



Exam 3

(Psychology of Personality)

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Albert Bandura



In order to succeed, people need a sense of self-efficacy, to struggle together with resilience to meet the inevitable obstacles and inequities of life.

— Albert Bandura —

AZ QUOTES

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Influential Theories/Ideas Contributed to Society

- Social Learning Theory
 - “Social learning is also commonly referred to as *observational learning*, because it comes about as a result of observing models.” (Riolearn (n.d.), 11.2, para.1)
 - This includes *modeling, aggression, self-regulation, and self-efficacy*
- Moral Disengagement
 - “These are used to defend a certain behavior because they believe they are behaving morally because they're conforming to values of their role models or leaders, political or spiritual.” (Riolearn (n.d.), 11.6, para.2)

How Bandura Addressed Culture

- Modeling

- *“most human behavior is learned observationally through modeling: from observing others, one forms an idea of how new behaviors are performed, and on later occasions this coded information serves as a guide for action.” (Riolen (n.d.), 11.3, para.2)*
- *We learn modeling throughout childhood and develop our character through environmental observations*

- Aggression

- The Bobo Doll Experiment expressed how aggression was a socially learned characteristic.
 - This was done through an experiment in children who observed adults beating up an inflatable doll, in which the children took the observation of the action of aggression the adult performed; and thus the children followed those social cues towards aggression.

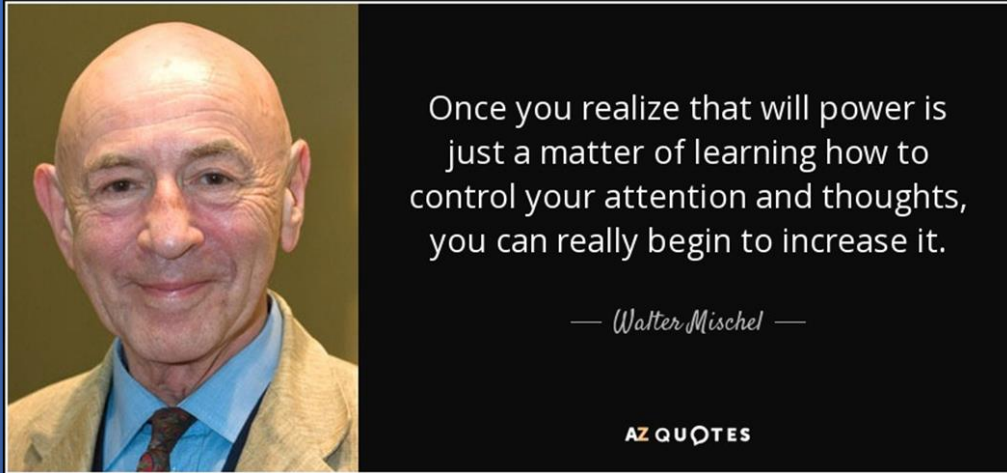
- Reciprocal Determinism

- There are 3 factors when considering social cognitive learning theory
 - Those being environmental, individual, and behavior components.
 - Each of these play a key role in how we grow and develop our personalities throughout our lives.

Positive & Negative Aspects of Banduras Theories

Positive	Negative
<ul style="list-style-type: none">▪ We are adaptable to society, in which we can grow and learn faster through observation	<ul style="list-style-type: none">▪ The observations/modeling we see at a young age may not have the best character traits
<ul style="list-style-type: none">▪ We found out how social observation plays a key role in personality, and can change our actions	<ul style="list-style-type: none">▪ Not everyone learns BEST through observational social learning
<ul style="list-style-type: none">▪ “Self-reinforcement works primarily through its motivational effects” (Riolearn (n.d.), Lesson 11, para.7).	<ul style="list-style-type: none">▪ “self-evaluation coupled with a diminished concern for negative evaluation from others” (Bandura 1978).
<ul style="list-style-type: none">▪ “Bandura believed that <i>behavioral approaches</i> have an <i>advantage</i> over other methods of therapy <i>because of their basis in rigorous, scientific testing.</i>” (Riolearn (n.d.), Lesson 11, para.7).	<ul style="list-style-type: none">▪ Moral Standards may be different from person to person, making it difficult for one group of people to think only in one specific way.

Walter Mischel



Influential Theories/Ideas Contributed to Society

- Cognitive Social Learning Theorist
 - “What distinguishes Mischel from Bandura is that cognitive factors were always the most important aspect of their learning theories.” (Riolearn (n.d.), 11.5, para.1)
- Delayed Gratification
 - “The ability to delay gratification, according to Mischel, is essential for the development of self-control.” (Riolearn (n.d.), 11.5, para.3)
- The Marshmallow Experiment
 - “In an amazing longitudinal study, Mischel and his colleagues offered 4 year-old children the opportunity to grab a marshmallow. But, if the child could wait until the researcher ran an errand, the child could then have two marshmallows!” (Riolearn (n.d.), 11.5, para.4)

How Mischel Addressed Culture

- **Social Psychology**

- “Focused on contextualizing behaviors based on individual situations.” (Riolearn (n.d.), 11.5, para.2).
- Mischel was seen as mainly a social psychologist, because he was fascinated with how observation and behaviors influences individuals in certain environments/situations.

- **Delayed Gratification**

- Brought the idea that delaying the want for something in the moment, for waiting through a process, resulting in a greater outcome.
- Delaying gratification can be seen through different lenses, and culturally we have seen throughout history, some of the most successful people have delayed gratification of unnecessary wants, for the bare minimum, resulting in not instant gratification, but delayed gratification that helps build their character through a process.

- **The Marshmallow Experiment**

- “In an amazing longitudinal study, Mischel and his colleagues offered 4 year-old children the opportunity to grab a marshmallow. But, if the child could wait until the researcher ran an errand, the child could then have two marshmallows! Some children grabbed the marshmallow as soon as the experimenter left, but others were able to wait 15-20 minutes.” (Riolearn (n.d.), 11.5, para.2).
- Having the ability to delay gratification can teach children, as well as other individuals, to go through a process and learn throughout their lives not only through observation, but through going through the different obstacles of temptations.

Positive & Negative Aspects of Mischel's Theories

Positive	Negative
<ul style="list-style-type: none">▪ Cognitive factors can be influenced best through building delayed gratification	<ul style="list-style-type: none">▪ Delayed gratification is powerful and could manipulate someone's cognitive awareness.
<ul style="list-style-type: none">▪ The Marshmallow experiment exposed important social factors that control observational learning.	<ul style="list-style-type: none">▪ Marketing, Television, Online Platforms can manipulate the way people think; through subliminal meanings, colors, or actions.
<ul style="list-style-type: none">▪ Individual situations can impact an individuals life, even if its through multiple trials.	<ul style="list-style-type: none">▪ Some social environments may not be within our individual control at times (i.e. where you live growing up)

Carl Rogers



The curious paradox is that when I accept myself just as I am, then I can change.

(Carl Rogers)

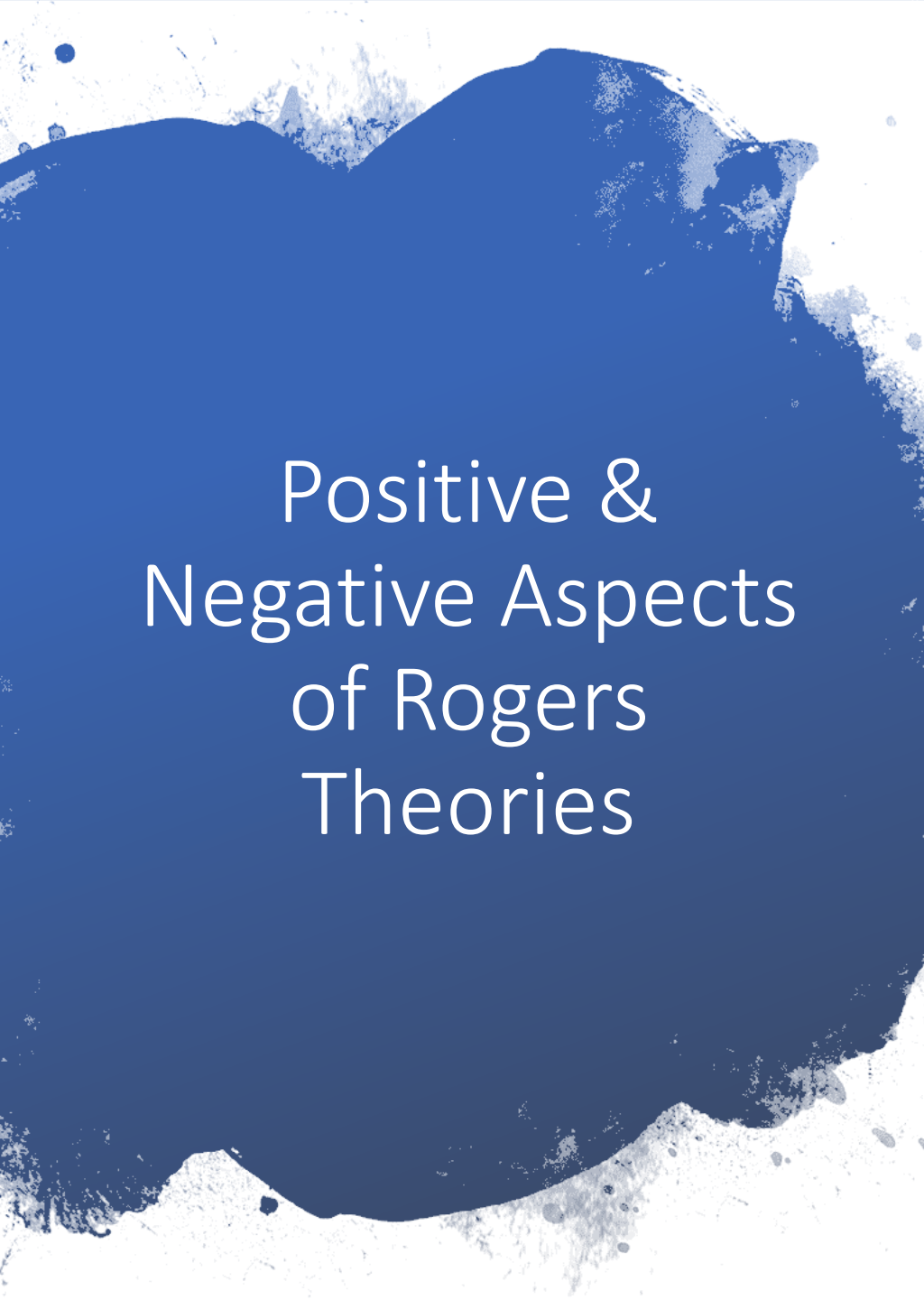
IZQuotes

Influential Theories/Ideas Contributed to Society

- Unconditional Positive Regard
 - “Is unconditional acceptance, love, or affection.” (GoodTherapy 2015)
 - Expressed the importance of childhood development through unconditional positive regard, compared too conditional positive regard, and authoritative parenting style.
- Fully Functioning Person
 - Openness to experience, existential living, organismic trust, experiential freedom, and creativity all make up the 5 characteristic traits in order to be a fully functioning person.
 - This showed us what to look for and develop throughout/within our lives.
- Client-Centered/Person Centered Therapy
 - “The therapist must provide a warm, safe environment in which the client feels free to express whatever attitude they experience in the same way that they perceive it.” (Riolearn (n.d.), 12.3, para.1)
 - This type of therapy creates positive reinforcement that can help a clients health subconsciously through a well prepared environment.

How Rogers Addressed Culture

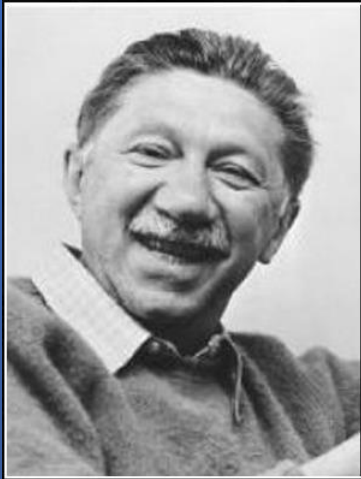
- **Unconditional Positive Regard**
 - “When the parents offer the child unconditional positive regard, the child continues moving forward in concert with its actualizing tendency.” (Riolearn (n.d.), 12.2, para.2)
 - Building a healthy environment for a child through unconditional love can help increase the likelihood of success in a healthy mental state later in life.
- **The Fully Functional Person**
 - “The fully functioning person is increasingly open to new experiences, they live fully in each moment, and they trust themselves more and more.” (Riolearn (n.d.), 12.1, para.4)
 - Living in the moment and having individuals who live in the moment are necessary for society to function; to further expose differences within our society that create the “good life.”
- **Client Centered Therapy**
 - “Client-centered therapy and self-actualization offer a far more positive approach to fostering the growth of each person than most other disciplines in psychology.” (Riolearn (n.d.), 12.2, para.6)
 - This type of therapy gives the client a comfortable environment that is healthy to establishing a greater mental and physical health.



Positive & Negative Aspects of Rogers Theories

Positive	Negative
<ul style="list-style-type: none">▪ “Client-centered therapy grew out of Rogers' simple desire to help his clients move forward in their lives.”	<ul style="list-style-type: none">▪ Moving forward in our lives may have to be done through different methodologies; there is not a one method fixes all.
<ul style="list-style-type: none">▪ Unconditional love provides a foundation for children to build strong moral values and expectations	<ul style="list-style-type: none">▪ “The child will begin to live the life of those who set the conditions of worth, rather than living its own life.”
<ul style="list-style-type: none">▪ Acquiring the “good life” through a few of the 5 characteristic traits, can further lead to growth in understanding of ones life	<ul style="list-style-type: none">▪ External expectations may negatively impact a childs perspective because they see the incongruence in their lives
<ul style="list-style-type: none">▪ Rogers brought new forms of thinking within therapy that expanded the way we view and go about certain therapy sessions.	<ul style="list-style-type: none">▪ We are born in sin and our lives we must go through self doubt, and or face oneself in the moment, and this can be difficult for many people.

Abraham Maslow



One can choose to go back toward safety or forward toward growth. Growth must be chosen again and again; fear must be overcome again and again.

— Abraham Maslow —

AZ QUOTES

Influential Theories/Ideas Contributed to Society

○ The Hierarchy of Needs

- “Maslow believed that human behavior is driven and guided by a set of basic needs: physiological needs, safety needs, belongingness and love needs, esteem needs, and the need for self-actualization.” (Riolearn (n.d.), 12.5, para.1)
- Having an understanding of ones needs not only socially, but as a human is what Maslow was able to bring through his Hierarchy of needs.

○ Self Actualization

- Morality. Creativity, acceptance, meaning, and inner potential are things considered when attempting to understand oneself deeply.

○ Humanistic Psychology

- “Maslow died just as he was beginning to study his proposed fourth force: transpersonal psychology. Transpersonal psychology offered a connection between psychology and many of the Eastern philosophies associated with Yoga and Buddhism, and provided a foundation for the study of positive psychology.” (Riolearn (n.d.), 12.4, para.7)
- Began to investigate the physiological aspects of humanistic psychology

How Maslow Addressed Culture

- The Hierarchy of Needs
 - Self-Actualization, Self-Esteem, Love & Belonging, Safety & Security, and Physiological Needs, are the summed up needs of a successful life.
 - The hierarchy of needs established a thought process within our culture, that further exposed needs that needed to be mapped together to understand how we function as a society.
- Self Actualization
 - Provided 14 Characteristics of self-actualizing in people.
 - More efficient perception of reality, acceptance of self/others/nature, spontaneity, problem-centered, quality of detachment, autonomy, interpersonal relations philosophical, creativeness, and many more.
 - This gave us the understanding in society that there are multiple characteristic traits that can be seen through the same hierarchy of needs.

Positive & Negative Aspects of Maslow's Theories

Positive	Negative
<ul style="list-style-type: none">▪ Self-actualization leads an individual in understanding oneself through a multitude of traits.	<ul style="list-style-type: none">▪ Lower needs or not understanding ones needs “tend to occupy the mind if they remain unsatisfied” with their needs.
<ul style="list-style-type: none">▪ When we understand our needs, we can develop our stability in our lives.	<ul style="list-style-type: none">▪ Self-esteem & the need for status can put an individual in a depressive state
<ul style="list-style-type: none">▪ Through Maslows ideals we were able to explore throughout physiological factors that play a key role within our development of self.	<ul style="list-style-type: none">▪ Self-actualization is a skill that is difficult to master, and we see that a small amount of prestigious individuals have mastered and used this theory efficiently.
<ul style="list-style-type: none">▪ The needs in life are foundational, and we must understand/develop our lives through knowledge of what is only a want, compared to a need in life.	<ul style="list-style-type: none">▪ A modern world makes it difficult to attain the Maslownian hierarchy of needs, because of the constant distraction in the world and social platforms.

The Perspective Most Relevant In My Life

- Unconditional Positive Regard
 - This was most relevant to my life because I feel that in life we must understand that aggression is something we may experience, but that is not something we need to teach others by.
 - Being able to provide unconditional love is a powerful skill, and could substantially, in my opinion, completely change the way society treats one another
 - I am grateful that unconditional love shows how we must not only treat one another, but how we can use our unconditional love for good to influence and help heal society through empathy and understanding of the process that we each must go through.

