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Causes of attention deficit disorder in children and causes of prevention

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Annotation: The article analyzes the main symptoms, types and factors affecting the development of attention deficit hyperactivity disorder (ADHD), which is common in children. It also provides information about additional psychological disorders that may occur with ADHD, preventive measures and treatment methods. The article illustrates how this syndrome affects a child's education, learning process and social adaptation based on a real-life example. It is emphasized that early detection of this syndrome and a comprehensive approach to it create opportunities for successful development in children.

Keywords: Attention deficit hyperactivity disorder, ADHD, child psychology, impulsivity, behavioral disorders, psychotherapy, educational process, neurological disorders.

Attention deficit hyperactivity disorder (ADHD) is one of the most common disorders in children today. It can negatively affect a child's growth, daily life, and psychological development.

The essence of DTS: Attention deficit disorder is a neuropsychiatric developmental disorder characterized by a child's inability to concentrate, being easily distracted, hyperactivity, and impulsiveness. The main symptoms are lack of attention, failure to complete tasks, forgetfulness, and making many mistakes in assignments.

Hyperactivity-not sitting still, talking too much, running, jumping, or being disruptive during class or practice.

Impulsive-inability to wait one's turn, interrupting, making risky decisions. Causes can include hereditary factors passed down from parents, complications during pregnancy and childbirth, such as anemia, and premature birth.

ADHD-related illnesses and prevention

Other accompanying diseases:

Oppositional defiant disorder is characterized by negativity, resistance, and hostile behavior, often directed against adults and authority figures.

Conduct disorder – antisocial behavior: hitting, stealing, harming other people or animals.

Emotional dysregulation – rapid anger, strong emotional reactions. Learning disabilities – problems with writing, reading, speaking, and comprehension. Substance abuse – drug or alcohol abuse. Anxiety – excessive worry, nervousness, affecting daily life. Obsessive-compulsive disorder (OCD) – uncontrollable, repetitive thoughts or compulsive actions that interfere with daily life. Mood disorders – depression, bipolar disorder. Autism spectrum disorder – difficulty with social interaction and behavior. Tic disorder – repetitive movements or sounds that occur suddenly and are uncontrollable.

Prevention: During pregnancy – avoid factors that are harmful to the child’s development (e.g. alcohol, smoking, drugs). Protect the child from harmful substances – cigarette smoke, lead in paint and pesticides. Limit screen time – reduce TV, video games, phone time (though not yet fully proven, it is believed to be beneficial

Types of ADHD: Predominantly inattentive type: has difficulty paying attention to a task, has difficulty maintaining order and planning. Predominantly hyperactive and impulsive: is very active, constantly on the move, and acts without thinking ahead.

Mixed type: both signs are manifested together.

Signs of inattention: Not paying attention to details, making mistakes. Inability to concentrate on a task. Appearing not to be listening when spoken to. Not completing assignments. Inability to organize tasks. Avoiding tasks that require academic or mental effort. Losing things you need (toys, notebooks, pencils). Easily distracted. Forgetting daily tasks (e.g., housework).

Hyperactive and impulsive signs: Fidgeting, fidgeting in the seat. Difficulty staying still in class or elsewhere. Constantly moving (running around like a motor). Running or wandering around in inappropriate places. Inability to play or engage in quiet activities. Talking too much. Giving answers before the question is finished. Not waiting for one's turn. Interrupting or interrupting others.

One of the most common psychological disorders in children of the 21st century is Attention Deficit Hyperactivity Disorder (ADHD). This condition makes it difficult for a child to concentrate, control their behavior, and adapt socially. According to the World Health Organization, ADHD occurs in approximately 5–7% of school-age children. This syndrome is twice as common in boys as in girls.

ADHD is not just a "funny" or "disorder", but a scientifically proven neurological and psychological problem. If this syndrome is detected early and parents, teachers and doctors provide joint support, the child can develop normally.

Types of ADHD

According to research, ADHD comes in three forms: Predominantly inattentive type: The child has difficulty paying attention to tasks. Does not complete tasks. Loses things that are needed. Appears not to be listening even when the teacher is talking. Predominantly hyperactive-impulsive type: The child is constantly on the move. Talks a lot, has trouble waiting for their turn. Runs or makes noise in the wrong place. Responds in a hurry. Combined type: The symptoms of both types above are manifested together. Symptoms - Signs of inattention: Not paying attention to details, making many mistakes. Inability to maintain attention for long when studying or on tasks.

Forgetting homework. Inability to organize tasks. Easily distracted. Hyperactive and impulsive symptoms: Constant fidgeting, inability to sit still. Talking too much. Interrupting others. Inability to wait for turns. Inability to play quietly in place. Additional disorders ADHD often occurs in conjunction with other psychological problems: Oppositional defiant disorder (opposition to adults). Conduct disorders (aggression, harmful habits). Depression and anxiety disorders. Autism spectrum disorders. Learning difficulties (dyslexia, etc.). Substance addiction (excessive addiction to alcohol, cigarettes, computer games).

Preventive measures Avoid harmful substances (alcohol, cigarettes, drugs) during pregnancy. Protect the child from smoke, chemicals, lead, and pesticides. Limit the child's screen time (TV, phone, video games). Create a calm and loving environment in the family.

Treatments ADHD does not completely disappear, but it can be managed and symptoms reduced: Psychotherapy - teaches the child and parents to understand the syndrome and how to properly approach it. Cognitive-behavioral therapy - develops the child's concentration and self-control skills. Medication - in some cases, the doctor may recommend stimulants or other drugs. Cooperation with parents and teachers - creating a comfortable learning and upbringing environment for the child is very important.

Real-life example:

A 9-year-old boy was restless at school, could not sit still during lessons, and distracted the teacher by talking a lot. At home, he would not do his homework and often lost his notebook and pencil. At first, his parents thought that he was “just a naughty boy.” However, over time, his learning difficulties and

problems with classmates increased. When a psychologist examined him, he was diagnosed with ADHD. Through special classes, psychological help, and parental support, the boy gradually learned to control himself and his school performance improved.

CONCLUSION

Attention deficit hyperactivity disorder (ADHD) is one of the most common neurological and psychological disorders among children worldwide today. This syndrome has a serious impact on the child's learning process, social relationships, and personality development. It is wrong to consider ADHD as a simple fussiness or disorder, because it is a scientifically proven disease, and ignoring it can negatively affect the child's future success. At the same time, a child diagnosed with ADHD is not isolated from society.

Correct diagnosis, psychological support, and cooperation between teachers and parents can help a child overcome difficulties. Psychotherapy, special pedagogical approaches, and, if necessary, medication can significantly improve a child's ability to concentrate, manage behavior, and learn. Children with ADHD often have unique interests, talents, and strengths. If they are given an attentive and loving environment, they can also grow up to be leaders, creative, and successful individuals in society. Therefore, timely detection of ADHD and a comprehensive approach to it are important not only for the future of the child, but also for society.

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