

# Group Belongingness: Investigating the Formation, Maintenance, and Influencing Factors of Social Identity and Group Membership

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## Abstract

This paper explores the concept of group belongingness and investigates the formation, maintenance, and influencing factors of social identity and group membership. Drawing upon social identity theory, the paper examines the processes involved in the formation of social identity, including social categorization, social identification, and social comparison. It also explores the various factors that influence the formation of social identity, such as personal characteristics, group characteristics, and the social context. Additionally, the paper discusses the importance of maintaining social identity and group membership, as well as the challenges and barriers to this maintenance. Furthermore, it examines the individual, group, and societal factors that influence social identity and group membership. The paper also delves into the different research methods used to investigate social identity and group membership, including quantitative and qualitative approaches. Finally, the implications and applications of understanding group belongingness are discussed, along with future research directions. The findings highlight the significance of fostering group belongingness for individuals and society as a whole.

**Keywords:** group belongingness, social identity, group membership, social categorization, social identification

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## 1. Introduction

### 1.1 Background and Significance of Group Belongingness

Group belongingness is a fundamental aspect of human social experience, as individuals have an inherent need to belong and form connections with others. Belonging to a group provides individuals with a sense of identity, purpose, and support. It plays a crucial role in shaping individuals' attitudes, behaviors, and well-being.

Understanding the dynamics of group belongingness is important for various domains, including psychology, sociology, organizational behavior, and community development.

### 1.2 Definition and Conceptualization of Social Identity and Group Membership

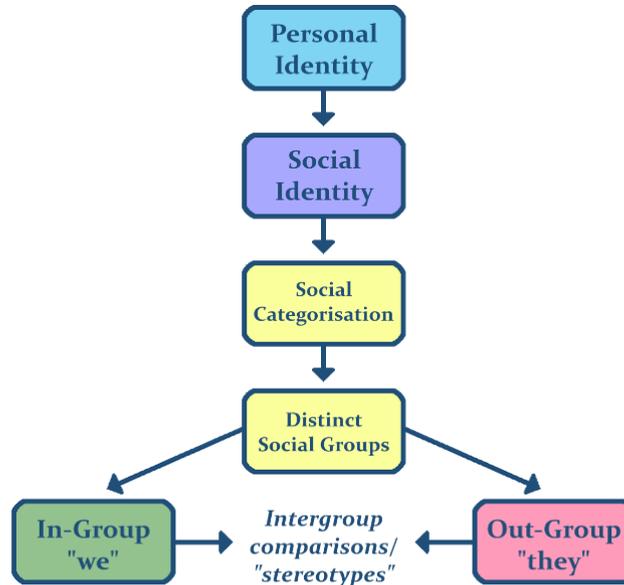
Social identity refers to an individual's self-concept that is derived from their membership in social groups. It encompasses the sense of belonging, shared values, beliefs,

and emotional attachment to the group. Group membership, on the other hand, refers to the formal or informal affiliation of individuals with a specific group or category. It involves the identification of oneself as a member of a particular social group, such as family, cultural,

occupational, or interest-based groups.

## 2. Formation of Social Identity and Group Membership

### 2.1 Social Identity Theory and Its Key Concepts



**Figure 1.** Social identity theory

Source: [https://en.wikiversity.org/wiki/File:Social\\_identity\\_theory.png](https://en.wikiversity.org/wiki/File:Social_identity_theory.png).

Social identity theory, proposed by Henri Tajfel and John Turner, provides a comprehensive framework for understanding the formation and maintenance of social identity. This theory posits that individuals strive to achieve a positive social identity by identifying with and positively evaluating their in-group while differentiating and negatively evaluating out-groups. Social identity is the part of an individual's self-concept that derives from their membership in a social group.

Within social identity theory, several key concepts help explain the processes involved in the formation of social identity. These concepts include social categorization, social identification, and social comparison.

### 2.2 Processes Involved in the Formation of Social Identity

#### 2.2.1 Social Categorization

Social categorization is a cognitive process through which individuals classify themselves and others into social groups based on shared characteristics. These shared characteristics can include demographic factors such as age, gender, ethnicity, or occupation. By categorizing

individuals into groups, people simplify their understanding of the social world, create distinct boundaries between groups, and perceive themselves as belonging to specific social categories. Social categorization provides a foundation for the formation of social identity.

#### 2.2.2 Social Identification

Social identification is the psychological process through which individuals internalize the identity and values of a particular social group. It involves adopting the norms, values, and behaviors of the group as part of one's self-concept. When individuals identify strongly with a group, their self-esteem and well-being become intertwined with the group's identity. Social identification provides a sense of belongingness, a shared sense of purpose, and a source of social support.

#### 2.2.3 Social Comparison

Social comparison is the process of evaluating oneself or one's group in relation to other individuals or groups. Individuals engage in social comparison to gain information about their abilities, opinions, and achievements, and to develop a sense of self-worth. In the context

of social identity formation, social comparison contributes to the formation of positive distinctiveness. Positive distinctiveness refers to the desire to perceive one's in-group as superior to relevant out-groups. By emphasizing the positive qualities and achievements of the in-group and devaluing the out-group, individuals enhance their social identity and self-esteem.

### *2.3 Factors Influencing the Formation of Social Identity*

#### *2.3.1 Personal Characteristics*

Personal characteristics play a significant role in the formation of social identity. Personality traits, such as extraversion, agreeableness, and openness to new experiences, can influence an individual's inclination to seek out group membership and identify strongly with their in-group. Additionally, self-esteem and self-concept clarity play a role in social identity formation. Individuals with high self-esteem and a clear sense of self are more likely to identify with and derive their social identity from their in-group.

#### *2.3.2 Group Characteristics*

Group characteristics also influence the formation of social identity. Factors such as group size, cohesion, and perceived similarity among group members shape individuals' social identity. Larger groups may provide a greater sense of belongingness and social support due to the increased number of potential interactions and shared experiences. Cohesive groups, characterized by strong interpersonal bonds and a shared sense of identity, can foster a stronger group identity. Perceived similarity among group members, including shared values, attitudes, and goals, contributes to a sense of collective identity.

#### *2.3.3 Social Context and Environment*

The social context and environment play a crucial role in shaping social identity. Cultural norms, societal expectations, and historical events influence the formation of social identity. Socialization practices within a culture or community transmit values, beliefs, and behaviors that shape individuals' identification with specific social groups. Exposure to diverse cultures and experiences can broaden individuals' social identities as they adopt aspects of different groups. Experiences of discrimination or marginalization based on

certain social identities can also heighten individuals' identification with their in-group as a means of coping with discrimination or seeking social support.

Understanding the processes involved in the formation of social identity and the factors that influence it provides valuable insights into human behavior, group dynamics, and intergroup relations. By studying social identity formation, researchers can gain a deeper understanding of how individuals come to identify with specific groups and how these identities shape their attitudes, behaviors, and interactions with others. Such knowledge has implications for fields such as social psychology, organizational behavior, intergroup relations, and community development.

## **3. Maintenance of Social Identity and Group Membership**

### *3.1 Importance of Maintaining Social Identity and Group Membership*

Maintaining social identity and group membership is crucial for individuals' well-being, sense of belongingness, and overall psychological functioning. Belonging to a group provides individuals with a source of support, validation, and social integration. It offers a sense of identity, purpose, and meaning, and can contribute to individuals' self-esteem and psychological resilience.

### *3.2 Processes and Strategies for Maintaining Social Identity*

#### *3.2.1 Ingroup Bias and Favoritism*

Ingroup bias refers to the tendency to favor one's own group over out-groups. It serves as a mechanism for maintaining social identity by reinforcing positive evaluations of the in-group and protecting the group's distinctiveness. Ingroup favoritism involves allocating more resources, support, and positive treatment to fellow in-group members.

#### *3.2.2 Social Support and Cohesion*

Social support from group members plays a vital role in maintaining social identity and group membership. Supportive relationships within the group provide emotional, instrumental, and informational assistance, fostering a sense of belongingness and solidarity. Group cohesion, characterized by mutual trust, cooperation, and shared goals, enhances the maintenance of social identity.

### 3.2.3 Identity Management

Identity management involves the strategies individuals employ to maintain a positive social identity. This can include engaging in behaviors that reinforce the positive characteristics of the in-group, emphasizing similarities with other group members, and distancing oneself from negative stereotypes or stigmatized attributes associated with the group.

### 3.3 Challenges and Barriers to Maintaining Social Identity

#### 3.3.1 Intergroup Conflict and Prejudice

Intergroup conflict, prejudice, and discrimination pose significant challenges to maintaining social identity. Negative intergroup attitudes and behaviors can threaten individuals' identification with their group, leading to negative emotional experiences, reduced well-being, and a weakened sense of belongingness.

#### 3.3.2 Social Comparison and Identity Threat

Social comparison with other groups can create identity threats when the in-group is perceived as inferior or disadvantaged. This can result in negative evaluations of one's social identity and a diminished sense of belongingness. Social comparison processes that highlight discrepancies between the in-group and out-groups can undermine the maintenance of social identity.

#### 3.3.3 Changes in Group Dynamics and Composition

Changes in group dynamics, such as leadership transitions, membership turnover, or shifts in group goals, can impact the maintenance of social identity. Individuals may experience uncertainty, conflict, or reduced cohesiveness when the group undergoes significant changes, posing challenges to their continued identification with the group.

## 4. Influencing Factors of Social Identity and Group Membership

**Table 1.** Factors Influencing Social Identity and Group Membership

Factors	Description	Examples
Individual Factors	Personal characteristics influencing social identity and group membership	Personality traits, motivations, self-perception
Group Characteristics	Group-level factors influencing social identity and group membership	Group norms, leadership, socialization processes
Societal and Cultural Factors	Societal and cultural influences on social identity and group membership	Cultural norms, social institutions, media

### 4.1 Individual factors

#### 4.1.1 Personality Traits

Personality traits play a crucial role in influencing individuals' inclination to identify with and form strong social identities. For example, individuals high in extraversion tend to be sociable, outgoing, and seek social interactions. These individuals may be more likely to actively participate in group activities, form connections with group members, and develop a stronger sense of group membership. Agreeableness, characterized by warmth, empathy, and cooperativeness, may also contribute to individuals' tendency to value and maintain group memberships. Openness to experience, which reflects a willingness to explore new ideas and perspectives, may foster a broader range of group memberships as individuals seek diverse social experiences.

#### 4.1.2 Motivations and Needs

Motivations and needs play a significant role in shaping social identity and group membership. The need for affiliation and belongingness, as proposed by Maslow's hierarchy of needs, drives individuals to seek social connections and form group memberships. Individuals with a high need for affiliation may actively engage in group activities, seek social support, and maintain strong group ties. The need for self-esteem also influences social identity, as individuals may derive a sense of self-worth and validation from their group memberships. Group memberships can fulfill individuals' needs for recognition, status, and a positive social identity.

#### 4.1.3 Cognitive Processes and Self-Perception

Cognitive processes, including social categorization, self-perception, and self-concept

clarity, contribute to the formation and maintenance of social identity. Social categorization is a cognitive mechanism through which individuals classify themselves and others into social groups based on shared characteristics. This process simplifies social complexity, helps individuals define their social identities, and facilitates the identification with specific groups. Self-perception theory suggests that individuals infer their attitudes and beliefs by observing their own behavior and the context in which it occurs. Through self-perception processes, individuals come to identify with the behaviors and values associated with their in-group, further solidifying their social identity. Self-concept clarity, which refers to the extent to which individuals have a clear and well-defined understanding of themselves, can influence the strength and stability of social identities. Individuals with higher self-concept clarity may have a stronger sense of who they are, leading to more consistent and committed group identifications.

#### 4.2 Group Factors

##### 4.2.1 Group Norms and Values

Group norms and values provide a framework for behavior and significantly influence social identity and group membership. When individuals align their beliefs, attitudes, and behaviors with the norms and values of their group, it strengthens their identification with the group. Group norms define appropriate behavior within the group, while values represent the core principles and ideals that guide the group's functioning. The alignment with group norms and values fosters a sense of belongingness, shared purpose, and collective identity.

##### 4.2.2 Leadership and Group Dynamics

Leadership styles, group dynamics, and interpersonal relationships within the group contribute to social identity and group membership. Effective leadership that fosters inclusivity, trust, and a sense of shared purpose can enhance individuals' identification with the group. Leaders who exhibit transformational leadership qualities, such as charisma, inspiration, and the ability to articulate a compelling vision, can facilitate a strong and positive group identity. Moreover, group dynamics, such as cohesion, cooperation, and positive intergroup relations, can enhance individuals' commitment to the group and

strengthen their social identity.

##### 4.2.3 Socialization and Role Identity

Socialization processes within a group play a significant role in shaping individuals' social identity. Through socialization, individuals learn and internalize the values, behaviors, and expectations of the group. Socialization can occur through various means, such as direct teaching, observation, and reinforcement of group norms and behaviors. Role identity, which refers to the set of behaviors, rights, and obligations associated with a particular position or status within the group, contributes to individuals' identification with the group. Individuals develop a sense of belongingness and purpose by fulfilling their roles and responsibilities within the group.

#### 4.3 Societal and Cultural Factors

##### 4.3.1 Cultural Norms and Values

Cultural norms and values significantly influence social identity and group membership. Cultural expectations and practices shape individuals' identification with certain social groups and the importance placed on group memberships within a specific cultural context. For example, collectivist cultures emphasize the significance of group memberships and promote interdependence, cooperation, and loyalty to the in-group. In contrast, individualistic cultures prioritize individual goals, autonomy, and self-expression. These cultural variations shape individuals' motivations, preferences, and behaviors related to social identity and group membership.

##### 4.3.2 Social Institutions and Structures

Social institutions, such as family, education systems, and workplaces, play a crucial role in shaping social identity and group membership. These institutions provide socialization mechanisms, prescribe norms and values, and offer opportunities for individuals to form group affiliations. Family, as the primary socializing agent, introduces individuals to their first social groups and influences their early identification processes. Educational institutions and workplaces often foster group memberships through shared goals, collaborative projects, and social interactions. The norms, roles, and opportunities provided by these social institutions shape individuals' identification with certain groups and the significance of group memberships in their lives.

### 4.3.3 Media and Technology

Media and technology exert a profound influence on social identity and group membership. Media representations of social groups can shape individuals' perceptions, attitudes, and identification with these groups. The portrayal of certain groups in the media can reinforce stereotypes, influence social categorization processes, and impact individuals' desire to affiliate with or distance themselves from these groups. Additionally, online communities and social media platforms offer opportunities for individuals to connect with like-minded individuals, form virtual communities, and develop group memberships. Online platforms provide spaces for individuals to express their identities, seek social support, and engage in collective action. The accessibility and reach of media and technology contribute to the dynamics of social identity formation and group membership.

By understanding the influencing factors of social identity and group membership, researchers, practitioners, and policymakers can develop interventions, strategies, and policies that promote positive social identities, inclusivity, and intergroup harmony. This knowledge has implications for various fields, including social psychology, organizational behavior, intergroup relations, and community development. It can inform efforts to create inclusive environments, reduce intergroup conflicts, and foster a sense of belongingness and social cohesion.

## 5. Methods for Investigating Social Identity and Group Membership

### 5.1 Quantitative Research Methods

#### 5.1.1 Surveys and Questionnaires

Surveys and questionnaires are commonly used to assess individuals' social identity, group membership, and related variables. These self-report measures provide quantitative data that can be analyzed to understand the factors influencing social identity and group membership.

#### 5.1.2 Experimental Designs

Experimental designs allow researchers to manipulate variables and examine their impact on social identity and group membership. Through controlled experiments, researchers can establish cause-and-effect relationships and

identify causal mechanisms underlying the formation and maintenance of social identity.

### 5.1.3 Social Network Analysis

Social network analysis explores the patterns of relationships and interactions among individuals within a group or community. By mapping social networks, researchers can analyze the structure and dynamics of group memberships and how they relate to social identity.

## 5.2 Qualitative Research Methods

### 5.2.1 Interviews and Focus Groups

In-depth interviews and focus groups enable researchers to explore individuals' experiences, perspectives, and narratives related to social identity and group membership. These qualitative methods provide rich and nuanced insights into the subjective experiences and meaning-making processes of individuals.

### 5.2.2 Ethnography and Participant Observation

Ethnography involves immersing oneself in a specific social group or community to observe and document their behaviors, interactions, and cultural practices. Participant observation allows researchers to gain an insider's perspective and understand the complexities of social identity and group membership within the context of everyday life.

### 5.2.3 Content Analysis

Content analysis involves systematically analyzing written, verbal, or visual materials to uncover themes, patterns, and discourses related to social identity and group membership. It can be used to examine media representations, organizational documents, or online *discussions to understand the discursive construction and portrayal of social groups.*

## 5.3 Mixed Methods Approaches

Mixed methods approaches involve integrating quantitative and qualitative methods to gain a comprehensive understanding of social identity and group membership. By combining multiple data sources and research techniques, researchers can triangulate findings, explore complex phenomena, and capture the diversity of experiences and perspectives.

## 6. Implications and Applications

### 6.1 Practical Implications for Organizations and Communities



**Figure 2.** Membership group

Source: [https://www.yourch.org.au/get-involved/membership/shutterstock\\_630548282/](https://www.yourch.org.au/get-involved/membership/shutterstock_630548282/)

Understanding the dynamics of social identity and group membership has practical implications for organizations and communities. Organizations can create inclusive environments that foster a sense of belongingness among employees or members. This can be achieved through strategies such as promoting diversity and inclusion, establishing shared goals and values, providing opportunities for social interaction and collaboration, and offering support and recognition to individuals within the group. By fostering a positive group identity, organizations can enhance employee satisfaction, motivation, and overall performance.

Similarly, communities can benefit from promoting group belongingness among residents. Socially cohesive communities with strong social identities tend to have higher levels of social capital, trust, and cooperation. This can lead to improved community well-being, increased civic engagement, and better community resilience in the face of challenges. Community organizations and leaders can facilitate the formation of social identities by encouraging participation in community activities, promoting shared community values, and fostering connections and social support networks among residents.

### *6.2 Intervention Strategies for Promoting Positive Group Belongingness*

Interventions aimed at promoting positive group belongingness can be implemented at

various levels, including individual, group, and societal levels. At the individual level, interventions can focus on enhancing self-esteem, self-efficacy, and positive self-identity. This can be achieved through activities that promote personal growth, skill development, and self-reflection. For example, workshops or coaching sessions that help individuals recognize their strengths, values, and unique contributions can enhance their sense of identity and belongingness. Additionally, providing opportunities for individuals to engage in meaningful group activities and establish social connections can foster a sense of belongingness.

Group-level interventions may involve creating opportunities for social interaction, teamwork, and shared experiences. These activities can foster a sense of belongingness, group cohesion, and mutual support among group members. For instance, team-building exercises, collaborative projects, and group discussions can encourage positive interactions and strengthen the bonds within the group. Group leaders and facilitators play a crucial role in promoting a supportive and inclusive group environment that values and respects individual differences.

At the societal level, interventions can focus on promoting inclusivity, reducing prejudice and discrimination, and creating environments that value diversity. Educational programs, awareness campaigns, and diversity training can help increase understanding and appreciation of

different cultures, beliefs, and perspectives. By fostering a sense of common identity that transcends individual differences, these interventions can promote a collective sense of belongingness and create a more inclusive society.

### 6.3 Future Research Directions and Unanswered Questions

While significant progress has been made in understanding social identity and group membership, there are still unanswered questions and areas that warrant further research. Future studies could explore the dynamics of social identity formation and maintenance in diverse contexts, such as virtual communities, multicultural settings, or marginalized groups. Understanding the specific challenges and strategies for promoting belongingness in these contexts can provide valuable insights for intervention development.

Moreover, more research is needed to examine the long-term effects of interventions aimed at promoting positive group belongingness. Tracking individuals or groups over an extended period can shed light on the sustainability and durability of intervention effects and identify factors that contribute to long-term positive outcomes.

Additionally, there is a need for research that examines the intersectionality of social identities and how multiple group memberships influence individuals' experiences and sense of belongingness. Exploring the complexities of overlapping social identities, such as race, gender, and socioeconomic status, can provide a more nuanced understanding of social identity and group membership.

## 7. Conclusion

### 7.1 Summary of the Main Points Discussed

In this paper, we have explored the formation, maintenance, and influencing factors of social identity and group membership. We discussed the theoretical foundations of social identity theory and the processes involved in the formation of social identity. We examined various factors that influence the formation of social identity, including personal characteristics, group characteristics, and the social context. Furthermore, we discussed the importance of maintaining social identity and the strategies and challenges associated with it. We analyzed the influencing factors of social identity and

group membership, including individual factors, group factors, and societal and cultural factors. We explored different research methods for investigating social identity and group membership, including quantitative, qualitative, and mixed methods approaches. Finally, we discussed the implications and applications of understanding and fostering group belongingness, intervention strategies for promoting positive group belongingness, and future research directions.

### 7.2 Importance of Understanding and Fostering Group Belongingness

Understanding and fostering group belongingness is essential for individuals' well-being, social integration, and psychological development. Group memberships provide individuals with a sense of identity, purpose, and support, contributing to their overall life satisfaction and mental health. By understanding the dynamics of social identity and group membership, we can create inclusive environments that promote positive group identities and facilitate social cohesion.

### 7.3 Potential Impact of Social Identity and Group Membership on Individuals and Society

Social identity and group membership have a profound impact on individuals' attitudes, behaviors, and well-being. They influence individuals' self-concept, values, and beliefs, shaping their interactions with others and their engagement in collective actions. At the societal level, social identity and group membership contribute to the formation of social norms, cohesion, and collective identity. They influence intergroup relations, cooperation, and conflict. Therefore, understanding and fostering positive group belongingness can have far-reaching implications for individuals and society as a whole.

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