



International Undergraduate Program
Faculty of Psychology
Universitas Gadjah Mada

COURSE OUTLINE

Behavior Modification

Course Code	: PSY4117
Course Instructor(s)	: Tri Hayuning Tyas, SPsi., MA.
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Language of Instruction	: English

Course Description:

This course focuses on behavior modification that includes a comprehensive review on principles and procedures of behavior modification. Students will learn empirical and theoretical underpinning of the field and references of current research literature in the field.

Learning Outcomes:

After completing this course with satisfactory grade, students are expected to get a better understanding of basic principles of behavior modification, primarily classical conditioning and operant conditioning. Students also are expected to know various procedures to apply the behavior modification principles in the real life settings to achieve a better quality of life of the population being served that also include him/herself.

Prerequisites

Biopsychosocial Psychology Cours, Abnormal Psychology

Course Time Table:

Week	Topics	Assignment	deliverables
1	What is behavior and behavior approach. Commitments and Class arrangement.	chapter 1 Miltenberger	possible field-trip
2	Observing & recording behaviour; Ethics	Chapter 2 + Martin & Pear	Lecture
3	Graphing & research designs; Reinforcement	Chapter 3 & 4 Miltenberger	1: Target Behavior
4	Extinction; Punishment	Chapter 5 & 6 Miltenberger	
5	Stimulus control; Respondent conditioning	Chapter 7 & 8 Miltenberger	2: Ethics
6	Shaping; Prompting & Fading	Chapter 9 & 10	
7	Guest Lecture		
Ujian Mid Semester			
8	<i>Field trip</i>		
9	Functional assessment ; Applying extinction	Chapter 13 & 14	3: Baseline Phase
10	Differential reinforcement; Antecedent control procedures	Chapter 15 & 16	
11	Applying punishment	Chapter 17 & 18	4: Treatment Plan
12	Generalization & maintenance; Self-management & Willpower	Chapter 19 & 20 Baumeister	
13	Habit reversal procedures; Token economies	Chapters 21 & 22	
14	Fear and anxiety reduction procedures Cognitive behavioural therapies (CBT)	Chapter 24 & 25	5: Treatment Phase
Final Exam : tba			

References:

Miltenberger, R.G. 2004. *Behavior Modification, Principles and Procedures*. 3th ed. Wadsworth/Thomson Learning, USA.

Course Assessment:

Project (30%)

Following the course objectives, students are expected to apply a simple model of learning to human behavior. This project will allow students to modify their behavior that they found need improvement. This project should take place during the course of semester. The final report will be submitted individually (*or as a group*) as project report that contain the behavioral analysis, design and acquired new behavior if exists.

Mid-Term (30%) and Final Exam (40%):

Both mid-term and final exam will be a multiple choice format. Every student must attend the exams. akan diberikan dalam bentuk soal multiple choice. Semua mahasiswa harus mengikuti UTS. Apabila berhalangan maka semua peraturan akan mengacu kepada aturan sebagaimana yang tercantum di dalam buku panduan akademik mahasiswa program S1.

Attendance Policy:

Students are expected to attend class regularly and to participate actively in class activities and projects. 70% of attendance should be met for the students pass this class with satisfactory grade.

Academic Integrity:

The faculty and administration at the faculty of psychology support an environmental free from cheating and plagiarism. Exams, papers, and assignments are meant to demonstrate student's ability and understanding of the course material. Each student is responsible for being aware of what constitutes cheating and plagiarism and for avoiding both. The complete text of the code of academic honesty can be found in the students regulation book.

Plagiarism Policy

Students should be fully aware that plagiarism is unethical behavior which breaches the academic integrity and therefore may cause serious sanctions, from a unsatisfactory grade to a failure of the entire course. Overall, plagiarism is simply defined as presenting someone else's thoughts or work as your own. This action can vary from having inappropriate academic referencing to deliberate cheating.

Below is the types of plagiarism, students should be aware of:

1. **Copying:** using the identical or very similar words to the original text or idea without acknowledging the source. Although most of the time, this action is subject to absentmindedness, it can be perceived as a deliberate action to present someone else's work as our own.
2. **Inappropriate paraphrasing:** changing a few words and phrases while still retaining the original structure and content without giving credits to the original sources.
3. **Collusion:** denying the contribution of others and claiming the work as a person's individual work. Collusion also includes making your work available to another student for

them to copy it, stealing or obtaining another person's work to copy it, taking full responsibility of another person's academic work either voluntarily or with financial gain.

For more information about plagiarism, visit: <http://www.plagiarism.org/>