

Aproches in behaviourism

Short script between Joe and I:

Paula: Hello class! Today we going to learn about behaviourism. Does anyone have anger issues?

Joe: his part

Paula: You might experience something that most psychologists call observational learning. For you to understand better your behaviour I am going to tell you more about behaviourism.

All behaviour is learned through interactions with the environment and can be studied in a systematic manner, John B. Watson said that psychology should observe external behaviour, your thoughts exist but are irrelevant to the study because it cannot be measured.

The explanation for your anger could be your environment, B. F. Skinner explained that very well is his theory, your behaviour in public and in private is a function of environmental influences.

For example: Your father shouts all the time —You see him do it—You shout as well

Edward C. Tolman argues that we do not need rewards to perform a task and Clark L. Hull even said that learning happens because behaviour helps to reduce biological drives like hunger or pain.

Alber Bandura theory is the newest one and it talks about how you can learn a new behavior just by watching someone else do it, you do not need to do the specific task. He even talks about rewards; if you get a reward, you are more likely to do the behaviour or task but if you get punished you are more likely to push the idea of doing it.

Would you like to see a video of this experiment?

Joe:

Paula: Now that you saw the experiment, you have any thoughts?

Joe:

Paula: That is interesting, I like your point of view. Now at the end of the class we are going to watch another video about the ethics of this experiment.

References

Gross, R. (2020). *Psychology: The science of mind and behaviour 8th edition*. Hachette Learning.

Schwartz, T., & Governors State University, publisher. (1995). *Personality theories. Class 12, Social and cognitive learning theories. Part 2*. [Video recording]. Governors State University.

Schunk, D. H., & DiBenedetto, M. K. (2023). Albert Bandura's legacy in education. *Theory into Practice*, 62(3), 205–206. <https://doi.org/10.1080/00405841.2023.2226560>

AI statement

-I acknowledge the use of Gemini on 13th of November to research.

I used the prompt: Tell me about approaches in behaviourism in a simpler way.

-I acknowledge the use of Grammar on the 14th of November in Word to correct my writing mistakes