

Zimbardo's Stanford Prison Experiment

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The Zimbardo's Stanford Prison Experiment was conducted to examine the impact of prisons on human behavior (Bartels, 2015). To be precise, Zimbardo's primary objective of this experiment was to investigate whether the perceived brutality among prison guards was due to their sadistic personalities. However, the experiment lasted for only six days as the participants started showing adverse social behaviors (Griggs & Whitehead, 2014). I believe that this experiment was unethical since it led to physical, social, and emotional suffering of the participants.

It was not prudent to compromise the social and emotional status to gain knowledge about their behavior. It is evident that this experiment had significant impact on the health of the prisoners and prison guards (Bartels, 2015). For instance, prisoners experienced extreme emotional breakdown due to physical abuse and bullying. Subsequently, research shows that such experiences could lead to grave health problems such as trauma, anxiety, and depression (Zimbardo, 2017). To this end, it would not have been rational to put the participants through such ordeal.

The Zimbardo's experiment has significantly affected the way researchers conduct investigations in the modern world. Zimbardo deduced that people usually adjusted to their roles easily as prisoners acclimatized to aggressive behaviors while prison guards developed dominance (Zimbardo, 2017). In this case, it is also paramount to mention that numerous research studies have criticized this experiment due to lack of ethical considerations.

In summary, it is vital to ensure that research participants should have the right to willingly participate and opt out of research study whenever they wish. In this case, research participants suffered physical and emotional abuse. Therefore, future research studies ought to observe ethical research practices.

References

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