

People's physical and mental changes essay

[Life](#), [Emotions](#)



The weaknesses to this approach are that the theorists think of the human as software and are compared to a computer. Human emotions are ignored and the sight of the whole person is lost. An example could be that every nurse had a task orientation rather than the tasks been individualized. The nurse who is doing the drug round at a certain time may not need to give everyone a pain killer at that time. Social learning perspective. Social learning perspective is where role models are used to influence behavior. The trenches to this are it explains large number of behaviors and it offers a way to integrate social and cognitive theory.

Accurate pictures are also used in this theory to show how the behaviors are learned; also this theory is easily understood. This approach also has many weaknesses such as it doesn't explain behavioral differences or take into account that one person's views of punishment could be another's person's view of a reward. This approach also doesn't take into account people's physical and mental changes. An example of this could be a smoking awareness as they show images of what it can do to your inside and outside body; also role models can be used to advertise it.

Behaviorism perspective. The behaviorism theory is based on the belief that all behavior is learned and shaped by the environment. The strengths are that this theory is straight forward when explain concepts of behavior and uses simple principals, such as classical and operant conditioning. Also it clearly supports the nurture side of the nature versus tauter debate. Some weaknesses are that animals are used and humans are not the same as animals so therefore is it accurate? Behavior is not always positive a lot of behavior that is learnt can be negative. An example of this could be that if

someone was suffering from depression, a big part of depression is how the person thinks.

The behaviorism perspective may not be able to change the way someone thinks because it ignores cognitive processes: meaning the actual cause for the disorder is still present.