

Chapter 9- Escape, Avoidance & Punishment

→ Negative Reinforcement

- It consists of removing an aversive stimulus following a response, which leads to an increase in the future strength of that response.
- For example, if we wave our hands at a bothersome wasp and the wasp flies away, we will likely repeat that action with the next wasp that annoys us.
- **Negative reinforcement is associated with two types of behaviour:**
 1. **Escape behaviour**
 - in which the performance of the behaviour terminates the aversive stimulus
 - For example, we escape from the rain when we run indoors after it has started.
 2. **Avoidance Behaviour**
 - occurs when the performance of the behaviour prevents the aversive stimulus from occurring.
 - For example, we avoid the rain when we head indoors before it has started.
 - **Typically, one first learns to escape from an aversive stimulus and then to avoid it.**

→ Process of Escape and Avoidance

- **shuttle avoidance procedure**

- in which an animal has to shuttle back and forth in a box to avoid an aversive stimulus.
- In a typical procedure, a rat is placed in a chamber divided by a low barrier.
 - For example, a stimulus of some sort, such as a light, is presented for, say, 10 seconds, followed by a mild electric shock. The rat can escape the shock by climbing over the barrier to the other side of the compartment, as it will quickly learn to do whenever it feels a shock.
 - Technically speaking, at this early point in the process, the presence of a shock is a discriminative stimulus that sets the occasion for (or evokes) the escape behaviour of crossing the barrier. Crossing the barrier is then negatively reinforced by the removal of shock.

Chapter 9 Escape Avoidance Punishment

SA Dillow



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