

Social learning theory

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Social Learning Theory (SLT) is a key idea that explains how we pick up new habits, attitudes, and skills by watching others around us. It looks at how our brains work together with social influences and challenges older ideas that said direct rewards were the only way we learned. Basically, it says we learn by watching what others do – like our parents, friends, or people on TV – and then copying them. It points out that what's going on in our heads (like what we pay attention to, what we remember, how we copy, and what motivates us) is really important in how we learn.

Albert Bandura is a big name in SLT. He did studies, such as the Bobo doll experiment (kids copied adults being aggressive to a doll), to back up the theory. Others have since built on his work, looking at how our thinking and different situations affect how we learn from watching. Rewards are still important, but the idea is that we think about what might happen if we copy someone, which affects whether we actually do it.

SLT isn't just for psychology, it also applies to education and behavior change. Showing the behavior you want people to copy can be a good way to teach or encourage positive changes. Although SLT is popular, some argue it doesn't look at biology enough and simplifies why people do what they do. Still, it has had a big impact on psychology. It shapes how we understand learning and affects things like how we view media and therapy.

SLT is a way of thinking about psychology that says we learn by watching and copying the actions, attitudes, and emotions of others. It means that learning happens in social settings and that we can learn just by watching or being taught, without needing to do something ourselves or get a reward. Unlike older ideas that saw learning as just a response to rewards or punishments, SLT includes our thought processes to explain how we learn. It says we actively think about the world and decide what to copy based on what we see happening to others.

The main idea behind SLT is that learning is an ongoing back-and-forth between what we think, what we do, and the world around us. It's like a triangle: our beliefs and expectations, what's happening around us, and how we act all affect each other. The theory also points out that there are four main things needed for learning by watching: paying attention, remembering what you saw, being able to copy it, and being motivated to do it. For example, you need to focus on a model's behavior. Then you have to retain

information and have the physical ability to act like the model. Lastly, you're motivated to imitate the behavior because of expected outcomes.

SLT also talks about learning from seeing others get rewarded or punished. This can affect whether we decide to copy what they did. So, it connects how we act with what we think by saying that our internal thoughts are a key part of learning.

Basically, SLT gives a full explanation of how we learn new things through social contact, even without doing them ourselves. It shows how important watching is for understanding human growth in areas like schools, media, and how we socialize. It highlights the complex relationship between our surroundings and our thinking when it comes to shaping our behavior, which helps us understand how we learn as individuals and how trends spread in society.

Albert Bandura is known as the main person behind SLT. He developed it in the 1960s as a step up from older ideas about behavior. Bandura challenged the popular behaviorist view that said we only learn through direct rewards. Bandura said we can learn new behaviors and get information by watching others and seeing what happens to them and that it's not only by direct reinforcement. This changed how we saw learning, highlighting how our environment, thoughts, and actions all work together.

Bandura's Bobo doll experiments gave proof to support his ideas. In these, kids who saw adults acting aggressively towards a doll were more likely to copy those actions when they had a chance to play with the doll. This showed that we can learn both good and bad behaviors by watching. Bandura also came up with important ideas like self-efficacy, which is our belief in our ability to succeed in certain situations which made SLT relevant to understanding motivation and personality.

While Bandura is key, others have added to Social Learning Theory. Julian Rotter said that our behavior depends on what we expect to happen and how much we value the outcome. Walter Mischel built on this, saying that our personalities change depending on the situation. This work gave new insight into how our personal traits and social settings affect learning.

Albert Ellis incorporated ideas from SLT into therapy, understanding how our learned thought patterns affect our emotions and behavior. Together, these people have built a complex understanding of how our thoughts, environment, and actions interact. This makes SLT a key idea in psychology for understanding how we develop and how to apply this knowledge.

Observational learning is a big part of social learning theory. It's how we learn new ways of acting, skills, or attitudes by watching others, rather than doing things ourselves or learning by trial and error. Social learning theory emphasizes that modeling is a major factor in human development and how we get new behaviors. Previous behaviorist theories said we only learn through rewards and

punishments. Observational learning says we can also learn by watching what happens when other people do things. This helps us adapt to social situations more easily.

The main parts of observational learning are paying attention, remembering, being able to do, and being motivated. You have to focus on what someone else is doing, then remember it. You have to have the physical and mental ability to copy them. And, you need a reason to copy them, which is normally whether you think the action will have a positive result.

Bandura's Bobo doll experiment proves how kids can learn aggressive behaviors by watching. In the study, kids saw adults acting aggressively with an inflatable doll. These kids then acted aggressively themselves, even in ways that weren't exactly what they saw the adults do. The experiment showed that you don't need to be rewarded to change your behavior.

Also, observational learning is more than pure copying. It helps us understand social norms and develop our self-control by taking in the behaviors we see around us. Children mostly learn the fine points of language, how to solve issues, and how to react emotionally by watching others.

In general, observational learning is how we get complex behaviors from our surroundings without having to try everything ourselves. It shows how connected our thinking and our environment are in shaping what we do, which is a more complete theory than older ideas that only looked at direct conditioning.

Reinforcement is key in Social Learning Theory because it impacts how likely we are to copy and keep up behaviors we see. Older ideas about behavior focused on direct reinforcement as the main way we learn. Social Learning Theory says we learn by both direct and indirect reinforcement. We learn not only from our own rewards, but also from watching others get rewards or punishments for what they do. Seeing someone else get rewarded motivates us to copy that behavior, while seeing them get punished makes us avoid it.

Albert Bandura argued that reinforcement plays a big role in our behavior when we learn by watching. In the Bobo doll experiments, kids who saw adults being praised or rewarded for aggressive actions were more likely to copy those actions than kids who saw the adults being punished or not getting any reaction. This showed that what we expect to happen based on seeing others being rewarded can change our behavior, even if we haven't experienced those rewards ourselves. Reinforcement has to do with what we think: before we do something, we think about what might happen. This is more than just an automatic response to something that happens.

Reinforcement impacts how well we remember and copy behaviors. When we get positive reinforcement, we remember things better because we connect the behavior to something favorable. This makes us more motivated and more willing to do what we've learned when we're in a similar situation. If there's no reinforcement or punishment, we might stop doing something over time.

Social Learning Theory says that things like praise and rewards coming from others are important, and it also notes that things like feeling good about ourselves also play a role. The combination of these internal reinforcers creates rules for our behavior that go beyond just what society does.

Normally, Social Learning Theory says reinforcement includes evaluating results. It looks at both what happens around us and what we think, giving a comprehensive picture of how our social setting impacts us through both direct and indirect ways.

Social Learning Theory has greatly changed the way we teach and try to change behavior by highlighting the importance of learning from watching, copying, and modeling. The theory tells us that the environment where someone learns plays a big role in how they gain knowledge and skills. Teachers serve as not only providers of knowledge but are also examples, because their actions have a big influence on students' behavior and motivation. Teachers who show the actions they want to see in kids—such as critical thinking, teamwork, and determination—give kids clear examples of how to act. Also, interaction between students can be a major influence as they imitate various techniques to solve problems and techniques to interact.

A solid example of using Social Learning Theory in teaching is the inclusion of cooperative learning methods, where students interact and exchange knowledge through group activities and discussions. Through this, students gain observational learning experiences because they see various ways to solve problems and communicate. Teachers often use encouragement to strengthen the right behaviors they notice in students, which boosts drive and involvement.

Social Learning Theory applies in many behavior change programs designed to create healthy habits while cutting harmful behaviors. Many substance abuse prevention and violence reduction programs use modeling parts that allow people to view individuals showing good behaviors and techniques to handle challenges. So, through watching, these people can adopt new actions without experiencing trial and error. Theories from Social Learning are often employed in media campaigns when they show people acting in positive ways, so the larger audience is likely to copy.

The utilization of SLT has become wider due to technology via virtual simulations and videos that provides controlled settings to observe and practice without any real-world danger. Children can utilize these simulations and work on their behaviors till they are comfortable.

Social Learning Theory's focus on observational learning methods jointly with approaches for promoting behavior, creates a strong base for making effective educational techniques and practices to promote positive changes. The study of social effects displays how personal cognitive growth interacts with a person's surroundings and forms a person which allows them to change and grow in complex ways.

Social Learning Theory is really helpful for learning about a person's behavior still it has limits in terms of use. It is often analyzed because it focuses on visible behavior and external rewards instead of internal thinking processes that have an effect on behavior. While Bandura has looked at old behavior habits through studying and watching people's actions, some feel that Social Learning Theory can't completely grasp how internal feelings can be of influence to the ability to learn. This means that social learning often diminishes complex situations into general ideas by focusing too closely on environmental influencers.

Social Learning has been deemed to closely rely on observation, however, many experts contest the capacity of humans and their involvement in passive behavioral replication, when in fact they decode actions by considering environmental components and prior knowledge. As an issue, Social Learning Theory might not acknowledge a person's ability to exercise making choices with what behaviors to adapt or leave for they are focused on their observations. It is questionable of the ability for social learning to explore different processes that exceed direct replication.

In conclusion, researchers explain possible cultural bias within Social Learning Theory. Most of Bandura's studies occur in Western environments which concludes some scientists questioning whether the theory explains social learning for various people across different environments. If modeling effects can be easily seen across no Western Societies where it emphasizes communal thinking rather than individual behaviors.

Studies supporting learning such as the studies regarding Bandura's Bobo doll studies bring up ethical concerns to the child because these children grew to witness the models actions. Critics emphasize different ethical concerns associated with studies and their capacity to affect the world, even if they are in controlled testing areas.

Lastly, specialists assume that Social learning doesn't completely merge the physical or physical aspects in studies of behavior. While this approach is aware of environmental effects, genetic influences and neurobiological effects that work with social encounters are minimized. It stresses the meaning of fully integrating cognitive thinking and ethics in learning studies.

The impact Social Learning Theories had on contemporary psychological studies changed how one views human behavior. The emphasis caused by observing how a person learns jointly combined cognitive, behavioral and environment creates a challenge to behavior that is merely an effect of different components. While it is known for its demonstration through observation; this led these studies to see to what extent a person can learn when they are in an environment and the effect that had on them.

While diving deep in the psychology, this can be used and act as basic treatment with some who need behavioral therapy to create good behavior. When it is understood that everyone can create good habits through the observation of someone, it can create a more advanced treatment so one can cope. For they can be used and applied well in medical practices, this element is essential in doing studies and understanding a person's mental strengths.

Social Learning theories also have an impact in different settings with practices, because it creates a baseline for countless health campaigns that push for lifestyle changes and decrease poor practices such as doing drugs.

Social learning has supported and given understanding that television and broadcasting different content has a drastic effect; allowing experts to understand what measures or guidelines should get place to those who are vulnerable to poor influences.

Since we now have vast knowledge of the effects an environment and behavioral aspect has on a person, psychologists have come to create and advance various practices for those who need help, so they can succeed and promote encouragement for society.

How a person can create habits has to do with observing and repeating the actions they notice while displaying the connection of the environment; this is explained through Social Learning Theory. The analysis regarding how we should model a behavior that is essential in teaching has demonstrated past actions through external influences. The idea that we can learn by observation explains that a person can become like a behavior instead of rewards or punishment happen right away. However, rewards are always a part of developing a person because it demonstrates the expectation and beliefs that they need so they can work to achieve a behavior.

Implementation could extend far when people have great social environments for them to expand to boost engagement. Actions designed to change a person's actions could be applied when the approach is done in many fields. However, in some parts that are strong, but it doesn't fully imply by explaining all about biological influences because it lacks full description about the process. It could also reduce complex traits by showing simple actions.

The impact with cognitive and behavioral problems explains that it has a heavy use with the environment for any individual. By following this process in experiments, one can help one show the importance of their social actions that impact a conduct. This means that theory goes far for testing and creating.