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Chapter 1 **Social Learning Theory**

FHS 2400 Period 3A

Social Learning Theory, what is it? How does it affect us as humans? Social Learning Theory was first described by Albert Bandura (B. 1925). Social Learning Theory is said to be the idea that the way humans are social beings, they pick up and acquire behaviors they have seen from observing others. This isn’t always on purpose, it can happen without being noticed. Another word for this Is called “modeling” because humans naturally copy other humans after observing. An example of this is say a mother never wore her seat belt while driving with her daughter in the car. As her daughter grew up and began to drive herself, she could think it was okay not to wear a seat belt because her mother didn’t. The multicultural side of Social Learning Theory thoughts are what a human remembers and picks up understanding can vary on different social context.

News Media has responsibilities on covering events when it comes to teenage suicides, drive by shootings, and kidnappings in various ways. When they let a teenagers suicide or a kidnapping story get by without notice like it didn’t even matter, that’s where the problem starts. Lets say for example a 14 year old girl was coming to the conclusion that to escape her exhausting life she should commit suicide. It is the News Medias responsibility to report how much affect a suicide has on the victims family, friends, and classmates. They need to let kids and people who are having these same thoughts know how big of an affect it has and that it is not the way out. When they observe that there are groups and people out there who can help you get through it and not hurt your loved ones. They will observe other people doing this and realize it is not okay. They can help save lives. When News Media report kidnappings and humans observe the damage and sickness of it all they can understand ways to be safer and comprehend that it is unacceptable to kidnap another human and that if done it comes with a life in jail and your rights taken away.

Athletes have such a huge affect on their young fans. When you title an athlete as your favorite and consider yourself a fan you are placing this athlete as your role model. A role model is someone who you idolize. You hope to become like this person because you find them inspiring and successful. An example of this would be say a young fan has found out that their favorite athlete is associated with drugs. When the fan observes this event the idea that will come across in their head is, ‘well since my favorite athlete does it, it must be okay.” The young fan will than start to associate with drugs in the hope that they will be a step closer to being like their favorite athlete. That is not okay, that young fan could end up being in trouble with the cops, or worse dead. Athletes have to realize that their young fans idolize them and they cannot go around behaving in inappropriate ways. They are role models for these young fans and have to behave in responsible, appropriate behaviors. That is not always fair but it is part of being a professional athlete.

A model to me is someone who you admired, respect, and hope to be like. When it comes down to life itself and all the journeys my model is my dad. My dad grew up in a family filled with six brothers and parents who didn’t have as much money as they needed. He walked to school everyday starting in Kindergarten. His parents didn’t spoil him and give him all the love and support that he gives my sisters and I. He brought himself through life working hard every day. He is my role model because he came from a hard life and worked every day to make his better. He is a fireman who puts his life on the line every day to save someone else’s life. He tries his hardest to give my family the love and support we need to grow as a person and be happy. He works hard and he is successful for that. When life throws a big obstacle in his way he pushes back just as hard. He is loving, caring, compassionate to others, and a hard worker. I respect my dad and admire him more and more every day.

The Social Learning Theory definitely plays a big role in our lives every day. We observe and we do. We observe and we take that knowledge into shaping out who we are as a person. These observations cause social reflections and affect our decisions we make. Our News Media, our Athletes, and even ourselves affect somebody every day and we have to keep that in mind. Our actions speak louder than our words. Something we must always remember.