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### **ADHD: Attention-Deficit/Hyperactivity Disorder: A common mental disorder of school going children**

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#### **Abstract**

The problem of Attention-Deficit/Hyperactivity Disorder (ADHD) is rapidly emerging as a complex problem in the society today, which has a negative impact on the entire life of the children. The problem of ADHD starts from childhood and is reflected throughout the life. Due to this challenge, children face- Along with this, the entire family also has to face it. Through the presented paper, an attempt has been made to inform the family and society about how the problem of ADHD arises, what are the reasons for the problem of ADHD and what the school and family can do for the children. How can we make an important contribution in solving this problem?

**Keywords:** Attention-Deficit/Hyperactivity Disorder, childhood, family, society

#### **Introduction**

Children create the heritage and future of the nation, on which the future of the nation depends. When a baby comes into the womb, various types of development start happening in it, but after birth, many types of abnormal behavior are also seen in the children. The behavior is either due to heredity or is influenced by the environment. This abnormal behavior found in children can be of any type, physical, mental or social. Abnormalities seen in children make children different from other children, that is, such children appear different from other children. At present, ADHD is a common mental illness found in school going children in which there are changes in the behavior of children. Change is visible this problem, either children behave hyperactively or show autism or paranoia, that is, they start considering themselves as creatures of a different world. According to the study, hyperactivity occurs in the behavior of children in ADHD. Due to which children are not able to concentrate at any place or work for a long time. According to a study, 4% to 12% of school children suffer from this type of behavior. Barbara Jacqueline Sahakian and Christel Langley, University of Cambridge) Cambridge, June 12 (The Conversation) Attention deficit hyperactivity disorder (ADHD) is one of the most common mental health disorders in children, affecting 7.2% of those under the age of 18 worldwide. Affects people. Many of these children will still have ADHD in adolescence and adulthood. (<https://hindi.theprint.in/world/adhd-inattention-and-hyperactivity-more-attention-to-research-emotional-problems-also-important-link/551274/>)

The problem of ADHD becomes more common in preschool onwards because at this time, other children in the class become more capable of learning, but the child suffering from ADHD has difficulty in achieving academic success due to his problem and experiences rejection from peers and low self-esteem. Most psychologists believe that just as the color of eyes cannot be changed easily, in the same way ADHD cannot be completely eliminated ADHD accommodates a variety of problems like not being able to concentrate on any work or showing excessive activity in any work, children suffering from ADHD are unable to control their impulses due to which they have to face many types of problems in school, home or society. It was found that in a family where there is a stressful environment, children of this extent face problems. In a family where even one child is a victim of ADHD, a complex situation arises for the child and the parents and the life of both is affected. The challenge is complete. According to Dr. KK Aggarwal, President of IM, children with ADHD are very

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active and some also have behavioral problems. Taking care of them and learning in school is a very difficult task. They are not able to fit in school quickly and there is no If someone does mischief, if this problem is not controlled initially then many problems have to be faced later.

(<https://www.abplive.com/lifestyle/health/causes-of-attention-deficit-hyperactivity-disorder-688001>)

Studies have revealed that chemicals produced in our brain such as neurotransmitters and dopamine play an important role in AD HD. The brain chemical domain also plays a role in 80% of IT carriage signals between nerves in the brain and the brain linked to movement, mood attention and learning.

Through the paper presented by the researcher, an attempt has been made to make people aware about the symptoms, causes of ADHD and some suggestions on how to solve this problem.



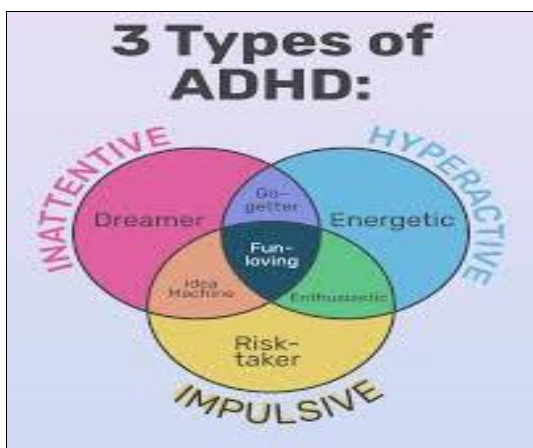
**Aim of the study**

- To make people aware about the symptoms of ADHD.
- To make people aware about the causes of ADHD.
- To make people aware about the prevention of ADHD.

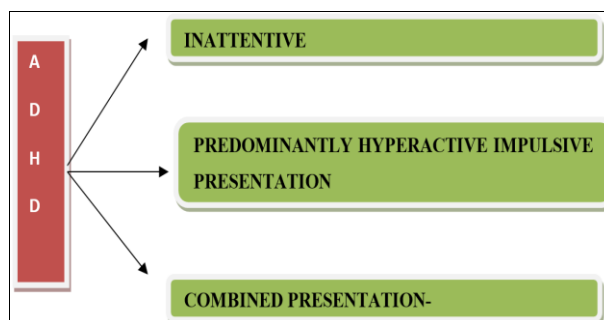
**Methodology**

The presented study is based on ADHD disease in which important points like types, symptoms due to ADHD and how to prevent it have been compiled and finally suggestions for schools, parents and children have also been compiled to compile the main content. For to complete the study, content has been selected from secondary sources in which an attempt has been made to collect facts from journals, books, newspapers, magazines, blogs and thesis.

**Types of ADHD**



**The three major forms of ADHD are reflected**



**First in the inattentive**



In this type of ADHD problem, the child neither knows how to start nor complete any work systematically, he has problem in understanding the events due to which the child neither listens carefully nor understands things in the class. The child does not know how to concentrate on any task? Due to which he faces problems in acquiring new information. The child forgets the details of his daily life and fails to fulfil his needs. Children also lose their materials and become busy in any work due to which they are not able to work sitting at one place for a long time.

**Second-predominantly hyperactive impulsive presentation**



In this type of ADHD, symptoms of hyperactivity are evident in children. Children are unable to sit still and are full of impulses all the time. If the child does one task, he goes on doing many tasks continuously like talking or walking

continuously. The child is not able to take part in quiet activities like touching his pencil and shoes while working, moving around the room while thinking etc.

### Combined presentation

In this stage of ADHD, symptoms of both the conditions are seen. According to NIMH, the symptoms of inattentiveness are especially visible in children with ADHD, whereas in other children, symptoms of hyperactivity-impulsivity are seen, while there are many children in whom both types of symptoms are reflected.

(<https://www.onlymyhealth.com/what-is-adhd-or-attention-deficit-hyperactivity-disorder-explained-with-a-case-study-in-hindi-1688735859>)

### Symptoms

The following types of symptoms are seen in children with ADHD.

#### Inattentiveness

In this type of symptoms, problems arise in children in paying attention or concentration. Along with this, children are careless in school work, keeping school items carelessly or not being able to listen carefully to the instructions given. If the child is doing any wrong work, then the child continues to do the work even after being refused, Lack of stability in any work means that the child is ready to complete many activities simultaneously. Not being able to answer any answer faster than other children and feels uncomfortable in answering the question.

Under this type of problems, the child becomes extremely impulsive and expresses hyperactivity. Due to the impulsiveness, the children also display various social behaviours. In this condition, it is seen that in children, they engage in excessive physical activities while doing any work. Uses a lot in carrying out any activities, does not wait for one's turn and interferes in the work Act without thinking and talk more than necessary. Children do not know how much risk there is in doing any work, that is, children complete the work without thinking. Express quick anger. Restlessness and irritability also occur in children, appear as symptoms.

#### Causes of ADHD

Heredity is an important factor in all causes of ADHD, with 70 to 80% being heritable. Professor Anders BarKalam, a researcher at Aarhus University in Denmark, concluded that after scanning the genes of more than 55,000 individuals, or 20,000 more people were affected by ADHD. They identified 12 regions of the genome and said that changes in these regions increase the risk of ADHD. According to a study in India, it was also found that children going to primary school had the highest the percentage of people affected by ADHD disease was 11.32%.

(<https://www.downtoearth.org.in/news/health/study-finds-genetic-variants-that-increase-adhd-risk-62281>).

In this context, researchers have made it clear on the basis of their research for last 34 years that this disease has definitely happened to some of the parents and their relatives too. Between 10% and 35% of family members have the risk of having the disorder, and the risk among siblings is about 32% (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4768532/>).

But there are some environmental factors which are also the cause of ADHD. 16.33% problem of ADHD was found in families belonging to low social and economic group, that is, we can say that low socioeconomic family structure is also a

major factor of ADHD. Mental illness of the mother during pregnancy or injury to the fetus, excessive release of the chemical dopamine in the brain, being active, lack of brain development of children after birth, if someone in the family is suffering from this disease and the environment of the family is full of stress, excessive consumption of alcohol by the mother during pregnancy and high expectations of children in the family are also the main environmental factors of ADHD. In the Health Psychology Research Journal, Dr. Ajay Singh and his colleagues, based on their study on ADHD children, presented their findings and said that Bad eating habits, excess of refined sugar, food additives and fatty acids in children are also the causes of ADHD in children can reflect. (<https://www.healthshots.com/hindi/how-to/here-are-4-tips-to-control-hyperactive-children/>)

A study in 2015 found that the chances of developing ADHD increase by 1.55 times in the children of mothers who consume alcohol during pregnancy. According to a study in 2016, LED and Use of some pesticides can also be a reason for increasing the problem of ADHD in children. According to a 2016 study, the effect of organophosphate pesticides also affects the brain development, which can later cause ADHD. In a 2018 review, this is also It was found that babies born prematurely are almost 5 times more likely to develop ADHD. Some difficulties at birth also influence the cause of ADHD, such as a 2013 study making it clear that if the baby was born with If adequate amount of oxygen is not available, then the children become victims of ADHD later on. According to a 2019 study, compared to normal birth, children who are born through caesarean section may suffer from ADHD problems later on.

(<https://www.medicalnewstoday.com/articles/causes-of-adhd#trauma>). Addiction to Playing video games also affects ADHD. 2021 study found that the symptoms of ADHD and addiction to video games play a similar role. While the ad makes the game attractive, the satisfaction derived from playing the game promotes the symptoms of ADHD. (<https://psychcentral.com/adhd/adhd-video-games#:~:text=Those%20with%20more%20intense%20symptoms,instant%20gratification.%E2%80%9D>). Addiction of watching screens too much in children is also causing ADHD. It is often seen that even small children these days are able to operate mobile or tablet very easily and also they do not eat food or do other activities without looking at the mobile and this It is also seen that when their mobile is suddenly snatched away, they adopt very aggressive behavior like shouting loudly, crying, speaking angrily etc. According to research, those children frequently use digital media have about a 10 percent higher risk of developing ADHD symptoms. (<https://www.india.com/hindi-news/lifestyle/much-use-of-mobile-phone-risk-adhd-3205175/>) Said Adam Leventhal, a professor of preventive medicine and psychology at the University of Southern California. We can say with confidence that teens who were exposed to higher levels of digital media were significantly more likely to develop ADHD symptoms in the future,"

(<https://www.hindustantimes.com/fitness/teen-smartphone-usage-is-linked-to-rise-in-adhd-symptoms/story-OTJ6RbXN12LorEf1pYI3CN.html>)

#### Challenges

Children suffering from ADHD have to face many types of challenges like.

#### Depression

Children suffering from ADHD have to face many difficulties due to instability and hyperactivity. Such children have to

face many difficulties in their family and school. They are not able to adjust due to which problem of stress or depression is also seen in them. Children have to hear words like over smart or over confident. Many times they are not even accepted by the peer group due to which this feeling starts developing in the children, that he is different from normal children

### Learning disability

When children do not pay attention to any subject, they become unable to learn many things. Due to this inability, problems arise in children in reading, writing or learning anything and this is the problem. Dyslexia turns into dyslexia

### Social and emotional challenge

Due to hyperactivity in children, children also have to face social and psychological problems. When children become a member of a group, they stick to their own words or are unable to concentrate and also lose their influence on the group. They want dominance due to which they are not accepted by their peer group, due to which children remain lost in their own world and start daydreaming and stay away from society. Similarly, high impulsivity is found in children due to which children there is emotional stability in children due to which children start shouting loudly, fighting or showing excessive love. They have the ability to do every task.

### How to take care of children suffering from ADHD?

For every parent, their children are the centre or point of knowledge, but if the parents come to know that their child is suffering from ADHD, then they will not be able to take care of the family and children. Therefore, it is the responsibility of the parents as well as the school to identify the problems of the children and motivate them to adjust like normal children.

### Role of School

- Creating a positive attitude for children.
- Establishing a fixed routine.
- Making life simple and organized motivating people to sleep and wake up.
- Focusing on social skills.
- School also helping with homework.
- Involving them in positive and creative activities.
- Conducting cognitive behavior therapy training programs, organizing training programs for parents, providing behavioral therapy, providing key medicines, organizing guidance programs for parents.

### Advice for parents

- Parents need to spend as much time as possible with their children and involve themselves with them, give them medical advice, provide them medicine in a proper manner, help their children in every work and motivate them to follow a fixed routine for themselves. Take help from other people for support and make other people aware of the ADHD, inspire children for yoga, meditation and provide a positive and good environment to the children. According to Smitha Bhandari, MD on July 20, 2023 providing balanced diet for children, providing supplements such as a high protein diet, more complex carbohydrates, oranges, lemon, apple and kiwi eat this type of food in the evening for better sleep. OMEGA-3 is also helpful in ADHD. The FDA approved an Omega compound called vayarin as part of an ADHD management strategies, Children should not be allowed

to consume candy, corn syrup, honey sugar, white flour products, white rice and potatoes. These foods promote hormones that cause hyperactivity in children. (<https://www.webmd.com/add-adhd/adhd-diets>)

- The American Academy of Paediatrics has expressed its agreement in this context, saying that colors and additives in food are the main reason for promoting HD, the consumption of which is extremely harmful for children. (<https://www.webmd.com/add-adhd/adhd-diets>)
- Children should be prohibited from consuming such candy, cold drinks or such food items in which artificial colors have been used, especially red and yellow colors. Along with this, monosodium glutamate, sodium benzoate and caffeine can also be considered as a reason for ADHD.

### Advice for children

Children should plan each of their work, keep themselves positive, set their sleeping and waking up time, concentrate on yoga and exercise, do not think too much at night, try to understand social situations, take nutritious diet, mobile and gaming. Stay away from and use mobile phone less than necessary

### Conclusion

Based on the above study, it is clear that AD HD is a challenging disease in children and adults, which is seen from early childhood onwards. If it is not controlled in time, then it is reflected till the last phase of life. In which the child as well as his entire family has to face challenges, hence the family, school and society also need to pay attention and treat this important problem.

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