



Behavior Modification

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Purposes

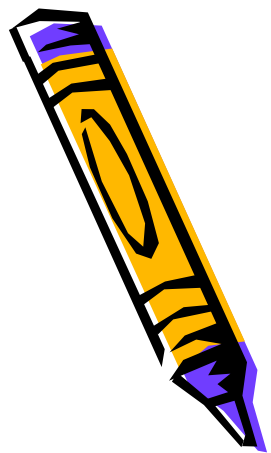


- What is Behavior Modification?
- What should we know before we can modify the behaviors?
- How can we set the behavior modification program?
- How can we assess the effectiveness of the program?



What is Behavior Modification?

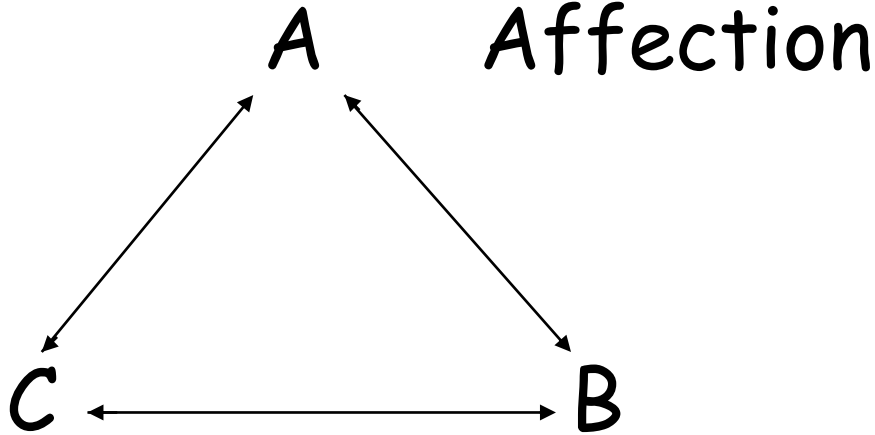
- Behavior modification is the process that using behavior principles (especially learning) to change the human behavior.



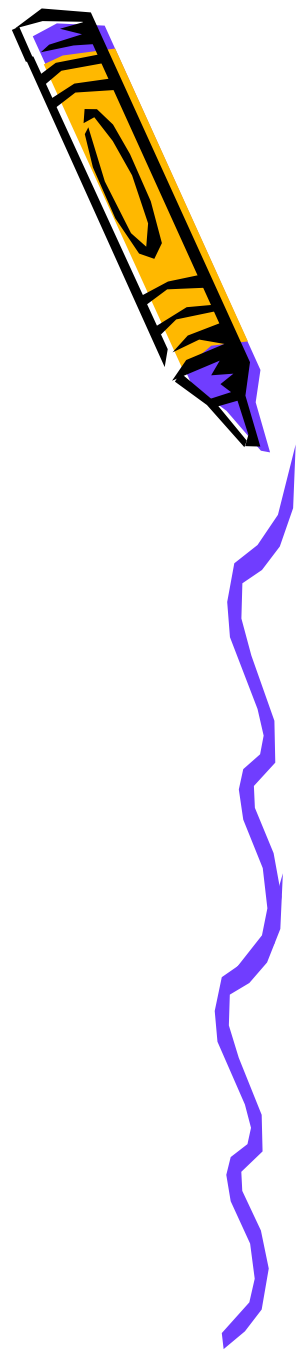
- Behavior Principles (M. J. Mahoney, 1989)



- - A Affection
 - Cognition Behavior
- Reciprocal Determinism

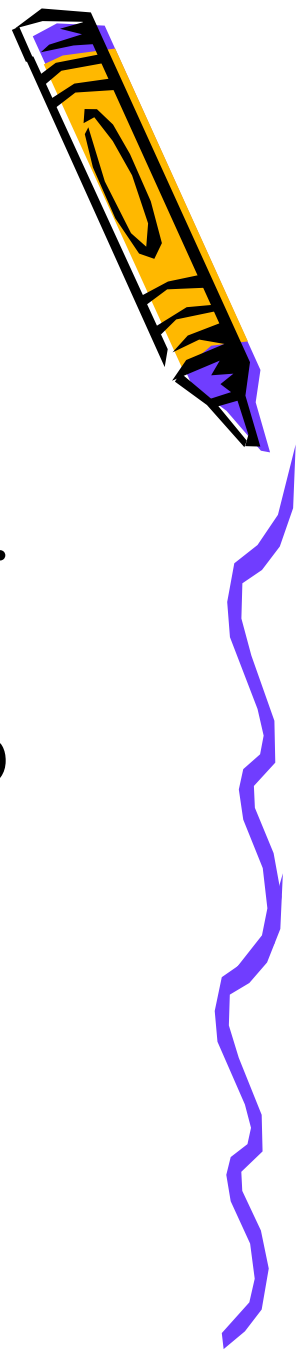


- Why do we behave as we do?
- Heredity
- Environment



What is the behavior?

- Behavior is the action or response that can be observed or measured.
- Behavior can be classified into two categories
 - Overt Behavior
 - Covert Behavior/Affection



- Covert Behavior

Thought

Belief

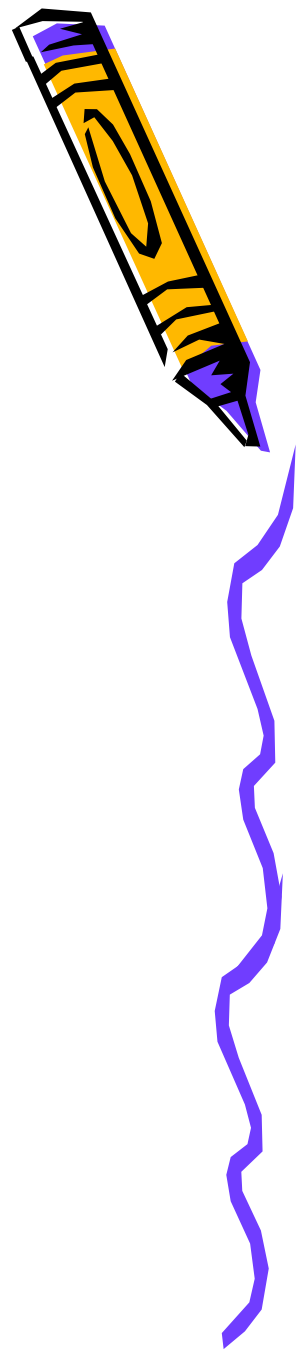
Attitude

Knowledge

Value

Expectation

Attribution



- The persons learn to behave in their environment.
- What is leaning means?
- Learning is the process of changing the behavior according to experience or training. The changing is more likely permanent.



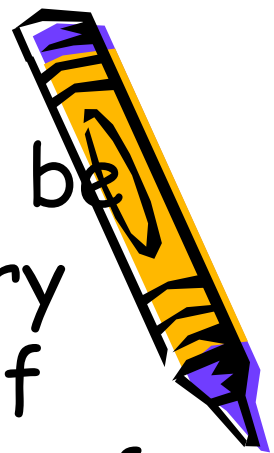
- Learning can be occurred from two directions.

Learning from direct experience.

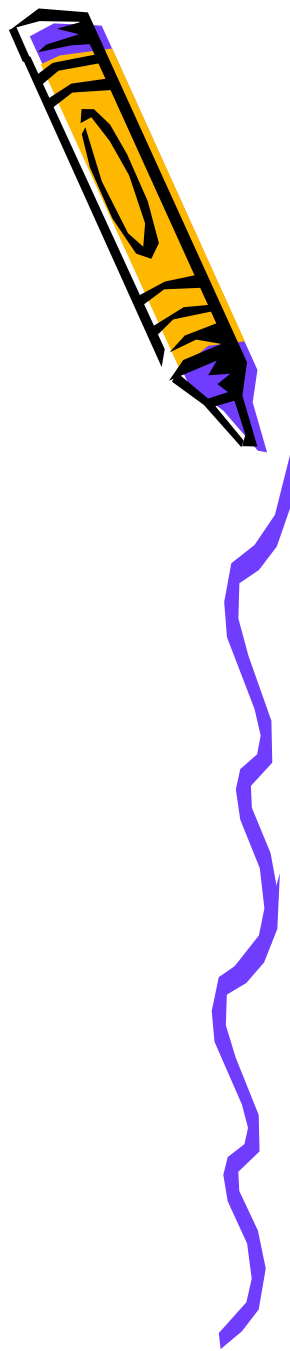
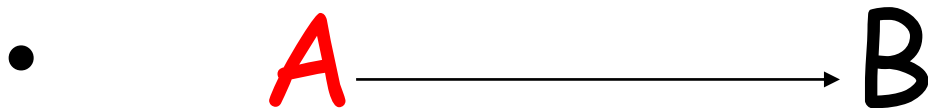
Learning from indirect experience.



- Learning from direct experience can be explained by Skinner's learning theory (Operant Conditioning) Skinner belief that human behaviors are the results of human interaction with the environment.
- Environment has two factors that effect the human behaviors.



- The first factor is **ANTECEDENTS**.
- **Antecedents** are the events or situations that occur before the behavior.



- A - Antecedents

- Questioning
- Explaining
- Ordering
- Announcement
- Time

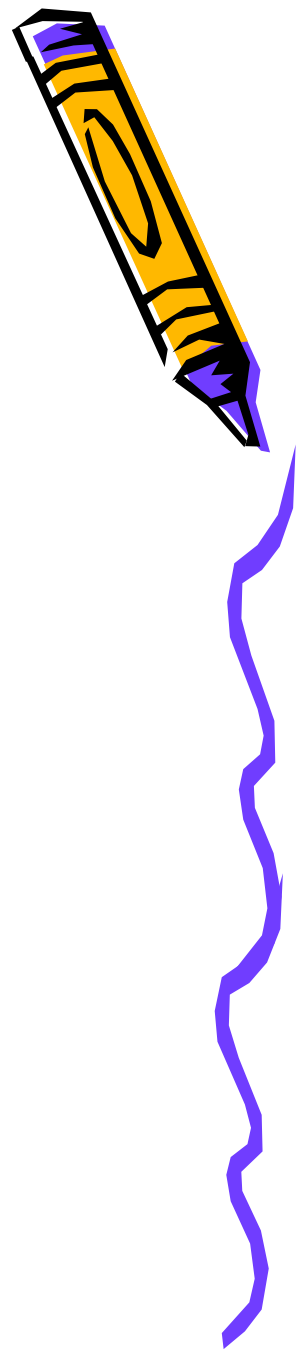
Traffic jam

Invited

Modeling

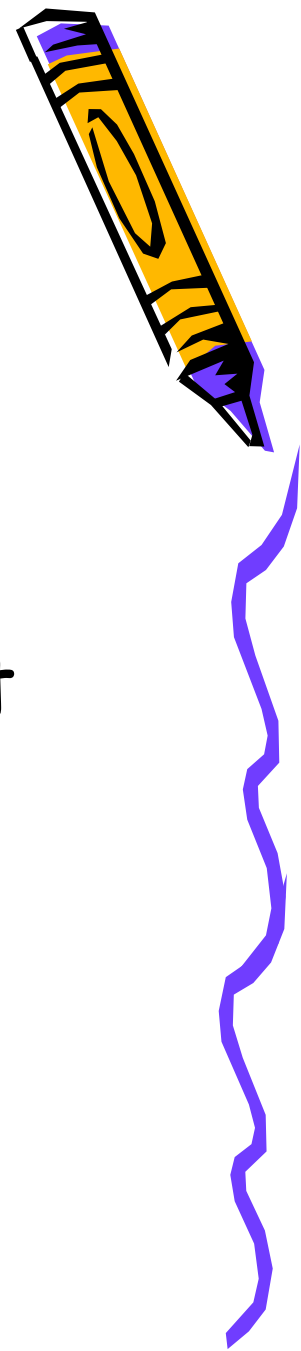
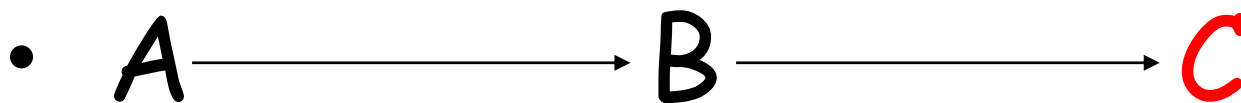
Food

etc



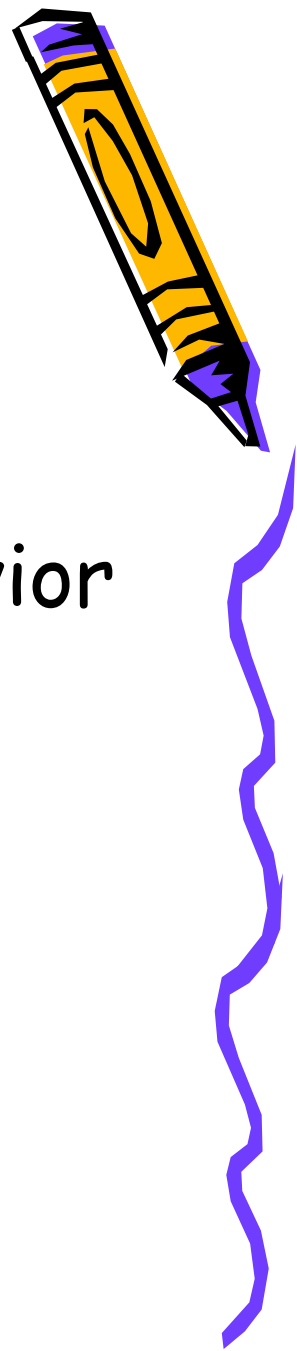
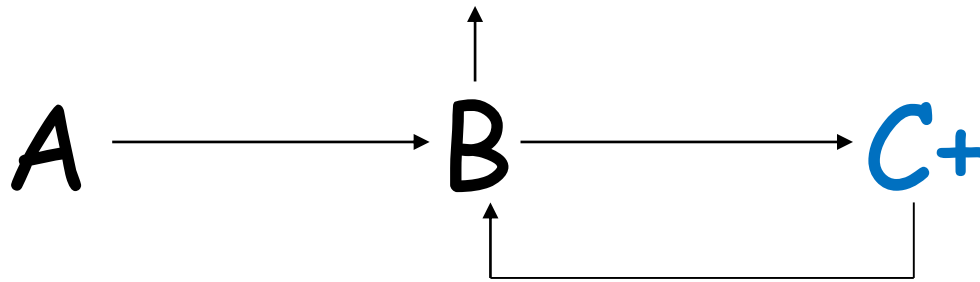
- The second factor is **CONSEQUENCES**

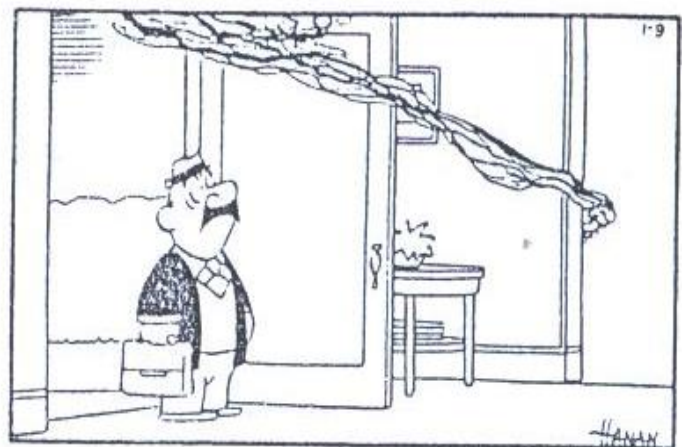
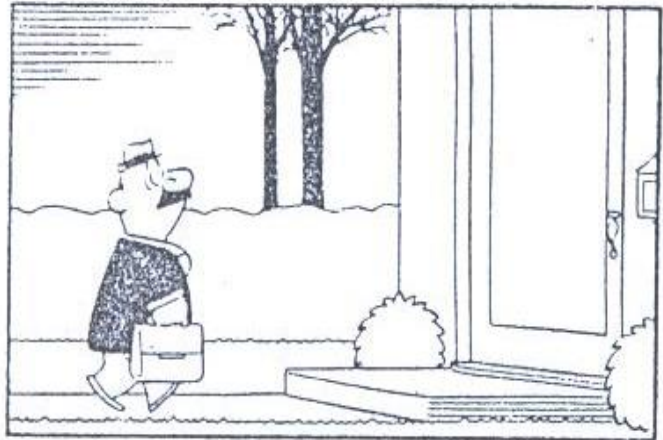
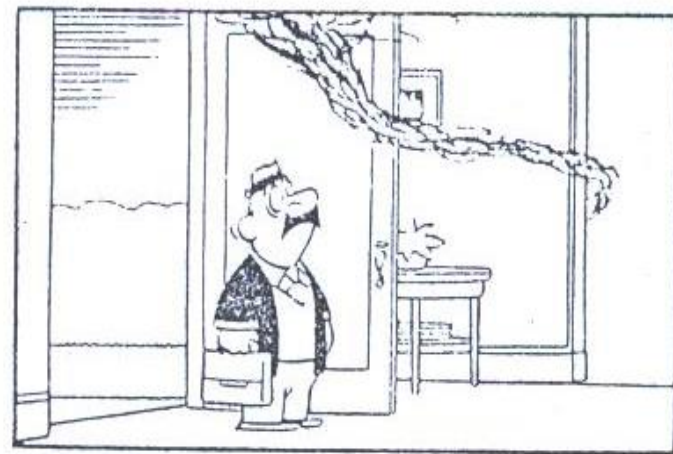
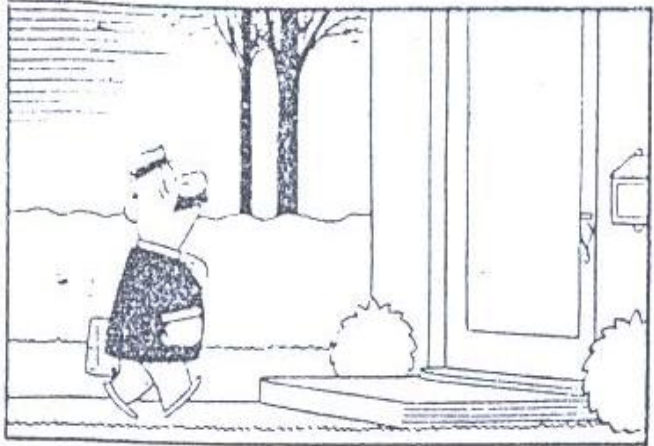
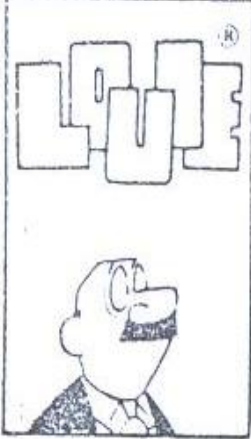
- Consequences are the events or situations that occur after the behavior and have an effect on that behavior (increase or decrease).



Positive Reinforcer (C+)

- Positive Reinforcer (C+) is the consequence that occur after the behavior and has an effect on increasing or maintaining that behavior

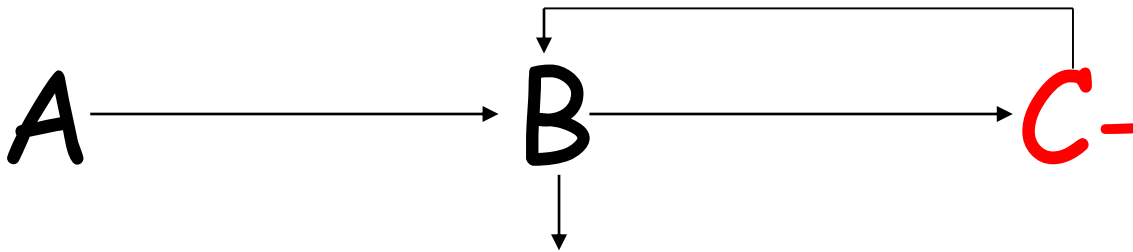






Punisher (C-)

- Punisher is the consequence that occurs after the behavior and has an effect on decreasing or suppressing that behavior.



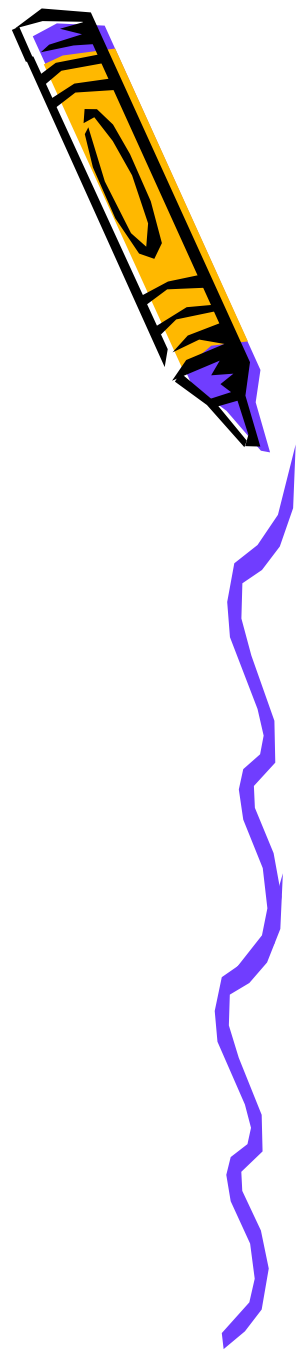
- Learning from indirect experience can be explained by using Bandura's theory (Social Cognitive Theory) which emphasizes on Observational Learning.

- Bandura believed that most of us learn from observing Model.
 - Live Model
 - Symbolic Model



Basic Functions Modeling

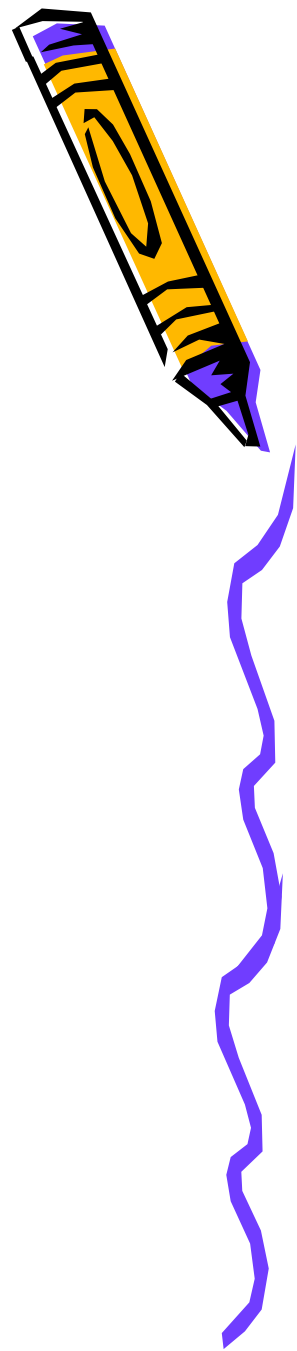
- Acquisition
- Facilitation
- Inhibition/Disinhibition



Setting Behavior Modification Program by using PRICE system

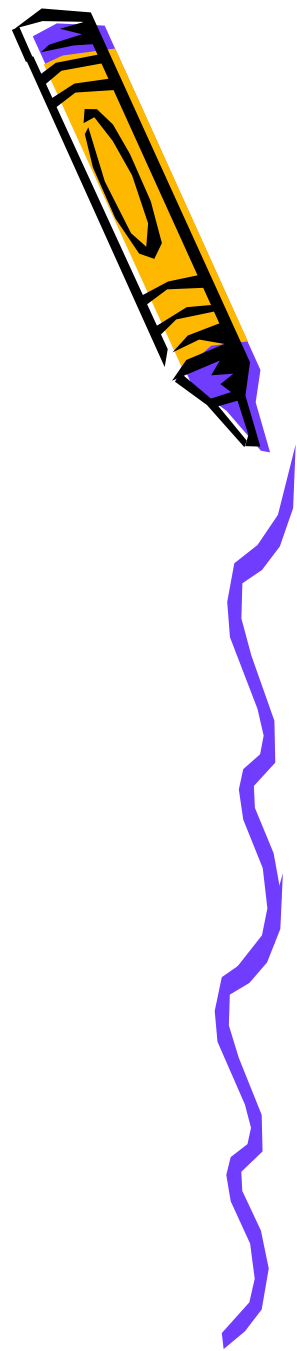
P - Pin Point (Using SMART)

- S- Specific
- M- Measurable
- A- Attainable
- R- Relevant
- T- Time Frame



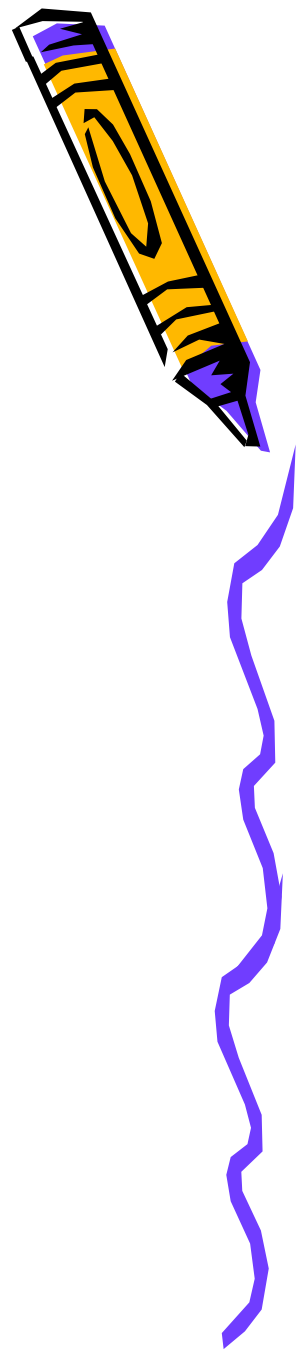
R-Recording

1. Frequency
2. Number of Student
3. Behavior Checklist
4. Latency
5. Duration
6. Product/Outcome
7. Self-Report



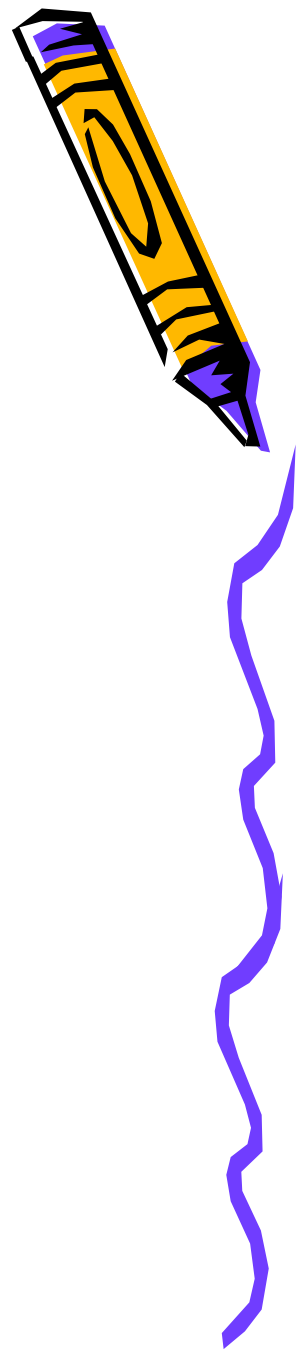
I-Involvement

1. Setting the consequences
 - Positive Reinforcer
 - Punisher
2. Setting an Antecedents
 - Announcement
 - Using direct experience
 - Using indirect experience
3. Implementing

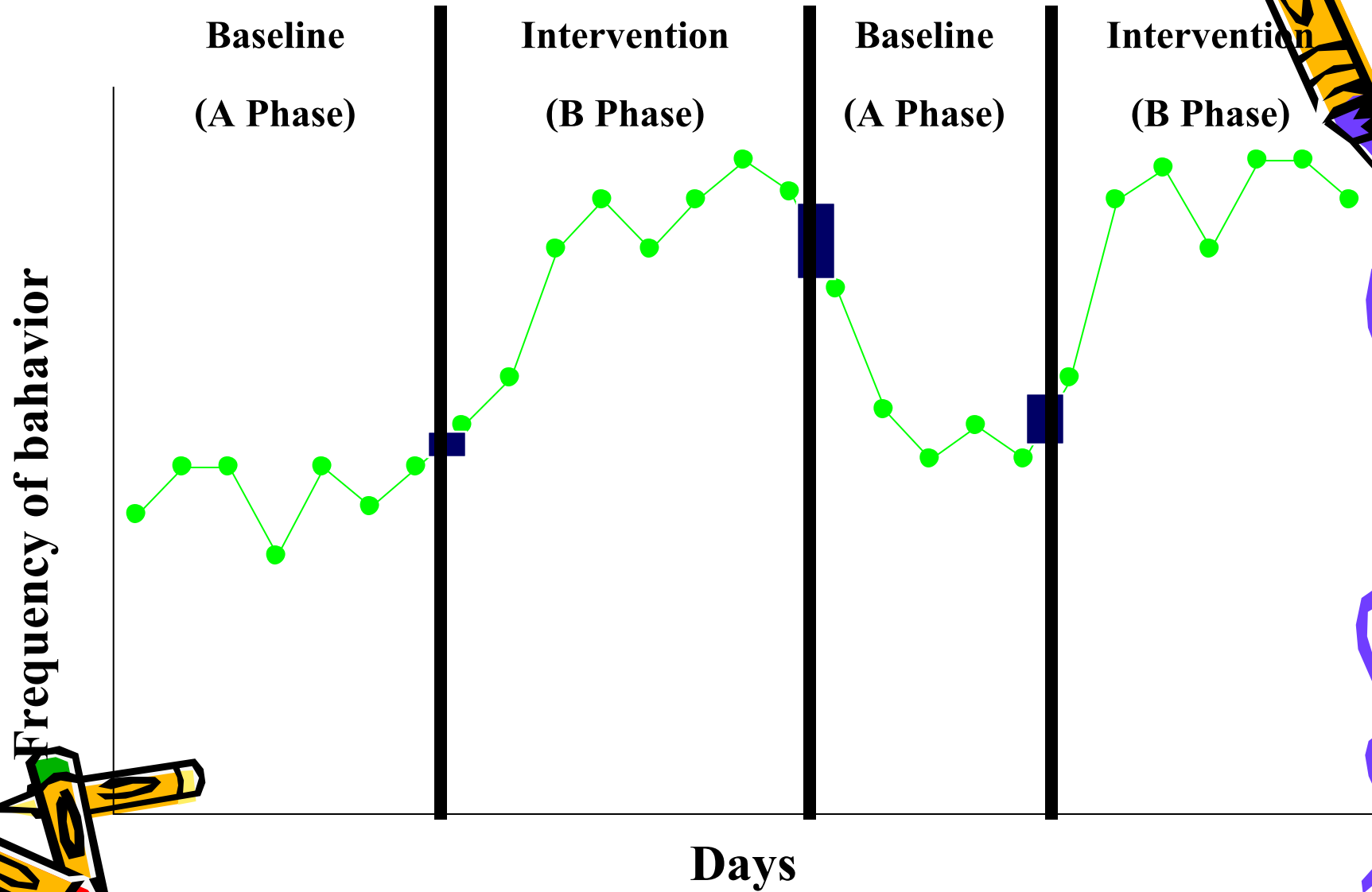


C - Coaching

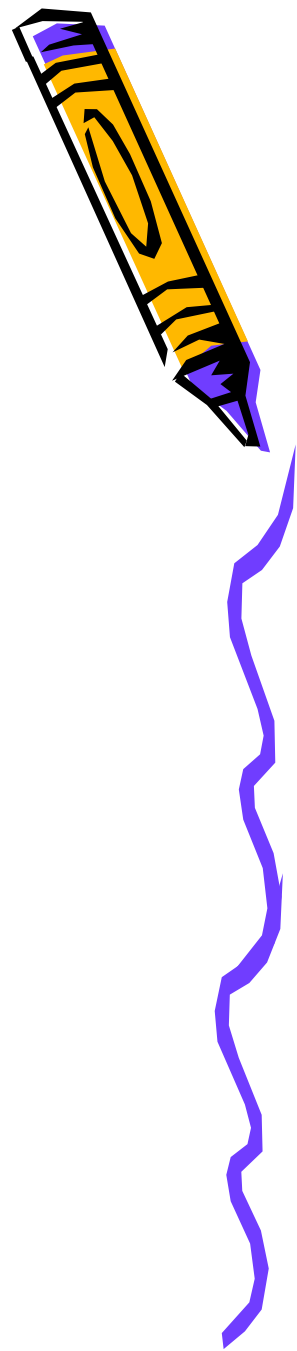
- Positive Feedback
- Social Reinforcer



E-Evaluation



Using Positive Reinforcer Effectively



- Contingent up on Behavior
- Immediacy
- Consistency
- Inform the Condition
- Suitable for each person
- Schedules of Reinforcement



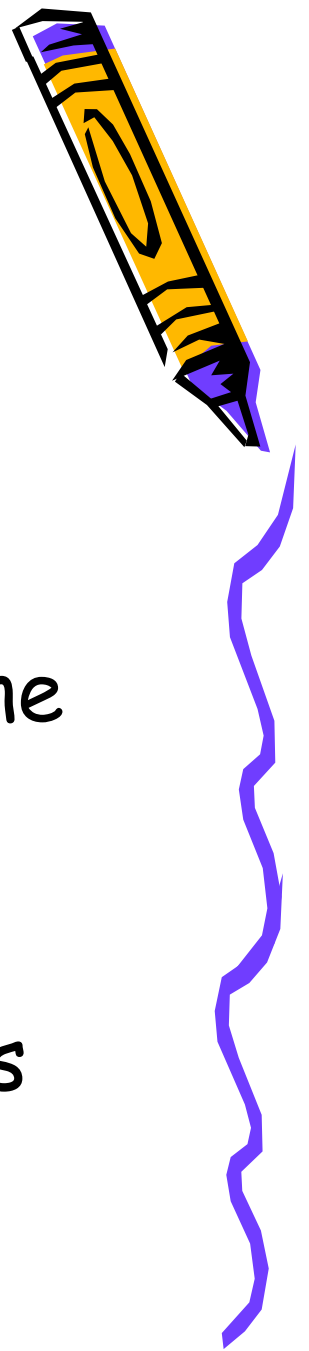
Side effects of Punishment



- Suppression
- Stay at the site all the time
- Emotional problems
- Elicited inappropriate emotion
- Rigidity
- Suppress more than intended
- Lead to against one who use punisher



Using Punishment Effectively



- State the conditions in advanced
- Punish on specific behavior
- Punishment should be privately done
- Immediacy
- Consistency
- Reinforce an appropriate behaviors after using punishment



*Succeed in Modifying Behavior based
on:*

- **Systematic**
- **Consistency**

