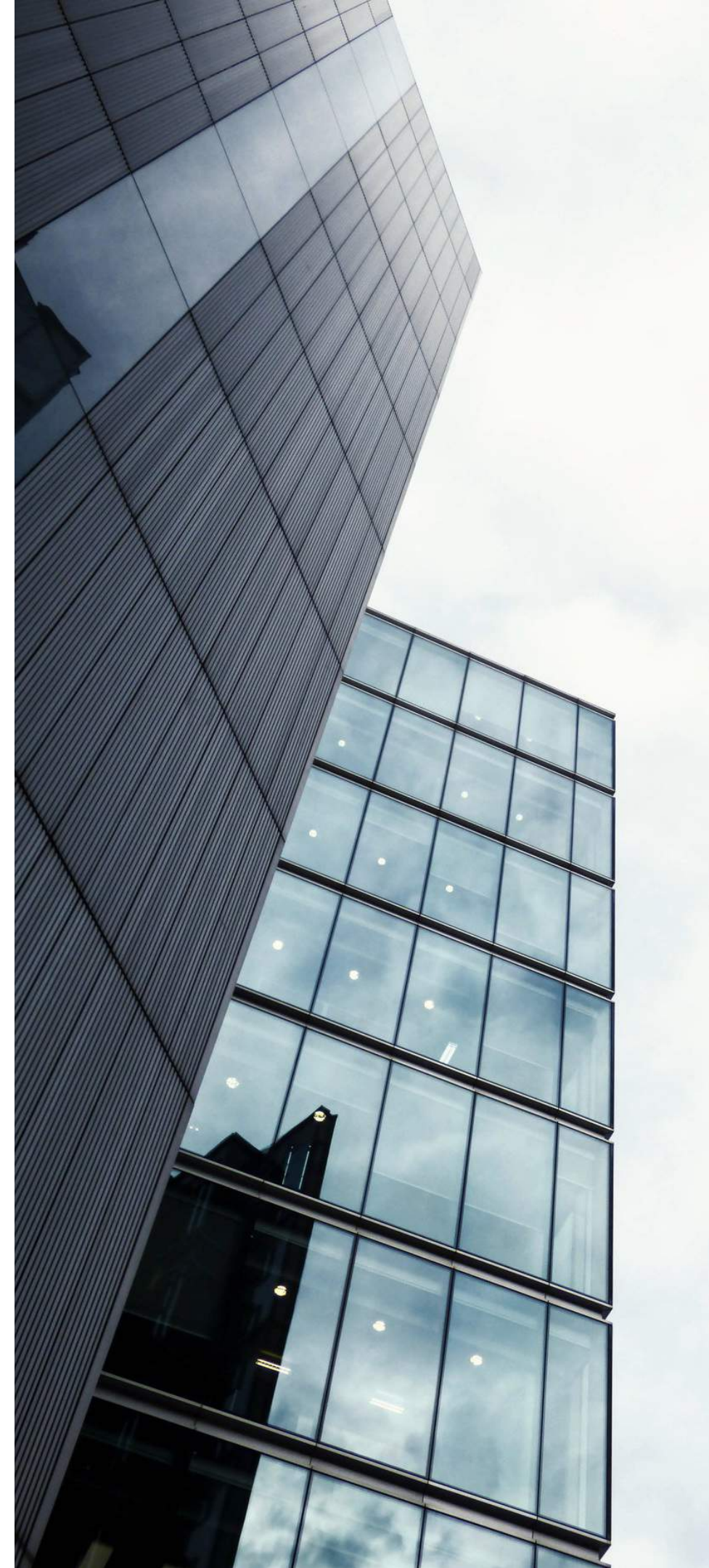


MODIFIKASI PERILAKU-PSG205

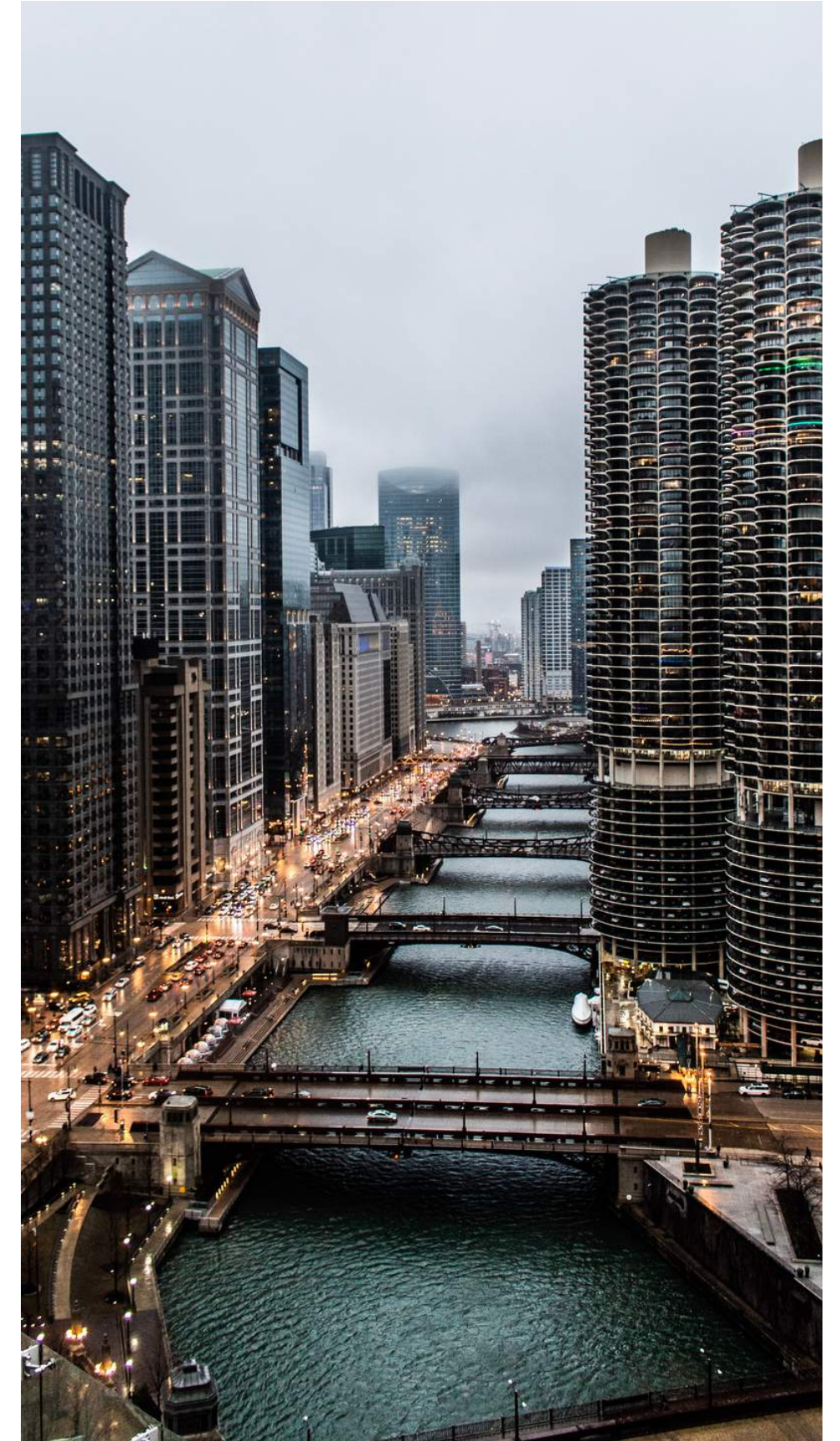
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Cognitive Behavior Modification Techniques

Behavior modification

- Focused on analyzing and modifying overt behavior
- Analyzing: identifying the functional relationship between the environment and a particular behavior
- Modifying: developing and implementing procedures to help people change their behavior



Characteristics of behavior

- Behavior can be overt and covert
- Behavior have one or more dimensions that can be measured, eg. Frequency, intensity, duration
- Behavior is lawful- its occurrence is systematically influenced by environmental events
- Behavior can be observed, recorded and described
- Ex: Samantha is a mentally retarded 6-year-old girl who attended special education class. Everytime the teacher is helping other students, she cries and bangs her head. Then the teacher would come and stops what she is doing...

Roots of behavior modification

- Learning principles
- Environmental manipulation

Areas of application

- Mental illness
- Developmental disabilities
- Education and special education
- Child management
- Sports psychology
- Rehabilitation
- Health-related behavior

Cognitive Behavior Modification

- Help people to change cognitive-behavior
- Cognitive changes as the main mechanism to change behavior
- Cognitive distortion -> maladaptive behavior
- Cognitive process would influence a person's perception, motivation, learning process, attitude and social interaction (Kazdin, 1998)
- Many of clinical problems (ie. depression, anxiety) have roots of cognitive distortions

Cognitive Behavior Modification

- CBM is a common remedial approach used in behavior therapy to modify various classes of disorders such as anxiety, fears, phobias, aggression, and disorders of conduct.

CBM Procedures

- Cognitive restructuring
- Cognitive coping skill training
 - Self instructional training
 - Stress inoculation training: mindfulness and acceptance
 - Problem solving therapy

Cognitive Restructuring

- Help the client identify cognitive behavior that are distressing
- Help the client get rid of these distressing thought or replace them with more desirable thoughts

Steps in Cognitive restructuring

- Identify distressing thoughts and situations
- Identify emotional response or behavior that follows the thoughts
- Work to decrease distressing thoughts and replace them with more rational or desirable thinking
- Replace maladaptive cognitive-behavior with adaptive cognitive-behavior

Example of cases for cognitive restructuring

Situation	Thoughts	Emotional or behavioral outcome
Getting ready to go out with my friends	“they dont really like me. They call me because they feel sorry for me.”	self depressed or did not go out with friends
Husband came home late from work	“I wonder who he’s with. I bet he’s at the bar and flirting with other woman.”	Got angry, ignored the husband when he came home. Yelled at him for being late.

Cognitive Coping Skills Training

- Teaches clients specific self statement that they can make in problem situation to improve their performance or influence their behavior in the situation

Steps in Self instructional training

- A part of cognitive coping skills training, teach new cognition behaviors that are used to promote desirable behaviors.
- Identify the problem situation, define the desirable behavior to be increased and identify competing behavior
- Identify the self instructions to be used in the problem situation
- Use behavioral skills training to teach the self instructions

Example of cases for self instructional training

Situation	Thoughts	Emotional or behavioral outcome
Girlfriend talking about and laughing with a football player in a party	I bet he's hitting on her! How can she do this to me!"	Got jealous, got drunk, angry
Go to history class	"Oh my God I hate to give presentation, I cant do it, I will die."	Experienced anxiety

Benefits

- CBM represents a viable alternative to addressing the need to remediate behavioral excesses and deficits.
- CBM refers to techniques that provide individuals with the necessary tools to control their own behavior.

Challenges

- If cognitions are ignored CBM techniques only temporarily changed behavior and failed to maintain lasting change or to teach strategies to address future problems.
- Difficult to determine the effectiveness of CBM for people with milder versus more significant clinical behavior problems.

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

