



ATTENTION DEFICIT SYNDROME IN CHILDREN AND WAYS TO PSYCHOLOGICALLY CORRECT IT

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Article history:	Abstract:
Received: 26 th July 2023	Attention Deficit Syndrome (ADS) is a common neurodevelopmental disorder that affects children's ability to focus, control impulses, and maintain attention. This article explores the concept of ADS in children and provides insights into various psychological correction strategies that can help children manage their symptoms and lead more fulfilling lives.
Accepted: 28 th August 2023	
Published: 30 th September 2023	
Keywords: Attention deficit syndrome, children, ADHD, psychological interventions, behavioral therapy, parental involvement, medication, coping strategies	

Attention Deficit Syndrome in children, commonly known as Attention Deficit Hyperactivity Disorder (ADHD), is a neurodevelopmental disorder characterized by persistent patterns of inattention, hyperactivity, and impulsivity. It affects a significant portion of the pediatric population, making it essential to explore psychological corrections and strategies to alleviate its impact on children's lives. This article delves into various methods, results, and discussions surrounding ADHD management and concludes with practical suggestions for parents, educators, and healthcare providers.

- **Behavioral Therapy:** Behavioral therapy, such as Applied Behavior Analysis (ABA), has proven effective in addressing ADHD symptoms. It focuses on reinforcing positive behaviors and reducing negative ones through structured interventions and rewards.
- **Parental Involvement:** Parents play a crucial role in managing ADHD. Educating parents about the disorder and involving them in treatment decisions helps create a supportive environment for the child.
- **Medication:** Medication, like stimulants (e.g., methylphenidate), can be prescribed by healthcare professionals to manage ADHD symptoms. These medications can enhance attention and self-control.
- **Coping Strategies:** Teaching children coping strategies, such as mindfulness and organization skills, can help them better manage their symptoms.

Attention deficit syndrome in children is commonly referred to as Attention Deficit Hyperactivity Disorder (ADHD). It's a neurodevelopmental disorder characterized by persistent patterns of inattention, hyperactivity, and impulsivity that can interfere with a child's daily functioning. Correcting or managing ADHD

typically involves a multifaceted approach, including psychological, educational, and sometimes medical interventions. Here are some ways to address ADHD in children from a psychological perspective:

- **Behavioral Therapy:** Behavioral therapy, such as behavior modification or cognitive-behavioral therapy, can be effective in helping children with ADHD. It focuses on teaching children strategies to manage their behavior, set goals, and improve self-control. Positive reinforcement techniques can be used to reward desired behaviors.
- **Parent Training:** Parents play a crucial role in managing a child's ADHD. Parent training programs can teach parents effective strategies for managing their child's behavior, setting routines, and providing a structured environment at home. It also helps parents understand and empathize with their child's challenges.
- **Social Skills Training:** Many children with ADHD struggle with social interactions and impulse control. Social skills training can help them develop appropriate social behaviors, such as taking turns, listening, and managing frustration.
- **Mindfulness and Relaxation Techniques:** Mindfulness practices and relaxation techniques can help children with ADHD improve their self-regulation and attention. These techniques teach children to focus their attention on the present moment and reduce impulsivity.
- **Executive Functioning Skills Training:** Children with ADHD often have difficulties with executive functions, such as planning, organization, and time management. Cognitive



training programs can help them develop these skills.

- **Individual Counseling:** In some cases, individual counseling with a psychologist or therapist may be beneficial. It provides a safe space for the child to discuss their feelings and challenges and develop strategies to cope with them.
- **Medication Management:** While not a purely psychological approach, medications like stimulants (e.g., methylphenidate or amphetamine-based medications) are often prescribed to manage ADHD symptoms. Medication should be considered as part of a comprehensive treatment plan and prescribed by a qualified healthcare professional.
- **Educational Support:** Collaboration with the child's school is essential. An Individualized Education Plan (IEP) or a 504 Plan can provide accommodations and support within the educational setting, such as extended time on tests, preferential seating, or access to a special education program if needed.
- **Consistent Routine and Structure:** Establishing a consistent daily routine and providing a structured environment can help children with ADHD manage their symptoms. Predictable schedules can reduce anxiety and improve focus.
- **Parent-Child Communication:** Open and supportive communication between parents and children is crucial. Encourage your child to express their thoughts and feelings and provide positive feedback and reinforcement for their efforts.

It's important to note that every child with ADHD is unique, and what works best for one child may not work for another. Therefore, it's essential to work with healthcare professionals, including psychologists, pediatricians, and educators, to create an individualized treatment plan tailored to the child's specific needs and circumstances. Patience, understanding, and ongoing support from parents and caregivers are key components of helping children with ADHD thrive.

Discussion:
Combination Approach: A multi-modal approach that combines behavioral therapy, medication, and parental involvement often yields the best results in managing ADHD.

Individualized Care: Recognizing that every child is unique, tailoring treatment plans to a child's specific needs is crucial for success.

Long-term Management: ADHD is a lifelong condition, and its management should adapt to a child's changing needs as they grow.

School Support: Schools can provide accommodations such as extra time for assignments and tests, as well as classroom strategies to support children with ADHD.

CONCLUSIONS:

Attention deficit syndrome in children is a complex condition that can significantly impact a child's life. However, with appropriate psychological interventions, it is possible to mitigate its effects and help children lead fulfilling lives. The combination of behavioral therapy, parental involvement, medication, and coping strategies offers a comprehensive approach to managing ADHD.

- **Early Diagnosis:** Early identification and intervention are key. Parents and educators should be vigilant for signs of ADHD and seek professional guidance when necessary.
- **Education:** Parents and caregivers should educate themselves about ADHD to better support their children.
- **Collaboration:** Effective collaboration between parents, educators, and healthcare professionals is essential for successful ADHD management.
- **Holistic Approach:** Address not only the core symptoms but also any comorbid conditions and the child's overall well-being.

In conclusion, while ADHD presents challenges, it is manageable. By implementing a combination of psychological corrections and strategies, we can provide children with the support and tools they need to thrive despite their condition.

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World Bulletin of Social Sciences (WBSS)

Available Online at: <https://www.scholarexpress.net>

Vol. 26, September 2023

ISSN: 2749-361X

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