

Effectiveness of Habit Reversal and Contingency Management Techniques on Study Habit Behaviour of Secondary School Students

Lasisi Adekola Kamil^{1*}, Adio Abdulmutalib Opeyemi²
Al-hikmah University, Ilorin

Corresponding Author: Lasisi Adekola Kamil Olamitorera2003@yahoo.com

ARTICLE INFO

Keywords: Contingency Management Training, Habit Reversal Training, Secondary School Students, Study Habit Behaviour

Received : 22, October

Revised : 05, November

Accepted: 10, November

©2023 Kamil,Adio,Opeyemi:
This is an open-access article distributed under the terms of the [Creative Commons Atribusi 4.0 Internasional](https://creativecommons.org/licenses/by/4.0/).



ABSTRACT

The paper investigates the impact of Habit Reversal Technique (HRT) and Contingency Management (CMT) on the study habits of secondary school students, employing a quantitative research approach and secondary data sources. The results indicated that HRT effectively improves students' study habits, while CMT also demonstrates a positive influence on study habits. The study concludes that HRT can effectively transform negative behaviors, including poor study habits, into positive ones. Additionally, CMT is found to enhance both academic and non-academic activities, including study habits. The recommendations include granting school counselors the authority to utilize HRT for treating students with inadequate study habits and implementing CMT, involving reinforcement like tokens, to motivate students to adopt positive study habits.

INTRODUCTION

It is very rare to see students busy with their studies in the school and at home. As many students prefer to spend long hours with phones, watching television and music which has nothing to do with their studies. This may be justification for increase in failure rate and involvement of students in examination malpractices. The students' habit towards study is very bad nowadays and need to be reversed through counselling approaches such as habit reversal and contingency management trainings (Hassan & Abdulkareem, 2023; Adeoye et al., 2023). Habit Reversal Training is a counselling intervention which has been in use for reducing bad study habits among students. This technique is also effective in the treatment of problematic behaviour such as bad study habits. In addition, the Contingency Management (CMT) is an approach which is also serves as complementing strategy for the achievement of good study habit. CM is a counselling method that aims to help students to minimize negative behaviours through positive motivation (Buffo, 2022). It is an intervention which adopts the use of carrot or stick to ensure behaviour change among students. This focus of this study is to use positive reinforcement like token economy (recharge cards) to increase the study habit behaviour among students. Research evidences have shown that CMT reduce negative behaviour to good behaviour (Pringsheim et al. (2019). Similarly, this same technique is also enhancing the positive behaviour (Alwahbi, 2020). To the best knowledge of the researcher, no study has combines the two counselling techniques on students study habit in Lagos State. This is a knowledge gap. In view of this, the study is intends to examine the effect of habit reversal and contingency management trainings on study habit among secondary school students in Lagos State.

THEORETICAL REVIEW

The primary purpose of this study is to investigate the effect of habit reversal and contingency management trainings on study habit behaviour among Secondary School Students in Lagos State. The specific objectives are:

- 1.) to empirically find out the main effect of Habit Reversal Technique (HRT) on study habit of secondary school students in Lagos State;
- 2.) to empirically find out the main effect of Contingency Management Technique (CMT) on study habit of secondary school students in Lagos State;

METHODOLOGY

This is a quantitative study. The study secondary source of data was used. Objectives are; to empirically find out the main effect of Habit Reversal technique (HRT) on study habit of secondary school students in Lagos State; to empirically find out the main effect of Contingency Management Technique (CMT) on study habit of secondary school students in Lagos State. The local and international studies relevant to the subject matter were highlighted.

Empirical Studies

Viefhaus et al. (2020) quasi-experimental study evaluated Habit Reversal technique (HRT) using 27 samples. Multilevel modeling was the analysis methods Results showed that HRT improved self-efficacy among the participants. Also, China et al. (2020) survey study used a structured questionnaire for data collection administered to 120 samples examined the effects of examination malpractices on students' future in Bambili-Bamenda colleges. Frequency and percentage was used. The results revealed that a decrease in the impersonation behaviour which was negatively related to student's future.

Lee et al. (2019) established the use of HRT in the DSM-5 family of OCRDs. It was an experimental study. 8 randomized controlled trials relating were extracted and reviewed. Results showed that HRT has reduced the Trichotillomania or excoriation behaviour among the subjects. In the same vein, Nissen et al. (2019) use HRT counselling techniques for the treatment of tic among adolescents using 66.7% of participants. It was an experimental study. The study showed a significant reduction of the total tic among adolescents in the experimental group than those in the control with larger (36/59) percent of the adolescents. In the like manner, Seragni et al. (2018) tested Habit Reversal technique (HRT) in reducing tic severity among Italian children and adolescents. It was an experimental research using 21 patients, 11 in the experimental group and 10 controlled groups. Results showed that 85 percent of the participants have decreased tics and improved global functioning in terms of quality of life.

Moreover, Spieler (2015) experimental research evaluated the effectiveness of awareness training for the reduction of three nervous habits that manifest in public speaking among university students. Findings showed low levels of reduction in the nervous habits among the participants. Dutta and Cavanna (2013) evaluated the effects of HRT in TS and other chronic tic disorders (CTDs). This was an experimental research design. Sample was 353. The study showed that HRT can significantly reduce tic severity in both adults and children. Woitecki and Kinder (2012) Hwang et al. (2012) studies were on the Habit Reversal technique effectiveness on chronic tic disorders. It was an experimental study. 16 children were the participants in the study. Results showed positive results for the acceptance and efficacy of the programme.

In view of this, concerning the effectiveness of HRT in reducing negative behaviour, it can be deduced that HRT is highly effective in decreasing bad behaviour such as; tic, nervous habits and bad study habit among children and as well as adolescent students.

Empirically establish main effect of Contingency Management Technique on Study Habits among secondary school students

Alwahbi (2020) reviewed literature on contingency management in the education. The review showed that Contingency Management (CMT) was effective to teach students with different characteristics. In addition, Irons et al. (2013) experimental study investigated the effect of CMT to induce exercise

among College Students. 145 samples were used. The sessions included exercise contingency payment made for the participants. Results indicated that all participants significantly increased their exercise from 3-30-minutes in a week. Josephine (2014) examined the efficacy of CMT and cognitive restructuring in reducing truancy among secondary school adolescents in Edo State. Experimental research design was adopted with the use of 144 students. Results indicated reduction in truant behaviour of students CMT than students in control group. Also, CMT participants had improved attendance than students in the cognitive restructuring.

Moreover, Oliha (2013) assessed the effectiveness of CMT and Systematic Desensitization (SD) on adolescent truant behaviour participants consist of 704 students (72 male and 72 female) from four co-educational schools in Edo State of Nigeria. Analysis of Variance (ANOVA) was used. Findings showed that CM was most effective treatment of truancy than SD. Josephine and Audu (2013) investigated the effect of CMT in reducing truancy among secondary school students. The sample consisted of 50 truants selected purposively in senior secondary schools in Benin metropolis in Edo state, Nigeria. The design was experimental was used. Data were collected using students' truancy behaviour (STBS) and Introversion Extroversion Scale (IFS). The data were analyzed using a t-test statistics. Results indicated that CMT reduced truancy among male and female students.

DISCUSSION

Based on the empirical results, the study showed that habit reversal technique was effective in improving the habit among students. The majority of the studies indicated that HRT was effective in the reduction of chronic tic disorders (Seragni et al., 2018; Hwang et al., 2012; Woitecki and Kinder (2012). On the other hand, the HRT is also improving improved the self-efficacy and overall public speaking ability (Viefhaus et al., 2020; Spieler, 2015).

The study also showed that Contingency Management Technique (CMT) has effect on the study habits among students. The empirical studies confirmed that CMT is effective in increasing inactive behaviour of academic and non academic activities among students (Alwahbi, 2020; Irons et al., 2013). It was also effective in reducing truant behaviour which may affect their study habit in the school (Josephine, 2014; Oliha, 2013; Josephine & Audu, 2013)

CONCLUSION

Based on the empirical findings, the study concluded that HRT has effect in changing negative behaviour to positive behaviour including study habit among children. The study also concluded that CMT is effective in academic and non-academic activities including the study habits among students.

RECOMMENDATIONS

Based on the conclusion, the study recommended that the school management should give the school counsellor the authority to used HRT for the treatment of students with poor study habits in the school. This would help in assisting the students to reverse the poor study habit to the good study habit

behaviour. The study also recommended that the school counsellor to use CMT for students with poor study habits. This should be design in form of reinforcement like token to be given to these students. This would serve as motivation to adopt and practice some of the good study habits techniques.

REFERENCES

- Adeoye, M, A, Jimoh, H.A, & Abdulkareem, H.B. (2023). Leadership and Organizational Cultural Roles in Promoting Sustainable Performance Appraisal and Job Satisfaction among Academic Staff. *ASEAN Journal of Economic and Economics Education*. 2(2), 244-436.
- Alwahbi, A. (2020). The use of contingency contracting in educational settings: A review of the literature. *Educational Research and Review*, 15(6), 327-335.
- Buffo, J. (2022). *What is Contingency Management Therapy?*. Retrieved 8 January 2023 from <https://oxfordtreatment.com › therapy>.
- Dutta, N., & Cavanna, A. E. (2013). The effectiveness of habit reversal therapy in the treatment of Tourette syndrome and other chronic tic disorders: a systematic review. *Functional Neurology*, 28(1), 7-12.
- Johansson, R., & Andersson, G. (2012). Internet-based psychological treatments for depression. *Expert Review of Neurotherapeutics*, 12 (7), 861-869,
- Josephine, O. A. (2014). Differential effectiveness of contingency management and cognitive restructuring in the reduction of truancy among secondary school adolescent. *Journal of Studies in Social Sciences*, 6(1), 15-22.
- Josephine A. O., & Audu, V. E. I. (2013). Using Contingency Management Technique in the Reduction of Truancy among Secondary School Students. *Journal of Education and Practice*, 4(22), 19-29.
- Hassan, A. A., & Abdulkareem, H. B. (2023). Common 21st-Century Social Vices Among the Youth. *ASEAN Journal of Community and Special Needs Education*, 2(1), 35-44.
- Hwang, G. C., Tillberg, C. S., & Scahill, L. (2012). Habit Reversal techniquefor children with tourette syndrome: update and review. *Journal of Child Adolescent Psychiatry Nursing*, 25(4), 178-83.
- Irons, J. G., Pope, D., Pierce, A. E., & Patten, R. V. (2013). Contingency management to induce exercise among College Students. *Behaviour Change*, 30(2), 84-95.
- Lee, W. K. (2014). The temporal relationships among habit, intention and IS uses. *Computers in Human Behavior*, 32 (1), 54-60.
- Nissen, J. B., Kaergaard, M., Laursen, L., Parner, E., & Thomsen, P. H. (2019). Combined Habit Reversal techniqueand exposure response prevention in

- a group setting compared to individual training: a randomized controlled clinical trial. *European Child Adolescent Psychiatry*, 28(1), 57-68.
- Oliha, J. A. (2013). Effectiveness of contingency management and systematic desensitization in the management of truancy in schools. *International Journal of Education Learning and Development*, 1(2), 51-60.
- Piacentini, J. C., & Chang, S. W. (2016). Behavioral treatments for tic suppression: habit reversal training. *Advances in Neurology*, 99 (7), 227-33.
- Seragni, G., Chiappedi, M., Bettinardi, B., Zibordi, F., Colombo, T., Reina, C., & Angelini, L. (2018). Habit Reversal technique in children and adolescents with chronic tic disorders: An Italian randomized, single-blind pilot study. *Minerva Pediatrics*, 70(1), 5-11.
- Spieler, C. (2015). *Using Awareness Training to Decrease Nervous Habits in Public Speaking*. *Graduate Theses and Dissertations*. Retrieved 8 January, 2023 from <https://scholarcommons.usf.edu/etd/5577>.
- Viefhaus, P., Feldhausen, M., Görtz-Dorten, A., Volk, H., Manfred Döpfner, M., & Woitecki, K. (2020). Efficacy of Habit Reversal technique in children with chronic tic disorders: a within- subject analysis. *Behavior Modification*, 44(1), 114-136.
- Woitecki, K., Döpfner, M., Wirksamkeit, D. & Z Kinder, Z. (2012). Effects of Habit Reversal technique in children with chronic tic disorder-a pilot study. *Journal of psychiatry Psychotherapy*, 39(6), 387-97.