

STIGMATIZATION OF ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) IN ADULTS

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ABSTRACT

A neurological-behavioral developmental condition called ADHD first manifests in childhood. characterized by signs including trouble focusing, hyperactivity, and poorly restrained impulsivity. From a neurological perspective, ADHD is viewed as a persistent, chronic syndrome for which there is no known treatment. It is said that children "grow" out of this affliction or come to terms with it as adults. On the other hand, it develops for certain people. However, when this syndrome is severe, it becomes a concern. Let's take an esoteric approach to understanding this illness. Any illness, especially one that affects one's capacity for self-control, is always the outcome of a transgression of some moral standards. In the case of ADHD, the main mental principles and abilities in which there is a disorder and, accordingly, punishment. This article provides feedback and feedback on stigmatization of Attention Deficit Hyperactivity Disorder (ADHD) in adults.

KEYWORDS: ADHD, hyperactivity, adults, children, stigmatization, Attention Deficit Disorder, diagnosis, treatment.

INTRODUCTION

That he struggles with these attributes as a youngster (as his soul). the issues he brought with him from a previous life. Additionally, since this spirit is represented by a specific family, it stands to reason that this family may also have amassed sins related to the application of these principles. Ignorance of one's own acts and their results, as well as a lack of control, are examples of self-expression and manifestation for one's own destiny. Being unable to regulate your emotions can lead to tantrum assaults, rage and resentment, and in this case, violence to both yourself and others. Total inability to regulate your emotions. In actuality, a disabled or non-working. Will is about investing in self-control and self-control rather than regulating attention.

The most extreme degree of ADHD, as punishment, is probably given to the soul (a new person) on time. Since the past life was another person, a person committed a serious offense and caused serious harm to other people: murder with anger, negative decisions that destroy a person's fate, made in a state of hysteria and depression, etc. The bottom line is that a person absolutely does not protect himself from what he lives and gives him 100% control over himself. This is called

obvious irresponsibility. When anger, anger, anger, resentment are born in a person - a person does nothing with this negative, does not try to control himself, control emotions, remove the negative, but, on the contrary, completely surrenders to him and allows himself to be eliminated. Of course, when collecting critical mass such negative, a person, as a rule, loses control of himself, and then runs the risk of being in a psychiatric hospital.

Adults with ADHD frequently exhibit inattentiveness, hyperactivity, and impulsivity, which causes issues in their professional or personal relationships. For instance, a person with ADHD could find it challenging to perform their job because they have trouble focusing and maintaining order. Due to their irrational behavior and hostility, they could experience relationship issues. When compared to youngsters, adult ADHD symptoms might be considerably more modest. Many adults with ADHD don't even realize they have the condition. And in girls and women, ADHD is frequently disregarded. Typical adult ADHD signs include:

1. bad attention
2. easily distracted
3. confusion
4. bad time management
5. hyperactivity
6. forgetfulness
7. impulsivity
8. emotional problems
9. poor self-esteem
10. low motivation
11. anxiety
12. fatigue
13. relationship problems
14. substance use

The main test is a diagnostic conversation in which you will be asked standard questions. Your healthcare provider will also want to talk to close family members, ask you to fill out standard behavior requests, and take tests to rule out these conditions. ADHD can cause different symptoms in different people. If you think you have ADHD, it is important to see a qualified doctor to make the correct diagnosis. ADHD can ruin your life, but treatment can help you manage it successfully. As a rule, this is called "permanent" with a moving car or "Like on hooks" because the children are constantly in motion. They cannot sit quietly, constantly jump, and run, their hands touch something endlessly, shoot, break. Such children are very curious, but their curiosity is a momentary phenomenon, therefore, as a rule, they rarely catch the essence. Interest in hyperactive children is not peculiar; they do not ask questions "why", "why" at all.

Even when they do inquire, they fail to pay attention to the response. Despite being continuously moving, the child has lost some coordination, making him immobile, continually tossing things, frequently falling, and smashing toys. The bodies of hyperactive newborns are frequently irritated, bruised, and itchy, yet they do not draw any consequences from this and continue to scratch. Distraction, negligence, mood swings that are frequent, stubbornness, irritation, and aggression are traits of the conduct. These loud kids frequently find themselves in the middle of situations. A restless child has trouble picking up new abilities and does not comprehend the activity. The self-esteem of hyperactive kids is frequently underrated. The child does not know how to relax during the day, but only calms down during sleep. Often during the day, such a child does not sleep even in infancy, but his night's sleep is very peaceful. Such children attract attention when they are in public places, because they touch, pull and do not listen to their parents all the time.

There are a variety of viewpoints on what causes children's hyperactivity. The most prevalent include biological (birth trauma, organic brain injury sustained by the fetus during pregnancy, and hereditary predisposition (hereditary)) (alcoholism of parents, microclimate in the family, living conditions, incorrect educational orientation). The child's hyperactivity shows up even when they are young preschoolers. Children who are overly busy at home are frequently compared to their siblings, peers, who have excellent learning skills and behavior, which has a significant negative impact on them. Lack of discipline, preoccupation, anxiety, emotional instability, and adaptability frequently irritate parents. Hyperactive children cannot take a responsible approach to various tasks and help their parents. At the same time, punishments and comments do not give appropriate results. Over time, the situation only gets worse, especially when the child goes to school. Difficulties immediately arise in the development of the school curriculum, therefore, self-doubt, disagreements in relations with peers and teachers, violations in the child's behavior.

The child frequently struggles with attention in school. Despite the above, tests show that hyperactive children have cerebral development, but it is highly challenging for them to focus and organize their work because when playing games with friends, the rules are sometimes broken and disputes with other players ensue. An extremely hyperactive child with a slow attention span won't be able to complete the task; he won't be able to concentrate and pay attention to repetitive acts that don't produce immediate satisfaction, frequently switching from one activity to another. Hyperactivity declines or fades entirely in adolescence, although attention deficit disorder typically persists until puberty.

Interaction of parents with hyperactive children. The main manifestations of hyperactivity are active attention deficit, impulsivity and increased motor activity. The causes of this syndrome have not yet been fully identified. In the behavior of the child, this syndrome is manifested by high excitability, restlessness, disunity, lack of restrictive principles, feelings of guilt and anxiety. Sometimes they are told about such children "without brakes". In the future, hyperactivity, if not detected in time, will lead to school failure; lack of ability to behave, therefore, special attention should be paid to young children with symptoms of this syndrome. But only a doctor has the right to diagnose hyperactivity. Depending on the characteristics of the child, the doctor may recommend a balanced diet or vitamin therapy or medication. But only

medical care cannot adapt the child to environmental conditions, instilling social skills in him. Therefore, an integrated approach is necessary when working with a hyperactive child.

When working with hyperactive youngsters, Oclender advises employing two key strategies: releasing stress and pursuing the child's interests. Drawing lessons using clay, grain, sand, water, and fingers helps children decompress. Adults can also engage a child's interest by recognizing what that interest is currently and pursuing it. For instance, if a youngster approaches a window with an adult, the adult will try to determine what the child's gaze paused on and will attempt to draw the child's attention to this item while describing the child's characteristics.

In Conclusion, the main mistakes of hyperactive children and adults are: lack of emotional attention, exchange with medical care; lack of firmness and control in education, the impossibility of teaching children to anger management skills. If an emotional connection is established between an adult and a child, a hyperactive child will be more hyperactive. "When such children are noticed, they listen to them and begin to feel that they are being taken seriously, they are somehow able to minimize the symptoms of hyperactivity". Corrective work with such children can be carried out as part of play therapy. But hyperactive children do not always understand the boundaries of what is allowed, so special attention should be paid to the restrictions and prohibitions introduced in the process of reading with the child. They must be done calmly, but at the same time confidently, do not forget to provide the child with alternative ways to satisfy his needs.

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