

Annotated bibliography

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Introduction:

Social learning is proposed by Albert Bandura. He proposes that individual go through learning process by identifying and imitating the behaviour. It includes observational learning and state of mind. The elements of Bandura's theory is attention, retention, reproduction and motivation.

Summary 1

McLeod, S., 2011. Albert Bandura's social learning theory.

Any individual growing up imitates behaviour of others present around whether they are family members or social celebrities. Social learning theory is presented by Albert Bandura, explaining cognitive patterns according to stimulants present in environment. The elements of this theory is observation that goes into learning and mental state that plays significant role. Observational learning has four elements, attention, retention, reproduction and motivation.

Bandura experimented this theory using bobo doll, a children's toy. This experiment included children watching violent behaviour addressed towards that toy. Later on, children mimicked the same behaviour through observing and learning. They showed aggressive personality. This theory is implicated to understand root behaviour of kids by many psychologists to this day. I chose this source because it explains social learning theory very well with experiment.

Summary 2:

Samsudin, Z., Shamsudin, Z., Arif, M. and Faisal, M., 2017. The application of Bandura's social learning theory in the teaching of academic writing. Global Journal of Business & Social Science Review, 5(2), pp.1-9.

Learning is influenced by many external and internal factors that plays significant role. Learning as a whole is complex process. There has been many psychologists that tried to explain learning processes. Albert Bandura explained presented social learning theory. He explained the learning is done through conditioning along with psychological elements. The complex process of learning is done through experience and observations along with mental state.

First step of observational learning is attention, a subject needs to be attentive on what he is learning. Second step is retention, that ables subject to recall on what he learned. Reproduction and motivation involves imitating the behaviour and conditioning techniques such as reinforcement and

punishment. This is implicated in real world to learning cognitive patterns of violence and hatred in people.

This source explains all steps of learning in comprehend manner.

Summary 3:

Maisto, S.A., Carey, K.B. and Bradizza, C.M., 1999. Social learning theory.

This source explains implications of social learning in clinical settling. Teachers can used by physicians and medical school students. It is very necessary to learn this theory because of unexpected events that can occur in healthcare. This source proposes the diagram that shows clinical experience and clinical role modelling is optimal professional formation. If teachers follow all the steps such as attention being the first step, they need to make sure their students are focused on what is meant for learning. Attention is achieved through safe environment that helps teach professionalism. Individuals who are learning need sense of comfort. Retention needs accuracy by students because being able to recall wrong material of learning will make the whole process full of errors. If material is not right, learners need to understand concepts of critical thinking skills and ask questions. Learning can follow reproduction step with practice. Lastly, Motivation can be achieved through different steps according to preference of people.

Summary 4

McCullough Chavis, A., 2011. Social learning theory and behavioral therapy: Considering human behaviors within the social and cultural context of individuals and families. *Social Work in Public Health*, 26(5), pp.471-481.

When working as social worker, it is very important to understand behaviour to adapt well to the environment. Social learning theory explains social workers cognitive patterns of individuals and they can apply it in number of situations. Theoretical assumptions of social learning theory includes classical conditioning and operant conditioning. Learning through association with specific behaviour including rewards and punishment techniques. Bandura's four steps are followed as well. The common issues that are understood using this theory, aggression and violence, crime and criminal behaviour, development of personality, addiction behaviour and anxiety with social behaviour. This theory is applied in social care, explaining the linkage of individual's thoughts and feelings. It helps to understand root of the behaviour. Interventions of this theory involves many different therapies such as stress management, symbolic coding, vicarious reinforcement etc. Academic criticism of social learning theory majorly states that this theory does not focus on motivation and emotions and how far any individual can deter behaviour without environmental factor.

This source explains implications of social learning theory in social care and also state its limitations and examples.

Summary 5

Zimmerman, B.J. and Schunk, D.H., 2003. Albert Bandura: The scholar and his contributions to educational psychology.

Social learning theory of Albert Bandura explains influenced caused by environment on behaviour. The two main ideas proposed by Bandura was mediating processes between stimuli and responses and second is learning through observation. He used children's toy experiment to explain his hypothesis. He explained the term identification which includes adapting behaviour showed in environment. There's a key difference in identifying the behaviour and imitating it as identification includes different numbers of behaviour. Meditations processes explains mental factors involved in adaption of behaviour. This stage occurs between adaption and imitation. The limitations of this theory is that it doesn't explain behaviour completely. The discovery of mirror neurons evidents the process of imitation.

I chose this source because it has updated information about social learning theory.

Summary 6:

Spencer, R., 2015. How to apply social learning theory for effective e-learning. Training Industry. Internet: <https://trainingindustry.com/blog/e-learning/how-to-apply-social-learning-theory-for-effective-e-learning>.

Human beings are prompt to sharing whether its their ideas, behaviour or personalities. Social isolation leads to negative consequences. Bandura's social learning theory that explains behavioural imitation in people can also be applied in E-learning. For example observational learning in online setup can be done through video and audio means. Retention processes is progressed with communication because it helps add emotions to it. Learning management systems can be used so there is always room for communication. Motivation in e-learning can be done by offering some kind of reward. Healthy competitions helps students and if challenges and activities are also applied in e-learning, learners can be competent.

I chose this source because it clears my significance of this theory in real world given recent situation of COVID-19 and online education.

Conclusion:

In conclusion, it is important for social workers, healthcare professionals and teachers to understand social learning theory. It has numerous implications in understanding behaviour. However, Albert Bandura's theory has limitations as well that needs to be understood as well before its implications.