion as individuals encounter diverse cultural influences. Own-choice-based cultures explore how individuals actively choose and adopt specific cultural elements that resonate with them in the context of globalization. Emerging adulthood refers to the global nature of this developmental stage, influenced by global trends and cultural shifts (Figure 1).

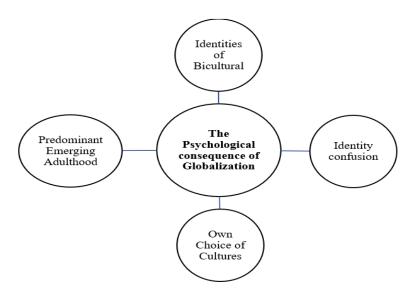


Figure 1: Proposed Conceptual Framework

The conceptual framework outlines the relationships between globalization and the dependent variables, with one hypothesis suggesting that increased exposure to globalization leads to a higher likelihood of developing bicultural identities but may also contribute to identity confusion due to diverse cultural influences. Globalization might empower individuals to select and shape their cultural identity actively, influencing emerging adulthood's global spread. The study may employ various research methods to explore these relationships and assess the psychological consequences of globalization on individuals' identities.

#### 4. Research Methodology

This study is explorative, and globalization's influence on sustainable psychological economic development is enquired. The population is the individual contributing to the economic development. Since the population count is not accessible due to its contributions to economic development, the study adopted non-probability sampling, which identified the sample target group. The sample frame was determined to be the accessible population in Bangkok. A convenience sampling technique was used, and the survey was conducted on 584 people. The scales are developed for this purpose.

#### 5. Results and Discussions

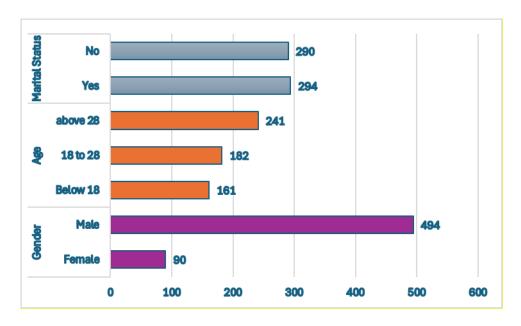


Figure 2: Descriptive statistics

Figure 2 shows the sample distributions and demographic characteristics of the samples. The results show that the males outnumbered the females due to the participatory willingness and the researcher's positional convenience. 41.5% of study samples above 28 in nature are included. The other age segments also do not vary much with the percentage of 31.3% of the 18 to 28 group and 27% of those below 18 years.

The study requires a middle-aged adult with teens so that the mature answers would contribute to the valid results. The marital status of the respondents is not skewing heavily, with 294 married and 290 unmarried. Therefore, the demographic profile denotes that the respondents included in the study are valid and provide some valid responses (Table 1).

Table 1: ANOVA Analysis of Psychological Functions Across Different Age Groups

Age Group on Psychological Functions		Sum of Squares	df	Mean Square	F	Sig.
Emerging Adulthood	Between Groups	3.781	6	0.630	0.641	0.698
	Within Groups	567.691	577	0.984		
Biculture	Between Groups	11.018	6	1.836	1.708	0.117
	Within Groups	620.186	577	1.075		
Identity Confusion	Between Groups	12.038	6	2.006	2.045	0.058
	Within Groups	565.935	577	0.981		
Choice of Culture	Between Groups	5.476	6	0.913	0.731	0.625
	Within Groups	720.853	577	1.249		

The constructs show no significant differences in psychological functions across different age groups. These results highlight that the psychological constructs in question may be influenced by factors other than age, such as cultural background, personal experiences, or environmental influences. The study underscores the importance of considering various variables when examining psychological functions and identity formation. Future research should explore additional demographic and contextual factors to provide a more comprehensive understanding of these constructs.

#### 6. Conclusion

This study explores the complex relationship between globalization and the psychological effects experienced by individuals, focusing on bicultural identities, identity confusion, self-selected cultures, and the spread of emerging adulthood. As seen in India's economic transformation, the globalization process has brought about significant changes in the global landscape, presenting opportunities for increased trade, investment, and economic growth but also introducing challenges such as identity issues, inequality, and inadequate infrastructure.

The study emphasizes the psychological dimension of globalization, particularly during adolescence. Young people navigate a global consciousness, developing a sense of belonging to local and global cultures. However, this journey is not without challenges, such as identity confusion, where individuals grapple with merging diverse cultural influences. Self-selected cultures highlight individuals' agency in choosing and shaping their cultural identity amidst the global milieu.

The study also highlights the spread of emerging adulthood, a developmental stage influenced by global trends and cultural shifts. As young people postpone traditional transitions to adult roles, they explore selflessly, navigating the complexities of love, work, and worldviews. This phenomenon is not uniform across all societal segments, highlighting the role of economic development in shaping emerging adulthood. The psychological consequences of globalization are nuanced and multifaceted, and acknowledging these dimensions can lead to informed discussions, interventions, and policies that consider the holistic well-being of individuals in the evolving global landscape.

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