

Home-Based Positive Behavior Support through Tele-coaching for Aggressive Behaviors of Students' with Developmental Disabilities and Mothers' Parenting Stress and Self-Efficacy

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The purpose of this study was to examine the effects of home-based positive behavior support through tele-coaching on aggressive behavior of adolescents with developmental disabilities, their mothers' parenting stress and self-efficacy. Participants were three students with developmental disabilities showing aggressive behavior and their mothers who participated as mediators at home.

Individualized positive behavior support was provided through tele-coaching by the behavior analyst to reduce aggressive behavior of students with developmental disabilities. The independent variable of this study was individualized positive behavior support using tele-coaching. The dependent variables were aggressive behavior, mothers' parenting stress, and self-efficacy. A multiple baseline design across participants was utilized to examine the changes in aggressive behavior. Pre and post-test comparison was conducted to investigate whether parenting stress and self-efficacy has been changed.

The results of this study were as follows: First, the positive behavior support intervention through tele-coaching was effective reducing aggressive behavior of adolescents with developmental disabilities. The effects of positive behavior intervention support was maintained, after two weeks later of intervention. The results were generalized to the school classroom. Secondly, while mothers' parenting stress has been reduced, parenting self-efficacy has improved after positive behavior support intervention through tele-coaching. In conclusion, it was concluded that home-based positive behavior support through tele-coaching was effective for aggressive behavior of adolescents with developmental disabilities. Based on the results of this study, limitations of the study and further research direction has been suggested.

Key Words: Developmental Disabilities, Tele-Coaching, Aggressive Behavior, Positive Behavior Support, Parenting Stress, Parenting Self-Efficacy