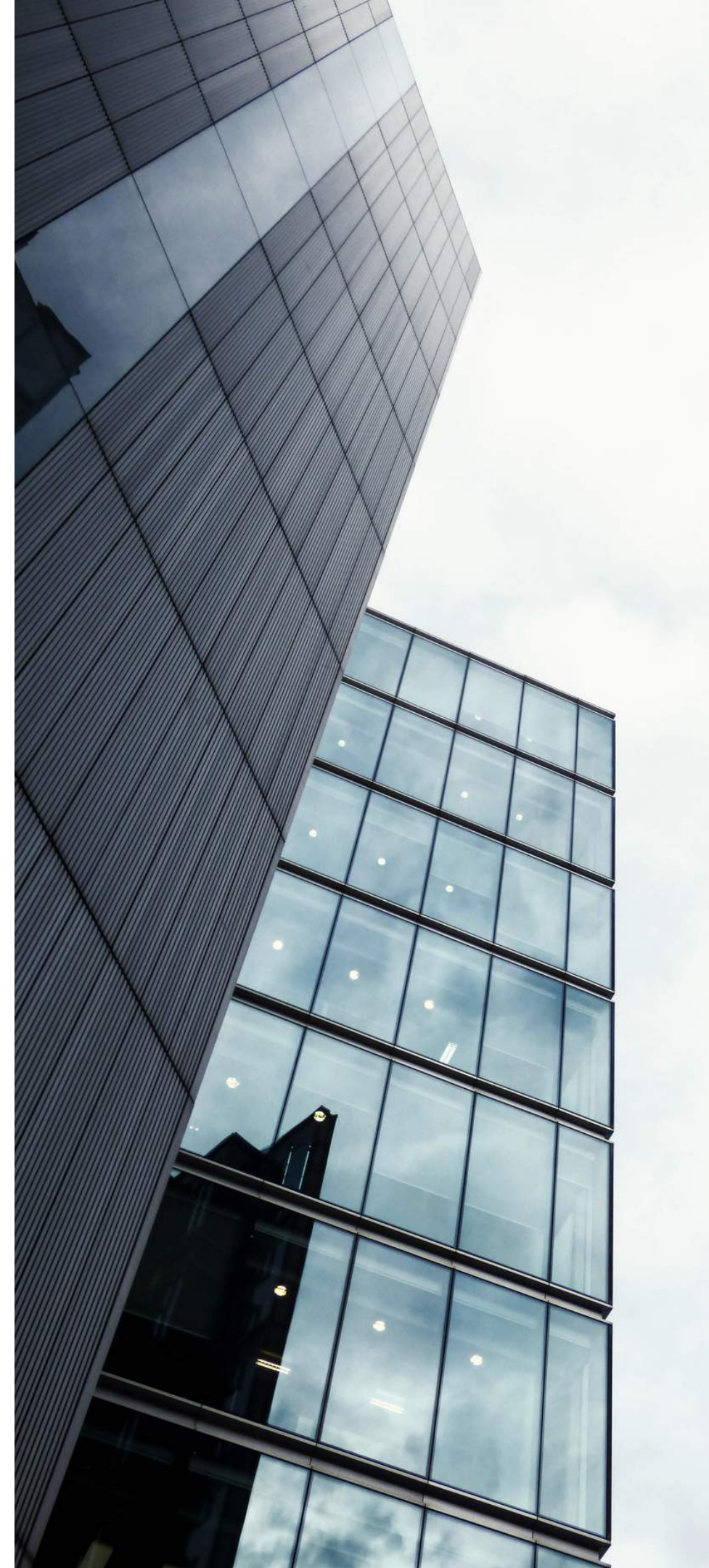
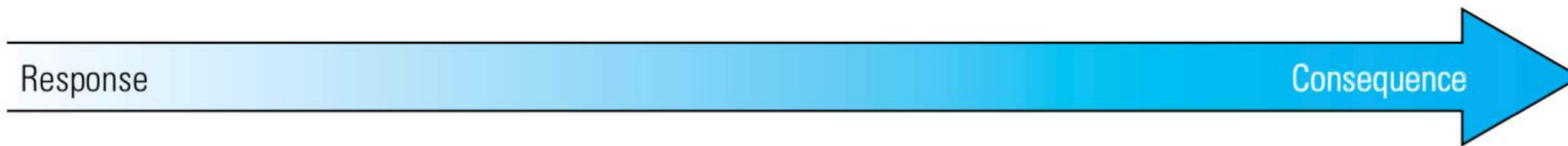


MODIFIKASI PERILAKU-PSG205

Oleh : Runi Rulangi - Prodi Psikologi FHB UPJ



Extinction



Rae puts money in coffee machine.

No coffee comes out of coffee machine.

Outcome: Rae is less likely to put money in the coffee machine in the future.



Extinction



Female staff member makes a request.

Willy refuses to complete the task,
makes sexist comments.

Staff member walks away, pays no attention.

Outcome: Willy is less likely to refuse requests and make sexist comments in the future.

Reinforcement



Female staff member makes a request.

Willy complies with the request.

Staff member provides praise.

Outcome: Willy is more likely to comply with staff requests in the future.

TABLE 14-1 Steps in Using Extinction

1. Collect data to assess treatment effects.
 2. Identify the reinforcer for the problem behavior through functional assessment.
 3. Eliminate the reinforcer after each instance of the problem behavior.
 - Have you identified the reinforcer?
 - Can you eliminate the reinforcer?
 - Is extinction safe to use?
 - Can an extinction burst (escalation of the problem behavior) be tolerated?
 - Can consistency be maintained?
 4. Consider the schedule of reinforcement for the problem behavior.
 5. Reinforce alternative behaviors.
 6. Promote generalization and maintenance.
-

TABLE 14-2

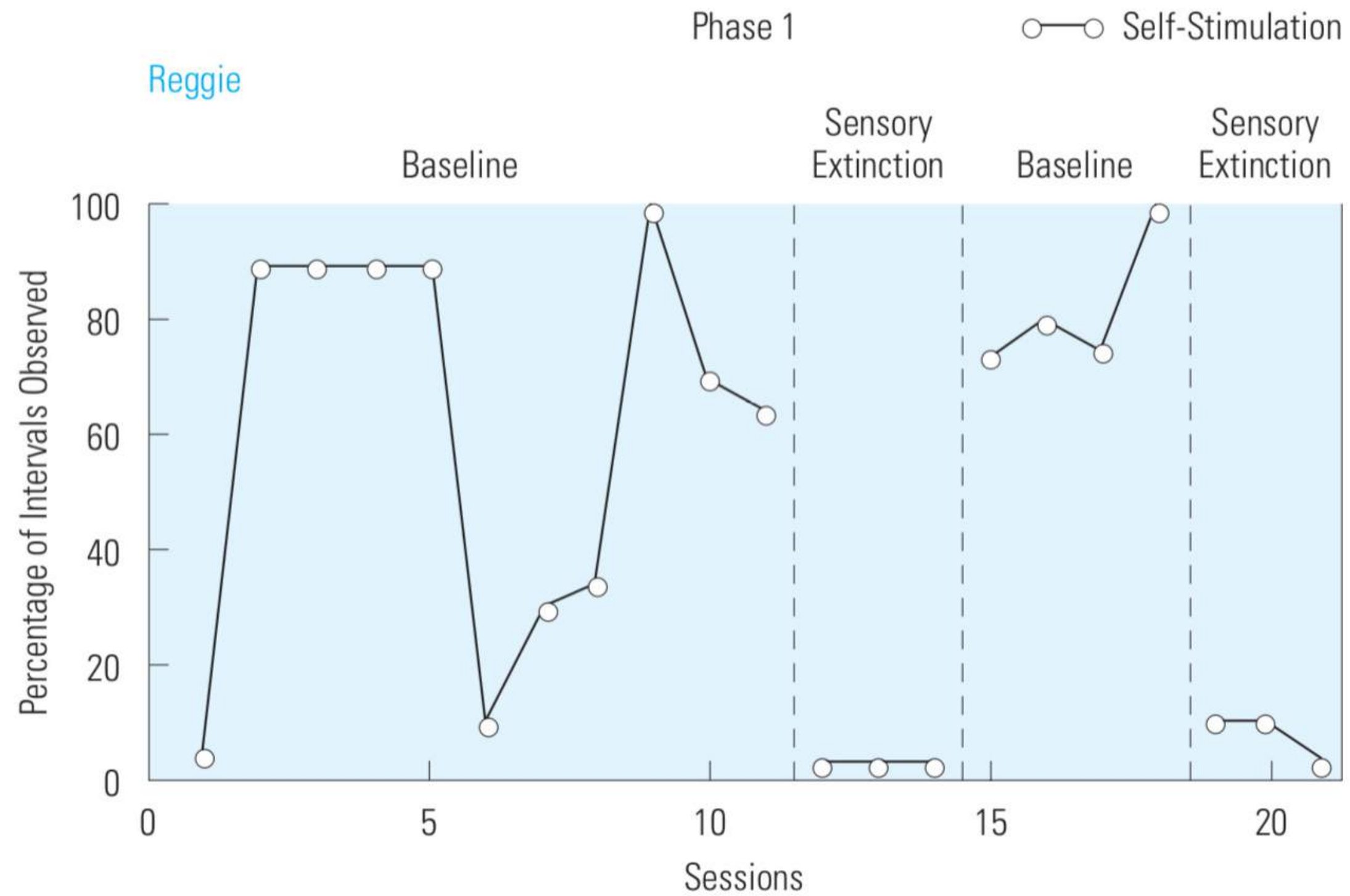
EXAMPLES FOR SELF-ASSESSMENT (PROBLEM BEHAVIORS AND REINFORCERS)

Problem Behavior

1. A child complains of being sick when told to do chores.
2. A person with mental retardation runs into the street and refuses to leave the street.
3. A spouse has a temper outburst during a disagreement.
4. A child with autism flicks his fingers in front of his eyes.
5. A person runs away from a dog while walking down the street.
6. A child refuses to comply with a parent's request to do a task.
7. A child refuses to comply with a parent's request to do a task.
8. A hospital patient calls the nurses' station several times a day.
9. A patient with a brain injury strips naked each time the nurse enters the room for the morning routine.
10. A factory worker on an assembly line sabotages the line so that it stops.

Reinforcing Consequence

- A parent does the household tasks for the child.
- A staff member offers a can of soda if the person leaves the street.
- The other spouse stops arguing and agrees to the spouse's demand.
- This behavior produces visual stimulation.
- The person gets away from the dog, and the fear reaction diminishes.
- The child avoids the task and continues to watch television.
- The parent repeats the request, pleads with the child, and scolds the child.
- A nurse comes to the room each time to check on the patient but finds no problem.
- The nurse reacts with surprise and indignation and orders the patient to get dressed.
- The factory worker sits down and has a cigarette and a cup of coffee each time the line is down.



Differential Reinforcement



Outcome: Mrs. Williams is more likely to complain each time a nurse is present.

Reinforcement



Outcome: In the future, Mrs. Williams is more likely to say positive things when a nurse is present.

Extinction



Outcome: In the future, Mrs. Williams is less likely to complain to nurses.



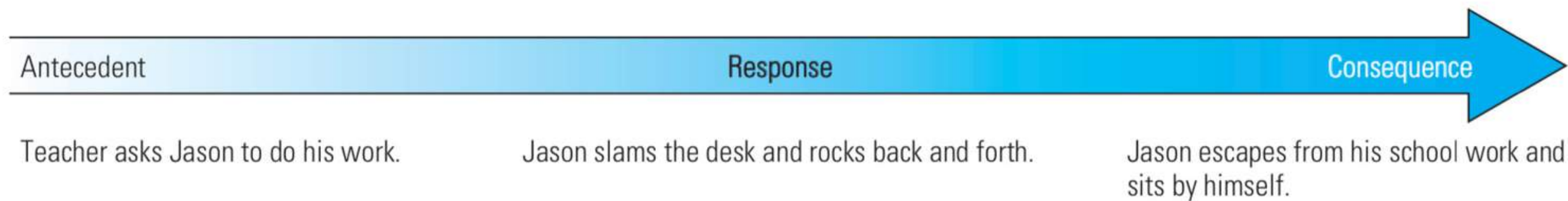
How to Identify Reinforcers

- Observe the client and identify the reinforcer for the problem behavior.
- Observe the client and identify high-rate behaviors.
- Ask the client, parents, or teachers.
- Use reinforcer questionnaires.
- Present potential reinforcers and measure approach behaviors.
- Present potential reinforcers contingent on an operant response and measure response rate or duration.

USING DIFFERENTIAL REINFORCEMENT OF ALTERNATIVE BEHAVIOR

1. Define the desirable behavior.
2. Define the undesirable behaviors.
3. Identify the reinforcer.
4. Reinforce the desirable behavior immediately and consistently.
5. Eliminate reinforcement for undesirable behaviors.
6. Use intermittent reinforcement to maintain the target behavior.
7. Program for generalization.

Describe how Jason's problem behavior was being negatively reinforced.



Outcome: Jason is more likely to engage in problem behavior when his teacher asks him to do his school work.

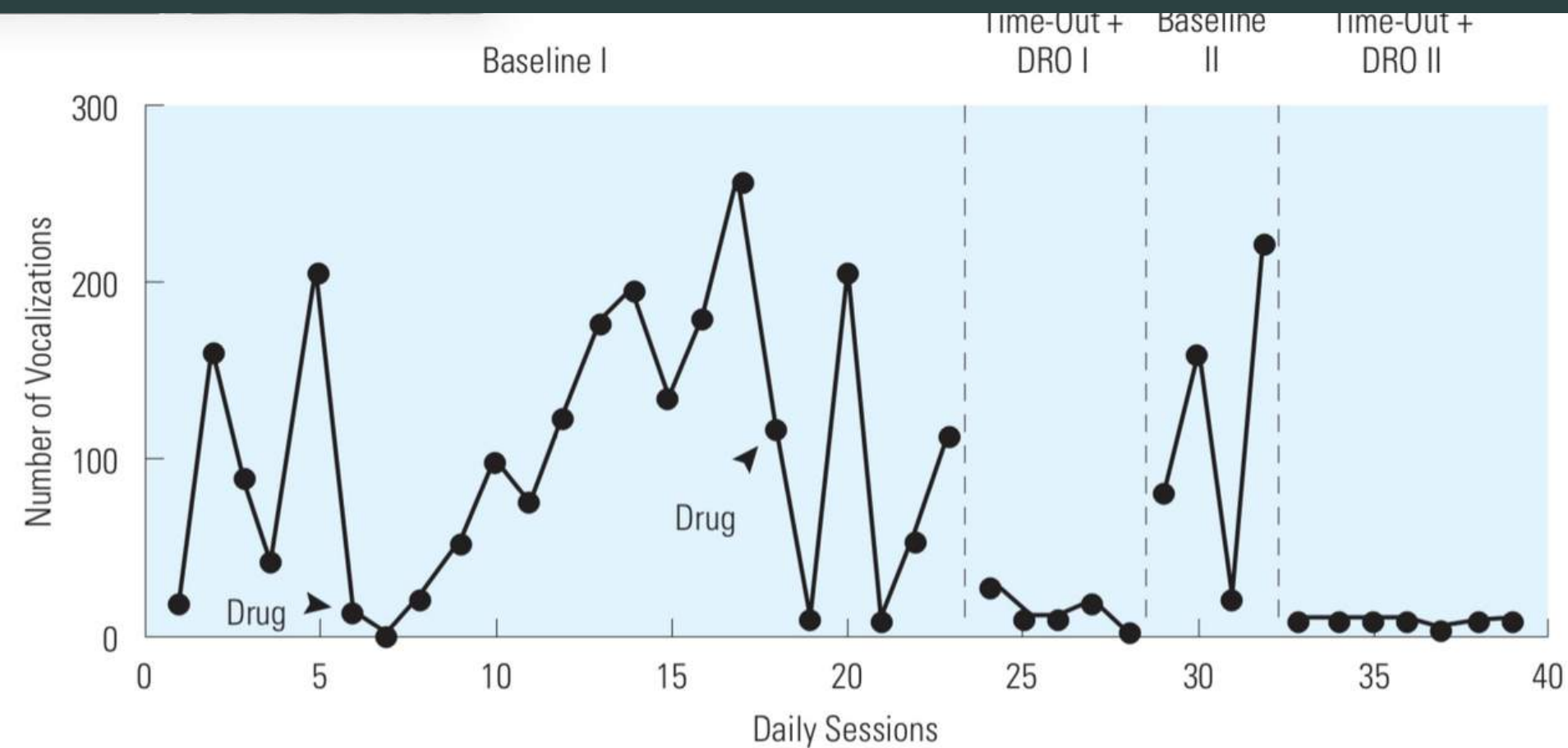


FIGURE 15-4 This graph shows the effect of differential reinforcement of other behavior (DRO) and time-out on the screaming of a 58-year-old woman with mental retardation who lived in an institution. When the woman stopped screaming for brief periods, the staff provided reinforcers. When she screamed, she was taken to another part of the room by herself, and no reinforcers were provided. Gradually, the DRO interval was lengthened, and she was able to go longer and longer without screaming. As you can see in the graph, each time the DRO procedure (and time-out)

Antecedent Control Procedures

ANTECEDENT MANIPULATIONS THAT MAKE UNDESIRABLE COMPETING RESPONSES LESS LIKELY

- Removing the S^D or cues for the competing behaviors
- Eliminating establishing operations for the outcome of the competing behaviors
- Increasing the response effort for the competing behaviors

Referensi :

- Miltenberger, R.G. (2008). Behavior Modification Fourth Edition. California : Thomson Higher Education

