

# [Chapter 13: bandura – social cognitive learning theory](https://assignbuster.com/chapter-13-bandura-social-cognitive-learning-theory/)

what is Bandura known forbobo doll studyidentification similar to who else? Freud, Dollard and Miller (imitation) ONCHAPTER 13: BANDURA – SOCIAL COGNITIVE LEARNING THEORY SPECIFICALLY FOR YOUFOR ONLY$13. 90/PAGEOrder Nowidentificationidentify with parents and model their behaviors shapes personalitydo expectations of environment predict delay of gratification? who did this study? Kidd et al.   
kids who had reliable interactions before marshmallow task (Mischel) waited 4 times longer than those who had unrealiable interactionsreciprocal determinismpersonality is shaped by the mutual, reciprocal interactions of behavior, person, and environment (BPE), meaning all three act on and influence each othermodeling of aggression- can be filmed or live models   
- learning is not always evident in performancevicarious modeling= learning by observing others without being directly rewardedstandards for behaviormodels can influence our development for these standards   
ex: I don't like how much I drink but I do it because those are my friendsself-efficacy= do you think you have the ability to accomplish a certain taskoutcome expectationsbelief about a desirable or undesirable outcome that will occur if behavior is performedexample of difference in self-efficacy and outcome expectationsI am confident I can put coins in a soda machine (high self-efficacy) but doubt the machine will deliver my chosen soda (low outcome expectations)relationship between self-efficacy and striving for goals- if you have higher self-efficacy you are more likely to obtain your goalwhen are you more likely to obtain your goals?- higher self-efficacy   
- make proximal goals, not distalproximal vs. distal goalsclose goals   
far away goals   
ex: I am going to cut sugar from my diet vs. I will cut 50% of my weight in 6 monthswhy are proximal better than distal? because we feel like we have more control over the situationwhat are some physiological correlates of self-efficacyhigher self-efficacy leads to leads to higher immune system functioningrelationship of gender and action with modeling of aggression- boys and girls more likely to imitate aggression if aggressive model is rewarded than if punished   
- more likely to model aggressive bx if you do nothing(no consequence) than if punishedProcesses that influence learning without reinforcementattentional processes = observing bx of model   
rentention = remembering what model did   
motor reproduction = doing it   
motivational = wanting itwhat does Bandura mean by self-regulation of behaviorpeople are responsible for own bx; empowerment modelself-systempersonal constructs people use to describe themselves; cognitive structures and functionsself regulation processesself-observation (observe own performance)   
judgment process (standards for self, how hard on self, expectations)   
self-response (reward or punish)examples of self regulationchoosing goals   
controlling bx from emotionstherapy- use learning principles (not talking)   
- increase self-efficacy through treatment of phobias = self-efficacy varies with behavioral domain so change bx sometimes   
- distrusts cognitive therapy bc we can think we need to lose weight but won't happen until we perform a BEHAVIORhow to change behavior you need what? you need positive efficacybehavior change flowthe PERSON has EFFICACY EXPECTATIONS that affect BEHAVIOR and BEHAVIOR leads to OUTCOME EXPECTATIONS which then brings the OUTCOMEefficacy expectationsyes I can do itoutcome expectationsbelief about what will occur is bx is successfully performed; ex: if I do X I will get a promotionSources to change efficacy expectations through therapy- performance accomplishments   
- vicarious experience   
- verbal persuasion   
- emotional arousaltypes of efficacyself = believe in self   
collective = ability to accomplish task as group (ex: sorority raise money)   
proxy = need another person to help accomplish goalefficacy used how much during daysall 3 used to help get through day but not all equalwhen is proxy good or bad? good when young but bad when old bc shouldn't rely on otherscollective efficacy helps to do whatachieve difficult goals togethermoral disengagementfailure to regulate bx to live up to high moral standards   
ex: cheating bc everyone does it