

Self-perception and attitude

Psychology



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Attitude Formation/ Self-perception and Attitude Cognitive Dissonance I have always believed that smoking is something which is not only socially unacceptable, but also is detrimental for a person's health. However owing to some mishaps in life, last year I started smoking on regular basis. Every time I lighted a cigarette, I waged a war with my beliefs. This resulted in a lot of frustration and disgust. However, to deal with these negative feelings, I either had to change my habit or change my beliefs. With the help of therapy sessions, I was able to overcome the anger and frustration and thus, left smoking for good (Greenwald & Ronis, 1978).

Physical Punishment vs. Positive Reinforcement

When teachers use various means of physical punishments for students, it inculcates numerous negative feelings in the students. These include anger, fear, distress and shame in children. Such feelings are detrimental not only for the mental health of a child, but also for their physical health and social well-being. Instead of physical punishment, positive reinforcement/support and appreciation works better. Thus, students should be encouraged to adopt a positive attitude through rewards and appreciation. This helps in getting long-term behavioural compliance from students (Holinger, 2009).

Self Perception & Attitude

A friend was caught cheating on a midterm exam by the head of the university's disciplinary head. He was presented before the disciplinary committee where it was decided that he will be suspended for an entire semester. This intense punishment changed his attitude for good. This event inculcated a fear in my friend that if he cheats again, he might get caught and thus, gets suspended again. He not only learned to pay attention to his studies, but was also able to suppress the need for commitment of such

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unwanted acts in the future (Sanson, Montgomery, Gault, Gridley & Thomson, 1995).

References:

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