

Personal change project conditioning health and social care essay

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I would wish to plan a self-modification program which is to advance a want desirable to myself. I will implement Operant Conditioning and other rules of conditioning in this Personal Change Project.

Walking the Dog Frequently and Regularly for a Longer period of Time

The mark behavior I would wish to hike is walking the *Canis familiaris* for at least 45 proceedings daily on the seashore near my house. The end of the present program was to prolong a good wellness since jogging is involved during the walk with the *Canis familiaris*. For case, ramble oning conditions the cardiovascular system, cut downing the opportunity of acquiring bosom disease. It besides helps in beef uping musculus and cut downing extra fat by firing Calories. In add-on, it can advance the relationship with the *Canis familiaris* as its proprietor. At the same clip, in order to take up the duty as a portion of the household members, walking the *Canis familiaris* on a regular basis is indispensable. Last, relaxation can be achieved by walking *Canis familiaris* along the seashore as the aesthetic position and nature of it can assist alleviating emphasis and sadness. A baseline appraisal was carried out predating the self-modification program. In the self-modification program, each clip the client walked the *Canis familiaris* for at least 45 proceedings was counted as walking the *Canis familiaris* for one clip. No bound was placed on the clip she walked the dog each twenty-four hours.

Baseline Assessment

In the baseline appraisal of the mark behaviour before transporting out the self-modification program, the frequence and continuance of walking the *Canis familiaris* by the client was measured utilizing a timer. It lasted for 14
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years from 5th September to 18th September. (Table 1) The frequency which the client walked her Canis familiaris was 7 times in two hebdomads and the entire clip spent to walk the Canis familiaris in two hebdomads was 183 proceedingss and the mean clip spent on walking the Canis familiaris was 26 proceedingss in two hebdomads. Therefore, the existent continuance of clip for walking the Canis familiaris before the self-modification program was much less than the mark continuance of clip set in program (45 proceedingss) . This was because the mark behaviour was normally hindered by different ancestors and effects (to be mentioned in the following session)

Walking The Dog

Date

Yes

NO

5th September

15 proceedingss

6th September

7th September

28 proceedingss

8th September

9th September

35 proceedingss

tenth September

11th September

25 proceedingss

12th September

13th September

14th September

40 proceedingss

15th September

16th September

30 proceedingss

17th September

18th September

10 proceedingss

Entire Time of walking the Canis familiaris

183 proceedingss

Average clip of walking the Canis familiaris

183 / 7 = 26 proceedingss

Table 1 Frequency and Duration of walking the Canis familiaris from 5th Sept. to 18th Sept.

Ancestors and Consequences

Harmonizing to Weiyen (2007, pp. 250-254) , ancestors are the preceding fortunes. Consequences are the effects or consequences of something happening earlier.

Ancestors which limit my mark behavior

Before implementing this self-modification program, there were ever several ancestors which restricts me from walking the Canis familiaris. First of wholly, it was non possible for me to walk the Canis familiaris during showery yearss as the Canis familiaris will acquire soiled and wet. In add-on, I normally felt so tired after school or work that I did non hold the energy to walk my Canis familiaris.

Ancestors which reinforce my mark behavior

It is ever free to walk my Canis familiaris along the seashore near my place as no transit cost is needed. In add-on, it merely takes me 5 proceedingss to entree the seashore, therefore it is really convenient to walk my pet.

Consequences which limit my mark behavior

Exerting my Canis familiaris normally makes me even more tired after school or work so this greatly influences my advancement of analyzing, and

therefore impacting my public presentation on trials. Therefore, the fatigue from walking my Canis familiaris restricts me from making so.

Consequences which reinforce my mark behavior

Walking my Canis familiaris can assist ease my bodily fittingness and keeping wellness. This is because I jog while walking my Canis familiaris and it helps to better my cardiovascular and respiratory system. Heart musculuss are strengthened and become more efficient during jogging. Besides, deeper breathe can be achieved to provide more O and foods to our musculuss, enabling us to be more energetic engaging in activities we enjoy. Besides, it is of import to keep a good relationship with my household and Canis familiaris via taking up my duty as a household member walking my Canis familiaris as wrangles sometimes arise due to this issue. Furthermore, walking my Canis familiaris can assist cut downing emphasis and sadness from the heartache of interrupting up and analyzing.

Behavioral Principles and Schemes

Operant Conditioning was used as the major rule to increase the mark behaviour. It is a signifier of acquisition in which a response becomes more likely to happen in a peculiar stimulation state of affairs as a consequence of its effects. In this Conditioning, assorted types of supports and penalties were applied.

Support occurs when an event following a response increases an being & A ; acirc ; ^™s inclination to do that response. Punishment occurs when an event following a response weakens the inclination to do that response.

Positive support was involved in the program. This is a response is strengthened as it is followed by the presentation of a rewarding stimulation. Therefore, a positive reinforcing stimulus was set that I could bask a tasty barbeque dinner with my close friends every 10 times I walked my Canis familiaris for at least 45 proceedings. This was a rewarding stimulation for me as I love barbeque and I cherish the clip garnering with close friends. It was a secondary reinforcing stimulus as it acquired reenforcing belongings through repeated association with primary reinforcing stimulus.

Negative Reinforcement was besides applied. It occurs when a response is strengthened because it is followed by the remotion of an unpleasant stimulation. I late broke up with my fellow and it was a heart-breaking experience. Then I found that walking the Canis familiaris along the seashore and basking the aesthetic position of the nature can assist to alleviate the heartache. Therefore, I walk the Canis familiaris along the seashore more frequently. Therefore, the difficult feeling after interrupting up was the unpleasant stimulation and it was thought that walking Canis familiaris along the seashore can take this aversive stimulation, therefore walking the Canis familiaris along the seashore (response) is strengthened.

Negative Punishment was used, which was to diminish the unwanted behavior by taking something pleasant. For every individual clip the client could non successfully walk her Canis familiaris for 45 proceedings in a twenty-four hours, her female parent locked up my laptop for two yearss. Therefore, she needed to utilize the public computing machines in the library for a twosome of yearss if she did non walk the Canis familiaris and this one

time brought her a immense incommodiousness. Hence, the usage of laptop at place is regarded as the pleasant event and the reluctance to walk the Canis familiaris is the unwanted behaviour.

The Eventualities

As for the Positive Reinforcement, a Fixed-ratio agenda of support was besides applied as the client could bask barbeque with friends every 10 times she walked the Canis familiaris. Therefore, the definition of fixed-ratio agenda is the positive reinforcing stimulus (barbeque with friends) is given after a fixed figure (10 times) of non-reinforced responses (walking the Canis familiaris) .

In the Negative Reinforcement, Variable-schedule of support was used. The reinforcing stimulus (the gradual alleviation of hurting after interrupting up) was given after a variable figure of non-reinforced responses (walking the Canis familiaris along the seashore) . After the client walked the Canis familiaris along the seashore for a few times, she found that the heartache reduced a small spot and this was a reinforcing stimulus. Then this reinforcing stimulus strengthened the response inclination for walking the Canis familiaris as she believed this can alleviate hurting after interrupting up with fellow.

As for the Negative Punishment, every clip the client did non walk her Canis familiaris for at least 45 proceedingss one time a twenty-four hours, her female parent locked up her laptop for two yearss. Inconvenience was brought to the client if she could non carry through the mark behaviour, as she could non utilize her laptop for two yearss (usage of laptop is a pleasant

stimulation) , alternatively she could merely utilize the public computing machine outside.

Consequence of the Assessment

The self-modification program was set to complete in two hebdomads from 19th September to 2nd October after the baseline appraisal. (Table 2) It can be seen that the response inclination of walking the Canis familiaris greatly strengthened after the program was implemented. The frequency of walking the Canis familiaris was 20 times which was about 3 times more than that of the baseline appraisal (7 times) . The entire continuance of walking the Canis familiaris in two hebdomads was 1039 proceedings, while the mean clip spent on walking the Canis familiaris was 52 proceedings each clip, which is a dual compared to the consequence obtained in the baseline appraisal. Therefore, she was rewarded twice by holding barbeque dinners with her friends in these two hebdomads, as she achieved walking her Canis familiaris 20 times. Although the client failed to carry through the mark behaviour for one clip in these two hebdomads, it was due to the heavy work load from alterations and assignments. She was so experient negative penalty which she could non utilize her laptop for two yearss as her female parent locked it up.

Walking the Canis familiaris

Date

Yes

NO

First Time on the day/ minute

Second Time on the day/ minute

19th September

50

45

twentieth September

45

45

21st September

48

22nd September

55

48

23rd September

70

50

24th September

85

25th September

50

26th September

Ten

27th September

45

50

28th September

50

50

29th September

45

47

thirtieth September

55

1st October

60

2nd October

46

Entire Time of walking the Canis familiaris

1039

Average Time of walking the Canis familiaris each clip

$1039 / 20 = 52$

Table 2 Frequency and Duration of walking the Canis familiaris from 19th September to 2nd October

The Strength, Weakness and Effectiveness of the Modification Plan

The self-modification program was seemingly effectual, which could be proved by the big difference in consequences shown in table 1 and table 2. The behaviour of the client was successfully modified to walk the Canis familiaris for at least 45 proceedings one time a twenty-four hours. This was proved by the twofold continuance of walking the Canis familiaris each clip on norm (26 proceedings in baseline appraisal and 52 proceedings in the self-modification program) and the frequency of walking the Canis familiaris was about tripled (7 times in baseline appraisal and 20 times in the self-modification program) . This was chiefly due to the strengths of the program. Positive support was used in the program, in which the client was

rewarded a barbeque dinner with her friends every 10 times she walked the
Canis familiaris

However,