

Example of reinforcement essay

[Law](#), [Criminal Justice](#)



Reinforcement

Reinforcement is increasing the likelihood of repeating an action by providing reinforcements that would increase one's desire to repeat the action. Reinforcement is central to the concept of operant conditioning developed by psychologist B. F. Skinner. According to him there are different ways of and effects of reinforcement.

Positive Reinforcement

Positive reinforcement is the act of adding something to the current environment that could increase one's desire to do something. Positive reinforcers could be tangible things, intangible or both. Positive reinforcement can be used in different situations to meet desired outputs. When using positive reinforcements, the reinforcer given is not enough to be able to acquire the desired output. The timing at which you give the reinforcer is a factor that could contribute to the process. If rewards are needed immediately, then they must be given outright, or else their effect will be just negated. Consistency in giving the reward must also be observed so a pattern could be observed by the one needing the reinforcement.

Positive reinforcements can be used to increase the likelihood of achieving the desired behaviors of pets or humans. The most common form of positive reinforcement is giving by giving rewards in return for something done. In the case of my preschool child, I have proven that giving positive reinforcements have helped a lot in keeping her behavior in check. The reinforcer I give does not need to be material things all the time. Sometimes a simple praise can make her want to do more. For example, if she goes

home with a very good mark in her paper, give her a treat or promise her to bring to some zoo or praises. This is internally rewarding for her. In this way, she knows that her efforts are being recognized so she strives more to make good in her studies. To be able to be motivated to do well, I also make sure that the things she needs in school are given to her specially drawing materials since I saw the interest she has in drawing. For her to appreciate this more, I bring her along with me when I buy the art materials she needs so she can pick what she thinks she needs.

Positive reinforcers does not need to be tangible things all the time. Positive reinforcers can also be things that makes the person feel good.

Negative Reinforcement

If positive reinforcement refers to the strengthening of an stimulant to be able to increase the likelihood of repeating an action, negative reinforcement is removing a the stimulant to increase the likelihood of repeating an action. Negative reinforcement teaches an individual to remove negative conditions in the environment. It is just like looking for solutions to specific problems and then using those solutions to solve that problem every time that specific problem is met.

One example of the use of negative reinforcement are occurs with children and adults. My child watch the movies superbabies, where she sees that when they want something or the want some attention they start crying or do things that catches attention. She then started to imitate this one time she was hungry. Wondering what is wrong with her since she does not used to act like this, I gave her my full attention. Now, since giving my attention to

her and giving her food when she first did this, since then, she has used this “ technique” everytime she wants to get attention or wants something, She sees that this is the solution to her problem of not being able to get attention. The unpleasant stimuli which is doing things that catches attention like crying reinforces my child’s desired behavior which is getting our attention.

We tend to use negative reinforcement in our daily lives. For example, if I am listening to music in my MP3 player and the loud sound hurt my ears, I am going to reduce the volume. Since I saw this one as a solution to the “ undesired behavior”, the next time I experience this, I am going to do the same.

Punishment by Application (Positive Punishment)

Positive punishment is adding something as a punishment in response to an undesired behavior made. The “ something added” tends to weaken the response because of the unpleasant experience.

Positive punishment is usually used by parents when raising a child. For example, when a child throws her food, she will be whipped, If this is done everytime the child shows this attitude she is whipped, there is a tendency that she would eventually stop doing the action because of the pain she experiences when whipped.

Sometimes, applying punishment would only bring about compliance of the kid but if complete commitment of a child is what you are after for, this may not be the correct method of disciplining the child. Furthermore, the type of punishment appropriate for the age of the child must also be considered.

Before applying such punishment, it must be made sure the child

understands the reasons behind why these are done because if not, then the purpose will just be forfeited.

Punishment by Removal (Negative Punishment)

Have you ever used punishment by removal (also known as negative punishment and might include timeouts, removal of privileges, etc.) to raise your children? What happened? If you do not have children, discuss whether or not you would use these strategies - why or why not?

Negative punishment is removing of something like privileges, or grounding of children to increase the likelihood of repeating the specific behavior that caused the punishment. Although I have 1 child, I haven't used negative punishment to her since she is still young to understand the purpose of removing her specific privileges.

For me, this strategy is applicable only to be used for children who are old enough to understand why this type of punishment is used for them. For example, if a child is already capable of using techno gadgets, then they can be allowed to use them with specific rules. Now if the rules were not followed by the child then it can be one reason for confiscating the device. If the child is wants to get back the normal use of the gadget then he has to avoid disobeying the rules set by the parent the next time. Careful consideration must be taken to avoid ushering negative effects on the child which, instead of becoming beneficial will have negative result.

References:

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