

Operant conditioning theory



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Operant Conditioning Theory refers to the behavior learning theory founded by B. F. Skinner. A fundamental tenet of Operant Conditioning Theory is that changes in behavior are a result of changes in the environment and reinforcement by significant others. According to Skinner, all behaviors can be elicited (or eliminated) through a concept known as reinforcement. This is a technique where the frequency of a behavior is increased or decreased by positive or negative reinforcing the behavior.

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Positive Reinforcement increasing the likelihood or frequency of a behavior by presenting a positive reinforcer or reward upon the occurrence of the specified behavior. The individual will act or behave in a certain way to obtain or achieve the positive reinforcer. ex. rewards, praise, approval
Negative Reinforcement increasing the likelihood or frequency of a behavior by presenting a negative reinforcer or aversive event upon the occurrence of the specified behavior. The individual will act or behave in a certain way in order to avoid or escape the negative reinforcer. ex. belt, criticism
Punishment is the presentation of an unpleasant or undesired event following a behavior in efforts to decrease the occurrence of that behavior.

Reinforcers, on the other hand are presented following a behavior in efforts to increase a certain behavior. Social learning Theory is a behavioral learning theory founded by Albert Bandura. According to Bandura, all behaviors are learned and can be changed by altering the events that occur before and after the target behavior. 3 components that contribute to behavior are Antecedent event, Behavior and Consequence. Antecedent event environmental event that occurs before the problem Behavior the ACT

that is the focus of the analysis and target for change. Consequently the event that occurs after of a a result of the behavior.