# MODIFIKASI PERILAKU-PSG205

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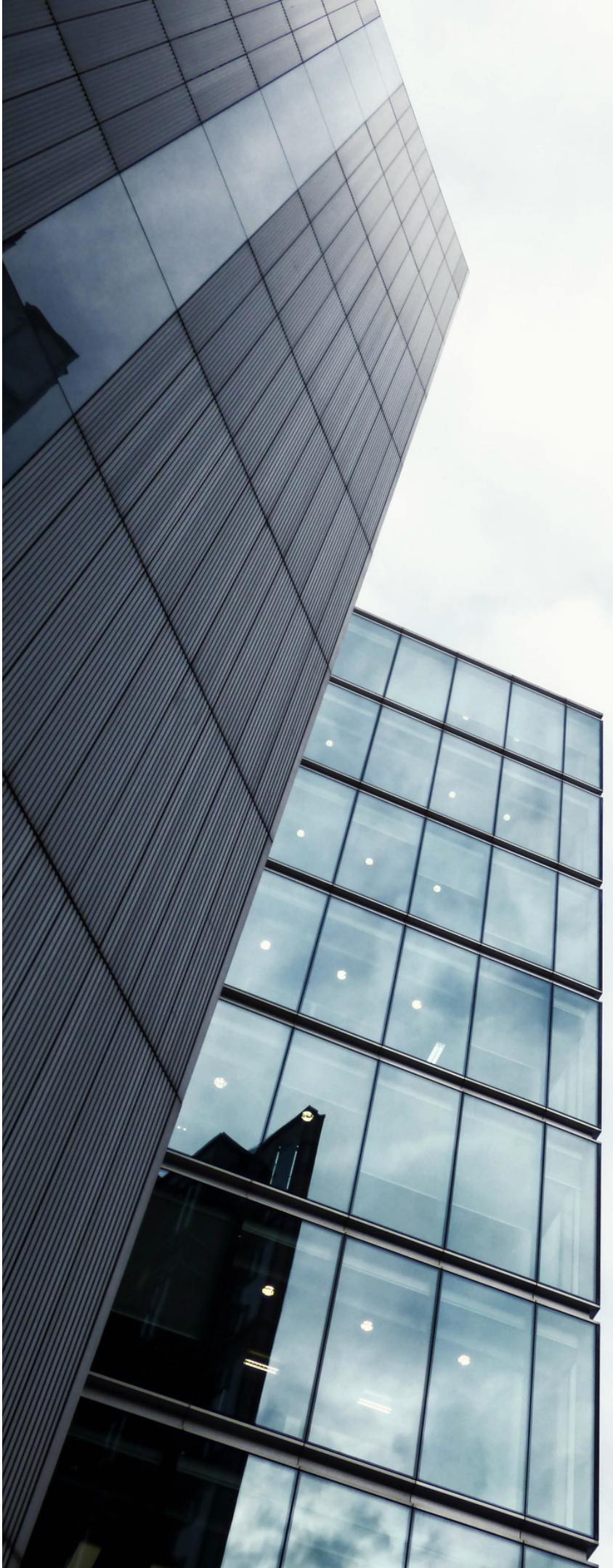
Pengukuran Perubahan Perilaku Lainnya

Self-Management

- Proses modifikasi perilaku untuk mengubah kebiasaan atau perilaku diri sendiri, disebut dengan self-management
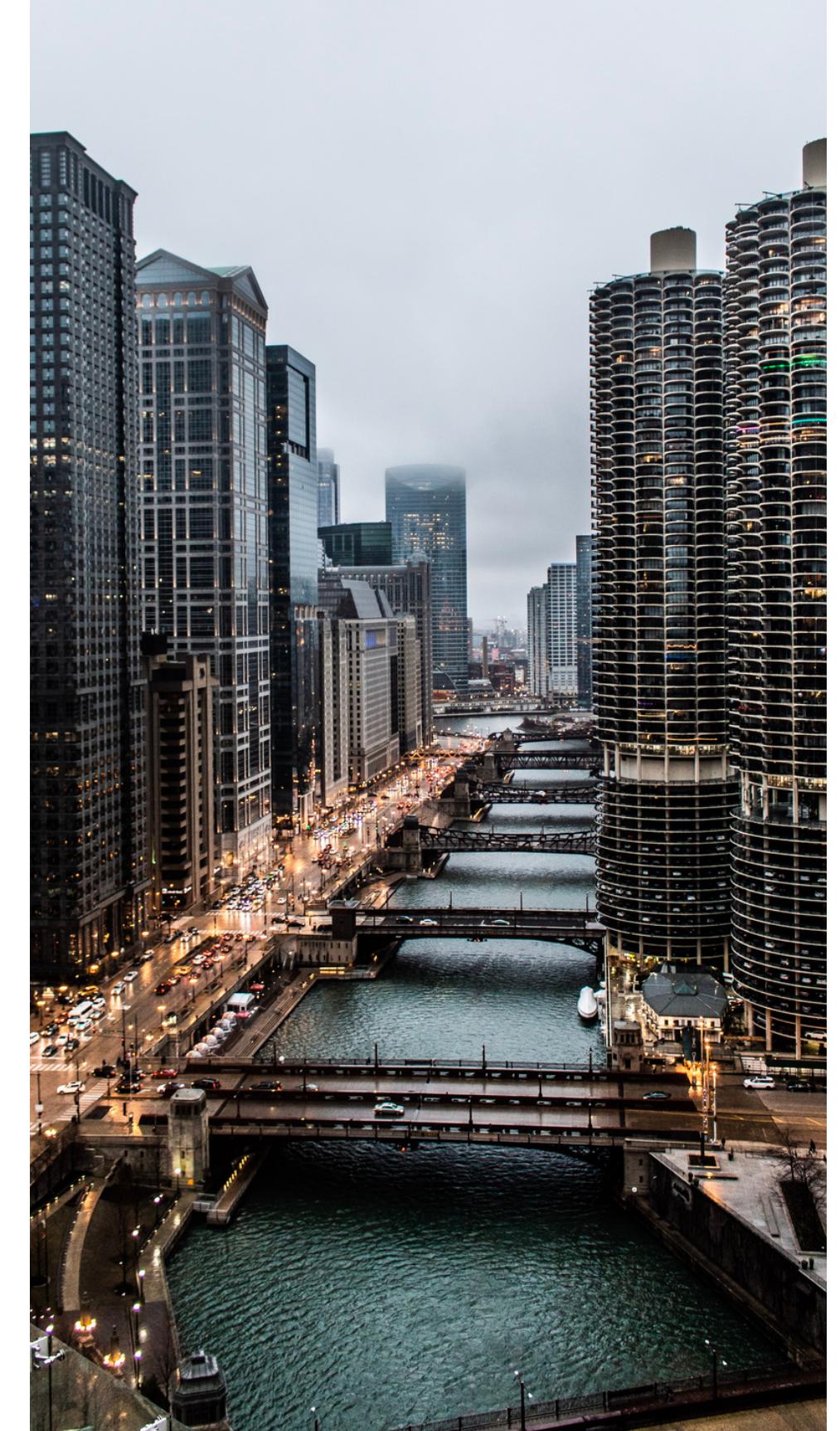
Contoh

- Murray (olahraga rutin untuk menjaga kesehatan)
- Menerapkan prinsip self-management
- Step-by step -> untuk mencapai tujuan
- Dari jarak yang dekat kemudian lebih jauh hingga mencapai tujuan akhir
- Tujuan adalah 5 kali seminggu, 1 mil per hari
- Mulai dari 3 kali seminggu, 1 mil per hari
- Bertahap

Day	Date	Time	Distance	Goal (distance)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

FIGURE 20-1 Murray used this data sheet to record his running behavior each day. The data sheet has a space for the distance and time of the run each day of the week and a space for Murray to write in his goal for that day.
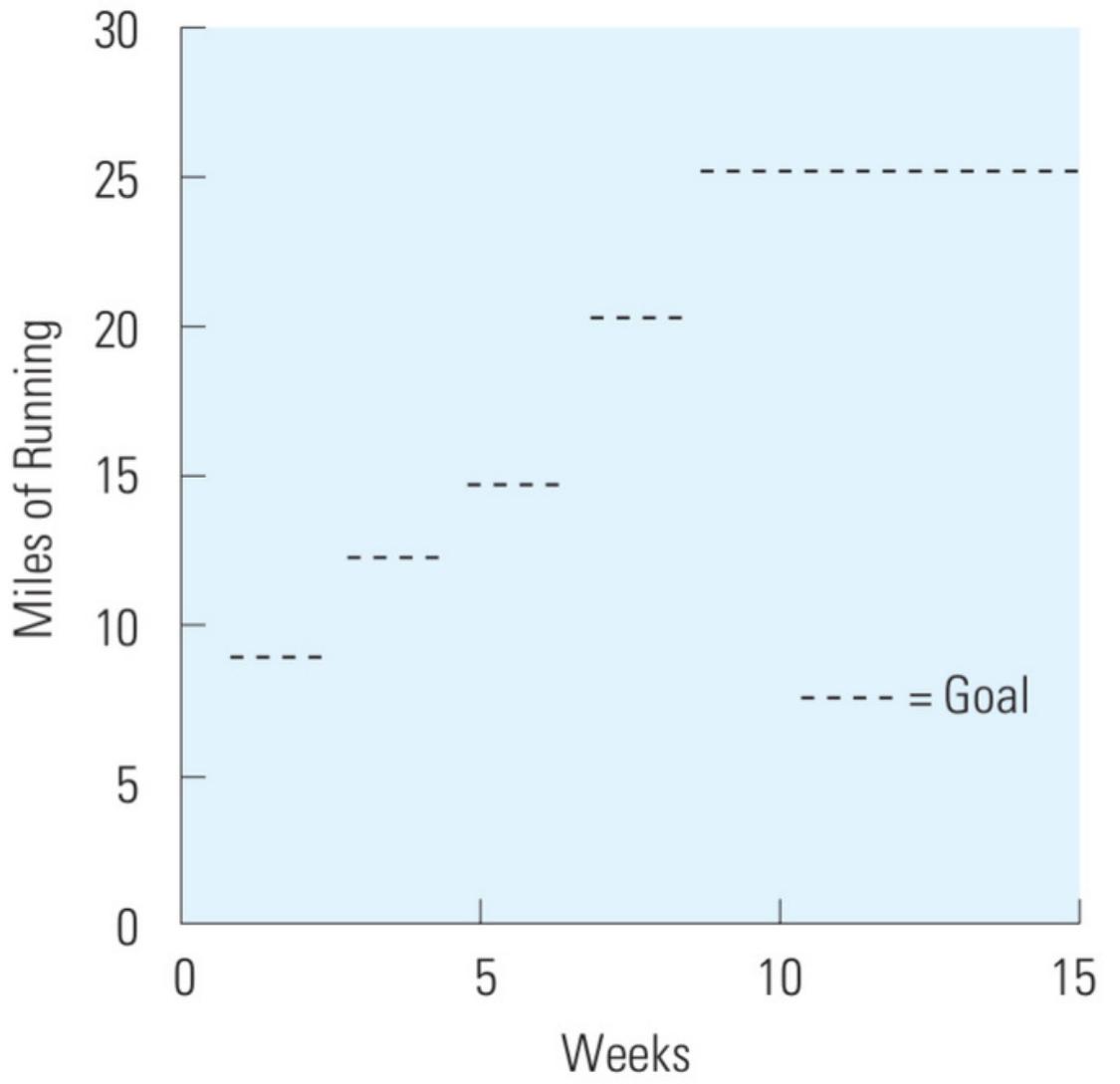
FIGURE 20-2 This graph will show the number of miles Murray runs each week. The marks on the graph indicate the weekly goals Murray has set for himself.

Self-Management Problems

- Perilaku defisit
- Perilaku eksesif

Contoh masalah perilaku

TABLE 20-1   Behavioral Deficits and Excesses as Self-Management Problems in Which Immediate Contingencies Contrast with Future Outcomes

Behavioral Deficit	Immediate Contingency	Delayed Positive Outcome
Studying	Lack of reinforcement	Good grades
	Response effort	Graduation
	Reinforcement of competing behavior (TV, parties, phone calls)	Job or graduate school
Exercise	Punishment (sore muscles)	Better health
	Response effort	Weight loss
	Reinforcement of competing behavior (eating, TV, naps)	Better physique
Healthful eating	Decreased reinforcement value	Better health
	Response effort to prepare healthful food	Weight loss
	Reinforcement for competing behavior (eating junk food)	More energy
		Less constipation

Behavioral Deficit	Immediate Contingency	Delayed Negative Outcome*
Smoking	Immediate reinforcement (alertness, relaxation)	Lung cancer
	Little response effort	Emphysema
	Response effort for alternative behaviors	Heart disease
		Stained teeth

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Definisi

- Self management -> individu berkomitmen untuk menerapkan sebuah perilaku tertentu yang akan mempengaruhi kemunculan perilaku lainnya (target perilaku) di masa depan (Watson & Tharp, 1993; Yates, 1986).
- Skinner (1953a) menjelaskan self-management terkait dengan perilaku yang dikontrol dan perilaku yang mengontrol perilaku lainnya.

Strategi Self-Management

- Goal setting dan Self-Monitoring
  - Kriteria dan jangka waktu yang direncanakan -> kemunculan target perilaku
  - ahievable
  - self monitoring
- Manipulasi terhadap anteseden (penyebab perilaku)
  - Presenting the discriminative stimulus (SD) or cues for the desirable target behavior
  - Removing the SD or cues for competing undesirable behaviors
  - Arranging an establishing operation for the desirable target behavior
  - Removing establishing operations for the competing behaviors
  - Decreasing the response effort for the desirable target behavior
  - Increasing the response effort for the competing behaviors

Strategi Self-Management (lanjutan)

- Kontrak Perilaku
  - Dokumen tertulis yang menjelaskan secara spesifik target perilaku dan mengarahkannya pada target perilaku yang spesifik dalam durasi tertentu
- Mengatur reinforcer dan punisher
- Dukungan sosial
- Self-instruction and self-praise

TABLE 20-2   Categories of Self-Management Strategies Used to Decrease or Increase the Level of a Target Behavior

Antecedent manipulations to increase a desirable behavior and decrease an undesirable behavior

- Present discriminative stimulus (S^D) or cues for the desirable behavior.
- Eliminate S^D or cues for the undesirable behaviors.
- Arrange establishing operations for the desirable behavior.
- Eliminate establishing operations for the undesirable behaviors.
- Decrease response effort for the desirable behavior.
- Increase response effort for the undesirable behaviors.

Consequence manipulations to increase a desirable behavior and decrease an undesirable behavior

- Provide reinforcers for the desirable behavior.
- Eliminate reinforcers for the undesirable behaviors.
- Eliminate punishers for the desirable behavior.
- Provide punishers for the undesirable behaviors.
- Use skills training procedures to teach desirable behaviors.

Tahapan Self-Management Plans

1. Make the decision to engage in self-management.
2. Define the target behavior and competing behaviors.
3. Set goals.
4. Self-monitor.
5. Conduct a functional assessment.
6. Choose appropriate self-management strategies.
7. Evaluate change.
8. Reevaluate self-management strategies.
9. Implement maintenance strategies.

Referensi :

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