



**KISII UNIVERSITY**  
**UNIVERSITY EXAMINATIONS**  
**THIRD YEAR EXAMINATION FOR THE AWARD OF THE**  
**DEGREE OF BACHELOR OF EDUCATION**  
**IN EARLY CHILDHOOD EDUCATION**  
**SECOND SEMESTER, 2021/2022**  
**(FEBRUARY - JUNE, 2022)**

**SPED 312: BEHAVIOUR MODIFICATION**

**STREAM: Y3 S2**

**TIME: 2 HOURS**

**DAY:**

**DATE: 00/05/2022**

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**INSTRUCTIONS**

- 1. Do not write anything on this question paper.***
- 2. Answer Question ONE [Compulsory] and any TWO questions.***

**1.a)** Citing relevant examples, explain the following concepts as used in behaviour modification therapy

(i) Token economy

(ii) Behaviour shaping

(iii) Flooding

(iv) Aversion therapy

(v) Systematic desensitization

(25 marks)

**b)** What aspects of behaviour should one put into consideration when evaluating problem behaviour? (5 marks)

**2.** Citing relevant examples, explain the different types of Applied Behaviour Analysis (**ABA**) methods commonly used to treat problem behaviour in children with Autism Spectrum Disorder (20 marks)

3. Discuss the main causes of problem behaviour among the youth in Kenya today  
(20 marks)

4. What are the recommended strategies for accommodating learners with Autism Spectrum Disorder in an effort to control the manifestation of problem behaviour? (20 marks?)

5. Citing relevant examples, explain the main behaviour problems manifested by the youth in Kenya today (20 marks)

Citing relevant examples, Explain the Different types of applied behaviour analysis (ABA) methods commonly used to treat autism spectrum disorder

Explain the type of responses that bfSkinner identified that can follow behaviour.

**Neutral operants:** responses from the environment that neither increase nor decrease the probability of a behaviour being repeated

**Reinforces:** Responses from the environment that increase the probability of a behavior being repeated. Reinforcers can be either positive or negative

**Punishers:** Responses from the environment that decrease the likelihood of a behaviour being repeated. Punishment weakens behaviour

Citing examples, Explain the following concepts as postulated by BF skinner and ianpavlov in relation **behaviour modification**

- 1) **token economy** (5 marks)
- 2) **behaviour shaping** (5 marks)

- 3) Flooding**
- 4) Aversion therapy**
- 5) Systematic desensitization**

### Token Economy

Token economy is a system in which targeted behaviour are reinforced with tokens (secondary reinforcers) and later exchanged for rewards (primary reinforcers).

Tokens can be in the form of fake money, buttons, poker chips or stickers. while the rewards can range anywhere from snacks to privileges or activities. For example, teachers use token economy at primary school by giving young children stickers to reward good behaviour.

Token economy has been found to be very effective in managing psychiatric patients. However, the patients can become over reliant on the tokens, making it difficult for them to adjust to society once they leave prison or hospital.

In the implementation of a token economy programme, the implementers should not favour or ignore certain individuals if the programme is to work. Therefore, staff needs to be trained to give tokens fairly and consistently even when there are shift changes such as in prisons or in a psychiatric hospital.

### Behaviour Shaping

A further important contribution made by Skinner (1951) is the notion of behaviour shaping through successive approximation. Skinner argues that the principles of operant conditioning can be used to produce extremely complex behaviour if rewards and punishments are delivered in such a way as to encourage move an organism closer and closer to the desired behaviour each time.

To do this, the conditions (or contingencies) required to receive the reward should shift each time the organism moves a step closer to the desired behaviour.

According to Skinner, most animal and human behaviour can be explained as a product of this.

Common classroom distractions include:

- Whispered conversations.
- Classmates asking teachers for help.

- Children running, screaming, and playing outside of classroom windows.

Loud announcements

Some therapies associated with classical conditioning include **aversion therapy**, **systematic desensitization** and **flooding**.

*Aversion therapy* is a type of behaviour therapy designed to encourage individuals to give up undesirable habits by causing them to associate the habit with an unpleasant effect.

*Systematic desensitization* is a kind of reverse conditioning treatment for phobias in which the individual is **trained to relax** while being exposed to progressively more anxiety -provoking stimuli. An individual is repeatedly exposed to the thing that is causing the

*Flooding* is a form of desensitization that uses repeated exposure to highly distressing stimuli until the lack of reinforcement of the anxiety response causes its extinction. Exposes an individual to the thing causing the anxiety, but it does so in a more **intense** and **prolonged** way.