

# Adolescence in social learning

[Education](#), [Learning](#)



According to Albert Bandura(1977), a person learns most of his behaviors by observing models. With this process, an individual will gain firsthand knowledge on how to perform these behaviors that he may use as guide for his future actions.

As an example, Brian, a 9-year old boy, learned to drink and smoke after he saw his older brother did it. His habit of using vindictive words, on the other hand, materialized as was a witness to his parents' constant bickering. Brian's behavior is explained in the Social Learning Theory.

The child learns by imitating a model, his brother and his parents. The theory explains that through modelling, the child learns by observing and remembering what the model does.

Later on, he will reinforce his observation by doing it himself and, if satisfied, motivated to adopt what he learns (Bandura, 1977). Adolescents imitate what others are doing to fit in the group, to be accepted or just to satisfy their curiosity.

Violence is not inherent to people; however, they learn aggression through modelling process (Bandura, 1976). Many adolescents assume that aggression gives them rewards like money or praises of others that build up their confidence.

When a child, for example, sees his father hits his mother repeatedly, there is a big probability that the child will become an abusive father or parent himself. Children become aggressive because they see the adults, particularly family members, behave violently(Siegel, 1992).

It is a challenge for adolescents to decide whether to imitate their models or not, which behavior to follow and which to reject. Adolescents should emphasize self-regulation by setting their own standard and having their own ideas about what is right and what is wrong (Bandura, 1977). People are capable of controlling events that affect their lives. That's self-efficacy (Bandura, 1995).

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