

PRINCIPLES OF PSYCHOLOGICAL WORK WITH ATTENTION DEFICIT SYNDROME AND HYPERFAOLIC CHILDREN

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Abstract: This article examines the problem of attention deficit hyperactivity disorder in younger schoolchildren. Signs of early developmental delay and methods of diagnosing hyperactivity disorder are analyzed, as well as recommendations for parents on caring for children with attention deficit disorder

Keywords: attention, syndrome, deficit, hyperactivity, development, delay, parent, education, neuropsychology

Hyperactive syndrome is most common, especially in children of early school age. Parents complain that their child has become unkempt, cannot sit in one place, does not listen, deliberately drops things in his hands, speaks a lot, and cannot be brought up at all. In most cases, without showing these children to a psychologist, parents employ different ways of strict upbringing and "cripple" the child. Children learn to live from life. If the child is criticized, he learns to hate, if the child lives in animosity, he learns to aggression, if the child is ridiculed, he will remain silent, adamant, if the child is criticized, he will grow up feeling sinful. If a child is raised with patience, calmness, he will learn to understand others, if the child is supported, he will learn to believe in his own strength, if praised, he will learn to be grateful. If a child grows up in conscientiousness and honesty, he learns to be fair, and if he lives in security, he learns to trust people.

So what are the causes of hyperactive syndrome? Various diseases at the time of pregnancy (anemia, avitaminosis, infections, pruritus, smoking, neurological disorders), complications at the time of childbirth, diseases in infancy and, of course, war-fights between parents, improper upbringing are among the main causes of this syndrome.

The main symptoms of hyperactive syndrome are disorders of the will, feelings and behavior of the child:

- 1) impulsive actions;
- 2) inability to sit still;
- 3) not finishing a game once started;
- 4) not listening to someone (especially parents);
- 5) not sticking to one's own rules, stubbornness;
- 6) decreased attention span, lack of interest;
- 7) interfering with the work of others and the games of other children;
- 8) frequent quarrels, tormenting or indifference to siblings;
- 9) forgetting one's things in kindergarten, school, etc.;
- 10) hasty answers to questions;
- 11) quick-tempered, tearful; 12) enuresis; 13) headaches; 14) quick-tempered; 15) restlessness.



Most hyperactive children are distinguished by their academic superiority over their peers. However, they may not have good speech in classes, be unable to perform tasks requiring delicate movements, or be unable to master new activities. Some of them are generally not good at drawing, while others (especially left-handed ones) are very strong artists.

Children who have 70% of the above symptoms are diagnosed with hyperactive syndrome. The correct attitude of family members towards such children is of great importance. Reducing excessive impulsive actions in a hyperactive child and bringing them into harmony requires patience and consistency from parents. In their upbringing, unnecessary severity, on the one hand, and excessive mercy, on the other hand, should be reduced. Because excessive severity makes a child more stubborn and obstinate, excessive kindness increases his whininess and manliness. Punishing a child will leave him with severe psychological scars for life. The demands placed on the child should be appropriate to his age. He should not be asked to do things that he cannot do himself. Discussions about how to raise a child should not be held in his presence. Education should not consist only of reproaches and every flaw in the child should be explained to him as his fault. The psychologist should explain to the parents that the treatment of a hyperactive child will last a long time and give clear instructions. It is extremely important to treat changes in the child's behavior not only with words, but also with activities that distract his mind. To do this, the child should participate in various clubs and in the type of sports he wants (swimming, gymnastics, tennis, football, etc.).

Sports have a dramatic positive effect on a child's behavior. Before giving a child to sports, it is necessary to undergo a medical examination and timely treatment of identified diseases. Because in many cases, hyperactivity syndrome is also a complication of brain diseases and various chronic infections (tonsillitis, sinusitis, otitis, etc.). Neurologists also believe that the real cause of hyperactivity syndrome in a child is congenital malformations and uneven development (causation) of some brain tissues. In such cases, a diagnosis of minimal brain dysfunction is usually made. However, psychologists, without denying this idea, say that another real cause of hyperactivity syndrome is improper upbringing. Psychologists cite children with severe neurological and somatic diseases, but who have not been diagnosed with hyperactivity syndrome, as an example. So, hyperactivity syndrome can often be observed even in children who are medically healthy. When treating hyperactive children, parents need to ask themselves the following questions objectively and reflect on them:

Instructions: Read the statements below, and if your child or student is currently experiencing such situations, put a “+” in the “Yes” box in the table, and if it is rarely observed, put a “+” in the “No” box in the table.

Nº	Emphasis	Yes	No
1	It is very difficult for a child to sit still in one place, the child is restless.		
2	The child is very active, jumping, running, and never getting tired.		
3	It's hard to concentrate.		
4	Sometimes their movements are awkward, rough, or uneven.		
5	Muscle twitching and stiffness are observed.		

6	Difficulty shifting attention from one activity to another		
7	The child is anxious, shy, and timid.		
8	It is difficult for him to communicate with the children around him.		
9	Doesn't understand jokes		
10	He is afraid to sleep alone.		
11	It's very difficult to lose your parents.		
12	A crybaby, even over trivial things.		
13	Has difficulty absorbing new information, has poor memory		
14	Plays with people younger than him/her.		
15	Speech is not appropriate for his age.		
16	He doesn't understand the feelings of his friends around him, he can't communicate.		
17	Does not understand the rules of the game during the game		
18	Doesn't play games that require thinking		
19	There were problems during the birth process (suffocation, swaddled, resuscitation, premature birth, head compression, etc.)		
20	spoke and walked late.		
21	Until the age of 3, he was very sick, had pressure in his head (cranial pressure), was considered a neurologist		
22	A history of seizures (convulsions) in childhood		
23	Falls in childhood (determine the severity of injuries)		

Calculating results

Each "Yes" answer is calculated from 1 point.

Questions 1-6 help determine the mobility of the child. If the sum of the Points Earned is 3 or more, the child needs to go through more elaborate exercises. Being close to 6 points, it means that taking into account the movement of attention during training, it is necessary to reduce hyperactivity, harmoniously combining the exercises with mental exercises along with breathing exercises.

Activities organized in this way promote self-control in the child, the development of motor skills, the development of the immune and nervous system, and also help to strengthen stress tolerance, developing the volitional qualities of the child.

Questions 7-12 help determine the child's accessibility to communication. If the sum of the Points Earned is 3 or more, the child is recommended games with different plots and roles. Close to 6 points, it means that the analysis of ertacterapy, role-playing games, life situations during training will pay off. It is this type of training that promotes the development of the child's hissii intelligence, the development of communication skills, the elimination of anxiety and reluctance.

Questions 13-18 are aimed at determining the level of mental activity of the child, and if the sum of the Points Earned is 3 or more, the child is recommended logical and mental training. As the meeting approaches 6 points, it is necessary to organize activities aimed at developing creative and logical thinking, memory of vision and hearing.

Questions 19-23 are aimed at determining the psychophysiological processes of the child, as long as the meeting is more than 3 points, the child should be recommended for an EEG (electroencephalography) functional diagnostic examination, recommending the child to be examined by a child neurologist.

When working with such children, it is necessary that parents actively participate and follow the following tips:

First, the parent should not ERK the child's anger after the "bad deed" and not beat the child. It is necessary to figure out what happened, support the child and explain his mistake. Sometimes, this is not necessary either, because every time explaining its error leads to the opposite results. It is easier to prevent the error than to correct it. Because a child who strives for something makes a mistake. That is why his aspirations should be encouraged.

Secondly, the parent should refrain from harsh and sharp phrases, intimidation towards the child, not dice the child and not speak angrily. In any case, it should not be underestimated. Phrases such as "no", "impossible", "you will still see from me", "so do" should not be used much. The child is not affected by these words, making him stubborn. In some cases, the child becomes depressed and becomes speechless. This condition is most common, especially in children 3-5 years of age.

Thirdly, it is necessary to give the child as much as possible a separate room and enrich it with various things (toys, interesting books, "Lego" and similar devices). It is better that the things in the child's room are not shiny and red in color. It is necessary to protect the child from long-lasting cartoons and adult viewing motion pictures. Long sitting next to the TV has a bad effect on the child's nerves and soul. It is necessary to give the child some kind of sport and stimulate his successes.

There are several neuropsychological tests for the detection and treatment of hyperactive syndrome. Nootropic drugs are also used to treat the syndrome.

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