

Introducing the “Rejection” Option to Children for Promoting the Expansion of Behavioral QOL

– Studying individual and environmental perspectives –

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It is important to guarantee the opportunity to choose and to use choice-based behavior for expanding the behavioral QOL of an individual. This guarantee of the opportunity to choose and choice-based behavior refers to the guarantee of “self-determination.” The guarantee of said self-determination can be realized by providing an environment in which the individual can choose a “rejection” option. Introducing “rejection” into the options allowed in the environment could help promote the expansion of options for behavior, maintained via the positive reinforcement of the individual.

In this study, the participants consisted of two autistic children and their parents. The introduction of rejection (a “change card”) was conducted with children (introduction 1). The “change card” has two functions: (a) reject all given alternatives, or (b) request something else. The purpose of introduction 1 was expanding the choice of behavior as maintained by positive reinforcement. Also, an educational introduction about behavioral QOL was given to parents (introduction 2). Then, the expansion of the behavioral QOL of the individual through introduction 1 and introduction 2 was examined.

The two children’s choice of behavior was expanded via the introduction of the “rejection” option. In addition, in this case, an environment in which the child can use the “rejection” option was expanded on by the parents. For promoting the expansion of behavioral QOL in children, the need for the introduction of a “rejection” option, from the perspectives of the individual and the environment, is suggested.