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Effectiveness of behavior modification techniques to reduce repetitive behavior of children with autism.

Abstract

Children with autism belong to different socioeconomic statuses, known to exhibit different types of problem behavior among them repetitive behavior occupied the central position. Behavior modification techniques are often found useful to reduce such types of problem behavior. In the present study, a comparative study was done to examine the effectiveness of three techniques of behavior modification, namely, time out, differential reinforcement for

the alternative behavior, and exposure and response prevention in order to reduce the repetitive behavior of children with autism who belongs to the different socio-economic background such as economically weaker section (EWS), low-income group (LIG) and middle-income group (MIG). A purposive sample of 90 children with autism of both sexes of 0 to 15 years of age was chosen and their severity of problem behavior was assessed by using

the Behavioral Assessment Scale of Indian children with mental retardation (BASIC-MR) part-B. Then, they were randomly divided into three groups and separate training was given to each group through the method of time out, differential reinforcement for the alternative behavior, and exposure and response prevention in order to reduce the repetitive behavior. 3 x 3-factor Factorial research design was used and the results were analyzed with the help of ANOVA (F-test).

Keywords: Autism, Behavior modification, time out, differential reinforcement for the alternative behavior, and exposure and response prevention.