

Learned Helplessness; Anagrams And Frustration

Dakota Salley

Implications...

From this experiment we learned that if presented with certain helpless situations, we will eventually feel helpless about similar situations and be inclined to give up, even if there is an easy solution.

Obvious examples of this are students. A student who is bad at a certain subject will be inclined to believe that they will always be bad at the subject and might not even try at all.



Cherry Kendra "What is Learned Helplessness?" About.com
Source!
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TheCaseSolutions.com

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Learned Helplessness

Learned Helplessness is a theory discovered by Martin Seligman and Steve Maier in 1967. The study was developed to delve deeper into Seligman's interest, depression.

This experiment unintentionally proved a theory from Skinner's Behaviorism wrong.



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