

AI Acknowledgement

I confirm that I have not used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI generated materials as my own work. I confirm I have copies of my drafts, notes, and other resources I used, which I may be asked to provide in evidence.

That experiment was very impactful. after watching that I really think I understand myself more. I think a lot of my behaviour was learned from my father. Not because I was born that way and I'm just an angry person. But because I subconsciously learned it from my environment growing up. It also highlights the importance of role models and how they shape us from a young age, positively or negatively.

I think it's a great strength of the approach that it's helped us understand how behaviour is often learned by our environment, it explains so much. Children are learning by observing, our gender roles and emotional reactions are an example of that.

However, the experiment took place in a laboratory, it doesn't reflect real life.

Children may be copying the aggressive behaviour because they thought it was expected of them in the scenario. Also, all the children came from the same school with the same background and age. It makes it difficult to apply it more broadly to other children and even adults. There is also another issue, just because a child shows aggression while playing, it does not mean they will always behave like that in every situation, the novelty of the doll is also a factor. Bandura's experiment explains an important aspect, but not the whole story. So, I guess observational learning helps explain why I display certain behaviours like anger, but it also doesn't show the whole picture. There's a lot more at play that behaviourism doesn't explain.

References

- Galanaki, E., & Malafantis, K. D. (2022). Albert Bandura's experiments on aggression modeling in children: A psychoanalytic critique. *Frontiers in Psychology, 13*, 988877. <https://doi.org/10.3389/fpsyg.2022.988877>