Effect of Behavior Contract to Reduce Maladaptive Behaviors of Students with ADHD

Munawir Yusuf, Zamzammiyah Nur Aini, Sugini Sugini

DOI: http://dx.doi.org/10.11113/umran2017.4n1-1.212

Abstract

Maladaptive behaviors of students with Attention Deficit Hyperactivity Disorder (ADHD) is negative behaviors, which disturb a learning process in the classroom. This study was conducted to identify the use of the behavior contract in reducing maladaptive behaviors in students with ADHD in Al Firdaus Elementary School Surakarta, Indonesia. Subject of this study was a third grade ADHD student. The Single Subject Research (SSR) with multiple baseline cross variables design was applied as experimental method. The target behaviors were directly observed, recorded in the instrument and analyzed by visual graphic analysis method. At the baseline-1 phase, the target behavior of verbally disrupting friends occurred on average 20 times, while nonverbal disruption occurred 24 times. The target behavior in the intervention-1 phase tended decrease, with an average of 5 times (verbal) and 4 times (nonverbal). At the baseline-2 phase, the target behavior of interrupting the teacher's explanation occurred on average 18 times. This behavior decreased in the intervention-2 phase with an average of 3 times. At the baseline-3 phase, the target behavior of unable to resist eating and drinking occurred on average 10 times. At the intervention-3 phase, the behavior occurred on average once. It can be concluded that the behavior contract may reduce maladaptive behaviors of student with ADHD.