SWK 4450 Human Behavior & Social Environment II Reflection

Theory Paper

 As with the theory paper in human behavior and the social environment I, this paper shows how two different theories are used to demonstrate behaviors shown by people. Social exchange theory is when a person is rewarded with incentives such as material objects, time, or love in order for them to behave in a manner that is acceptable. On the other hand, social learning theory is when one person’s behavior is learned by watching another person. This is most common with children who follow the behaviors of their parents, family members, and peers. I used the social learning theory in another paper but I decided to use it again and compare it to a different theory than before because I find the social learning theory interesting because it is so relatable in the behavior of children.

 I applied the two theories to a topic that I discussed in another paper about people with criminal backgrounds. I was able to use both theories to privileges and oppressions within individuals. The headings in this paper allowed me to use many different examples of how each theory can be applied in different situations and it was another great learning experience of how to use APA formatting as well as how to find research material although the strengths and weakness of each theory were somewhat difficult to determine.