

Theories of human behaviour

Human behaviour has been monitored and recorded throughout centuries, which have been done by the theorist. Psychology is a key element of scientific study upon the mind and how it affects and influences our behaviour, through communication and the memory to thinking and emotion. Psychology works on understanding what makes people take certain action and using this it will help to gather information and solutions with the issues and problems surrounding the societies today. Within science psychology study, individuals are observed through measurements and testing their actions with behaviour (The British Psychological Society, 2019). Behaviour is the visible reaction or action of an individual to a situation, also individuals' response to certain circumstance, which is noted and recorded (Biology Articles, Tutorials & Dictionary Online, 2019).

My thesis is that upbringing in a negative environment can influence an individual to commit themselves into criminal activity, such as a community may be filled with people that sell drugs, undertake robberies, vandalism, this can lead to young individuals feeling tempted to do the same actions. I believe nurture has more influence upon the people than nature does but then again it can always be argued with many different aspects. The learning theory backs my thesis, as younger individuals learn through observing the people around them.

There is professional psychologist that supports individuals, using the expertise and knowledge they have gained throughout the years, within education and training. Individuals may have issues with many aspects of their life, such as coping with bereavement, breakups or dealing with traumas, stress, anxiety or even recovering from a surgery (The British Psychological Society, 2019).

A person's characteristic can be formed through nature and nurture, most people are influenced from both aspects, but the only difference is that either nature or nurture will inspire them more. Nature is from the biological factors known as genetics, where individuals' behaviours can be instilled before they are born, within the bloodline. Nurture occurs from the upbringing, life experiences and the geographical location where individual's grow up in. there is always a debate between the nature vs nurture, where certain theorists say that people act in a way mostly due to nature more or nurture more (Psychology Today, n.d.).

It is said that parents pass their positive and negative genes to their children, positive can be about being smart and negative might be dull, they still pass both to their children. If a child grows up around criminal activities, then it is most likely that when they grow up, they shall undertake criminal action. Nativists are known for their work within nature, and environmentalists are known for their nurture work (Winkler and Jolly, 2012). The founder of psychology was Wilhelm Maximilian Wundt (1832–1920), he was known as father of experimental psychology, as he was the founder of first psychology laboratory (Kim, 2016).

There four major research perspectives, these are biological approach (internal), cognitive approach (internal), behavioural approach (external), and sociocultural approach (external). Biological approach also known as physiological psychology, it

focuses on the individual's nervous system, hormones, and genetics. Biological approach analyses the association between the mind and body, neural mechanisms, and the influence within inheritance on behaviour. In a simpler form the biological approach believes that the way someone behaves, it is due to the consequences individual's genetics and physiology (McLeod, 2015).

The cognitive approach is quite modern within human behaviour, and it focuses on individual's way of thinking, and the way people think, may reflect upon their behaviour. The cognitive approach came into existing due to how behavioural approach understood someone, just through visibility actions instead of what is internal that can lead an individual to behave in a certain way, also cognitive approach comes under the nature element of individuals. Cognitive psychologists tend to establish rules and justifications of human behaviour, which they generalise to individuals' behaviour. On the other hand, humanistic approach argues with this, as they take individual differences into account, as this makes each person behave differently. The different moods of people can determine the way individuals tend to behave, such as if someone is angry then make act aggressive alone or even towards other people (Psychologist World, 2013).

The behavioural approach is centred around the theories of understanding behaviour through human observation, and it is believed that the environment is the reason why people tend to behave differently or even suffer from illnesses. The 3 main categories within behaviourism are classical, methodological, radical behaviourism. This approach looks at the external side of human beings instead of focusing on the inside, and it falls under the nurture element where genetics and thinking is not taken into consideration (Psychologist World, 2019).

Sociocultural approach focuses on the contributions, that is made within the society towards individual development. This approach emphasises the collaboration amongst the developing people, and the culture which the people live in. Sociocultural theory expanded from the work, which have been undertaken by influential psychologist Lev Vygotsky. Vygotsky believed in that parents, peers, and the culture were accountable for creating higher-order functions. Vygotsky also stated that learning occurs from interaction with other people, his work has become more widely published, and his ideas have become increasingly influential within the areas that include child development, cognitive psychology, and education (Cherry, 2019).

Abnormal psychology mostly centres around the patterns of emotions, thoughts, and behaviours, as these can be the signs of mental health condition. Psychologists instead of looking at the difference between normal and abnormal, they tend to focus on the level of distress, which is caused by individuals' behaviours, thoughts, or emotions. To label someone in having an abnormal behaviour, then they must be having problems in life through their behaviour or being disruptive towards other people, this could be a case of mental health, it also studies the biology of behaviour (Cherry, 2009).

Learning approach occurs through classical conditioning, operant conditioning, biological and cognitive aspects of Learning. These different learning theories have

begun to justify how and why people behave within the way they actually do. The learning theories have developed around the centre of the environmental influences within the learning procedure. In these environmental influences they include the associations, reinforcements, penalties, and interpretations. The principles of classical conditioning were discovered by Ivan Pavlov when he was undertaking an experiment within digestive system of dogs, as the dogs would salivate whenever they would see the white coats that the lab assistant were wearing, before they would be fed (Cherry, 2006).

Classical conditioning learning takes place when association is established between a formerly neutral stimulus, and a natural occurring stimulus. Within the experiment a bell will ring before food is provided to the dogs, this was done multiple times, which meant the dogs start to salivate whenever they hear the bell even if the food doesn't appear, as they are used to getting food when hearing the bell, this means they have learnt and adapted (Cherry, 2006). In the case of the thesis individuals may see that people who sell drugs or take part in other criminal activities are able to afford nice belongings, such as cars, jewellery, clothes, gadgets etc. This may mean that individuals who do not have those items but desire them, could eventually undertake criminal activities.

Operant conditioning was firstly expressed by the behavioural psychologist known as B.F. Skinner. Skinner has believed that the classical condition did not account for all kinds of learning, but instead it is more interested in learning how the actions of individuals influence the behaviours. Both classical and operant conditioning rely on forming association, but in operant conditioning the association is between the behaviour and the consequences from that behaviour (Cherry, 2006). In the case of the thesis if an individual undertakes criminal activities and gains large amount of money without getting caught by the law enforcement, then they are most likely to carry on. If an individual gets caught in undertaking those criminal activities and is punished, then they are most likely going to think about not repeating those action or keeping those actions within minimal.

Throughout the 1960s, Albert Bandura performed a series of experiments upon learning through observation, which is famously well-known as the Bobo doll experiments. There was a controlled experiment carried out to see if social behaviours such as aggression can be obtained from observation and imitation. The test was done upon 36 boys and 36 girls, from Stanford University Nursery School who were aged amongst 3-6 years old (Mcleod, 2014).

Before these children were picked, they observed while in nursery to see how aggressive they were. The children with the similar aggression with each other were matched, so this experiment was an example of matched pairs design. 51 of the children were under observation by two observers independently, and their ratings did compare, from the ratings it can be seen that it was highly reliable correlation. This meant that the observers were able to have a good agreement upon the behaviour of children (Mcleod, 2014).

Through this experiment, it was able to see that children that witnessed the aggressive model, it made them have an aggressive response, than the children that

were within non-aggressive or control groups, even though only small group of children did not undertake an aggressive behaviour, though witnessing aggression. Regardless the gender, the female children were also imitating aggressiveness from witnessing aggressive model. Boys acted upon more physical aggressive acts, than girls, but there was a small difference, when it was regarding verbal aggression between the male and female children. The bobo doll experiment showed that children can learn social behaviour, via the method of observation learning, through watching another person's behaviour (Mcleod, 2014).

In Conclusion, all theories and approaches are suitable to describe human behaviour, but in some argument, some weigh more than others, but its all got to do with what society accepts. Learning theories tend to be more appealing than other theories, this is because learning occurs all around us and it is easy to imitate and follow something now a days, through social media, the news and even through outdoor. I still believe that learning theory shows how through learning observation, individuals are able to pick up their behaviour and carry out those actions.

In school there are many individuals' who tend to be popular and they undertake actions, such as maybe bullying or belittling others in order to be above them. This can show the masculinity, so others may take these actions in order to become popular, but this can only occur through observation. The learning theory can be positive if only individuals are surrounded by people who stay out of trouble. Young people tend to have less money as they are not at the age to work, but due to them observing famous people or individuals who have large amount of money in their neighbourhood, they may want to copy those people's action even if its wrong.

Many musicians especially within hip hop/rap, they start as selling drugs or undertaking other criminal activities, which can be imitated by people who follow them. Some individuals pick and choose who they want to imitate, such as in society it says to be successful its best to stay in education and eventually get a degree to get a good paid job, but instead some individuals may dislike education and leave studying to do other things that may make them quick money or even make them feel cool. The learning theory is on the rise, as individuals can observe others within seconds through the internet via smart devices.

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