

Discuss Theory Personality Albert Bandura

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Abstract

Albert Bandura's Social Learning Theory plays a crucial role in understanding human behavior by emphasizing the interaction between cognitive, behavioral, and environmental factors. This theory posits that individuals learn through observation, imitation, and modeling, making it a fundamental concept in psychology and education. Key aspects such as observational learning, self-efficacy, and reciprocal determinism are explored to demonstrate their impact on behavior formation and learning processes. This paper examines the application of Bandura's theory in various contexts, highlighting its relevance in shaping educational strategies, social interactions, and behavior modification. The study concludes that Social Learning Theory remains a significant framework for understanding and influencing human development in diverse fields.

Keywords: Behavior Modification ; Cognitive Processes ; Educational Psychology ; Observational Learning ; Reciprocal Determinism ; Social Learning Theory

1. Introduction

One of the figures of the behaviorist school is Albert Bandura . He is very famous for his social learning theory, a concept in the behaviorist school that emphasizes the cognitive components of thinking , understanding and evaluation. He is a psychologist who is famous for his social learning theory or social cognitive and self- efficacy . A very famous experiment is the Bobo Doll experiment which shows children imitating aggressive behavior from adults around them .

Albert Bandura is one of the designers of the theory cognitive social. Bandura develop model deterministic reciprocal which consist from three factor main that is behavior, person/cognitive And environment. Factor This can interact with each other in the learning process . Factor environment influence behavior, behavior influences the environment, personal/cognitive factors influence behavior. Person factors Bandura not Have trend cognitive especially delivery personality and temperament. Factor cognitive covers expectation, belief, strategy thought and intelligence.

In Bandura's learning model , the person (cognitive) factor play a role important. Factor person (cognitive) Which meant moment This is self - efficacy or efficacy self. According to Bandura (1994), individuals who have efficacy high self-esteem will be very easy in facing challenges. Individuals do not feel doubtful because they have have full confidence in their own abilities. According to Bandura (1994), this individual will quickly face problems and be able to recover from the failures they experience.

According to Bandura process observe And copy behavior And attitude person others as models are learning actions. Bandura's theory explains human behavior in context interaction lead come back Which continuous between cognitive, behavioral and environmental influences. The environmental conditions

around an individual greatly influence this type of social learning pattern. For example, someone whose life and raised in in environment gambling, so he tend For choose gambling, or conversely considering that gambling is not good.

In the discussion of the theory put forward by Bandura , it is explained how Albert Bandura biography , how the experiments were conducted by Albert Bandura , what are Albert Bandura's theories , what are the advantages and disadvantages of Albert Bandura's theory , how to apply Albert Bandura's theory.

The purpose of this written discussion is to find out the biography of Albert Bandura, to find out experiment which done by Albert Bandura, know theory Albert Bandura, knowing the strengths and weaknesses of Albert Bandura's theory, knowing the application of Albert Bandura's theory.

2. Discussion

Albert Bandura is one of the figures of the behaviorism movement . He was born on December 4, 1925 in Mundare , Alberta, Canada. He is the youngest child from six brothers in family descendants Europe East. Bandura completed elementary and high school at one of the city's schools, which lacked teachers and resources. In 1949 he received a bachelor's degree at the University of British Columbia in psychology. He earned his PhD in clinical psychology from the University of Iowa in 1952, and a year later he joined the teaching faculty at Stanford University.

Albert Bandura is Wrong a behaviorist Which research a number of case, wrong the only one is mischief teenager. According to him environment to form behavior and behavior shape the environment. Besides That, according to him personality is the result from interaction three matter, that is environment, behavior, And process psychology somebody.

Bandura And his colleagues pioneer work in field modeling social and show that modeling is process Which strong Which explain various forms learning (Look Bandura 1971a, 1971b; Bandura & Walters , 1963). In a research program at Stanford University , Bandura and his colleagues developed social learning theory and the prominent role of observational learning. And modeling social on motivation, thinking, And action humans. In the mid-1980s Bandura renamed his theory to social cognitive theory , which explains how we function as self -organizing , proactive, self -reflective, and self-regulating beings (see Bandura , 1986). This idea that we are not simply reactive organisms shaped by environmental forces or driven by inner impulses represented a dramatic shift in the development of behavior therapy . Bandura expanded the scope of behavior therapy by developing the inner cognitive-affective forces that motivate human behavior.

There are several existential qualities inherent in Bandura's social cognitive theory . Bandura has produce Lots proof empirical Which show life choices Which We have in all aspect life We. Self-Efficacy : Exercise Control (Bandura , 1997), Bandura demonstrates comprehensive applications of self - efficacy theory to fields such as human development, psychology, psychiatry, education, medicine and health, athletics, business, social and political change, and international relations.

Bandura has concentrated on four areas of research: (1) the power of modeling. psychological in to form thought, emotion, And action; (2) the mechanisms of human agency, or how people influence their own motivation and behavior through choice; (3) people's perceptions of their success are more influenced by the exercise activities that affect their lives; and (4) how reaction stress And depression caused. Bandura has create Wrong one of the few mega theories still developing in the early 21st century. He has shown that person need flavor self-efficacy And resilience For create a successful life and to meet the inevitable obstacles and challenges they face.

To date Bandura has written nine books, many of which have been translated. to in various Language. On year 2004 He accept Outstanding Psychology Award Lifetime Contributions from American Psychological Association . In the early 80s, Bandura continued to teach and conducting research at Stanford University and traveling around the world. He still finds time for hiking, opera, family gatherings , and wine tasting in Napa and Sonoma Valleys .

Albert Bandura is a behaviorist figure who includes cognitive elements. on the theory. He believe that process cognitive also affects Observational Learning . According to him Study will difficult And It takes a long time if you learn by trial and error . One of the important and famous contributions of Albert Bandura is the theory of imitation or modeling. His explanation is that humans learn not only by classical And operant conditioning , but also by observing the behavior of others.

Unlike other behaviorist figures , who conducted research using experimental animals. Albert Bnadura conducted research on humans, namely two children, to find out their aggression or fear. He placed the two children in his laboratory under conditions the same and different treatments, then comparing the learning process using film viewing. This experiment is often known as the experiment with the Bobo doll. doll . bandura position the first child in a room where a large doll has been provided which has been tied with a Bandura.

Likewise, the second child was placed in a room with conditions Which The same. Then child First given spectacle film action (movie) action), while the second child was not shown action films. After the treatment, the two children were left in their respective rooms with dolls that had been prepared beforehand.

Moment Then, child Which First imitate all behavior or the actions in the film he had watched before. While the second child, just kept quiet and watched the doll in front of him without doing anything that was action-oriented like the child who First. It can be said that the first child is more aggressive than the second child. The learning pattern carried out by the child is called modeling (imitation). Where it is clearly seen that the first child imitates all the movements or actions carried out by the film players. action that he watched and then applied to the Bobo doll doll in front of him . This can be said as a way of learning by modeling.

2.1. Learning Theory Social

Assumptions Which underlying theory Study social is man flexible enough and able to learn various skills in attitude and behavior and that the best learning point from all of this is unexpected experiences. Although man can and Already learn a lot from first hand experience However more Lots they learn from activity observe person Another very well-known Bandura theory is the social learning theory. emphasizes the cognitive aspects of thinking, understanding, and evaluation.

Social Learning proposed by Bandura has emphasized how human behavior is influenced by the environment through reinforcement and observational learning and the way of thinking that we have about something and vice versa, namely how our behavior influences the environment and produces confirmation (reinforcement) and the opportunity to be noticed by other people (observational opportunities).

Process observe And copy behavior And attitude person other as The model in act of learning. Bandura's theory explains human behavior in the context of continuous reciprocal interactions between cognitive, behavioral and influence environment. Condition environment around individual very influence on this type of social learning pattern. For example, a person whose life and upbringing in in environment gambling, then he tend For choose to gamble, or conversely consider that gambling is not good.

The purpose of this theory is to explain how a person learns in a real situation or environment. Bandura hypothesizes that behavior, environment And events internal to students Which influencing perception and action is a relationship that is mutually influential or related. according to Albert Bandura Again, behavior in demand often evaluated, that is free from reciprocity so that it can change one's personal impressions. Different social recognitions affect an individual's self-conception.

Bandura social learning theory explains about the relationship between personality, environment, and human behavior is the result of continuous reciprocal interaction between determining factors, namely: internal factors such as cognition, perception, and other factors that influence human activities) and there are also external factors, namely the environment. This process is called " reciprocal determinism " where humans influence their fate by controlling environmental forces, but they are also controlled by those environmental forces. In this case, Bandura agree belief base behaviorism Which trust that personality is formed through learning. However, he argues that " conditioning " No process Which mechanical, man become participants Which

passive. On the contrary, humans actively seek and process information about the environment, in order to maximize pleasant outcomes.

2.2. *Observational Learning in Bandura's Social Learning Theory*

Bandura (1986, 2003) believes that learning by observing is much more efficient than learning by direct experience. By observing person other, man learn response where Which followed punishment or which one does not receive reinforcement. For example, children observe character in television for example, And repeat Again What Which heard or seen, so they don't have to randomly perform a variety of behaviors themselves and hope to figure out which ones will be rewarded and which ones won't.

There are two types of learning through observation (Observation) Learning) is: First, learning through observation can happen through conditions experienced by others or vicarious conditioning . For example, a student sees his friend being praised or reprimanded by his teacher for his actions, so he then imitates doing other actions with the same aim of wanting to be praised by him. his teacher. Incident This is example from strengthening through praise experienced by others or vicarious reinforcement . Second, learning through observation imitates the behavior of a model even though the model does not receive reinforcement or weakening while the observer is paying attention model That demonstrate something Which want to studied by observer the and expect get praise or strengthening if you have completely mastered what is being studied. The model does not have to be demonstrated by someone directly, but we can also use an actor or a visual imitation as a model (Nur, M. 1998:43).

Bandura explains the involvement of four phases in this learning through observations, namely:

- a. Phase Attention / attention
The first phase in observation learning is paying attention to the person/model being imitated. The desire to imitate the person/model is because the person/model has great qualities and traits, is powerful and other traits. And the desire to pay attention is influenced by personal needs and interests. The more there is a relationship with need And his interest, increasingly easy interested his attention.
- b. Phase Retention / reminder
In order to benefit from the behavior of others that has been observed, an observer must be able to remember what he has seen. After notice behavior in demand Which The same with model the, then the child will carry out a retention or remembering process by storing memories regarding the model he sees. in the form of symbols and then store them in his memory.
- c. Produce motor movement
The third component in the imitation process is converting an idea, image, or memory into action and this also involves physical strength. Example : a child observe his father Which currently hoeing in fields. In order to child This can copy What which is conducted his father, child This must strong enough to lift a hoe and do movements like his father.
- d. Phase Motivation
The last phase in the observation learning process is motivation. People will not demonstrate or carry out everything they learn through the observation process, depending on their will or motivation. For example, because there is a reward, the child will do it, and vice versa.

2.3. *Draft Important in Personality According to Bandura*

1.) Self Efficacy

Self efficacy is self key component system . What is meant by self This system is not a psychic factor that controls behavior, but refers to to structure cognition Which give mechanism reference And who designs the

functions of perception, evaluation, and regulation of behavior. Bandura believe that self efficacy is element crucial personality. Self This efficacy is self-confidence (self-confidence) in one's own ability to display behavior that will lead to the desired results. When self High efficacy, we feel confident that we can perform a certain response to obtain reinforcement. Conversely, if it is low, then we feel anxious that we are not able to perform the response. If someone is not confident that they can produce the results they want, want, so they will own A little motivation For act.

2). Source Efficacy Self

Assumptions Which underlying theory Study social is man flexible enough and able to learn various skills in attitude and behavior and that the best learning point from all of this is unexpected experiences. Although man can and Already learn a lot from first hand experience However more Lots they learn from activity observe person Another very well-known Bandura theory is the social learning theory. emphasizes the cognitive aspects of thinking, understanding, and evaluation.

The key to behavioral change in Bandura's system is changing efficacy expectations (self -efficacy). Self-efficacy can be acquired, changed, and enhanced or derived through one or four sources, namely:

- a. Performance experience is an achievement that has been achieved in the past. become change efficacy self Which most strong its influence. Good (past) performance increases efficacy expectations, while failure will decrease efficacy. Achieving success will have different impacts on efficacy, depending on the achievement process:
 - The more difficult the task, the higher the success will be in efficacy.
 - Working alone increases efficacy more than working in a group because you are assisted by other people.
 - Failure can lower efficacy If person Already try as good as possible.
 - Failure in an emotional or stressful atmosphere does not have as bad an impact as when conditions are optimal.
 - Failure after a person has a strong belief in efficacy does not have as bad an impact as if the failure occurred to a person whose belief in efficacy was not yet strong.
 - Person Which normal succeed, very fail No influence efficacy.
- b. Vicarious experience, acquired through social modeling. Efficacy will increase when observing the success of others, conversely efficacy will decrease if you observe people whose capabilities are approximately same as himself, it turns out to fail. If the observed figure is different from the observer, the influence of the vicarious is not great. On the other hand, when observing the failure of a figure who is equal to himself, it is possible that people will not want to do what the observed figure has failed to do for a long time.

Table 2.1 Strategy Changes Source Expectation Efficacy

Source	Method Induction	
Performance Experience	Participant modeling	Copy model which achieve
	Performance desenzation	Eliminate the negative influence of past achievements
	Performance exposure	Highlighting success which ever achieved
	Self-instructed performance	Practice self for do the best

Vicar's Experience	Live modeling	Observing model the real one
	Symbolic modeling	Observing the model symbolic, film, comic, story.
	Suggestion	Influencing with words based on belief
	Exhortation	Advice, urgent/coercive warning.
	Self instruction	To rule self alone
Verbal Persuasion	Interpretive treatment	New interpretations correct old incorrect interpretations
	Attribution	Change attribution, person in charge of an emotional event
	Relaxation biofeedback	Relaxation
	Symbolic desensitization	Eliminating emotional attitudes with symbolic modeling
	Symbolic exposure	Bringing up emotion in a way symbolic

c. Social Persuasion

efficacy can also be acquired, strengthened or weakened through social persuasion. The impact of this source is limited, but under the right conditions persuasion from others can affect self- efficacy. These conditions are trust in the persuader, and the realistic nature of what is being persuaded.

- d. Emotional State, the emotional state that follows an activity will affect the efficacy in that field of activity. Strong emotions, fear, anxiety, stress , can reduce efficacy self. However Can happen, increased emotion (which is not excessive) can increase self- efficacy . Behavioral changes will occur if the source of efficacy expectations changes. Changing self-efficacy is widely used to improve the difficulties and behavioral adaptation of people who experience various behavioral problems . The four sources are changed with various strategies summarized in Table 2.1.

3). Efficacy Self As Predictor

According to Bandura , the source of behavioral control is reciprocal between the environment, behavior, and the individual. Self- efficacy is an important personal variable, which when combined with specific goals and understanding about performance, will become determinant behavior in demand important future. Unlike the self-concept (Rogers) which is a general unity, self- efficacy is fragmental . Each individual has different self- efficacy in different situations, depending on:

- Ability Which sued by situation Which different That.
- Presence person other, specifically rival in that situation .
- Physiological and emotional states; fatigue, anxiety, apathy, depression.

efficacy , combined with a responsive or unresponsive environment, will yield four possible behavioral predictions (Table 2.2)

Table 2.2 Combination Efficacy with Environment as Predictor Behavior

Efficacy	Environment	Prediction results behavior in demand
Tall	Responsive	Success, carrying out task according to his abilities
Low	No responsive	Depression, see other person success on task which he considered difficult

Tall	No responsive	Trying hard to change the environment to be responsive, carrying out protest, social activities, even forcing change.
Low	Responsive	Person become apathetic, resigned, feel no capability.

4). Theory Imitation (Modeling)

Experiment about imitation by Albert Bandura And Richard Walters (1959, 1963)¹⁰, find, imitation may applicable only through observation of the behavior of the model (the person being imitated) even without any reinforcement. This learning process is called " observational learning " or learning through observation. Bandura , suggested that social learning theory be improved considering that previous social learning theory only focused on behavior without considering a person's mental processes.

According to Bandura , a person's behavior is the result of the interaction of factors within oneself (cognitive) and the environment . To explain this view, he has to put forward theory learning imitation, in theory This he have conducted a study with Walter (1963) into the effects of treatment on children when they watch adults hitting, knocking with hammers iron And pounding while screaming in video. After Watching this video, children are shown playing in the game room and there is a statue like the one shown in the video. After the children saw the statue, they imitated the actions performed by the people they watched in the video (Ramlah Jantan & Mahani Razali 2004).

- Element Main In Imitation

For learning attention its form in important for individuals regarding doing so:

a. Focus (' Attention ')

The subject must focus on the model's behavior to allow him to learn it. Whether the subject pays attention or focuses on the values, self-esteem, attitudes, etc. they have. For example, a musician who is not sure self Possible copy behavior in demand player music famous so it doesn't create its own unique style .

b. Storage (' Retention ')

The observing subject must encode the event in his memory system. This allows the subject carries out the event later if necessary or desired.

c. Income (' Reproduction ')

After knowing or studying a behavior , the subject must also have the ability to realize or produce what is stored in the form of behavior . For example, driving a train, playing tennis. Share half Motor skill behavior is needed to realize the components of behavior that have been considered.

d. Motivation

Motivation Also important in modeling Albert Bandura because it is an individual driver to continue doing something.

- Characteristic features Theory Imitation

a. Element learning main is attention and imitation.

b. Behavior in demand model may studied through Language, example, mark and others

c. Students imitate something skillful rather than clever when the teacher demonstrates as a model.

d. Students gain proficiency if they obtain appropriate satisfaction and confirmation.

e. Process learning covering attention, warning, imitation with appropriate behavior or response , ending with pene guhan positive.

- Types Imitation
 - a. Imitation direct
instruction was developed based on Albert Bandura 's social learning theory. Direct instruction is a learning model designed to teach declarative knowledge and procedural knowledge that is taught step by step. Characteristics This learning involves modeling, which is a phase where someone models or exemplifies something through a demonstration of how a skill That done. Copy behavior in demand which is shown by the model through a process of attention. Example: imitating the style of a praised singer.
 - b. Imitation indirect
Imitation is through imagination or indirect observation. Examples: imitating characters read in books, watching a teacher teach his friends.
 - c. Imitation combination.
Imitation type This is with method merge behavior different behaviors, namely direct and indirect imitation. Example: students copy style his teacher paint And method coloring than the book he read.
 - d. Imitation partition route
The imitated behavior is only appropriate for certain situations. Example: Imitate the clothes on TV, but don't wear them at school.
 - e. Imitation no roadblocks
The imitated behavior may be displayed in any situation. Example: students imitate the polite style of their teacher.

2.4. Factor Important in Learning Through Attention

Observing other people doing something does not necessarily result from learning, because learning through observation requires several factors. According to Bandura , there are four processes that are important so that learning through observation can occur, namely:

- a. Attention process): Before imitating another person, attention must be paid to that person. This attention is influenced by the observer's association with the model, characteristic model Which interesting, And meaning important behavior in demand observed by the observer.
- b. Representation (representation) process): The behavior to be imitated must be symbolized in memory. Either in verbal form or in the form of images/ imagination . Verbal representation allows people to evaluate in a way verbal behavior in demand Which observed, And determine can which ones to throw away and which ones to try to do. Imaginary representation makes it possible to carry out exercises symbolically in the mind , without actually doing them physically.
- c. Imitation of model behavior (behavior production process): after observing it attentively, and putting it into memory.
- d. Motivation and reinforcement (motivation) and reinforcement process): Learning through observation becomes effective if learning has motivation tall For can do behavior in demand the model. Attention makes it easier to master certain behaviors, but if motivation For That No There is, process than behavior in demand Which punished not will applies. Imitation still happen although model No given reward, throughout observation see model get characteristics - characteristics positive Which is a sign of a successful lifestyle, so it is believed that models will generally be rewarded.

2.5. Weakness and Excess Theory Albert Bandura

- 1). Weakness Theory Albert Bandura

Bandura's Social Learning Theory is very suitable if classified into behavioristic theory. This is because Albert Bandura's modeling technique is about imitating behavior and sometimes the imitation method requires repetition in understanding something that is imitated.

Apart from that, if humans learn or shape their behavior only through imitation (modelling), it is certain that some individuals who use this imitation technique will also imitate negative behavior, including treatment that is not accepted in society.

Theory Study social This only focus on merger internal cognitive And behavior social just, However connection lead come back between factor which influence each other is not explained in detail.

2). Advantages of Theory Albert Bandura

Bandura's theory is more complete than previous learning theories, Because That emphasize that environment And behavior A person is connected through the person's cognitive system . Bandura views human behavior as not merely a reflex to a stimulus. (SR bond), but also due to reactions that arise due to interactions between the environment and human cognition itself.

Social learning theory approach emphasizes the need for conditioning (habituation to respond) and imitation (imitation). In addition, the social learning approach emphasizes the importance of empirical research in studying children's development. This research focuses on the processes that explain children's development, social and cognitive factors.

2.6. Application Theory Albert Bandura

1). Psychopathology

Pathological behavior is influenced by cognitive factors, neurophysiological processes , past experiences that are reinforced, and facilitative and environmental values.

a. Depression Reaction

Personal standards and setting goals that are too high make people vulnerable to failure, and will result in people experiencing depression. After being in a state of depression, people tend to underestimate their achievements, so that "success" is still seen as a failure. The result is chronic misery, feeling worthless, aimless, and deep depression. People with depression do self-regulation self-observation, self-process, people with depression misjudge their performance , or blur their memory of past achievements. They underestimate their own success, on the contrary, they overestimate their failures. In the assessment process, people with depression set very high standards so that any achievement obtained is considered a failure, even when others see them as very successful, they still insult their own achievements. People with depression place standards and goals too high above their awareness of their self -efficacy . When doing self-reactions, people with depression judge themselves in a negative way. rough, bad, moreover to lack himself. They punish self Alone in a way excessive to performance self which is not good.

b. Phobia

The feeling of fear is so strong and deep that it has a negative impact on a person's daily life. So deep is the feeling of fear, that the object that causes it becomes blurred, the object is generalized in a way Wrong. Bandura to put forward that media, such as television and newspapers inadvertently create phobias. Horror stories of rape, the cruelty of robbers, serial murders, terrorize the community. so that they (Which part big No Once experience something That) still feel No safe although the doors House has locked tightly. Phobias learned from observing the environment,

become existent consequence efficacy self Which low, person feel No capable dealing with a threatening problem that gives rise to chronic feelings of fear.

c. Aggression

According to Bandura , aggression is acquired through observation, direct experience with reforge positive And negative, exercise or order, and belief Which odd (compare with Freud And his friends who considers aggression is encouragement default). Aggression Which extreme become dysfunctional or as per psychological. From study which is conducted Bandura , observation of aggressive behavior will result in an exaggerated imitation response. The observer will behave more aggressively than the model.

2). Psychotherapy

Therapy Which done Bandura is therapy cognitive-social. The goal is to improve self- regulation , through changing behavior and maintaining change behavior in demand Which happen. There is three levels he effectiveness of a treatment , namely; the level of induction of change, generalization, and maintenance.

- a. Level Induction change: treatment it is said effective if can changing behavior . For example, therapy eliminates the fear of heights in acrophobia sufferers, so that they dare to climb high stairs.
- b. Generalization Level: higher treatment , allowing for generalization. The acrophobia sufferer not only dares to climb stairs, he also dares to take the elevator, board an airplane, and clean the windows of a high-rise building.
- c. Level Maintenance: often happen behavior positive results therapy change back become behavior negative (specifically on behavior habits negative , smoking, alcoholism , narcotics). Therapy reaches the highest level of effectiveness. If the results of induction and generalization can be maintained, they do not turn negative .

Bandura proposed three types of treatment approaches , namely; mastery training (desensitization modeling), open modeling, and symbolic modeling.

- a. Mastery training (modeling desensitization): teaching clients to master behaviors that they were previously unable to perform (e.g. due to Afraid). Treatment counseling started with help client achieve deep relaxation. Then the counselor asks the client to imagine the thing that scares him/her gradually. For example, snakes, imagine seeing a toy snake in a store display case . If the client can imagine the event without fear, they are asked to imagine playing around with toy snake, Then see snake in a zoo cage, then touching the snake, until finally holding the snake. This is a systematic desensitization model which in the behaviorist paradigm is carried out by utilizing variations in reinforcement. Bandura use desensitization systematic That in mind (because of that technique this is sometimes called: cognitive modeling) without using actual reinforcement.
- b. Open modeling (participant modeling): The client sees a real model, usually followed with client participate in activity model, assisted by the model, they imitate the desired behavior , until they are finally able to do it themselves without help.
- c. Symbolic modeling: the client sees a model in a film, or picture/story. Satisfaction vicarious (see model get strengthening) push clients to try/imitate the model's behavior .

3. Conclusion

Albert Bandura is an educational psychologist from Stanford University, USA . His theory was developed to explain how a person experiences learning in his/her surrounding environment. Bandura (1977)

hypothesized that environmental behavior and internal events in learning that affect perception and action are mutually influential relationships.

Learning is a triangular interaction that influences and binds between the environment, personal factors and behavior that includes cognitive learning processes. In planning complex skill learning, in addition to learning the components of the skill itself, it is necessary to develop a "sense of efficacy" and self-regulatory learners. In the learning process, learners should be given sufficient opportunities for mental practice before physical practice, and "reinforcement" and avoid unnecessary punishment.

Bandura views behavior as a reaction that arises from the interaction between the environment and the human cognitive scheme itself. The social learning theory approach emphasizes the need for conditioning (habituation in responding) and imitation (imitation).

The proverb says there is no ivory that is not cracked. Nothing is perfect. The best theory man has certain own disability. Like just like Albert Bandura's Theory, which has advantages and disadvantages. We as students must be wise in applying his theory.

We as the compilers and authors hope that readers will provide criticism or suggestions so that the imperfections of this paper are reduced. We hope that this paper will be useful for readers. Hopefully, this paper can provide references for further research.

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