


Learning: Operant conditioning



Today's Agenda

- I. Key Ideas of Operant Conditioning
- II. Examples: How to Execute Reinforcement and Punishment
- III. Research findings about Physical Punishment
- IV. Controversy of using Physical Punishment

I. Key ideas

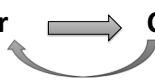
Forms of associative learning

1. **Classical Conditioning**
 - we learn to associate two stimuli
 - Then, a (conditioned) stimulus elicits a new (conditioned) response
 - *Stimulus → Response*
2. **Operant Conditioning**
 - we learn to associate a response with its consequence
 - *Response → Stimulus*
 - *Behavior → Consequence*

I. Key ideas

A. Operant conditioning: A type of learning in which a behavior increases or decreases depending on the consequences that follow.

Behavior → Consequence



I. Key Ideas

1. **Consequences**
 - influence our voluntary behavior
 - they make behaviors more or less likely to occur
2. **Reinforcement:** ↑ likelihood of a behavior
 - Reinforcers encourage you to do something again

I. Key Ideas

3. **Punishment:** ↓ likelihood of a behavior
 - Punishers discourage you from doing something again

Mini Quiz

If I wanted to increase your studying behavior, I would use _____. But if wanted to decrease your texting during class behavior, I would use _____.

- A. Punishment, Reinforcement
- B. Reinforcement, Punishment

I. Key Ideas

In operant conditioning language

1. **Positive** means adding/giving something (+)
2. **Negative** means taking something away (-)

I. Key Ideas

Types of Reinforcement

1. Positive reinforcement = adding/giving something good
 - Example: gold star every time I buy a coffee
 - <https://www.youtube.com/watch?v=JA96Fba-WHk>
2. Negative reinforcement = Taking away something bad
 - Example: taking an aspirin to get rid of a bad headache

Both increase likelihood of a behavior

Mini Quiz

Jacob had a stuffy nose, so he decided to take Nyquil. A half hour later, his nose cleared up. The next time he had a stuffy nose, he took Nyquil again. This is an example of:

- a. Positive Reinforcement
- b. Negative Reinforcement

I. Key Ideas

Types of Punishment

1. Positive Punishment = adding/giving something bad
 - Example: Getting a speeding ticket
2. Negative punishment = taking away something good
 - Example: loss of cell phone privileges

Both decrease likelihood of behavior

I. Key Ideas

How is negative reinforcement different from forms of punishment?

See if you can figure it out from this clip:

<https://www.youtube.com/watch?v=Lh15h5Jzi-U>

I. Key ideas

B. Consequences

	Something good	Something bad
Give (+)	<i>Positive reinforcement</i>	<i>Positive punishment</i>
Take away (-)	<i>Negative punishment</i>	<i>Negative reinforcement</i>

I. Key ideas

B. Consequences

	Something good	Something bad
Give	<i>Receiving an A on a well written paper</i>	<i>Getting a ticket after speeding</i>
Take away	<i>Grounding after breaking curfew</i>	<i>Taking aspirin to relieve a headache</i>

Exercise 1

- Write in a new example for each type of consequence.
- Draw an up arrow or down arrow in the box to indicate if it will increase or decrease the likelihood of the behavior in the future.

	Something good	Something bad
Give		
Take away		

I. Key ideas

B. Consequences

	Something good	Something bad
Give	↑	↓
Take away	↓	↑

- II. Examples**
- A. Praise (positive reinforcement)**
- Purposefully seek positive behaviors
 - Communicate with enthusiasm
 - Be specific in identifying positive
 - Use touch

- II. Examples**
- B. Time outs (negative punishment)**
- Select place for time out
 - Use a clear request
 - Provide one warning
 - Escort child to time out
 - Restart time if needed
 - Return to Step 2 (repeat if needed)

II. Examples

C. Token economy (positive reinforcement)

1. Identify problems
2. Specify desired behavior
3. Monitor target behaviors during the day using points or tokens
4. Provide reward if appropriate

III. Problems with Physical Punishment

1. Punishment is a behavior suppressed, not forgotten

- Parent can be negatively reinforced by the temporary lull in the child's behavior (e.g. swearing)

2. Punishment teaches discrimination among situations.

- Swearing punished by parents but reinforced by friends

III. Problems with Physical Punishment

3. Punishment can teach fear

- Associate fear with person/place punishment was administered, not just with the behavior

4. Punishment may increase aggression through modeling aggression as a way to cope with problems

- Many spanked children are at risk for aggression
- <https://www.youtube.com/watch?v=128Ts5r9NRE>

IV: Group Discussion

Adrian Peterson child abuse allegations

<https://www.youtube.com/watch?v=59pkAXitMGO>

1. Why do you think so many people use physical punishment to discipline their children?
2. How do we determine the line between discipline and abuse?
3. Why is physical punishment of children somewhat socially acceptable but not physical punishment of adults or the elderly?
4. What is your experience with punishment? Do you find it effective? Why or why not?

Peterson grabbing a switch???



His child's legs 4 days later

