

## **The Use of Overcorrection Method to Reduce Self Injury Behavior on an Autistic Adlosecent**

Yunita. Gama. Wibowo, S.Psi  
Prof. Dr. Ediasri T. Atmodiwirjo  
Titi Prantini Natalia, M.Psi

### **Abstract**

The aim of this research is to find out wheather the overcorrection method as a component of positive practice can reduce self injury in a form of head beating among autistic adolescents. The positive practice is a form of training through physical guidance. The researcher as well as trainer guides the participant's palm to put on his own head and rubbing the head with light pressure. The physical guidance is given along with the verbal instruction such as "outstrech your fingers, rub your head gently". Autism is a form of developmental impairment on the areas of social interaction, language and communication, and the individual tend to perform stereotype behavior. Self injury is a form of behavioral disorder that may cause mild bruises up to tissue damage that may threat life. Self injury in this research is head beating. This research uses qualitative non-experimental approach with single case design (N=1). The partisipant is a 12 years and 6 month old girl. Data was measured qualitative and quantitatively. The qualitative methods being used are interview and observation to obtain the developmental process of the participant's behavior. Furthermore, qualitative analysis is based on the participant's condition, research data, and results finding. Quantitative approach is use to measure the frequency of head beating. The result indicates that overcorrection with positive practice components can reduce the self injury behavior and increase head rubbing behavior on autistic adolescents.

Keywords: overcorrection component of positive practice, self injury, autism