

ATTRIBUTION THEORY

DEFINITION

Attribution theory believes that people attempt to understand events and actions by attributing intentions, beliefs, and feelings to the events. It also holds that we tend to place causation into two categories: internal (dispositional) factors and external (situational) factors.

EXAMPLES

Actor-Observer Bias

The actor-observer bias is the tendency for people to attribute situational factors for their own behavior, but more trait-based attributions for others.

Self-Serving Attribution

People have a basic psychological need to view themselves in a positive light. In fact, being negative towards oneself is a depressive symptom and can be psychologically unhealthy.

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Tobias Bleicker



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