|  | **BAHRIA UNIVERSITY, (Karachi Campus)**  *Department of Software Engineering*  **Assignment 4 - Fall 2022** |  |
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COURSE TITLE: **INTRODUCTION TO PSYCHOLOGY** COURSE CODE: **PSY-102**

Class: **BSE-V & III** Shift: **Morning**

Course Instructor: **Marvi Makhdoom** Time Allowed:  **2 Weeks**

Submission Date: 28th DEC, 2022 Max. Marks: **5 Marks**

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**Question No. 1 [CLO2: 5 Marks]**

**Learning**

**STEP 1:** Your assignment is to choose one of your OWN behaviors that you would like to modify, using the conditioning principles you learned about in the text. Consider bad habits you might be interested in changing, such as biting your nails, procrastinating, not exercising, etc. You can utilize principles of classical or operant conditioning, recruit others to help you, employ successive approximations and shaping and modify schedules of reinforcement in order to improve your life.

You must spend at least 10 solid days devoted to this project in order to see solid results.  Please get started right away.

**Answer:**

**Conditioning Principles:**

* **Progression:**

I have many qualities in which one of these is progression. I make progress and get my goals with achievement, and I work hard so that I could get succeed. But sometimes when I do work continuously so unfortunately sometimes my heart does not want to do more work hard that is why this is my big problem that I work hard and when I get many works at a time so on that time, I do not want to do any work so I want to modify this behavior so that this problem could be finished and I could do working hard at every time and get achievement continuously.

**Bad Habits:**

I have many bad habits and I want to remove these bad habits from myself so that I could make a good citizen in my environment. So one of these bad habits is not playing physical games, means not doing any exercise on daily basis. This is my bad habit that there are very big park and places for physical games in which cricket, badminton and basket and football in front of my home but unfortunately I do not go to park or gaming area for playing these games for exercise so this is my bad habit so I should need to correct this bad behavior so that I could play physical games and could good health and fitness body

**STEP 2:** Write about the type of conditioning you used, and the methods and procedures used to execute your project. You should explain the process of shaping the behavior and utilize any or all appropriate vocabulary. Finally, include a discussion of the results and an analysis of recommendations for improvement or future changes.

**Answer:**

I built my website and upload on Google (<www.codingshub.com>) and the purpose is to earn money so I added many functionalities and features as well as I allowed Google AdSense Company for advertisement. IF ads would be run on my site and user click on ads then the dollars would increase in my account.

But when I was clicked ads again and again the Google AdSense Company blocked my account for a month because this is invalid work so the company punished me. If I again do this work then Google blocked my ID for always because this is wrong work.

So I reduce these things for ten days and I decrease this bad work because of punishment.

There were some exceptions such as:

* I would still be able to receive payment while my account is blocked and should start ads for income while blocked.
* I would still be able to take out dollars from my account while the blocked period is continuing.

This was very effective because I was able to reduce this work from 50 click per day to 5 click per day. Although during these 10 days I had to request to Google Company to finish my punish and able to earn money.

In future I would like to target to click only 2 or 3 times click per day and not click again and again. Achievement or earning dollars method would also be very helpful as it would also provide positive reinforcement. For example I would receive a dollars for following the routine for specific days (click only few and bring traffic so that this could be valid).