ADHD and its effects on life

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ADHD stands for Attention Deficit Hyperactivity Disorder. This is a kind of disorder that makes children difficult to fit in at school. They may also find themselves in difficulties as they try to cooperate with other children (MR Bergey, 2018). Even though there are many problems associated with children suffering from ADHD, it is not a disorder related to intellectual capabilities. Even children with extraordinary IQ and other abilities can have ADHD. In this paper, we will be discussing three kinds of problems that are associated with the patients of ADHD, which are lower concentration, antisocial behavior and lack of maturity levels.

The children that suffer from ADHD always have a problem when it comes to concentrating on a task (Carolyn H. Webster-Stratton, 2011). This condition has been excessively diagnosed in both children and adults. Sometimes, the concentration problem can also turn into a condition of Hyperfocus (Kathleen E. Hupfeld, 2018). This means that one exhibits high levels of concentration when it comes to a task that one is performing. For children, this can be a condition where they might be playing a video game or watching TV. Adults, on the other hand, find themselves concentrating on social media platforms and other related things. Many would say that such a condition is beneficial, but this condition has serious consequences, especially when it starts to affect the lives of individuals and the loved ones around them (Antshel, 2018).

Another condition that is common with people affected by ADHD is antisocial behavior. Certain psychologists predict the levels of antisocial behavior based on the severity of the ADHD (Ole Jakob Storebø, 2013). Some even say that there is a certain biological connection when it comes to antisocial behavior due to ADHD that can even turn to criminal and downright hostility to the people around the patient (Jason Fletcher, 2012). Certain psychologists predict the ADHD and antisocial behavior can also be linked to certain effects like the environment around the patient, family adversity and even peer rejection, the latter especially being commonplace among children.

Lastly, there is the problem of lack of maturity levels amongst the patients of ADHD. The patients of this disorder often find it difficult to control their emotional maturity around people. They find it difficult to adjust among the people around them, as compared to normal children (Jogsan, 2013). Children with low maturity levels often find it difficult to concentrate on an important task to their constant engagement in hyperactivities. Most parents dismiss these maturity issues related to ADHD as the normal behavior issues of a child and do not give enough attention to this issue that can also severely affect the future of a child.

In the end, we can conclude that ADHD is a condition that can ruin the future of children and even affect them in their adult life (Monastra, 2005). Many parents are of the view that stimulant drugs, such as methylphenidate and dexamphetamine can help their children, but these drugs have only short term benefits when it comes to children. Other than that, there are also some reports by famous psychologists that suggest that certain kinds of diet can also affect the children with ADHD in a negative way, but there is still overwhelming support when it comes to the use of diet for managing this condition as the side-effects of this approach are minimal when it is compared with the use of stimulant drugs. In the end, we can conclude that it is mostly, up to the parents to observe their child's behavior and approach their nearest psychologist on time before their child goes under.

# References

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