

Penerapan modifikasi perilaku dengan metode Differential Reinforcement With Response Cost dalam menurunkan frekuensi perilaku Disruptive = Behavior modification using Differential Reinforcement with Response Cost in reducing frequencies of Disruptive behavior / Devi Raissa Rahmawati

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Abstrak

Konsekuensi yang tegas dan konsisten dari orang tua merupakan hal yang penting dalam pengasuhan seorang anak, terutama di masa prasekolah. Tesis dengan desain penelitian single-case ini menggunakan modifikasi perilaku dengan metode differential reinforcement with response cost. Metode ini bertujuan melihat keefektifan dari perubahan konsekuensi untuk mengurangi frekuensi perilaku disruptive. Partisipan penelitian adalah anak perempuan berusia 4 tahun 4 bulan dan didiagnosis mengalami oppositional defiant disorder (ODD). Penelitian ini dilakukan dalam sembilan sesi. Hasil dari penelitian menunjukkan differential reinforcement with response cost efektif menurunkan frekuensi perilaku disruptive. Hal ini terlihat dari observasi, wawancara, dan pengukuran child behavior checklist (CBCL).

*One of the important principles for parenting a child is clear and consistence consequences, especially on preschool age. This single case design study used behavior modification with differential reinforcement with response cost method. This method aimed to examine the effectiveness of modification consequences to reduce frequencies of disruptive behavior. Participant of this research is a four-year-four-month girl and diagnosed of having oppositional defiant disorder (ODD). This research was conducted for total nine sessions. The result indicated differential reinforcement with response cost effective to reduce frequencies of disruptive behavior. This result has been seen from observation, interview, and CBCL measurement as well.*