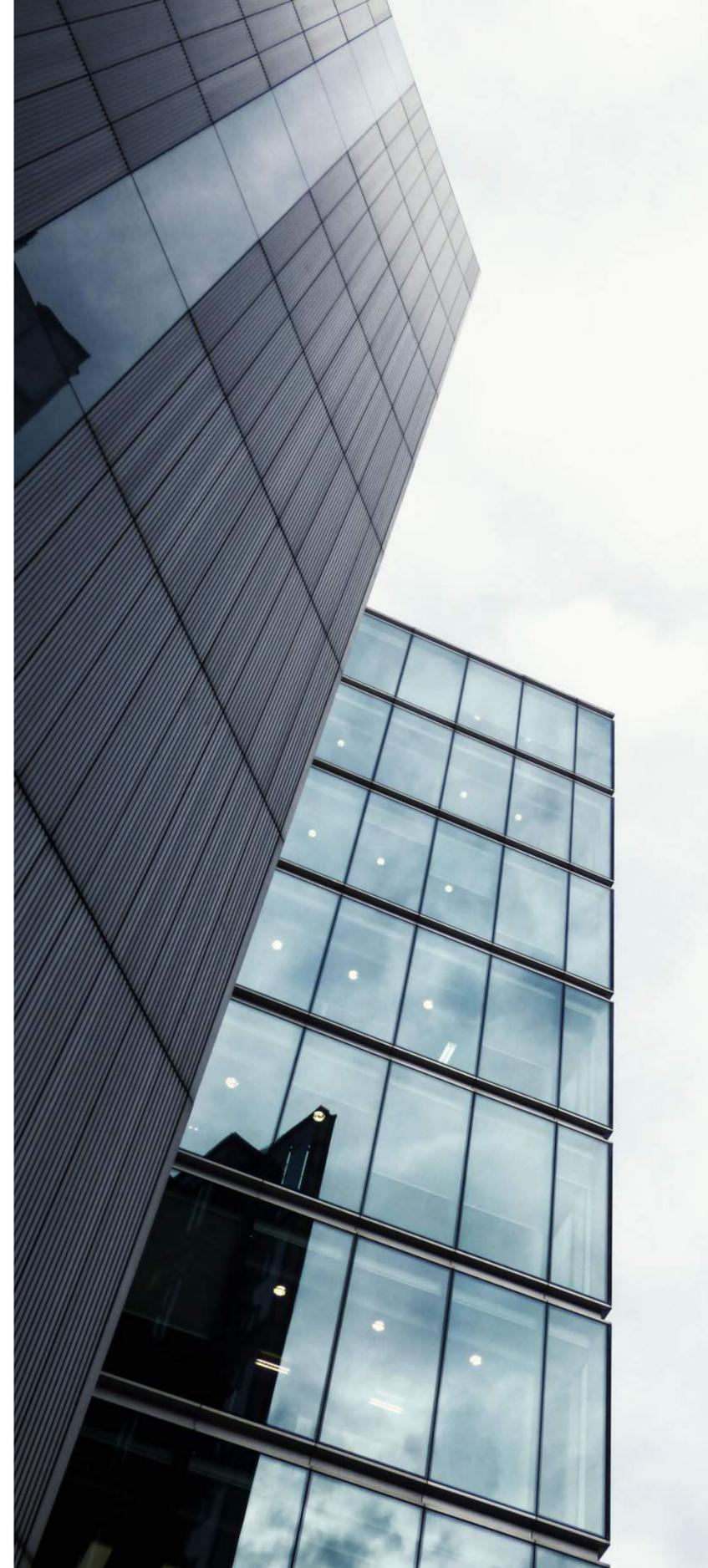# MODIFIKASI PERILAKU-PSG205

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# PENCATATAN PERILAKU

# DIRECT AND INDIRECT ASSESSMENT

- Indirect assessment involves using interviews, questionnaires, and rating scales to obtain information on the target behavior from the person exhibiting the behavior or from others (e.g., par- ents, teachers, or staff).
- Direct assessment, a person observes and records the tar- get behavior as it occurs.
- To observe the target behavior, the observer (or a video cam- era, in some cases) must be in close proximity to the person exhibiting the behavior so that the target behavior can be seen (or heard).
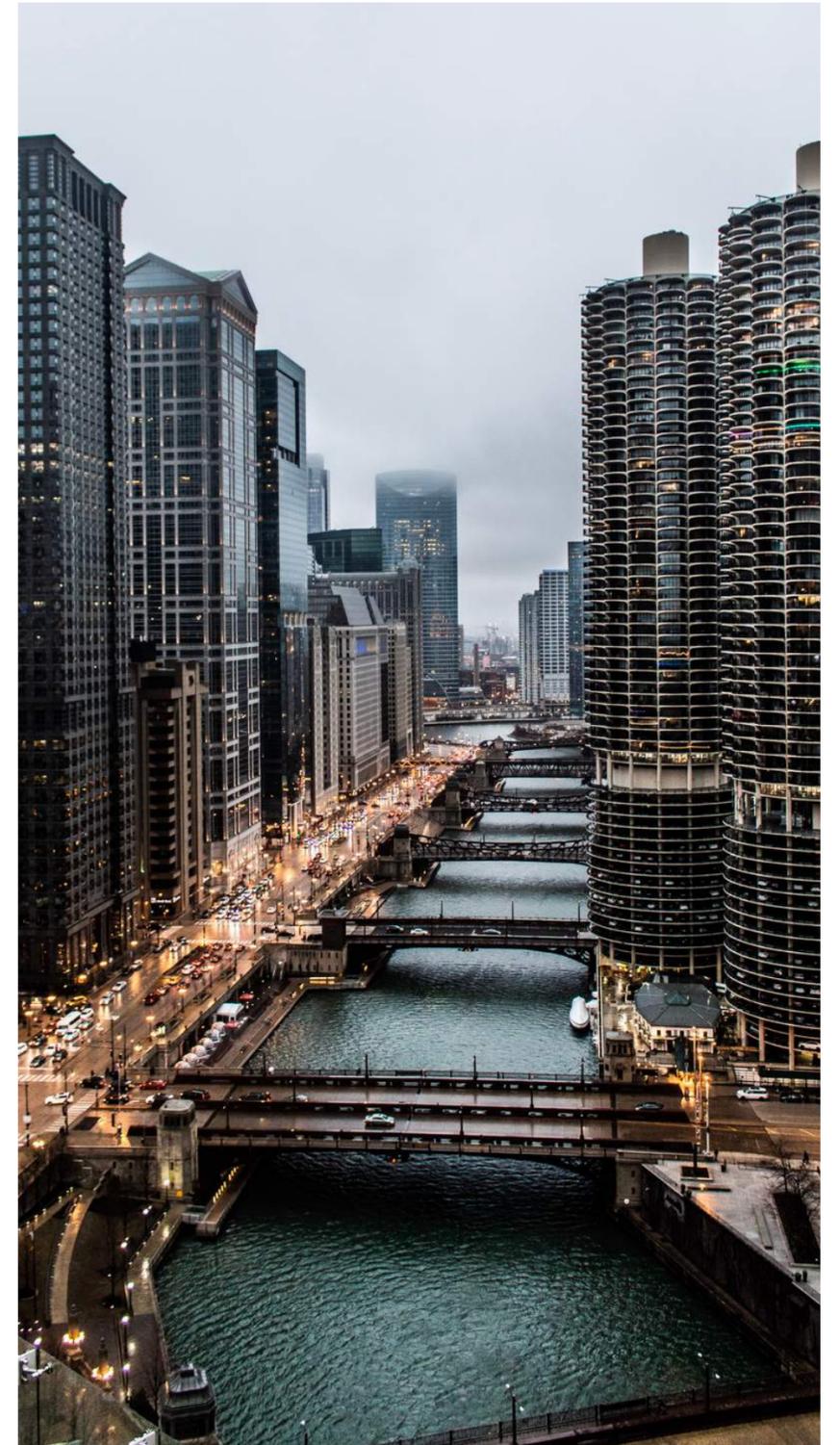
# DEFINING THE TARGET BEHAVIOR

- To define the target behavior for a particular person, you must iden- tify exactly what the person says or does that constitutes the behavioral excess or deficit targeted for change
- Interobserver reliability

**TABLE 2-1**    Behavioral Definitions and Labels for Common Problems

| Behavioral Definition | Label |
| --- | --- |
| When Bobby cries and sobs, lies on the floor and kicks the floor or walls, or pounds toys or other objects on the floor, it is defined as a tantrum. | Tantrumming |
| Studying for Rae involves reading pages from a textbook, underlining sentences in the text, completing math or physics workbook exercises, reading notes from class, and outlining chapters from the text. | Studying |
| When Pat says no to someone who asks her to do something that is not part of her job, when she asks coworkers not to smoke in her office, and when she asks coworkers to knock before entering her office, it is defined as assertiveness. | Assertiveness |
| Stuttering is defined for Joel as repeating a word or a word sound, prolonging the sound when saying a word, or hesitating more than 2 seconds between words in a sentence or between syllables in a word. | Stuttering |
| Any time Mark's finger is in his mouth and his teeth are closed together on the fingernail, cuticle, or skin around the nail, it is defined as nail-biting. | Nail-biting |

# THE LOGISTICS OF RECORDING

- Observer
- Waktu -> Observation period

# CHOOSING A RECORDING METHOD

## RECORDING METHODS

| | |
|---|---|
| Continuous recording | Record every instance of the behavior occurring during the observation period. May record frequency, duration, intensity, or latency. |
| Product recording | Record the tangible outcome or permanent product of the occurrence of the behavior. |
| Interval recording | Record the occurrence or nonoccurrence of the behavior in consecutive intervals of time during an observation period. |
| Time sample recording | Record the occurrence or nonoccurrence of the behavior in discontinuous intervals of time (time samples) during an observation period. |

# Recording Instrument

**FIGURE 2-4** This data sheet is used to record the frequency of a behavior. You put an *X* into a box each time the behavior occurs. If more than 12 instances of the behavior occur per day, continue recording on the next line.

**FIGURE 2-5** This data sheet is used to record the duration of a behavior. You record the onset and offset time for each instance of the behavior. If there are more than three instances of the behavior per day, continue recording on the next line.

*Recording Instrument*

# Interval Data Sheet



Observer: _____

Date and time of observation: _____

Definition of behavior being recorded: _____

_____

_____

Ten-second intervals

| | 1 | 2 | 3 | 4 | 5 | 6 |
|----|---|---|---|---|---|---|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |
| 7 | | | | | | |
| 8 | | | | | | |
| 9 | | | | | | |
| 10 | | | | | | |
| 11 | | | | | | |
| 12 | | | | | | |
| 13 | | | | | | |
| 14 | | | | | | |
| 15 | | | | | | |

Minutes of observation

**FIGURE 2-6** This is an interval recording data sheet. Each box corresponds to an interval, and a check mark is placed in a box when the behavior occurs during that interval. When the behavior does not occur during an interval, the box is left blank.

# Interobserver Reliability



**FIGURE 2-7** A comparison of interval recording by two observers. An *A* indicates that the observers agreed that the behavior did or did not occur in an interval. *D* indicates that the observers disagreed: One recorded the occurrence of the behavior in an interval, and the other did not.

# Interobserver Reliability



**FIGURE 2-8** Calculation of interobserver reliability for frequency-within-interval recording. A percentage of agreement is calculated for each interval, the percentages are summed, and the sum is divided by the number of intervals.

# GRAPHING BEHAVIORAL DATA

(a)                                                                    Frequency

| Days | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | Daily Total |
|------|---|---|---|---|---|---|---|---|---|----|----|----|-------------|
| 1 | X | X | X | X | X | X | X | X | | | | | 8 |
| 2 | X | X | X | X | X | X | X | X | | | | | 8 |
| 3 | X | X | X | X | X | X | X | | | | | | 7 |
| 4 | X | X | X | X | X | X | X | | | | | | 7 |
| 5 | X | X | X | X | X | X | X | X | X | | | | 9 |
| 6* | X | X | X | X | X | X | X | X | | | | | 8 |
| 7 | X | X | X | X | X | | | | | | | | 5 |
| 8 | X | X | X | X | X | | | | | | | | 5 |
| 9 | X | X | X | X | | | | | | | | | 4 |
| 10 | X | X | X | X | | | | | | | | | 4 |
| 11 | X | X | X | | | | | | | | | | 3 |
| 12 | X | X | X | | | | | | | | | | 3 |
| 13 | X | X | | | | | | | | | | | 2 |
| 14 | X | X | | | | | | | | | | | 2 |

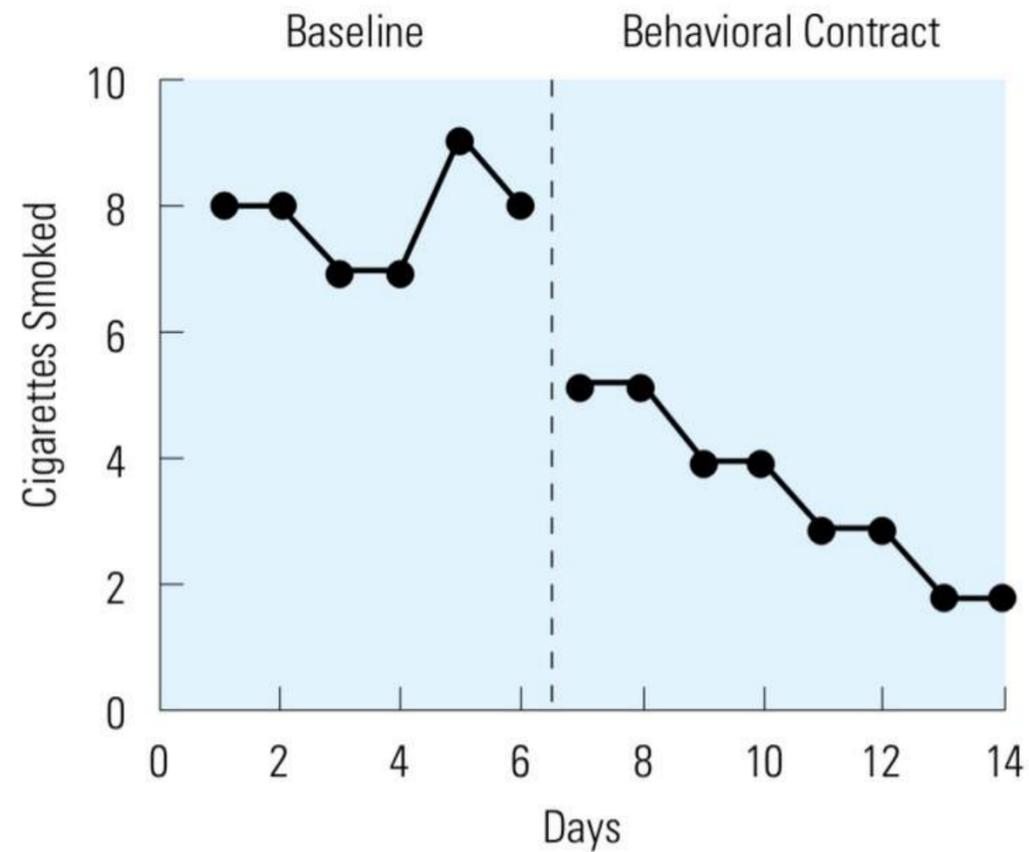*Day 6 was the last day of baseline and day 7 was the first day of treatment.

(b)



FIGURE 3-8 A completed frequency data sheet is shown in (a); the number of cigarettes smoked each day is recorded on the sheet. The graph of the behavioral data from the data sheet (b) is also shown. The treatment involved a behavioral contract in which the client agreed to smoke one fewer cigarette per day every second day. Behavioral contracts are described in Chapter 23.

## SUMMARY OF RESEARCH DESIGNS

| | |
|---|---|
| A-B | One baseline and one treatment phase. Not a true research design. |
| A-B-A-B | Two (or more) baseline phases and two (or more) treatment phases for the same behavior of one subject. Also called a reversal design. |
| Multiple-baseline-across-behaviors | Baseline and treatment phases for two or more different behaviors of one subject. Treatment is staggered across behaviors. |
| Multiple-baseline-across-subjects | Baseline and treatment phases for the same behavior of two or more subjects. Treatment is staggered across subjects. |
| Multiple-baseline-across-settings | Baseline and treatment phases for the same behavior of the same subject in two or more settings. Treatment is staggered across settings. |
| Alternating-treatments design | Baseline and treatment sessions are alternated rapidly. Baseline and treatment sessions may occur on alternating days or may occur in different sessions on the same day. |
| Changing-criterion design | A baseline phase and treatment phase for one subject. In the treatment phase, there are progressive performance criteria or increasing goal levels of the behavior. |

## CHAPTER SUMMARY

# Referensi :

- Miltenberger, R.G. (2008). Behavior Modification Fourth Edition. California : Thomson Higher Education
- Modul Modifikasi Fakultas Psikologi Universitas Airlangga.