

# Defense mechanisms and behavior modification (case) module 4

[Health & Medicine](#)



**ASSIGN  
BUSTER**

## Defense Mechanisms and Behavior Modification Affiliation: How are Skinner's Ideas Applicable Today to Promote Health of Prevent Disease?

Communicable diseases have a wide range of classes that can be downsized to three categories; curable, chronic, and terminal. With reference to HIV/AIDS presence within the community, government and health care policy makers have indented to reduce the spread of HIV/AIDS by restraining from punishing prostitutes to educating potential prostitutes on the importance of engaging in safer sexual practices. The use of educative programs on the need for the government to prevent unsafe sex, rather than punishing offenders, is an example of Skinner's ideas in promoting health care or preventing diseases.

### Smart Objectives from Case 1

1. To enable 50 health care professionals to effectively deal with increasing stressful events within five Boston correctional facilities housing 50, 000 inmates in need of health care.

The goal of this behavior objective is to ensure that health care professionals within the Boston correctional facilities are vigilant in handling stressful events occurring within the facilities that host more than 50, 000 offenders.

2. To present scientific methods of handling stress within the job environment of 50 health care professionals working in five Boston correctional facilities to 90%, handle stressors presented by the 50, 000 inmates within the area.

Using Skinner's ideas, the above objectives can be applied to different entities in different situations. In this case, given that the entities comprised in a correctional facility can be categorized as staff and prisoners, the

application of Skinner's ideas is dependent on the circumstances. The stressors and activities within a correctional facility are categorized into two, criminal and responsible. To the health care professionals, Skinner ideas can be applied to the professionals when dealing with violent criminals or when faced by a potential threat. After an attack, a health professional is likely to call for help after suffering possible injuries. The result of this offense is to increase punishment for the offender and possible resignation by the health care professional. However, applying Skinner's ideas, health professionals can be educated on how to encourage offenders to act responsibly as their behavior changes would affect their evaluation. In this case, offenders would restrain from attacking health professionals and one another with expectations of early releases (Freedman, 2012). Assessing this situation from an offender's perspective, the education passed from the health care professional motivates good behavior to the criminal hoping to benefit within a certain timeframe (Bennett, 2012).

What reinforcement are you going to give yourself for meeting each of your objectives?

The reinforcement that comes from accomplishing the two smart objectives is cultivation of motivation to educate more health care professional from all around the world on how to handle stress using the theory of operant conditioning.

In what ways can you use technology to help you achieve the behavior modification you desire?

Technology falls under various classes. However, information systems all around the world are much associable with technology. In this case, to effect

the behavior modification desired information systems and electronic means of collecting data will be used to ensure authenticity in behavior modification analysis.

### Personal Behavior Modification Plan

Within the class, most of students get bored by lectures and drift to other businesses within the class – I am not any different. Daydreaming in class is caused by lack of attention on one subject and drifting to subconscious state of imaging other things. The results of daydreaming involve the inability to understand the concept discussed in an ongoing class, understanding of some concepts is weakened, and performance is negatively affected. To remedy this problem, the following steps are considered (Dick, and Steen, 1991).

The opportunities associated with good academic performance

The time wasted in the library trying to catch up conceptual materials

The cost of academics and the degree of performance in the academics

To be legible for well-paying jobs, my performance has to improve. To make good use of time, paying more attention in class is important. To show appreciation for academic sponsorship, my grades must improve.

### References

Dick, R. S. and Steen, E. B., Eds. (1991). *The Computer-Based Patient Record: An Essential Technology for Health Care*. Washington, D. C., National Academy Press.

Bennett, N. (2012). *Stress in Prison: Correctional Mental Health Care*. Correctional Psych.

Freedman, D. (2012). *The Perfect Self*. Atlantic Monthly. Available online at

<https://assignbuster.com/defense-mechanisms-and-behavior-modification-case-module-4/>

[http://www.theatlantic.](http://www.theatlantic.com/magazine/archive/2012/06/the-perfect-self/8970/1/)

[com/magazine/archive/2012/06/the-perfect-self/8970/1/](http://www.theatlantic.com/magazine/archive/2012/06/the-perfect-self/8970/1/)

<https://assignbuster.com/defense-mechanisms-and-behavior-modification-case-module-4/>