

Self-Management Project

DayJa Lowe

Columbia Southern University

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Hyperactivity is the state of being abnormally or unusually active, thus causing difficulties in its management around people. I usually feel more depressed due to the condition, and since people react differently to my behaviour. The well-known characteristic of the behavior includes; aggressive behaviors that normally result in breaking household laws; furthermore, this behavior is unpredictable and violent and a feeling of constant movement. Secondly, during rare occasions, I can act quickly with no thoughts about the consequences caused by a lack of impulse control. Often I get easily distracted as an indication of persistently elevated stress (Xu et al., 2015).

Medication for ADHD, combined with other treatments, would be more effective in changing hyperactivity behaviors (Luo et al., 2014). Other methods that would be useful for my self-management project include improving social skills learning coping skills, exercise and play, and a chance to nutritious meals. This method would help boost my performance at school and help reduce frustration and stress from me as an individual and my family. Although there is insufficient evidence of any improvement in behavioral issues, school performance, or relationships, the medication would also be used. Medications would not solve the ADHD problem or even eliminate the symptoms of hyperactive behavior.

Operant conditioning occurs when an alliance is made between hyperactive behavior and the consequences of the behavior. This ideology is built upon the use of punishment and reinforcement to discourage hyperactivity. Operant conditioning in hyperactive may affect the basic learning process vital for its treatment. Partial reinforcement behavior acquired in this process quenches less enthusiastically after discontinuing reinforcement than continuously acquired behaviors. The applications of reinforcers and punishment can be an effective way to

teach a new behavior. In this case of reinforcements, a positive fortification of a desirable incentive is supplemented to increase a behavior (Henton & Iversen, 2012).

In contrast, an undesirable incentive is removed to increase behavior in negative reinforcement. Although most people confuse punishment with negative reinforcement in operant conditioning, both are very distinguished mechanisms. The application of punishment in operant conditioning normally decreases the specific behavior. Firstly, positive punishment can be applied to decrease or add behavior in undesirable stimuli. In the case of application negative punishment, there is a reduction or removal of pleasant stimulus to decrease a behavior. Furthermore, instantaneous punishment can be done to decrease undesirable aggressive behavior ("Coda the psychology of punishment," 2013).

Schedules of reinforcements are one of the elements of operant conditioning. A schedule of reinforcement consists of an arrangement to determine the time to reinforce the behavior in question. In my self-management project, I would use a continuous reinforcement schedule. In this kind of schedule, hyperactivity reduction is reinforced each time it happens. This schedule is used during the early stages of learning to create a firm association between hyperactive behavior and the response. I will also observe rapid movements in my hyperactive behavior from time to time. A continuous reinforcement schedule attaches a distinguishable relationship between the reinforcement and the positive behavior. The advantage associated with continuous reinforcement is that there is typically quick learning of an individual's behavior (Skinner & Ferster, 2015).

Cultural aspects may impact how the family and the ADHD patient response to treatment and diagnosis of hyperactive behavior (Singh et al., 2013). I am part of the Hispanic population group in the United States. Hispanic heritage group faces greater obstacles in the treatment and

diagnosis of hyperactive behavior. The challenges include stigma concerning the mental disorder, and they record the least use of mental health doctors. Aggressive and constant movement behavior patterns may increase the risk of over-diagnosis. The Hispanic culture has the norm of doing things in a circular fashion called polychronic culture. Despite most Americans use monochronic culture. Also, punctuality and schedules are of less importance to the Hispanic population; therefore, I may be at a greater risk of being identified as inattentive. Ethical considerations when undertaking a case study includes the disability and sociocultural status of the selected society. The researchers should also consider protection and the risk of the stigma of the individuals involved.

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