

Sangameshwar College (Autonomous) Solapur

MA part II

Sem IV, SEC (skills enhancement Course)

(Credits Two Contact Hours 30)

Behavioral Modification

Objective:

To understand the concept of behaviour modification

To Acquaint techniques of behavior modifications

Unit 1: Introduction of Behavior

(Credit 1)

1.1 What is behavior

1.2 behavior modification.

1.3 Individual Behavior

1.4 Discipline Behavior

1.5 Problematic Behavior

Unit 2: Behavior Therapy and Modification

(Credit 1)

2.1 Exposure Therapy, Response Prevention

2.2 Flooding , Habit Reversal training

2.3 Systematic Desensitization

2.4 Relaxation Techniques

2.5 Behavioral principles and procedures-

a) Getting a behavior to occur more often with positive reinforcement,

b.) Developing and maintaining behavior with conditioned reinforcement,

c.) Decreasing a behavior with extinction, Shaping,

Readings Book:

Hilgard, E.R., Atkinson, R.C., and Atkinson, R.L. (1975). Introduction to Psychology, 6th Ed. Oxford IBH Publishing.

Luthans, F. (2005). Organizational Behaviour, 10th Edition. McGraw Hill

Miltenberger, R.G.(May 12th 2011) Behaviour Modification: Principles and Procedures. Wadsworth Publishing Company OR SEC-A-01:

Deepa Sharma (2019) Behavioral Psychology RBSA Publishers Jaipur.