**Collage Tanashea week two post 2 -1**

**Behaviorism and Social Learning Theories**

-Behaviorism is one of the main perspectives in modern psychology. Behaviorism was founded in 1912 by an American psychologist by the name of John Broadus Watson. Watson used the research of Russian physiologist Ivan Petorvich Pavlov to develop the science of behaviorism. It suggests that personality along with other traits and behaviors are determined by the environment and focuses on observable behaviors. These routine behaviors constitute personality and responses. Personality development happens through learning especially early in life when an individual’s habits are establishing. “Learning occurs through the principles described by Skinner and other behaviorists:  reinforcement, extinction, generalization, discrimination, and so on, including classical conditioning as well as operant conditioning” (Cloninger, S. 2013).

-Social learning theory is commonly defined as a blend between mental processes and environmental influences that affect or impact human learning. Albert Bandura first called Social Learning Theory observational learning. Social learning theory incorporates principles of both behaviorism and cognitive theories of learning. In its simplest form, social learning theory explains how people learn by observing the behavior of others. Bandura suggests that this process has four component parts: attention, retention, motor reproduction and motivation. Environmental and cognitive factors can influence the process as well (Kretchmar, J. 2019). The four main elements associated with Social Learning Theory mentioned above are not just points. They are all steps in a process.  Attention represents the idea that, Retention, Motor reproduction and Motivation / Reinforcement. The main principle of Social Learning Theory is that people can learn by observing the behavior of others.  Bandura believed that individuals displaying new behaviors learned through observation, the learning must be acquired by a cognitive function. Therefore, learning theory must have internal cognitive factors (Kretchmar, J. 2019).

-A career path that interests me is Applied Behavior Analyst in a child development setting. If I were to describe how the above theories might be utilized in my practice as an applied behavior analyst in a child development setting, I believe it would be my role to apply the science of behaviorism through observation and preforming treatment methods that include behavioral engineering techniques based on learning that fosters a change in social behaviors with children and youth. This would require critical observation, time, patience and a strong knowledge base (Behavior Analyst Certification Board (BACB). Bandura's social learning theory is mainly concerned with how children and adults operate cognitively on their social experiences and with how these cognitive operations then come to influence their behavior and development. According to Bandura “People have the power to influence their own actions to produce certain results." (Bandura, A. 1999) I would use this theory along with behavioral observations, measures of parent attitudes and socialization strategies as a applied behavior analyst.

-Cultural considerations should always be associated with theorist and their research to develop an accurate determination of reliability. There are many cultural implications of addressing behavior and treatment. In addition to race and ethnic background, age, sex, socioeconomic status, and severity of illness should also be considered. Some cultural backgrounds display negative feelings toward both acknowledging and or treating special needs and mental health disorders. According to the article “Social Determinants of Mental Health Treatment among Haitian, African American, and White Youth in Community Health Centers” Most studies to date on mental health service use among ethnic groups of youth in the United States suggest that Black youth receive less treatment than Whites.” These findings apply to both children and adolescents (Carson, Lê Cook, &Alegria. 2010).

-One type of personality measurement is the big five personality test. Assessments like The Minnesota Multiphasic Personality Inventory-Adolescent (MMPI-A) was designed for use with adolescents between the ages of 14 to 18. The MMPI-A was modified from the MMPI-2. One of the main changes is the length of the inventory itself. It has been shortened from 566 items to 478 items. Other adjustments include the language of the assessment and the validity scales. Ninety-six items specific to adolescence in the areas of identity, sexuality, peer-group, school and relationships with parents, teachers and families were add to appropriately reflect adolescent personality and psychopathology. The standard use of the Minnesota Multiphasic Personality Inventory-Adolescent personality assessment is to measure or classify personality and or behavioral dysfunction occurring in mental illness (Miller, &Kabell, 2015).

-The APA’s Ethical principles of psychologists and code of conduct might affect the implementation of behavior modification principles and personality assessments. Ethical considerations include  informed consent and informed parental consent being gained, following approved practice guidelines and the practitioner should always weigh the benefits and harms of certain interventions. Considerations like what is known about the patient, values, preferences, demographic group and setting have to be taken into account. The APA recommends to “promote knowledge and understanding, application of psychological principles, and scholarly analysis of social-political forces affecting racial/ethnic minorities” (American Psychological Association 2010). In addition to ethical considerations involving assessment theorist such as Ivan Petrovich Pavlov and B. F Skinner also violated current day guidelines of ethical research and treatment, specifically on animals.

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