

# [Social learning theory – albert bandura](https://assignbuster.com/social-learning-theory-albert-bandura/)

social learning theoryBandura's theory holds that behavior occurs as a result of the
interplay between cognitive and environmental factors; Albert Bandura (1977) states behavior is learned from the environment through the process of observational learningmodelingprocess in which people learn by observing others,
intentionally or accidentally; In groups, members learn
from one another. ONSOCIAL LEARNING THEORY – ALBERT BANDURA SPECIFICALLY FOR YOUFOR ONLY$13. 90/PAGEOrder Nowreciprocal determinationBandura expanded the overall definition of behaviorism. He suggested that while it was true a person's environment was responsible for his/her behavior, people also had a strong influence over the nature of their environment. Theory of self regulationstates we have the ability to
control our behavior through a series of three main steps:
Self-observation:
Self-judgment:
Self-response: Self Responsepart of Bandura's theory of self-regulation; Rewarding ourselves each time we meet or surpass our standard, and punishing ourselves any time we don'tSelf judgementpart of Bandura's theory of self-regulation; Comparing ourselves with a standard either self-imposed or set
by society, and then creating a goal for ourselves based on that standard
• For example, vowing to exercise three days per weekSelf observationpart of Bandura's theory of self-regulation; Paying close attention to a specific behavior, how frequently it
occurs, under what circumstances, etc. self-conceptOver time, our cumulative successes and/or failures lead us to develop what is known as THIS; CompensationBandura's problem that arises from too much self-punishment; A person may develop a superiority complexInactivityBandura's problem that arises from too much self-punishment; A person may become depressed, apathetic and boredEscapeBandura's problem that arises from too much self-punishment; A person may seek to escape his/her problems through television, drinking, drugs or suicideModeling therapyis based on the idea that a person suffering from a psychological disorder can correct his/her problems by observing someone else dealing with similar
issues.