

# The exploration of imprisoning the free mind (Birdcage Effect)

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## 1. Introduction

The birdcage effect is a well-known psychological phenomenon, also known as “birdcage logic”, which is one of the top ten psychology that human beings can’t get rid of. Its discoverer is James, an outstanding psychologist in modern times. The basic idea of this theory is “Bystanders are clear, and authorities are obsessed.” Here is a story can demonstrate that the birdcage logic. One day your friend sends you an extremely Exquisite but empty birdcage as your birthday present, and they tell you to put it in an appropriate place and they think your table is the best choice. Of course, you agreed, so now you have an exquisite but empty birdcage on your table. In the following days, plenty of people pass by your table and ask you why it hasn’t a bird in your birdcage, and they suggest you should buy a bird. Then you start to consider wouldn't it be better if there was a bird in this birdcage. Therefore, you determine to get a pet bird in the pet shop. Finally, you have a wonderful bird placed into your birdcage and your table looks super fantastic. The result is you kept it, and now you have a pet bird. Shortly, you want to provide a better environment for your pet bird, and you start to buy some puzzle toys, swinging and climbing toys and so on. You spend plenty of time and effort on your pet bird and still add more items for your pet bird and do not notice anything wrong.

## 2. Reasons and Analysis

This is a common thing and exists in our daily life. The reason is when we usually listen to other people's suggestions, we often start to give up thinking because of other people's too many unified comments. The result is it will make us ignore our critical thinking. As the previous story of birdcage logic. Even though the protagonist does not pay attention to his birdcage because he does not care. However, he listened to the other people who

suggested he buy a birdcage so he paid a lot of bills for his bird. What is more, he does not know why he needed to buy a bird. But he bought it. Even if no one asks, or does not need to be explained, the "birdcage effect" will cause people's psychological pressure to take the initiative to buy a bird to match the cage. James' "birdcage effect" has worked. In fact, in the birdcage effect, Carlson is not personally willing, but is tired of explaining the origin of the birdcage every time, and buying a bird can solve the problem faster, but why didn't he choose to throw the birdcage away? There is a quicker way. This is where the birdcage effect is thought-provoking.

## **2. Associated with society and teenagers**

Indeed, often in our surroundings, and even within ourselves, we construct an emotional cage before unintentionally populating it with various elements. It can associate with several teenagers. Teenagers are often immature and can't resist their desire to compare, which will make them fall into the birdcage effect. I surveyed a small number of teenagers. They have a bunch of clothes that they haven't worn or even have no impression of when they bought them. They also bought it just because they kept up with the trend of the times or because others thought it looked good, but in their idea, they were not interested in the dress at all and just listened to others. This also reminds me of the current online society. Many people don't know the truth of a thing in online society, but they will follow the voice of the masses to make judgments, which just confirms the birdcage effect. Also, I like to watch short videos on the Internet, but I have also seen many people suffer from depression or suicide due to online violence. For example, a girl who dyed pink hair was told by some of the older generation in China that the woman who dyed her hair is not a human being. Although many young people on the Internet think that hairstyle does not determine a person's good or bad. From my point of view, I wish all teenager and adults must use their critical thinking and subjective judgment, rather than the authorities.

## **4. How to escape and avoid the “Birdcage Effect”?**

In this world, you often hear other people's opinions and suggestions in your life. It may be good or bad. Listen to other people's correct opinions and correct your shortcomings, but don't listen to opinions that are

bad or harmful to you. Personally speaking, I like to listen to other people's opinions since I was a child, but I didn't analyze the advantages and disadvantages of each opinion realistically. Just like the meaning of the birdcage effect, people are often affected by personal experience, emotions, and preconceptions, thus forming their own cognitive biases, and can only look at problems from a narrow perspective. I didn't know until I graduated from junior high school that the cognitive gap was difficult to change. I will never quarrel with others because of different views, nor will I try to listen to all opinions, start to analyze slowly and make progress slowly.

## 5. Conclusion

In a word, different people in this world will see their world in birdcages because of limited social perspectives, or in this information age, people often can't receive information from all aspects, thus ignoring broader information. They live in a birdcage of information or cognitive bias, etc. Finally, I hope everyone can escape from the birdcage effect with their help and different perspectives.

## Reference

Birdcage Effect: Don't let your life be trapped in a "birdcage."

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## Survey:

Erica:   
Mother:   
Father:   
Sister:   
Raymond:   
Roger:   
Ethan:   
Quella:   
Jacqueline:   
Nathan:   
Sam:   
Jason:   
Nicole:   
Anna:   
Adan:   
Joanna:

