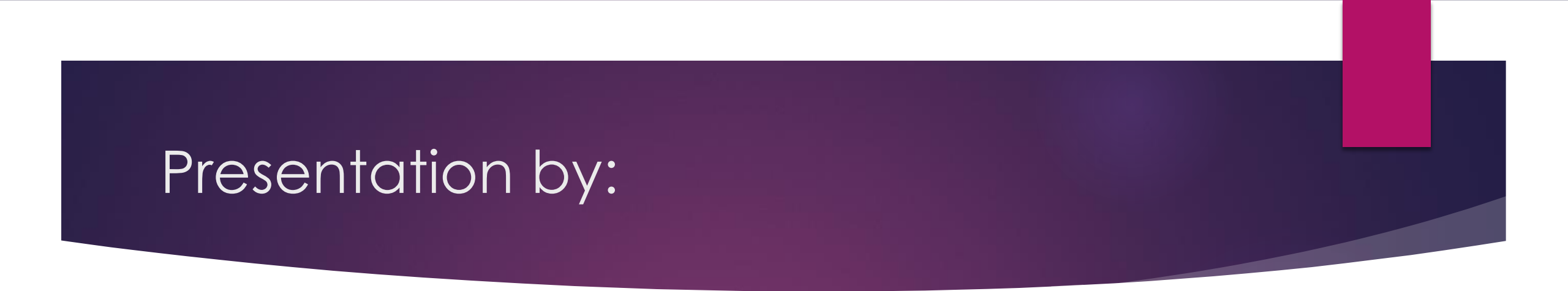


Importance of psychology

WORKING AS SOCIAL WORKER



Presentation by:

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Introduction:

Human behaviour can be complicated. It's important to familiarise with social constructed theories when working as healthcare professional.

- ▶ **Being a social worker**, psychology plays a very significant role. It promotes mental wellbeing of individuals.
- ▶ An holistic approach to wellness includes psychological and emotional factors of health status and they need to be dealt accordingly by any social worker or other healthcare professional.
- ▶ Psychological aspects helps us understand human emotions, behavioural patterns, decision making, positive or negative thoughts, overall perception of life.

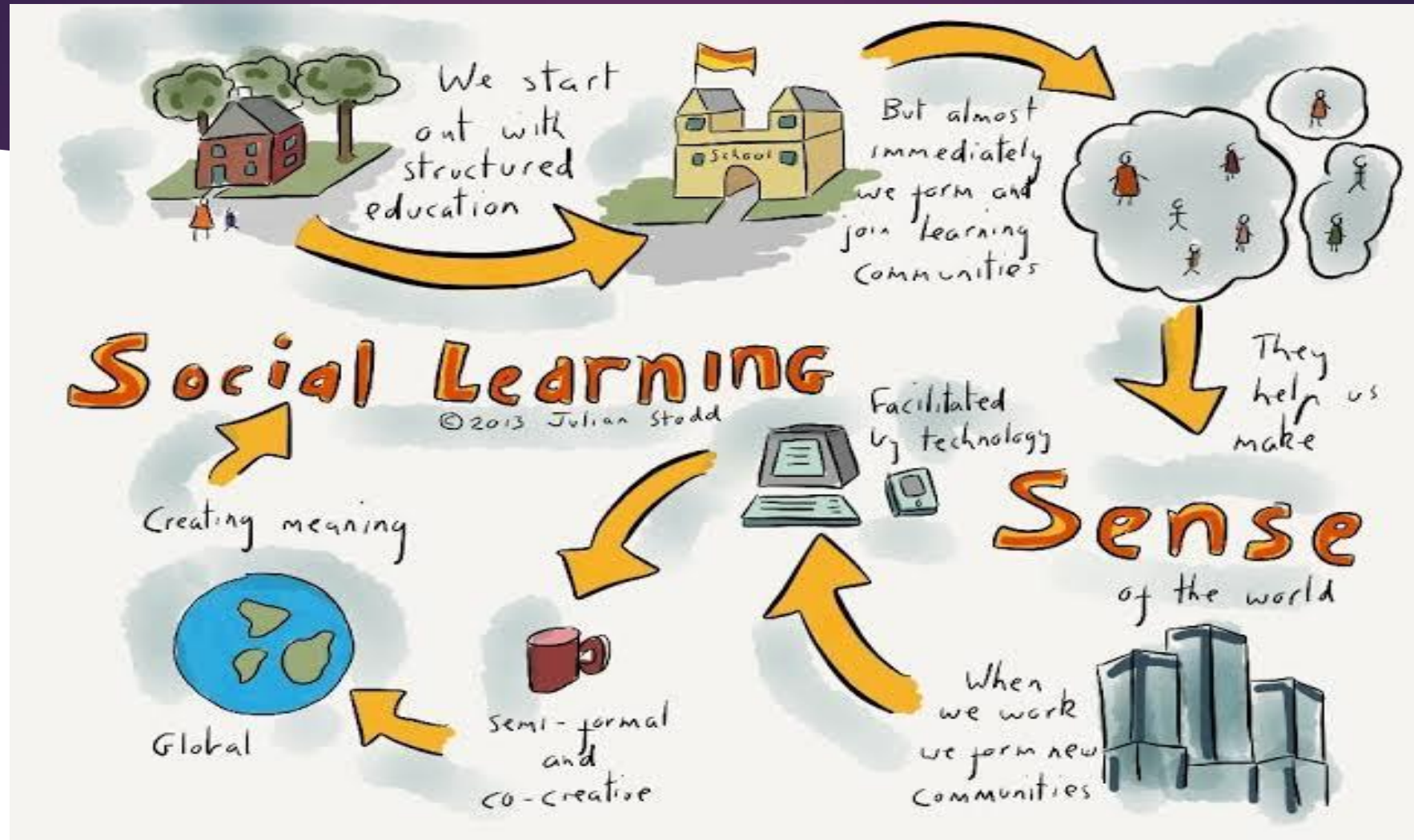
Psychological phenomenas

Here is the list of the psychological phonemes that a social worker needs to understand and analyse. Study of these factors can enhance understanding of people's behaviour

1. **Learning**
2. **Emotions**
3. **Motivation**
4. **Intelligence**
5. **Personality**
6. **Memory**
7. **Metacognition**
8. **Perception**

Social learning theory:

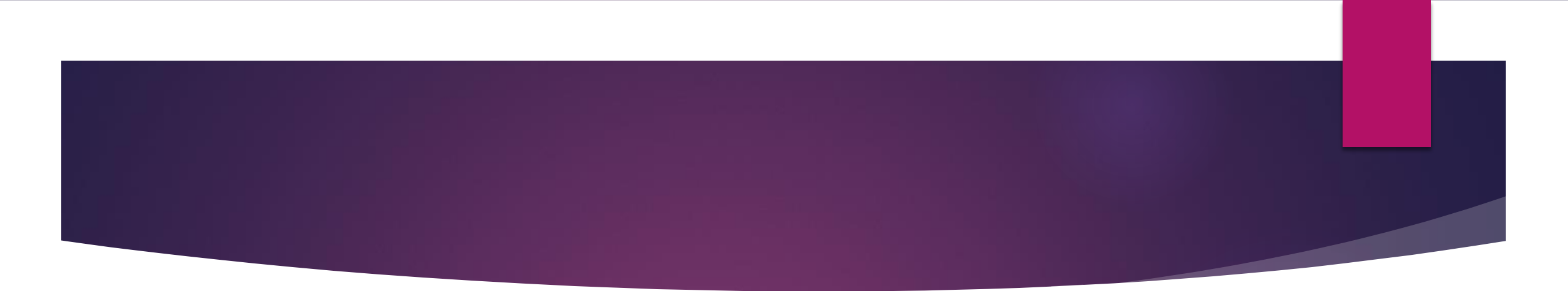
- ▶ Albert Bandura present a theory known as social learning theory which explains the learning of social behaviour is done by observations and imitating others
- ▶ An individual's behavioural patterns are not reinforced by single factor and many different factors contribute it and Bandura suggested social observing pattern of human.
- ▶ The environmental factors and cognitive factors influence the behavior of human. Learning of that specific behaviors that are depends on environment make a change in nature of performances. SLT explained how we perceive and observe others while interacting with environment.



SLT:

Bandura agree with the theories of classical conditioning and operant learning. He explained;

- ▶ We observe the environment and our learning is based on things that are happening around us, we include that learning into our behaviors.
- ▶ The concept of Stimulus and how it can prove effective in terms of refining the responses of behavior. Stimuli and response work by a mediating process.



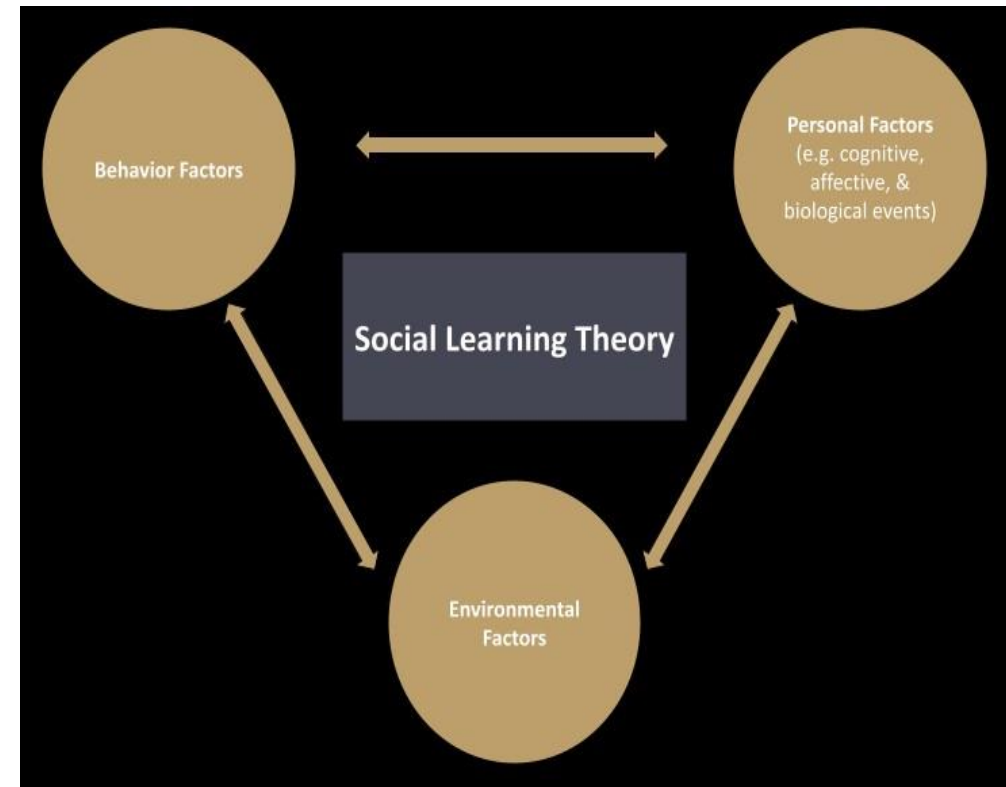
SLT states that we can obtain the behavior according to our desires by the process of reinforcement and imitation.

- ▶ Reproduction of the learning through observation is called imitation.
- ▶ Encouraging a behavior by giving rewards is called reinforcement.

Stages of the theory:

Stages of the Theory:

- ▶ SLT consists of three interconnected themes, such as environmental, personal and behavioral factors. This framework helps us to understand how individual learn from observation.
- ▶ Learners make sense(personal factor) out of what the observe in environment (environmental factor) in order to reproduce the behavior(behavioral factor).



Behaviors learned through modeling:

SLT explained we learn from each other through modeling, observation and imitation. Proper learning is based on permanent change in behavior. Bandura declared that observation, learning and modeling is consisted on four mediational conditions. These are;

- ▶ **Attention**
- ▶ **Retention**
- ▶ **Reproduction**
- ▶ **Motivation**

Example:

Most common real example of social learning theory is evidently seen in children. They imitate their behaviours same as their family members and friends. It can be anything that inspire the children in their surroundings. Social workers can apply this theory in order to change the behaviors of that children while using the concept Reinforcement and Punishment.

- ▶ If they want the desired behavior to repeat, they can reinforce the individual by giving rewards. Provide chocolate every time child achieved good marks in school activities.
- ▶ If they want to eliminate the particular behavior, they can punish the individual by discouraging the behavior along with implementing the set of rules.



Thank you