

behavioral learning theory

History of behavioral learning theory.

Behavioral theory was established when behavioral psychologist John B. Watson published his paper “Psychology as the Behaviorists View It” in 1913. In this paper, Watson suggested that people begin life as blank slates and can be conditioned or taught into behaving in any way.

John B Watson is known as the founder and father of behaviorism in 1913.

He was an influential American psychologist whose most famous work occurred during the early 20th century at Johns Hopkins University.

There are other behavioral scientists such as Pavlov, Thorndike and Clark Hull.

definition of behaviorism

-Behavioral psychology, or behaviorism, is a theory suggesting that environment shapes human behavior. In a most basic sense, behavioral psychology is the study and analysis of observable behavior.

-Behaviorism focuses on the idea that all behaviors are learned through interaction with the environment. This learning theory states that behaviors are learned from the environment, and says that innate or inherited factors have very little influence on behavior.

-Is a theory of learning , based on the idea that all behaviors are acquired through conditioning with interaction with the environment.

the main focus of behaviorism

Behaviorism or the behavioral learning theory is a popular concept that focuses on how students learn. And it focuses on the idea that all behaviors are learned through interaction with the environment.

the goal of behaviorism

Behaviorism is an area of psychological study that focuses on observing and analyzing how controlled environmental changes affect behavior. The goal of behavioristic teaching methods is to manipulate the environment of a subject — a human or an animal — in an effort to change the subject's observable behavior.

the three types of behaviorism

There are three main approaches within behaviorism – classical conditioning, operant conditioning, and observational learning. All three methods involve the process of conditioning, whereby an animal or person learns to associate a particular stimulus with a particular response.

the three branches of behaviorism

There are three branches of science of behavior analysis [i.e., experimental analysis of behavior, behavior analysis, and applied behavior analysis (ABA)]. ABA can be defined as a systematic approach to understanding behavior of social interest.

Key Principles of Behaviourism

Behaviourism is built on the notion that all behaviours can be explained by conditioning, which occurs through interaction with the environment. It focuses on observable behaviour rather than internal mental processes such as thoughts or feelings.

Uses of theory

Teachers use behaviorism to show students how they should react and respond to certain stimuli. This needs to be done in a repetitive way, to regularly remind students what behavior a teacher is looking for. Positive reinforcement is key in the behavioral learning theory.

can be used to understand how parents can facilitate the cultivation of broad and flexible behavioral repertoires in their children.

Behaviorist principles are sometimes used today to treat mental health challenges, such as phobias or PTSD; exposure therapy, for example, aims to weaken conditioned responses to certain feared stimuli. Applied behavior analysis (ABA), a therapy used to treat autism, is based on behaviorist principles.

criticism of behaviorism theory

- Critics argue that behaviorism focuses solely on external behavior
- they ignores our internal influences (thoughts, desires, motivations, moods, and expectations).
- they overlooks the influence of internal cognitive processes

- carl rogers and other humanistic psychologist, believed that behaviorism was frigid and limited.