

▲ psychological question

Outline one psychological question which may be explained using the learning perspective.

One psychological question is whether classical conditioning or operant conditioning explains how children learn

One psychological question is whether one trial learning is an explanation of fear or phobia.

One psychological question is whether the social learning theory explains how people learn. The social learning theory is a theory that is proposed by Bandura. There are four main sections of this theory. Firstly, the idea of reciprocal determinism suggests that the environment influences people's response, but at the same time, the person's response affects the environment. This illustrates the reciprocal nature between people and the environment.

The second idea is self-monitoring, where individuals monitor their behaviour and develop a 'picture' of themselves. This allows the individual to judge and evaluate their behaviours. Next, it leads to self-reinforcement, which is an internal process of self-rewarding or self-punishment. For example, a person may be happy, after solving a problem, even when no one is around. Lastly, there is self-efficacy. This is where the individual develops an awareness of their abilities. For example, when learning a new concept, an individual with high self-efficacy have higher confidence, than someone with low-efficacy.

Hence, the social learning theory is a psychological question which may explain how people learn, through reciprocal determinism, self-monitoring, self-reinforcement and self-efficacy.

Evaluate the effectiveness of the learning perspective explanation of the psychological question identified in part (a).

The social learning theory is a psychological question, from the learning perspective, which focuses on trying to explain how people learn. ▲ strength of this theory is that it can be studied in a laboratory experiment, as it measures an observable behaviour. Thus, it can be studied under controlled conditions found in a laboratory experiment. Furthermore, the concept of self-monitoring, which requires a mental analysis of one's own behaviour, suggests the cognitive elements that are required to explain how people learn.

Other strengths of this explanation is that it can be tested **empirically** as a wide range of objective, scientific, experimental research and also it as been **widely applicable** and useful especially in education to show the importance of positive, non-aggressive role models and gender specific models. It also includes some **cognitive elements** so it is a less reductionist theory than classical or operant conditioning explanations.

However, weaknesses include that it is mostly based on experimental studies which often **lack ecological validity** because the setting is artificial and controlled, the Bobo doll arguably invited violence, adult don't usually play aggressively with toys with consequences. In addition it largely ignores **developmental aspects** although more recent work (▲Attention, retention, reproduction and motivation) includes some cognitive aspects. It also largely ignores individual 'personality' factors, some of which are arguably **innate**! Furthermore, biological aspects, such as hormones, genes and neurotransmitters are found to have an influence on behaviour, but this is not included in the explanation, making it a limitation. Studies on monkeys have found that testosterone plays an influential role on behaviour, such as aggression. Thus, there is evidence that biological factors influence behaviour.

This theory can be used in a wide area, such as in business and education, to explain how people learn. However, this theory does not take in consideration personality differences, which may influence on how an individual learns.