

Behavioral distraction techniques

Christina.R¹, Dr.Sara.B²

¹Associate Professor, Gayathri College Of Nursing, Bangalore, Karnataka.

²Reader, Rani Meyyammai College Of Nursing, Chidambaram, Tamilnadu.

Corresponding Author; Christina Raja

Date of Submission: 23-12-2018

Date of acceptance: 07-01-2019

I. Introduction

Although human behavior is complex and varies greatly among individuals, certain behavioral patterns can be identified. Put it simply, when our behavior (whether desirable or undesirable) is followed by a positive and encouraging response (such as praise or reward), the chance of us repeating this behavior will increase. However, if our behavior is followed by a negative response (such as criticism or reproach) or even no response, the chance of us repeating this behavior in the future will be reduced.

Key words; Behaviour, Distraction Techniques

II. Ways to analyze behavior

Understanding the motivation and functions behind behavior – The motivation behind children's behavior is relatively simple. It is mainly:

- **To get things they like**, e.g: praise, attention, material reward and interesting activities – An antecedent refers to the event happened immediately before the occurrence of a behavior, e.g: childhood cancer. A consequence refers to the event appears right after the occurrence of a behavior, e.g: pain, distress and anxiety
- **To avoid things they dislike**, e.g: reproach, neglect, punishment and activities they hate

III. Modifying children's behavior

When dealing with children's behavioral problems, we tend to focus on how to reduce undesirable behavior and neglect how to encourage desirable behavior. In fact, both are equally important. When children behave well more often there will be less time and opportunity for them to misbehave. Therefore, we should try to use the methods complementarily and flexibly as mentioned below

- **Setting rules** – For children to have desirable behavior, we should better set up rules in advance
- **Giving instructions** – After the rules have been established, instructions should be used as reminders when children do not follow them right away
- **Offering limited choices** – Children are generally more obedient and cooperative when offered the right to choose
- **Diverting attention** – It is particularly suitable for young children
- **Engaging children** – When children have nothing to do, they will tend to become bored

IV. Ways to change consequences

Consequences refer to events that happened after the behavior occurred. Therefore to promote children's ideal behavior, positive responses should be used to encourage them as follows:

- Verbal praise. E.g: Good, Well done, etc
- Eye contact
- Encouraging gestures
- Giving a reward
- Behavior reward chart. E.g: Put a stamp or sticker

V. Establishing good relationships

One can use the following methods to build good relationships with children so that discipline can be made easier.

- Communicating with children more
- Expressing care
- Being fair

VI. Conclusion

Every child varies in personality, interests and preferences. One should be flexible in using rewards to reinforce desirable behavior or applying strategies to reduce inappropriate behavior. Always pay attention to what children like and what they do so that they would feel that we care about and value them. Use body language to show that we care for them, such as patting on their heads gently and holding their hands.

References

- [1]. Corey, C. (2005). *Theory and practice of counseling & psychotherapy*. (7th ed.). Belmont, CA: Thomson Learning.
- [2]. Corsini, R.J., & Wedding, D. (eds.). (2000). *Current Psychotherapies*. (6th ed.). Belmont, CA: Thomson Learning, Inc.
- [3]. Guilliard, B., James, R., & Bowman, J. (1994). *Theories and strategies in counseling an Psychotherapy*. (3rd ed.). Boston, MA: Allyn & Bacon.
- [4]. McLeod, S. (n.d.a) *The behaviourist approach in psychology*. Retrieved February 14, 2007, from <http://www.simplypsychology.pwp.blueyonder.co.uk/behaviourism.html>
- [5]. McLeod, S. (n.d.b). *Operant Conditioning*. Retrieved February 14, 2007, from <http://www.simplypsychology.pwp.blueyonder.co.uk/Operant%20Conditioning.pdf>
- [6]. Seligman, L. (2006). *Theories of counseling and psychotherapy: Systems, strategies, and skills*. (2nd ed.). Upper Saddle River, New Jersey: Pearson Education, Ltd.
- [7]. Weiten, W. (2007). *Psychology: Themes & Variations*. (7th ed.). Pacific Grove, CA: Thomson Publishing Inc.

Christina Raja. " Behavioral distraction techniques" .IOSR Journal of Nursing and Health Science (IOSR-JNHS), vol. 8, no.01 , 2019, pp. 06-07.