

COGNITIVE DISSONANCE THEORY

Cognitive dissonance is an internal conflict that occurs in a person when they hold two conflicting beliefs simultaneously.

DEFINITION

Cognitive dissonance theory states that our minds go through a process of confusion and logical conflict called cognitive dissonance when faced with new information that conflicts with existing information. We aim to resolve this to return to a state of cognitive equilibrium.

EXAMPLE

Smoking vs. Health: Smoking is generally known to be harmful to health, yet people continue to smoke despite this knowledge. It presents a cognitive dissonance for the smoker who must accept that their behavior contradicts their beliefs about health and well-being.

A Theory Of Cognitive Dissonance

Sebastian Brünink



A Theory Of Cognitive Dissonance:

A Theory of Cognitive Dissonance Leon Festinger, 1962 Originally published Evanston Ill Row Peterson c1957 **A Theory of Cognitive Dissonance** Leon Festinger, 1957 A Theory of Cognitive Dissonance Leon Festinger, 1968 The "theory" of Cognitive Dissonance Nehemiah Jordan, 1964 A critical review is presented of the formulation the experimental basis and recent modifications of a theory in behavioral psychology known as cognitive dissonance Thirty seven experiments conducted by scientists in support of the theory are analyzed to determine to what extent they confirm or disconfirm it The author concludes that the theory has neither theoretical nor empirical substance and contributes very little to an understanding of cognition and motivation *Cognitive Dissonance* Joel Cooper, 2007-03-27 Dr Joel Cooper has been at the very forefront of research on dissonance theory for decades now In this book he provides a brilliant and engagingly written review of the 50 year history of dissonance research and a masterful account of the ensuing developments in the theory The book will be an outstanding resource for readers familiar with dissonance research and an enlightening introduction for those who are not Professor Russell H Fazio Ohio State University Why is it that people who smoke continue to do so knowing how bad it is for them What drives people to committing adultery even though they inherently believe this is wrong What s the outcome of this contradiction in the mind Cognitive dissonance has been an important and influential theory since Leon Festinger published his classic work in 1957 It is known by every social psychologist most psychologists of any stripe and the lay public making its way into such mainstream publications as The New York Times with increasing frequency and accuracy Ultimately dissonance has become one of the most popularly known expressions of social psychological insights making its way into the literature in consumer health and economic behavior and has become a frequently used explanation of political behavior in the popular press and magazines In marking the 50th anniversary of the theory s inception Joel Cooper arguably the scholar most associated with dissonance research in the past few decades has presented a beautiful modern and comprehensive analysis of the state of dissonance theory This book charts the progress of dissonance theory assessing its impact not only within our understanding of psychology but in everyday experiences as well It should be important reading for students in social psychology either undergraduate or graduate but equally relevant to a host of other readers who need to understand or share the same passions for appreciating the significance of cognitive dissonance in the human psyche An Analysis of Leon Festinger's A Theory of Cognitive Dissonance Camille Morvan, Alexander O'Connor, 2017-07-05 Leon Festinger s 1957 A Theory of Cognitive Dissonance is a key text in the history of psychology one that made its author one of the most influential social psychologists of his time It is also a prime example of how creative thinking and problem solving skills can come together to produce work that changes the way people look at questions for good Strong creative thinkers are able to look at things from a new perspective often to the point of challenging the very frames in which those around them see things Festinger was such a creative thinker leading what came to be known as the

cognitive revolution in social psychology When Festinger was carrying out his research the dominant school of thought behaviorism focused on outward behaviors and their effects Festinger however turned his attention elsewhere looking at cognition the mental processes behind behaviors In the case of cognitive dissonance for example he hypothesized that apparently incomprehensible or illogical behaviors might be caused by a cognitive drive away from dissonance or internal contradiction This perspective however raised a problem how to examine and test out cognitive processes Festinger s book records the results of the psychological experiments he designed to solve that problem The results helped prove the existence for what is now a fundamental theory in social psychology Cognitive Dissonance Judson Mills,1999 **A**

Theory of Cognitive Dissonance Dissonance Leon Festinger,1962 Cognitive Dissonance Theory: A Guide to Festingerian Psychology Dan Biscayne,2025-10-01 Why do we sometimes cling to beliefs even when evidence proves them wrong Why do we justify choices we regret or rationalize behaviors that contradict our values These questions lie at the heart of cognitive dissonance a psychological phenomenon that reveals the mind s remarkable and often unconscious efforts to maintain internal harmony First introduced by Leon Festinger in 1957 the theory of cognitive dissonance marked a turning point in our understanding of human behavior It proposed that inconsistency between our thoughts beliefs or actions creates psychological discomfort and that we are driven often irrationally to resolve this discomfort The implications of this simple idea are vast From politics to relationships advertising to religion cognitive dissonance shapes the way we interpret reality and construct our sense of self This book explores the theory of cognitive dissonance in depth not only through its historical development and experimental foundations but also through its relevance to everyday life It draws on classic studies and contemporary research connecting psychological theory to the real world dilemmas we face daily moral conflicts identity shifts group dynamics and the justifications we use to bridge the gap between who we are and who we think we should be You do not need an extensive background in psychology to engage with this book What you do need is curiosity about the human mind about why we think the way we do and about the subtle forces that shape our choices My hope is that this exploration of cognitive dissonance will challenge your assumptions sharpen your self awareness and offer a deeper understanding of what it means to be human in a world full of contradictions Let s begin *A Theory of Cognitive Dissonance* Lou Festinger,1957

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