

Punishment



Meant to decrease a behavior.

Positive Punishment

- Addition of something unpleasant.

Negative Punishment (Omission Training)

- Removal of something pleasant.

Punishment works best when it is immediately done after behavior and if it is harsh!



Reinforcement or punishment?

- Negative reinforcement strengthens a behavior by subtracting a negative stimulus.
 - Taking an aspirin to eliminate a headache.
- Punishment weakens a behavior by adding a negative stimulus or removing a positive stimulus.

When deciding whether it is pos. or neg. reinforcement, or pos. or neg. punishment, take the following steps:

1. Identify the behavior that is being targeted.
2. Determine if the behavior is strengthened or weakened. *(reinforcement or punishment established.)*
3. *Identify the consequence/stimulus that followed the targeted behavior.*
4. *Was the consequence/stimulus added or removed? (positive or negative established.)*

Reinforcement or punishment?

- A professor has a policy of exempting students from the final exam if they maintain perfect attendance during the quarter. His students' attendance increases dramatically.
- Is this reinforcement or punishment?
- Is it negative or positive?

Reinforcement or punishment?

- You check the coin return slot on a pay telephone and find a quarter. You find yourself checking other telephones over the next few days.
- Is this reinforcement or punishment?
- Is it negative or positive?

Reinforcement or punishment?

- Gail was late to work one morning, so she drive over the speed limit through a school zone. As a result, she got pulled over by a police officer and received a ticket.
- Is this reinforcement or punishment?
- Is it negative or positive?

Reinforcement or punishment?

- Billy and Sally were fighting about who gets to use the new video game system before bedtime. Mom got so upset, that she said neither could play and sent them to bed.
- Is this reinforcement or punishment?
- Is it negative or positive?

Punishment

Although there may be some justification for occasional punishment, it usually leads to negative effects.

1. Results in unwanted fears.
2. Conveys no information to the organism.
3. Justifies pain to others.
4. Causes unwanted behaviors to reappear in its absence.
5. Causes aggression towards the agent.

Reinforcement or Punishment chart

	Supply	Remove
Desired	Positive Reinforcement	Negative Punishment
Not Desired	Positive Punishment	Negative Reinforcement

Big Bang Theory - Operant Conditioning

