



ASSIGNMENT

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COURSE

BEHAVIOUR MODIFICATION

INTRODUCTION

What is behavior modification

Behavior modification refers to that techniques that is used to increase or decrease a particular type of behavior or reaction of a person.

It includes animals how they behave with their owners and also a parent and a child.

Behavior modification relies on conditioning and therefore conditioning is a form of learning.

TYPES OF CONDITIONING

There are two types of conditioning

- Classical conditioning
- Operant conditioning

Classical conditioning refers to a particular stimuli or signal that a person receives

Example if a family member comes to your house because of a particular type of food you cook, the aroma of the food.

Operant conditioning this refers this involves a system of reward or punishment this system is used for dogs when they obey their owners, they get reward

TECHNIQUES

There are various techniques used in a behavior modification

1. Positive reinforcement
2. Negative reinforcement

Positive reinforcement: this is when you pair a positive stimulus to a behavior

Negative reinforcement: this is when you pair a negative stimulus to a behavior

According to B F skinner he demonstrated that behavior could be shaped through reinforcement or punishment Indication

It can be used to teach and reinforce new behavior

Importance

Since behavior modification is the way to change the lives or characters of people.

1. it is important because it can help people to rely less on people
2. it can also help people with mental disorder to relate very well with their families and friends
3. in the case of pets that are very aggressive to their owners it can help the owner to relate very well to the owners

pain management case study

This particular intervention is utilized to adapt a change in the way an individual thinks about their certain condition thus changing their behavior.

Therapy sessions are present focused and are concerned with identifying and problem solving what needs to be addressed.

The therapy sessions are highly structured and it gets the individual to practice new ways of thinking during this session.

Liberal arts vs education

In other words, they learn their emotions from the things around them.

So, if a child is exposed to liberal art, they will better understand other cultures and they will feel concerned and respond with sympathy.

Psychology reflection

This understanding will potentially make it easier to bond with new people, while making it easier to tolerate and work with others.

Personal social and emotional development case study

This created the idea of pragmatism, where it is believed that reality must be experienced and we must interact with our environment so we can continue to be able to adapt and learn.

7 characteristics of behavior modification

1. focus on behavior
2. based on behavior principles
3. emphasis on current environmental event
4. precise description of procedures
5. implemented by people in everyday life
6. measurement of behavior change
7. de-emphasis on past events as causes of behavior
8. rejection of hypothetical underlying

Examples of behavior modification here are some examples which can be used to increase behavior are

1. praise and approval
2. modelling
3. positive programming
4. shaping
5. token economy
6. self-monitoring
7. shaping

some problems that can be treated through behavior modification method bipolar disorder

ADHD

Phobias including social phobias

Obsessive compulsive disorder

People most commonly seek behavioral therapy to treat

- depression
- anxiety
- panic disorder • anger issues

seven characteristics of behavior modification

- a strong emphasis on defining problems in terms of measurable behavior
- making environmental adjustments to improve functioning
- precise method and rationales
- dynamic real life application techniques
- techniques grounded in learning and behavior theory
- scientific demonstration
- strong emphasis

five steps of behavior modification

precontemplation contemplation

preparation action maintenance

How to modify behavior

Attention. Always give a child the attention needed

Praise. Always praise the child

Reward always gives a tangible reward such as

toys Different types of changes reactive

change anticipatory change planned change

strategic change operational change directional

change

Things to do to change a child's behavior

1. attempt to stop the behavior, either by ignoring it or by pushing it

- 2 introduce a new behavior

conclusion

behavior modification has helped various people including the mental people to closely relate with their families and friends.

SUMMARY

Behavior modification is the techniques used in changing the attitude of a person and there is various method which include operant conditioning and classical condition

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