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5 Famous Cognitive psychology Theories



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Cognitive psychology is the scientific study of mental processes like attention, perception, memory, thinking, problem-solving, and language. It explores how we acquire, process, and use information, and how these processes influence behavior. In short, it examines how we think, reason, remember, and learn.



1. Information Processing Theory

This theory compares the mind to a computer, suggesting that humans process information in stages: encoding, storage, and retrieval. It helps explain how we take in, interpret, and store information, influencing thinking, memory, and problem-solving.



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2. Cognitive Dissonance Theory

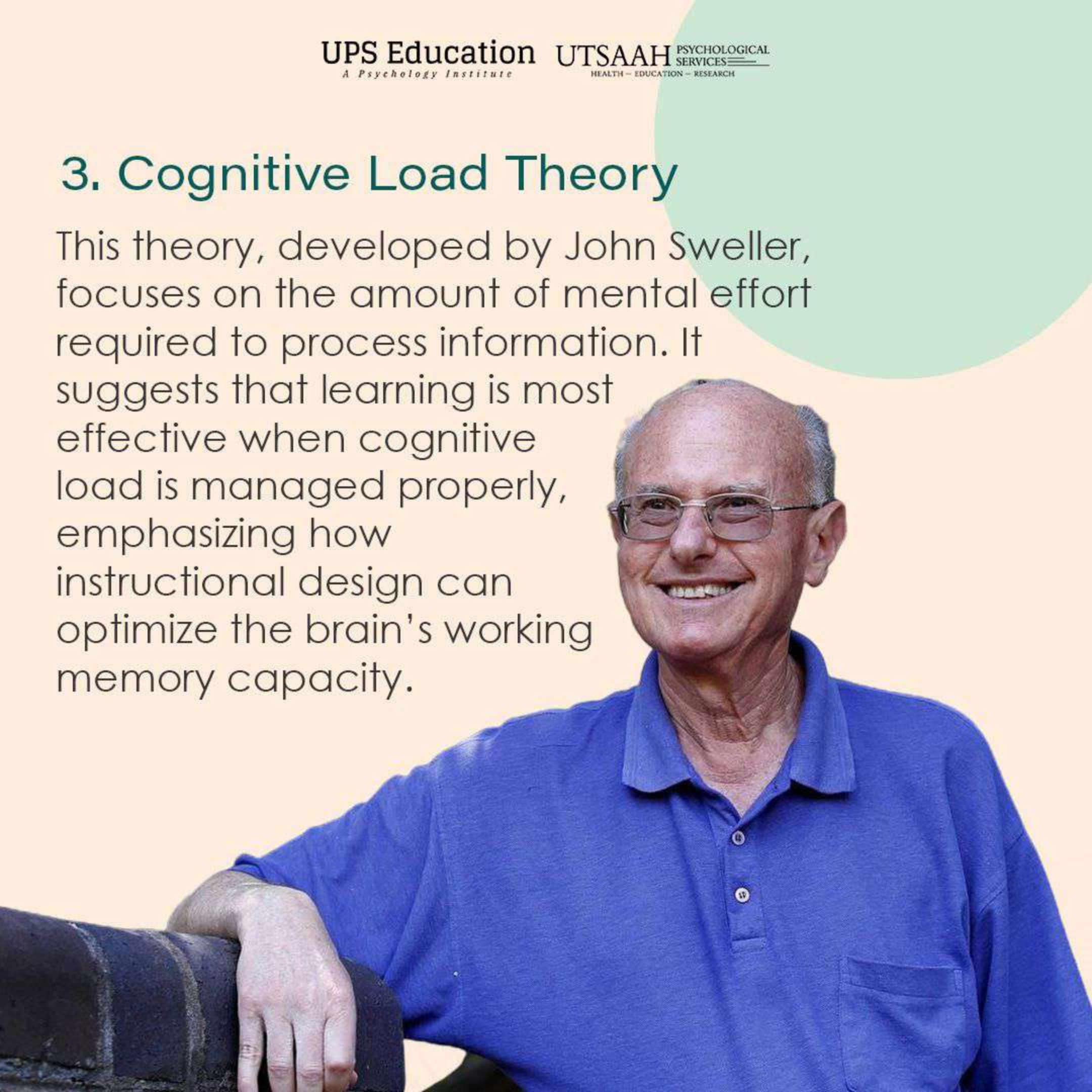
Proposed by Leon Festinger, this theory states that when individuals experience inconsistency between their beliefs and actions, it causes psychological discomfort (dissonance). People are motivated to reduce this discomfort by changing their attitudes, beliefs, or behaviors to restore consistency.

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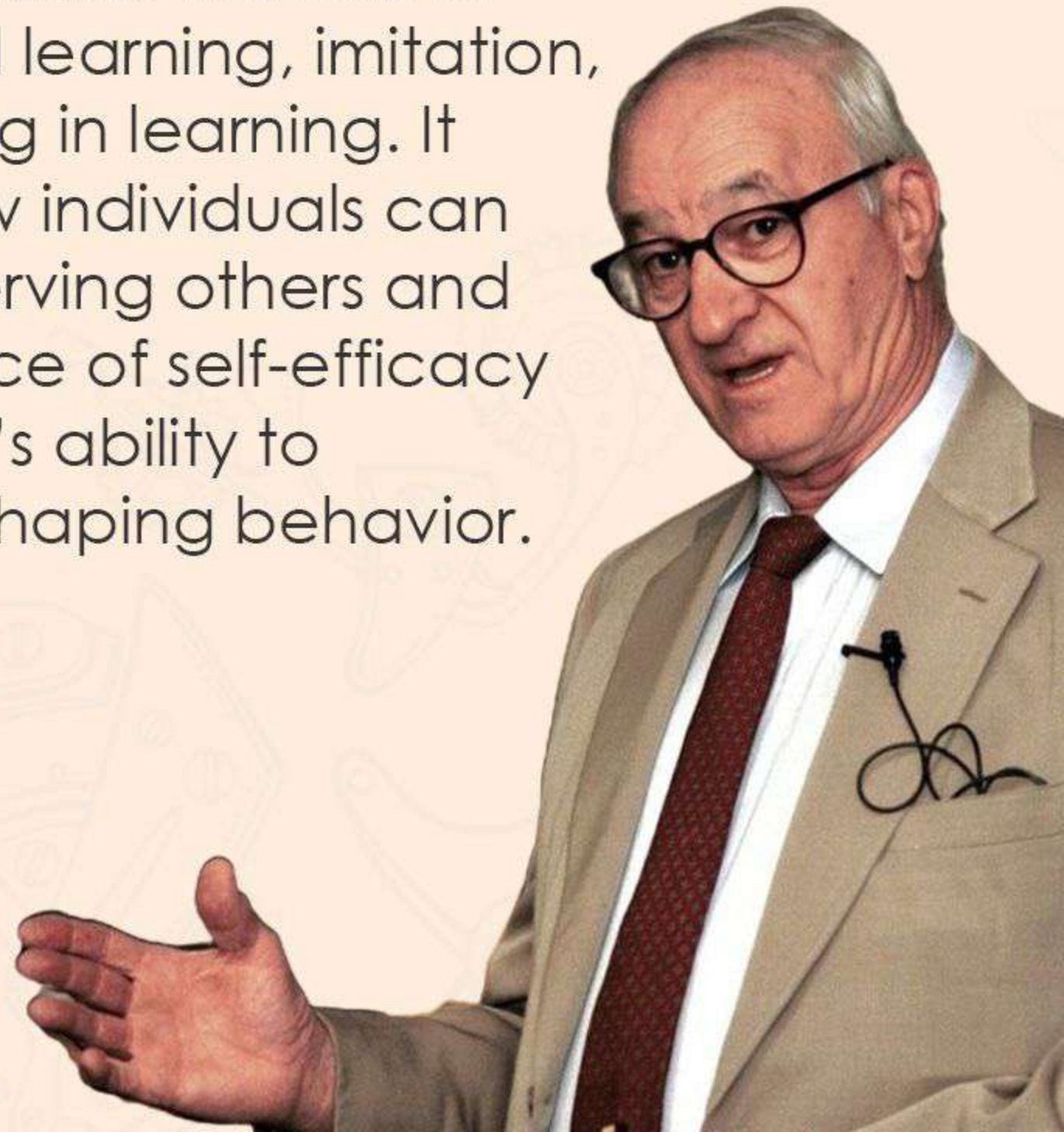
3. Cognitive Load Theory

This theory, developed by John Sweller, focuses on the amount of mental effort required to process information. It suggests that learning is most effective when cognitive load is managed properly, emphasizing how instructional design can optimize the brain's working memory capacity.



4. Social Cognitive Theory

Introduced by Albert Bandura, this theory emphasizes the role of observational learning, imitation, and modeling in learning. It highlights how individuals can learn by observing others and the importance of self-efficacy (belief in one's ability to succeed) in shaping behavior.



5. Working Memory Model

This model proposed by Alan Baddeley and Graham Hitch suggests that working memory consists of multiple components: the central executive, phonological loop, visuospatial sketchpad, and episodic buffer. These systems work together to temporarily hold and manipulate information necessary for cognitive tasks such as reasoning and comprehension.



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