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Staying True to Who You Are

John F. Kennedy once stated, “Conformity is the jailer of freedom and the enemy of growth.” This means that changing who you are for society takes away the freedom of individuality and prevents social progress. Some people think that changing themselves will get them accepted in society. Letting society turn people into something they are not is horrible because it discourages individuality, pressures those who are different to change, and everyone ends up being the same person.

To better understand this position, allowing society to change people into something they are not is a bad idea because it discourages individuality. Each and every person on this planet is unique and society needs to embrace those differences instead of trying to cover them up with a cookie cutter personality and look. Even if a person is desperately trying to get the approval of society, they should not sacrifice their individuality for it. The person may find someone else who understands their differences and encourages their unique qualities. Once society is allowed to change a person, their individuality is lost.

Conforming to society is also a terrible idea because it pressures those who are different to change. There are countless standards in society, such as what a woman’s body should look like, what shoes are okay to wear, what men should not do because it is deemed too “girly”, etc. Not all women have the same body type. Maybe someone likes wearing Crocs. Men can cook, clean and wear pink. Lately, there has been many problems with people feeling the pressures of society’s standards and turning to self-harming as a way to relieve their emotional pain. No one should feel pressured to change anything about themselves because a group of people think they should. If the group’s approval meant survival, it should be considered if one would live happily while being forced to conform to the group’s standards. Society forcing people to conform to their standards is awful because it pressures those who are different to change.

Another reason conformity is a bad idea is that it will change everyone into the same person. When society forces standards upon people, there is no diversity. The world needs uniqueness and diversity, which is why not everyone is a teacher, or an engineer, or an attorney. Everyone cannot all look the same, think the same, and be the same person. Being different is what makes the world more diverse with brilliant new ideas, athletes, and musicians. Youth growing up cannot have society’s standards forced upon them because they need to learn to think and act for themselves without letting someone else’s opinion change their mind. Society’s social pressures are making people value other people and their ideas more than their own. If change is done for love, if the person really cared about you, they would not make you change. Conformity should be avoided because it changes everyone into the same person.

The point remains that conformity is a bad idea because it prevents individuality, threatens people who are unique to change, and everyone turns into the same person. Rather than people changing themselves to feel accepted in society, they should embrace their unique qualities and realize it is okay to be different. Do not let anyone make you think you need to change yourself to meet their standards.