

Study on Behavioral Antecedents and Their Consequences on Children

Azza Farrag*

Department of Child behavior, Cairo University, Cairo, Egypt

About the Study

Behavior

Identifying desired behavior is the first step in an effective behaviour management plan. These actions should be specific (so that everyone knows what to expect), observable and measurable. "Acting up," is an example of poorly defined behaviour. Starting schoolwork on time are examples of well-defined behaviours.

Antecedents

Antecedents are circumstances that influence the likelihood of a behaviour occurring. Triggers are more familiar phrase for this. Anticipating and learning antecedents is a powerful technique for preventing misbehavior.

Great and the awful in antecedents: Some encourage bad conduct, while others are useful tools for parents to handle potentially troublesome behaviours before children begin and reinforce good behaviour.

Antecedents to avoid

Assuming that expectations are clear: Don't presume that children understand what is expected of them; make it clear, demands vary depending on the situation, and youngsters who are confused of what they should be doing are more prone to disobey.

Calling attention to something from afar: Make sure to give vital instructions to children face to face. Things yelled from afar have a lower chance of being recalled and understood.

Antecedents of Acceptance

Here are some examples of antecedents that can encourage positive behaviour:

Recognize the situation: Recognize and organize environmental and emotional factors-hunger, weariness, anxiety, and diversions can all make it difficult for children to maintain control over their behaviour.

Adjust the environment: For example, When it's time for homework, take away distractions like video games and toys, supply refreshments, create an ordered workspace for youngsters, and schedule some breaks-concentration isn't limitless.

Allow children to make their own decisions: As children get older, it's vital that they have an influence in their own schedules. For example: Giving them a structured option "Whether they want to shower after dinner or before?" which might help them feel more in control and encourage them to practice self-discipline.

Developing effective outcomes: There are certain effects that are more severe than others. Some are a great method to provide children structure and teach them the difference between acceptable and unacceptable behaviour, while others have the potential to cause more harm than good. Having a firm understanding of how to utilize consequences intelligently and consistently as a parent can make all the difference.

Consequences to avoid

Giving negative attention: Children place such a high value on attention from significant people in their lives that any attention, positive or negative, is preferable than none. Negative attention, like as raising your voice or spanking, encourages undesirable behaviour. Additionally, responding to behaviours with criticism or yelling has a negative impact on a child's self-esteem. Immediate punishments are more effective than delayed ones. The child's ability is to link their action to the consequence decreases with each passing instant. It becomes punishing for the sake of punishing, and the behaviour is far less likely to change.

Disproportionate consequences: Parents are understandably irritated by the disproportionate results. They may become so frustrated that they overreact at times. For youngsters, a significant consequence can be discouraging, and they may give up even trying to behave.

Positive consequences: When a youngster dawdles instead of putting on their shoes or picking up blocks, and this causes frustration and do it for them, chances for increasing dawdle again the next time.

*Address for Correspondence: Azza Farrag, Department of Child behavior, Cairo University, Cairo, Egypt; E-mail: azzafarrag@gmail.com

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Received: 09 December, 2021; Accepted: 23 December, 2021; Published: 30 December, 2021

Effective consequences: More effective consequences start with paying close attention to the actions you want to encourage.

These are the various antecedental behaviours and their effects on children that all parents should be aware of.

How to cite this article: Farrag , Azza "Study on Behavioral Antecedents and Their Consequences on Children ." *J Child Adolesc Behav* 9 (2021) : e019.