

1. Target Behavior

1.1 Operational Definition. The behavior I want to change is the amount of times I open my instagram on my phone everyday. I want to decrease the amount of times I open my instagram in order to be able to be more productive. It does not matter what I have to do, I always open my instagram about 30 times a day for a total of at least 4 hours a day and I usually do not go to bed until late at night because I'm probably doing something I should have done during the day. I want to decrease the amount of times I open the app to about 20 times a day and spend no more than 2.5 hours per day on it so that I can create more time to do stuffs during the day. My day time become squeezed to do stuff and before I realize it, the day is gone and that affects some of my responsibilities. I open the app through out the day and would like to only open it when I am not doing anything at all. I have been using instagram to communicate with my friends for a long time now therefore changing it might be something that might take a time and lot of effort. However, I am also thinking of replacing that behavior of opening my instagram with calling my friends and family members directly. That way I can still communicate with them but it will not take up most of my time being on an app. I can also be more productive doing other things while talking than staring at the phone. This will decrease the headaches I get from staring my eyes also.

1.2 Baseline Data. My results from **figure 1** shows that I open the instagram app less during the weekdays and more during weekends. My weekly average of opening the app is 26 as seen on **table 2**. The techniques I used were the event recording, whole day

temporal resolution and a notepad to record the frequency of the behavior. I need to intervene by trying to socialize more with people that I can do more productive activities with, like getting a part time job or getting involved with non profit organizations that aid people. These will help me meet more people that I can interact with and also get my mind off the media.

From my ABC table (**table 1**), It shows that my antecedents are, frequently, me being in a position where I can have easy access to my phone and therefore, makes it more likely for the behavior of me opening my app to happen, and the consequences is the distractions that comes from me using the app.

1.3 Function. The function of my behavior of reducing the amount of times I open my instagram app is in order to prevent me from having headache because every time I open the app, I seem to strain my eyes and that causes the headache. I would also like to have more time during the day to do more important activities, rather than being on my phone wasting my time using a social media app.

From **table 1**, I hypothesize the antecedents of the behavior to be the feeling of boredom, loneliness and lack of interest in things that I do. Most of the recorded antecedents are due to me sitting in one place for a long time and probably get too bored of what I'm doing. I also hypothesize that the consequence of the behavior is me getting entertained through the app so that I cancel my feeling of boredom.

2. Antecedent Management

2.1 Environmental Alterations. The replacement behavior will prevent headaches, make me feel good and get me entertained. By talking on the phone, I will be able to alter a couple of the antecedents. Instead of being on the bed or watching tv, I might be able to get up and go for a walk while I am on the phone and when I am in an environment of the other antecedents, I will make sure I am far away from my phone so that I will not use it. I will delay the reinforcement (as described in section 3.1) until I am sure that I am on the verge of accomplishing my goal of not opening the app more than 20 times in the day or the screen time limiter shows my average use time of the app is 2.5 hours.

2.2 Stimulus Control. I would use stimuli like change my behavior to things that will not get me bored, use a screen time limiter app in order to minimize my usage of the app or use my replacement behavior, talking on the phone, which gives me the same consequences as my behavior but also help me achieve the goals of my targeted behavior. Whenever I feel like opening the app, getting an alert from the screen time limiter app or the thought of getting a headache will motivate me to stick to my plan and not open it.

3. Contingency Plan

3.1 Reinforcer(s). Due to the headaches I get from the app, I would use the Automatic Negative Reinforcement. Every time I do not open the app I don't get a headache from eye strain and that motivates me more to decrease the amount of times I open the app. I also reinforce myself intrinsically because one of the reasons I open the app is to

communicate with my closest friends and family. Therefore, the replacement behavior of calling all of them instead of using the app will make me feel good about myself and be another sort of intrinsic reinforcement. However, the best reinforcement I hypothesize is a secondary contrived reinforcement, which is to reward myself immediately anytime I hit my frequency goal. The reward is to put 10 dollars in my savings account from my spending account every time I open the app less than 20 times. This reinforcement will help me save more money while also accomplishing my targeted behavior.

3.2 Contingency Management. I would use a token economy method of contingency to reinforce my behavior. I would put 10 dollars in my savings every time I open the instagram app less than 20 times or use it for less 2.5 hours. I would also use a fixed ratio schedule of reinforcement so that any day I hit my target of 20 or less app opens or 2.5 hours usage time, I will get reinforced. The reinforcement will be accumulated and get delivered immediately. I chose these methods because it fits perfectly with my goals and I will always be motivated to get to my goal so that I can reinforce myself with something that will also help me in the future because I would be able to save money.

3.3 Data Collection. Collecting the data of my behavior is important and one of the techniques I choose is Event recording because I want to know the frequency of times I opened the app. The temporal resolution I am choosing is the Whole day because I want to keep track of how many times I am opening the app throughout the day. I record every time I have opened the app on a notepad in my phone, which I am using as my recording

medium. These methods of collecting data are appropriate because they help show every day data in a simple way, makes it easy to understand the behavior and keep the information safely recorded where it will not get lost or misinterpreted. My chosen methods of assessment throughout the weeks are perfect for the amount of information I needed to gather. I did not run into any problem with recording and analyzing the data.

3.4 Goals. My weekly average of opening the app per day was 26, however, my goal is to get it down to 10 or 15 per day but I will increase it to 20 per day because it is more realistic and achievable. Also my goal of the using time I spend after opening it was 30mins-45mins but I will increase it to 2hrs-2.5hrs, which helps reduce the headache I have while I am using the app.

4. Results

4.1 Week 1 Data. Recording my week 1 data, I notice a difference in the amount of time I open the app and the time I spent using it. At the end of week 1, I opened the app on an average of 19 times and an average usage time of 2.54 hours spent using it. This is better than what I measured at the beginning (opened it 26 times on average) and I have also achieved my goal of open the app less than 20 times but I was short of achieving the usage time goal. I have not had many short comings this week because I utilized my replacement behavior of talking more with my friends and family through phone calls and I also had a part time job working for Doordash. Therefore, I was able to abstain from frequently using Instagram throughout the week. The only shortcoming was that I

forgot to set up an alert for anytime I pass the usage time of 2.5 hours. I now just need to get the usage time below 2.5 by end of next week.

4.2 Week 2 Data. My week 2 data is better than my week 1 data. I open the app on average 17 times and I spent 2.29 hours of usage time on it. I hit both of my behavior goals and it feels good.

5. Discussion

My target behavior was to reduce the amount of times I open my instagram app. The hypothesized function of my behavior is to prevent myself from having headaches because every time I open the app, and spent extended period of time on it, I seem to strain my eyes and that causes my headaches. Another function is to also be more productive during the day rather than wasting my time using a social media app. My weekly average of opening the app per day was 26 times, however, my plan was to get it down to 20 times per day. Also reduce my usage time from 4hours to 2hrs-2.5hrs. I used reinforcements to help me accomplish my goals. I did all this hoping my headache will stop and surprisingly, I gradually stopped having these headaches. Therefore, I was able to accomplish my goal. The intervention I had planned to help me accomplish these goals also worked because I had a job and started interacting with more people and that helped me stay away from the phone.

5.1 Reflection. Thus far, everything I did for this project went well. I was able to record all my data perfectly and analyze them using event recording, whole day temporal resolution and a notepad as a recording medium. I also utilized Automatic Negative Reinforcements, token economy method of contingency, Secondary contrived reinforcement, fixed ratio schedule of reinforcement, Accumulated reinforcement, immediate delivery of reinforcements and intrinsic reinforcement. If I was to do this all again, I would most likely do it the same way. My initial hypothesis were all reliable and I do not plan on changing them.

5.2 Threats to Internal Validity. The amount of workloads I had from school somehow impacted my behavior because I had to do my school work most of the time which took me away from some of the antecedents. I had no setting confounds. My phone was working decently, everything I needed was available to me. The fact that I had my mind on gathering information definitely change my behavior because it made me more aware of my goals and what I had to do. I actually do not mind these confounds because they all, in some way, aided me to accomplish my target behavior.

5.3 Conclusion. In conclusion, I had a very good time doing this project and moving forward, I would like to see if I can further reduce the usage time of the app to 1 hour a day. I will also like to figure out other behaviors that would like to change for the better using the strategies I learned from this project.

Table 1

Antecedents	Behavior	Consequence
phone charging	open the app	Chat
on the bed	open the app	chat
watching tv	open the app	Ask for activities
watching the kids	open the app	view friends contents
talking to peers	open the app	see what my friends are doing
in class	open the app	View contents
studying	open the app	view friends contents

Table 2

	Mon day	Tues day	Wednes day	Thurs day	Friday	Satur day	Sunday	Weekly Average
Frequency of times i opened the app	20	23	22	24	29	30	35	26
Hours spent on app in hrs	3	4	4	3.2	4.6	5	5.1	4.1
Week 1								
Frequency of times i opened the app	16	18	17	17	20	24	21	19
Hours spent on app in hrs	2	3.2	3	2.2	3	2.4	2	2.54
Week 2								
Frequency of times i opened the app	14	13	13	15	18	22	21	16.57
Hours spent on app in hrs	1.8	1.4	2	2	2.6	3	3.2	2.29

Figure 1

