

## Implementation of Behavior Modification Techniques in Overcoming Maladaptive Behavior of Children with Special Needs

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**Abstract:** Special needs children often behave maladaptively. This has a negative impact on the child and the surrounding environment. The purpose of this study was to describe the results of the implementation of behavior modification techniques in overcoming the maladaptive behavior of special needs children. The literature review method uses the online database search stage through Mendeley, the inclusion and exclusion process for articles in 2019-2021 obtained a total of 146 national scientific articles and after being rechecked, there are 17 literatures that match the criteria, then a descriptive synthesis and analysis is carried out, and the results are presented. The results of the synthesis and analysis show that the application of behavior modification can overcome maladaptive behavior in the social, self-development, and academic aspects of special needs children. Conclusions from 17 articles describe that behavior modification techniques are effective for overcoming maladaptive behavior in autism, ADHD, intellectual disability and hearing impairment.

**Keywords:** children with special needs; maladaptive behavior, behavior modification techniques

### INTRODUCTION

Children with special needs are children who require special treatment due to developmental disorders and physical or psychological barriers (Rezioka, Putro, & Fitri, 2021). One of the problems experienced by children with special needs is the inability to behave socially/adaptively. This condition causes children to behave maladaptively. Maladaptive behavior is the behavior of children who are unable to adapt to their surroundings properly, and in accordance with the stages of development of their age (Daulay, 2021). Maladaptive behavior not only affects the children themselves, but also those around them, such as parents (Fitriani & Alsa in Daulay, 2021). One alternative for handling maladaptive behavior in children with special needs is to apply behavior modification. Behavior modification is an effort to change maladaptive behavior into adaptive behavior by implementing systematically tested learning principles (Asri & Suharni, 2021). The techniques that are often used in behavior modification are reinforcement techniques, token economy techniques, assertive techniques, punishment techniques, exclusion techniques, aversion techniques, satiation techniques, time out techniques, shaping techniques, and prompting techniques.

In dealing with maladaptive behavior with appropriate behavior modification techniques, educators need to be careful. If from the monitoring result shows that a behavior modification technique

fails or is less successful in bringing about change, it can be detected immediately and an attempt is made to use a replacement technique. The success of implementing behavior modification techniques is influenced by the role of the implementer because failure can occur if applied inappropriately (Mareta, 2020). There has been a lot of literature review regarding behavior modification techniques and their relevant aspects. However, studies that summarize the results of the implementation of various behavior modification techniques in overcoming the maladaptive behavior of children with special needs so far have not been found. Therefore, the authors are interested in conducting a systematic review of the literature by analyzing 17 national scientific articles. The purpose of this study is to describe the results of the implementation of behavior modification techniques in overcoming the maladaptive behavior of children with special needs. The formulation of the problem specifically, as follows: 1. What are the results of implementing behavior modification techniques in overcoming maladaptive behavior in the social aspects of children with special needs?, 2. What are the results of the implementation of behavior modification techniques in overcoming maladaptive behavior in the self-development aspect of children with special needs?, 3. What are the results of implementing behavior modification techniques in overcoming maladaptive behavior in the academic aspects of children with special needs?

## METHOD

According to Ananda, Muhyani, & Suhandi (2020), literature review is a study that focuses on the process of reviewing and analyzing extensively and thoroughly on several literatures relevant to the research topic. The design of this research uses a literature review method with a systematic search that includes research results published from 2019 to 2021. The literature review process is carried out through the following three stages.

Stage 1 tracing through the Mendeley online database. Search reviews common terms. The search term used is behavior modification, journal for 2019-2021. The search results are 146 articles that can be accessed in full text in pdf or word format.

Stage 2 is the selection of articles according to the eligibility of specific criteria, namely: (1) research on maladaptive behavior that is overcome by behavior modification techniques, such as: reinforcement techniques, token economy techniques, assertive techniques, punishment techniques, exclusion techniques, aversion techniques, satiation techniques, time out techniques, shaping techniques, and prompting techniques, (2) research subjects focus on children with autism, ADHD, intellectual disability, and hearing impairment, (3) research published in 2019-2021, (4) scientific articles published in Indonesia. Articles that have been collected are sorted according to and relevant to the chosen topic and the others are removed.

Stage 3 synthesis of the 17 selected articles were grouped into three categories, namely: (1) implementation of behavior modification techniques in overcoming maladaptive behavior in the social aspects of children with special needs, (2) implementation of behavior modification techniques in overcoming maladaptive behavior in the aspects of self-development of children with special needs, (3) implementation of behavior modification techniques in overcoming maladaptive behavior in the academic aspects of children with special needs. The next stage is descriptive analysis by doing regular decomposition of the data that has been obtained, then given an understanding and explanation so that it can be understood.

## RESULTS AND DISCUSSION

There are 17 national scientific articles in journals that discuss the implementation of behavior modification techniques in overcoming maladaptive behavior in children with autism, ADHD, mental retardation, and hearing impairment in terms of social, self-development and academic aspects in the 2019-

2021 range. The summary of the journal is as follows.

Implementation of behavior modification techniques in overcoming maladaptive behavior in the social aspects of children with special needs

The 17 articles that have been reviewed through the inclusion and exclusion stages show that there are 10 articles that describe the success of behavior modification techniques in overcoming maladaptive behavior in the social aspects of children with special needs, as evidenced by the table 1.

Implementation of behavior modification techniques in overcoming maladaptive behavior in the self-development aspect of children with special needs

Based on 17 articles that have gone through the inclusion and exclusion stages, there are 6 articles that show that behavior modification techniques can overcome maladaptive behavior in the self-development aspect of children with special needs, with evidence of the following table 2.

Implementation of behavior modification techniques in overcoming maladaptive behavior in the academic aspects of children with special needs

Based on 17 articles that have gone through the inclusion and exclusion stages, there is 1 article which shows that behavior modification techniques can overcome maladaptive behavior in the academic aspects of children with special needs, with evidence of the following table 3.

## CONCLUSIONS

Most of the article findings show that behavior modification techniques are often used in combination in children with autism, ADHD, intellectual disability and hearing impairment. This can be seen from the results of the synthesis of 17 articles as follows.

The result from 10 articles show that positive reinforcement techniques, token economy techniques, assertive techniques, punishment techniques, aversion techniques, exclusion techniques, time out, and satiation are effective for overcoming maladaptive behavior in social aspects of children with special needs.

The result from 6 articles show that shaping techniques, chaining techniques, prompt techniques, and positive reinforcement techniques are effective for overcoming maladaptive behavior in the aspects of self-development of children with special needs.

The result from 1 article show that prompt and reinforcement techniques are effective in overcoming maladaptive behavior in the academic aspects of children with special needs.

**Table 1. Evidence of Findings of Behavior Modification Technique Implementation in Overcoming Maladaptive Behavior in the Social Aspects of Children with Special Needs**

Title (Author, Year)	Results of the Implementation of Behavior Modification Techniques in Overcoming Maladaptive Behavior in the Social Aspects of Children with Special Needs
Increasing Assertive Attitude Through Assertive Training Techniques for Students with Hearing Impairment at SLB Negeri 1 Bantul (Faiz Noormiyanto dan Shinta Purwaningrum, 2019)	The factual condition of deaf assertiveness after participating in the Assertive Training process experienced a significant improvement
The Effectiveness of Behavior Modification in Children with Intellectual Disability dan DBD (Disruptive Behavior Disorder) (Ellyana Dwi Farisandy, Nurul Hartini, 2019)	Intellectual disability children and DBD have begun to be able to follow orders and reduce shouting and hitting other people. However, there is no significant change in apologizing behavior when making a mistake by applying a combination of token economy and response cost techniques.
The Use of Conditioned Aversion Techniques to Minimize Conduct Disorder for the intellectual disability (Khusnul Khotimah, Mohammad Efendi dan Asep Sunandar, 2019)	Conditioned Aversion Technique is effective to minimize conduct disorder (Speaking rudely or dirty) for intellectual disability
Effectiveness of Differentiated Reinforcement of Incompatible Behavior (DRI) in Reducing Verbal Aggression Behavior in Adolescents with Moderate Intellectual Disability (Lecya Lalitya dan Mayke S. Tedjasaputra, 2019)	The application of the differential reinforcement of incompatible behavior (DRI) technique is effective in reducing verbal aggression behavior in children with moderate intellectual disability
Behavior Modification to Improve Compliance in Children with High Functioning Autism Spectrum Disorder (Theresia Michelle Alessandra, Sri Hartati R-Suradijono, 2020)	The combination of social reinforcement and token economy techniques that can be exchanged for backup rewards is effective in increasing the level of compliance in children with high functioning autism spectrum disorder
Teacher's Efforts in Improving Social Emotional Development of Attention Deficit Hyperactivity Disorder (ADHD) Children at PAUD Inclusion Yogyakarta (Husnuzziadatul Khairi, 2020)	Efforts to improve the socio-emotional development of Attention Deficit Hyperactivity Disorder (ADHD) children at PAUD Inclusion Yogyakarta with exclusion, time out, and satiation techniques
Application of Aversion Techniques in Modifying Aggressive Behaviour Students with Autism in Elementary School (Andhar dan Usman, 2021)	The application of aversion technique can reduce the aggressive behavior of autistic students
Positive Reinforcement to Reduce Impulse Symptoms Like Annoying Friends in ADHD Children (Grace Latuheru dan Tattik Meiyutariningsih, 2021)	Positive reinforcement can reduce the behavior of a child with ADHD that interferes with or pranks friends in class
Preparation of the Maladaptive Behavior Intervention Program for Mild Intellectual Disability Children Class XII at SLB Nurul Iman Dayeuh Kolot, Bandung Regency (Barnas E.K, Fajar Indra Septiana dan Nurlaeli Dwiyanti, 2021)	The token economy technique and aversion technique can effectively deal with the maladaptive behavior of mild intellectual disability children towards the opposite sex
Reducing maladaptive behavior of mentally retarded children through the provision of punishment and positive reinforcement (Ida Aprilliani, Imam Yuwono dan Monry Fraick Nicky G. R. S, 2021)	Giving punishment and positive reinforcement can reduce the maladaptive behavior of mentally retarded children (children are unable to express verbally if they want other people's food)

**Table 2. Evidence of Findings of Behavior Modification Technique Implementation in Overcoming Maladaptive Behavior in Aspects of Child Development with Special Needs**

Title (Author, Year)	Results of the Implementation of Behavior Modification Techniques in Overcoming Maladaptive Behavior in Aspects of Self Development of Children with Special Needs
The Effectiveness of Forward Chaining Techniques on the Ability to Wear Shirts in Children with Intellectual Disabilities (Jaslinder, Rini Hildayani, 2019)	The application of the forward chaining technique along with prompt and positive reinforcement has proven to be effective in helping children with intellectual disabilities master the ability to wear shirts independently
Behavior Modification Improving the Ability to Wear T-shirts in Children with Moderate Intellectual Disabilities (Nafisa Alif Amalia dan Luh Surini Yulia Savitri, 2019)	Backward chaining, prompting, and positive reinforcement techniques are effective in increasing the ability of children with intellectual disabilities to wear sleeveless shirts independently

Backward Chaining Method to Improve Self-Development Skills Dressed for Moderately intellectual disability Children (Adelin Australiati Saragih, 2020)	The chaining technique with the backward chaining method is effective for improving the dressing skills of moderately intellectual disability children
Application of backward chaining to improve dressing skills for children with intellectual disabilities (Maria Jessica Alexandra Soebroto dan Efriyani Djuwita, 2021)	The application of the backward chaining technique was found to be effective in improving dressing skills (wearing button-down shirts) in children with moderate intellectual disabilities.
The effectiveness of the forward chaining technique in improving the skills of wearing button-down shirts in children with moderate intellectual disability (Diah Wahyuningsih, dan Fenny Hartiani, 2021)	The forward chaining technique that involves prompting and positive reinforcement is effective in improving the skills of wearing button-down shirts in children with moderate intellectual disability.
Improving Self-Development Ability Through Shaping Techniques for Mild Intellectual Disability Students (Elsy Dwian-driani, 2021)	Shaping technique can improve self-development ability optimally in ironing clothes for mild intellectual disability students

**Table 3. Evidence of Findings of Behavior Modification Technique Implementation in Overcoming Maladaptive Behavior in the Academic Aspects of Children with Special Needs**

Title (Author, Year)	Results of the Implementation of Behavior Modification Techniques in Overcoming Maladaptive Behavior in the Academic Aspects of Children with Special Needs
The Effectiveness of Repeated Oral Reading Techniques and Implementation of Behavior Modification Techniques in Improving Reading Fluency in Children with Mild Intellectual Disability (Farraas Afiefah Muhdiar dan Eko Handayani, 2019)	The repeated oral readings technique combined with behavior modification techniques such as prompts, reinforcement, and positive practice is effective in improving reading skills in children with mild intellectual disability.

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