

To understand Bandura's theory, let's first look at the originator. Graduating with a degree in psychology, Bandura continued his studies and in 1952 was awarded a PhD in Clinical Psychology from the University of Iowa. Social learning theory, introduced by psychologist Albert Bandura, proposed that learning occurs through observation, imitation, and modelling and is influenced by factors such as attention, motivation, attitudes, and emotions. He was elected president of the American Psychological Association in 1974 and awarded the Outstanding Lifetime Contribution to Psychology in 2004 (Nabavi, 2012). Bandura's theory moves beyond behavioural theories, which suggest that all behaviours are learned through conditioning, and cognitive theories, which consider psychological influences such as attention and memory. Albert Bandura, born in 1925 in Alberta, Canada, became interested in psychology while studying biological sciences at the University of British Columbia (Nabavi, 2012). According to Bandura, people observe behaviour either directly through social interactions with others or indirectly by observing behaviours through media. 3- Reproduction: Simply storing this information successfully does not necessarily imply that the learner knows how to use it correctly. During school years, children learn how to interact with groups in more structured environments, and through observation and learning can apply self-discipline, follow rules and trust in positive outcomes. The theory accounts for the interaction of environmental and cognitive elements that affect how people learn.