



Attention deficit syndrome in children and ways to psychologically correct it.

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ABSTRACT

This article explores Attention Deficit Syndrome in children, its impact on their daily lives, and various psychological interventions and strategies to correct and manage the condition. It provides insights into the methods, results, and discusses the implications of these interventions, offering conclusions and practical suggestions for parents, educators, and healthcare professionals

Keywords:

Attention Deficit Syndrome, children, psychological interventions, strategies, management, ADHD, attention deficit hyperactivity disorder, parenting, education.

Attention Deficit Syndrome, often referred to as Attention Deficit Hyperactivity Disorder (ADHD), is a neurodevelopmental disorder that affects children's ability to focus, control impulses, and regulate their behavior appropriately. This condition can significantly impact a child's academic performance, relationships, and overall well-being. However, with early intervention and psychological strategies, it is possible to help children with ADHD lead more fulfilling lives.

Behavioral Therapy:

- Parent Training: Teaching parents strategies to manage their child's behavior and provide a structured, consistent environment.
- Cognitive Behavioral Therapy (CBT): Helping children identify and manage their impulsive behaviors and improve problem-solving skills.

Medication:

- Stimulant Medications: Such as methylphenidate and amphetamines, which can enhance attention and impulse control in many children with ADHD.
- Non-stimulant Medications: Like atomoxetine and guanfacine, which may be

recommended when stimulants are not effective or suitable.

Classroom Strategies:

- Individualized Education Plans (IEPs): Tailoring educational plans to meet the specific needs of children with ADHD.
- Classroom Accommodations: Providing tools like fidget tools, quiet spaces, and extended time for assignments and tests.

Parenting Techniques:

- Consistency: Establishing consistent routines and expectations at home.
- Positive Reinforcement: Rewarding desired behaviors to motivate children.
- Limiting Screen Time: Reducing exposure to excessive screen time, which can exacerbate symptoms.

Attention deficit syndrome in children, commonly known as Attention-Deficit/Hyperactivity Disorder (ADHD), is a neurodevelopmental disorder characterized by persistent patterns of inattention, impulsivity, and hyperactivity that can interfere with a child's daily functioning and development. Correcting ADHD involves a comprehensive approach that may include psychological, behavioral, educational, and sometimes

medical interventions. Here are some ways to psychologically correct and manage ADHD in children:

Psychoeducation: Educating parents, caregivers, teachers, and the child about ADHD is essential. Understanding the disorder, its symptoms, and its impact on daily life can help in managing it effectively.

Behavioral Therapy: Behavioral interventions like behavior modification and parent training can be highly effective. This involves setting clear expectations, establishing routines, and using positive reinforcement for desired behaviors. Behavior therapy can help children develop better self-control and reduce impulsivity.

Cognitive-Behavioral Therapy (CBT): CBT can be beneficial for older children and adolescents. It helps them identify and modify negative thought patterns and develop strategies to manage impulsive behaviors and improve attention and focus.

Parent Training: Parents can benefit from training programs that teach them how to manage and support a child with ADHD effectively. These programs provide strategies for improving communication, setting consistent boundaries, and providing positive reinforcement.

Individual Counseling: Individual therapy for the child can help them develop self-awareness and coping strategies. It can also address any emotional or self-esteem issues that may arise due to ADHD-related challenges.

Social Skills Training: Many children with ADHD struggle with social interactions. Social skills training can help them learn appropriate ways to interact with peers, manage emotions, and build better relationships.

Executive Functioning Training: Children with ADHD often have difficulties with executive functions, such as organization, time management, and planning. Training in these areas can be beneficial.

Medication: In some cases, medication may be recommended by a healthcare professional, typically a psychiatrist or pediatrician. Medications like stimulants (e.g.,

methylphenidate, amphetamines) or non-stimulants (e.g., atomoxetine) can help manage symptoms of ADHD. Medication should always be used in conjunction with behavioral and psychological interventions.

Diet and Lifestyle: While controversial, some parents and clinicians explore dietary changes and nutritional supplements. There is limited scientific evidence to support specific diets or supplements for ADHD, but maintaining a healthy lifestyle with regular exercise and a balanced diet can have a positive impact on overall well-being.

Environmental Modifications: Creating a structured and supportive environment can help children with ADHD. This may involve reducing distractions, creating a quiet study space, and minimizing excessive screen time.

Consistent Support: Children with ADHD often need ongoing support from parents, teachers, and mental health professionals. Regular monitoring of progress and making adjustments to treatment plans as needed is crucial.

It's important to remember that each child with ADHD is unique, and what works best may vary from one individual to another. A multimodal approach that combines several of these strategies is often the most effective way to manage ADHD in children. Consulting with a healthcare professional or mental health specialist experienced in treating ADHD is essential to develop a tailored treatment plan for the child.

Discussion: While psychological interventions and strategies can be highly effective, it is essential to recognize that each child with ADHD is unique, and what works for one may not work for another. A multidisciplinary approach involving parents, teachers, therapists, and healthcare professionals is crucial for tailoring interventions to the child's specific needs.

Moreover, the long-term effects of these interventions should be monitored, as ADHD can persist into adolescence and adulthood. Regular follow-ups and adjustments to treatment plans may be necessary.

Conclusions:

Addressing Attention Deficit Syndrome in children through psychological interventions and strategies can significantly improve their quality of life. Early diagnosis and intervention are key to managing ADHD effectively. Parents, educators, and healthcare providers must collaborate to create a supportive and structured environment that allows children with ADHD to thrive.

- **Early Identification:** Encourage early screening and assessment for ADHD to initiate timely interventions.
- **Individualized Plans:** Develop personalized treatment plans that consider the unique needs and strengths of each child.
- **Parent and Teacher Collaboration:** Promote open communication between parents and teachers to ensure consistency in managing ADHD symptoms.
- **Ongoing Support:** Continue monitoring and adapting interventions as children with ADHD grow and develop.
- **Awareness and Education:** Raise awareness about ADHD to reduce stigma and increase understanding in schools and communities.

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