## Unit 7 Assignment: Behavior Plan

The case study sheds light on a behavioral change of a child who often fears when a pet dog approaches him. The age of the child is 5 and he has never experienced any dog sitting beside him before. The reaction of the child is supposed to be an undesirable behavior when he finds the dog in front of him. To decrease this undesirable behavior of the child, a proper behavior plan has been created to mediate behavior change. The behavior plan includes an intervention through which the behavior of the child is expected to change. The plan highlights an event that helps the child to develop a conditioned stimulus. Resultantly, the child can respond the situation conditionally after he develops the conditioned stimulus.

1 The target behavior of the plan would be eradicating the element of fear from the mind of the child.

2 Top operationalize the behavior, the child will be given a situation in which a person plays with a dog in front of the child. The process will be repeated several times until the child develops a conditioned stimulus. Each time the tendency of fear of the child toward the dog will be observed.

3 As described above, when the dog approaches the child or sits next to the child, he starts crying or trying to escape away. In this situation, people around him are unable to increase his confidence as he does not listen to anyone.

The behavior of the child reflects the classical conditioning theory in which two main elements need to be focused on. This theory refers to the involuntary behavior of human beings (Ref-f060285). The theory suggests that neutral behavior is a connection between two stimuli, namely, unconditioned stimulus and an unconditioned response. The unconditioned stimulus causes the person to give an unconditioned response.

5 &amp; 6 The unconditioned stimulus for the child’s situation is the moment when the dog sits beside him as it fears the child. Since the child has not experienced any dog sitting next to him, therefore, the unconditioned stimulus gives him to react with an unconditioned response. The unconditioned response comes up with crying and fear. The unconditioned response shows the consequences of the behavior the child carries on.

7 The undesirable behavior of the child can be mitigated to a great extent by adopting psychological intervention. The intervention will be based on the principles of classical conditioning theory. The theory suggests that how behavior can be changed by learning and maintaining a specific stimulus change.

The undesirable behavior of the child may be reduced by generating a conditioned stimulus. The conditioned stimulus is the one that associates with a new situation related to a previous event. In this scenario, the conditioned stimulus would be a new situation. The procedure will follow an intervention in which a person will play with the dog to generate a conditioned stimulus in the mind of the child. The conditioned stimulus will help the child fade away the fear. Once the fear has gone, the child will develop a conditioned response against the conditioned stimulus. The conditioned response will indicate a desirable behavior. Thus, desirable behavior will substitute the undesirable behavior of the child.

8 The behavior plan will follow different events to be occurred to change the behavior of the child. Since the unconditioned stimulus is natural, thus, it may take time to be changed. A person will appear before the child and play with the dog to make the child understand that the dog is not a wild animal for the child. This situation will let the child know that the dog can be harmful to him. This thinking approach of the child creates an unconditioned stimulus. The whole event in which the person plays with the dog in front of the child will remind the child that the dog is a very friendly animal toward human beings. The process will keep on repeating until the child develops a strong sense of conditioned stimulus. After multiple events, the child can easily develop a conditioned response and as a result, he will also come to the dog and start playing with him. So this change in behavior of the child can only be possible by creating such a scenario in which the child develops a conditioned stimulus and a conditioned response.

The case study defines an observation and procedure to change the behavior of the child. The behavior of the child is neutral and then affected by external forces such as environmental factors (Smith). The factor that influence the behavior of the child is the intervention process adopted to bring a change to his behavior. The intervention uses the principle of classical theory in which unconditioned stimulus is replaced by the conditioned stimulus. Unconditioned and conditioned stimulus indicates two different situations (Smith). The neutral mind of the child reacts with an unconditioned stimulus, however, once the external factor (intervention) influences the child, he develops conditioned stimulus. Once the conditioned stimulus is developed, the consequence of the child's behavior also becomes different. In response to the conditioned stimulus, the child starts getting along with the dog as he knows that the dog cannot be harmful to him. So the intervention to change the undesirable behavior follows a complete procedure to develop a desirable behavior of the child.