
RELATIONSHIP AND PREFERENCES OF PHYSICAL ACTIVITY IN CHILDREN WITH ADHD

Erika CHOVANOVÁ, Rút LENKOVÁ

*University in Prešov of Prešov - Faculty of Sports,
Department of Sport Educology and Humanistic, Prešov, Slovakia*

Key words:

- The movement,
- physical activity,
- school-age children,
- ADHD

Abstract:

In the group of children with behavioral problems is to look for innovative trends with a focus on physical activity. Through selected physical activities, physical games to achieve the correction of behavioral problems of children of school age. The issue addressed in the grant project VEGA no.: 1/0769/13 „The effectiveness of specific physical re-education procedures for the correction of hyperkinetic children younger school age“ The confirmed the impact of physical activity and sport for correcting behavioral disturbances.

PROBLEM

ADHD, the disease is generally diagnosed during the first years of primary school. Without proper attention ADHD may continue until adolescence and even adulthood. Conduct disorder affects learning outcomes, behavior and social relations of the pupil and requires a specific approach in education.

Vágnerová, [6] The behavioral disorder characterized as variation in socialization, when an individual is unable to respect the standards of behavior at the level corresponding to their age or level of their intellectual abilities. According to the MKN-10 For „the group of disorders manifested by recurrent and persistent image of antisocial, aggressive and defiant behavior“ (Hartl, Hartlová, [3], Barkley, [1]). They are often associated with adverse psychosocial environment, poor family relationships, failure in school.

Currently looking for innovative trends with a focus on physical activity and sport in children with ADHD. Physical activities have a positive impact on pupils with particular diagnoses: ADHD (attention deficit hyperactivity children), behavioral disorders. Physically and most entertaining games to develop speed and coordination, collective game develop self-control and mitigate impulsivity. Conditions gradually and significantly improves. (Borová et al., [2]). In this age appropriate activities for versatility (Borová et al., [2]). Children should move forward and should be implemented sooner through play.

Nitrai [4,5] presents evidence on the impact of physical activities. Physical activity and sport in essence allow space to explore. Have a high emotional charge, which provides a wide range of emotions involved in the attractiveness of this business. Positively assessed the effect of physical activities and sports, because the reduction of the various indicators of stress are effective emotional impact of all ages in both sexes. Those findings will be verified in our file.

These issues are current and also is a challenge for professionals, educators search for ways to improve the quality of the educational process and its outcomes.

METHODOLOGY

The aim contribution is contribute to the expansion knowledge about of innovative trends with a focus on movement activities and sport u of children s ADHD. Monitor the impact of physical activities and sports for the correction of behavioral problems to children.

The issue addressed in the grant project VEGA no.: 1/0769/132013, „The effectiveness of specific physical re-education procedures for the correction of hyperkinetic children younger school age.“

File characteristics: A survey was conducted in the eastern region of the city of Košice. Random group was formed consisted of 103 respondents (54 boys, 49 girls) aged 7-10 years. For further analysis we selected files - classical (standard) grade primary school integration of pupils with ADHD. In this file were included individuals with parental consent. Exploratory plan was implemented in the academic year 2012/2013 in January - March Information gathering was conducted under his supervision at the individual schools, by mutual agreement with the director and teacher of the subject every single elementary school.

Description of the methodologies and their rationale:

Using an Anonymous questionnaire, which included 6 closed questions we investigated between student to physical activity and sport, and 2 open questions where you have to choose the sequence of physical activities offered in the school and in the countryside, from most popular to least popular.

RESULTS AND DISCUSSION

The results of the responses are illustrated graphically (Figure 1.), and we evaluate their percentages. When analyzing the results, we started the relationship comparison boys and girls to physical activities.

Relationship to physical activities we elicited from students through **questions 1** The results of the evaluation of the responses we clearly confirmed that the boys and the girls have a very positive attitude to physical activities. The boys have had a 89% positive responses, 92% of girls, which was 3% more than boys. It was surprising, because on the basis of research, we assumed that it is the boys will be more interested in sports than girls. Nevertheless, the results found in this day and age full of technical advances, point to a positive attitude towards physical activity in both sexes.

The question 2 we wanted to find out whether pupils recreational sports. 92% of respondents boys and 73% girls expressed positive. Found lower percentage of girls consider reflect the reality that boys generally are more interested in physical activity. Here we encounter discrepancies between the answers to question 1 and 2. For the first question, it was the opposite. We assume that the real play sports more boys than girls, but girls should be asked like sports, or are aware that it is necessary and therefore indicated that they are interested in recreational physical activities, but the reality is different.

Answer to **question 3**, we wanted to find out whether they like hours of physical education and sports. In 91% of boys and 98% girls, we had a positive response. This fact could influence that this is a clock that provide excitement significantly emotionally colored situations and are necessary for the emotional aspects of man.

In question 4, we attempted to determine whether there is individual patients' mental relief "after hours of physical education and sports, or any physical activity. Again we encountered in the evaluation of the high number of positive responses in boys (93%) and less in girls (88%). We included this question because in most children with ADHD are often faced with the fact that after hours say: „I feel better mentally“. Although it is uncertain whether it can determine a proper evaluation.

In question 5, we recorded whether they also feel better physically, as physical activity is associated with physical exertion. Compared to the responses seen in Question 4, the

percentage of positive responses for boys and girls below, boys (86%) and girls (81%), we also assumed.

Through **6 questions**, we investigated whether the deal over the weekend with his parents in some physical activities. Also in this issue, we had a high response rate in favor of positive responses, boys (80%), girls (86%).

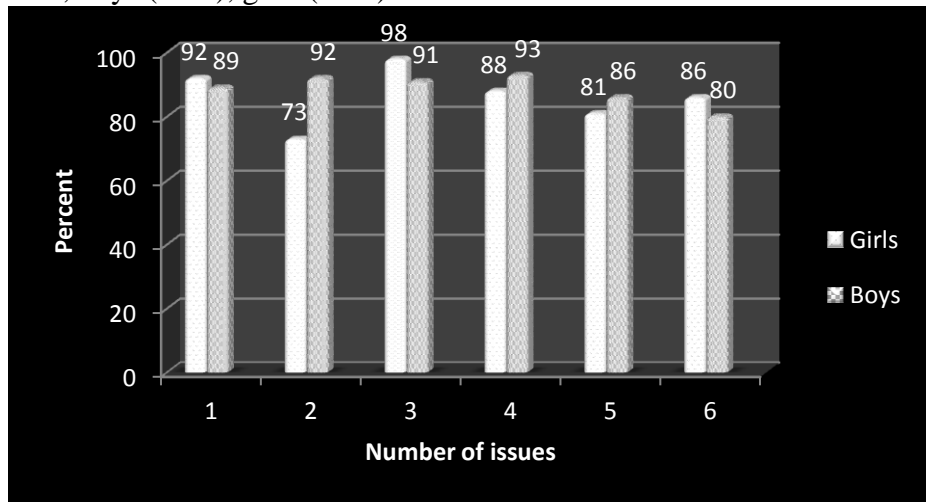


Figure 1. Comparison relation to physical activities boys and girls

Legend:

1. Do you like sport and physical activity?
2. Do you like sport of recreationaly ?
3. Do you go to like physical education?
4. After completion of hours, or the recreational sport makes you“ feel better mentally“?
5. After completion of hours, or the recreational sport makes you „feel better physically?“
6. Over the weekend do you do with parents some physical activities?

At present, to the forefront of social concern receives also the issue of physical activity, which is an important prevention against negative influences technologized life, which confirms a large body of medical and physical training nature, but also as an innovative trend for children with ADHD, the number constantly growing in schools. The importance of physical activity and thus increasing the consideration of the most appropriate organizational forms and adequate content. If we want to move the need to become part of the daily life of children with ADHD, which is the appropriate therapy for them, it is necessary to develop a positive attitude towards physical activity. It is therefore very important to identify which physical activity children prefer and respect their interests.

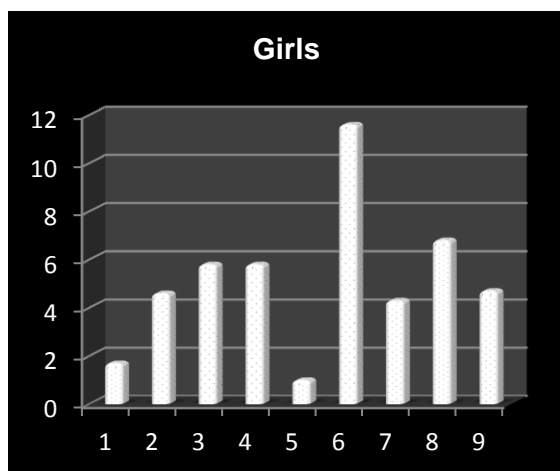


Figure 2. Preferences physical activities - girls

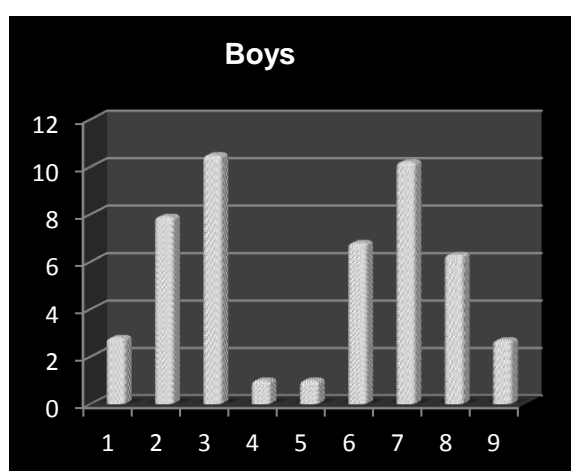


Figure 3. Preferences physical activities - boys

Legend:

- 1 – athletics, 2 – dodgeball, 3 - football, 4 - gymnastics, 5 - mini-basketball, 6 – swim, 7- hockey, 8- badminton, 9 – ringo

Our task was to analyze differences in the popularity of different types of physical activities, trends of these preferences, which can then be taken into account in developing the content of educational units and Sports Physical education and hence their opportunity to enter for free - time physical activities. The last question of the questionnaire we investigated that physical activity most survey respondents prefer. The results of the evaluation of the questionnaire responses the last we have seen in Figures 2 and 3.

Girls expressed interest in physical activity in order swimming, badminton, football, gymnastics. Followed interested in non-traditional games like ring, dodgeball, hockey, which is becoming popular in schools. Lowest girls showed interest in athletics and mini basketball (Graph 2). The boys clearly dominated team sports, football, hockey and dodgeball. In fourth place indicated interest in boys swimming and badminton fifth said. As expected, physical activities such as athletics, ringo, mini gymnastics and basketball are very popular because they are for them or physically, but also technically demanding and experienced in their disappointment at the failure to exercise (Figure 3.). Compared with girls, boys, we can conclude that boys are more expressing a view on team sports and girls on the individual. If the preferences of children with an established diagnosis of ADHD compared to the general population, we can say that they do not differ significantly. Especially enthusiastic about physical activity competition, gaming, emotional nature. Interesting finding was the interest of girls in soccer. Types of preferred physical activities is a versatile character. Includes in the content range of physical activities offered by the school and non-school physical education and that reflects the quality of physical activities.

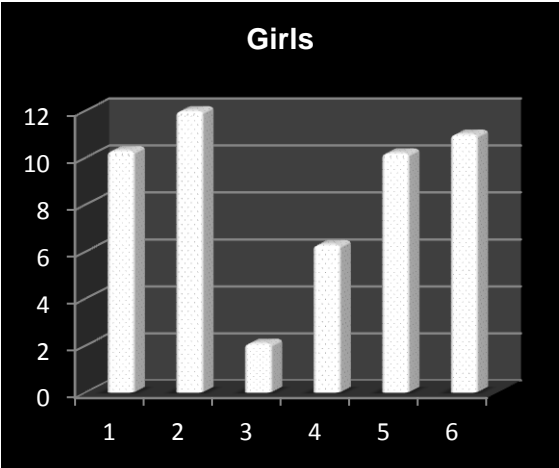


Figure 4. Preferences of physical activities in nature - girls

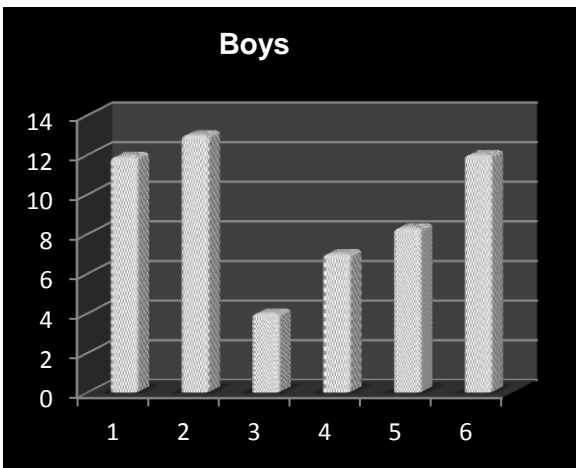


Figure 5. Preferences of physical activities in nature – boys

Legend: 1 - skating, 2 - cycling, 3 - run, 4 - skiing, 5 - water attractions, 6 - rope activities

We can say that the interest in physical activity in the nature of girls and boys is the same. The most frequently mentioned physical activity was cycling in the countryside, which was first mentioned in premiere12, 5 times. On the other appeared rope activities, which according to interest pupils were first referred to 11.5 times. Students consistently reported in the first place 11 times and cycling to suit your preference was for third place. Water skiing is a close interest by gradually placed in fourth and fifth place. At the last sixth place was run in nature (Figure 4. 5.), we also assumed.

Overall, it can be concluded that the preferences of physical activity in this age reflect physical experience and habits of younger school age children while they reflect current trends of interest presented in the media. We should these preferences if possible respect, because the importance of physical activity in children with ADHD is important because the behavioral eased.

CONCLUSIONS AND RECOMMENDATIONS

We have contributed to the spread of knowledge about innovative trends with a focus on sport and physical activity in children with ADHD. We found the impact of physical activities and sports for the correction of behavioral problems to children. We pointed out the importance of physical activity in children with ADHD, as alleviate behavioral problems.

Recommended for teaching practice:

- Selection of specific physical activities, it is important to consider carefully, because if you do not respect the process of the developing organism of the child, it can be inconvenient physical activity and hurt.

- In this age appropriate activities for versatility

- Movement should kids to enjoy and should be implemented sooner through play.

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