

**Study on Psychosocial Problem Face by Parents of  
ADHD Children in Psychiatric Clinic at Kurunegala Teaching Hospital**

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**Abstract**

From this research what has been detailed out, are the psychosocial problems faced by the parents of ADHD children. To collect the data, information was gathered from the parents who come over to the Kurunegala Teaching Hospital Mental clinic through interviews and the observations of case studies. This research is qualitative research. For the analysis of the data, the thematic data analysis method is being used. In this research social issues, psychological issues, social challenges, economic challenges and under the intervention of a social worker data is being analysed. The main object of the analysis is to get at the problems faced by the parents of ADHD children. Also, by being an ADHA child, the challenges he used to face with and through the intervention of a social worker whether to what extent it could be solved? Also, in this situation, as findings, the

problematic position of what could happen after the schooling as a recommendation for these children to be provided with professional training, assisting in the formulation of new principles to get the percentage of ADHA getting included to the workforce, as there is a tendency of getting a lower percentage included today. Also, to provide, encouragement for it. Also, the parents of the ADHA a large preventative gets cornered in the society and for that purpose to minimize the same, by directing the people at the community levels and there should be the program to make a change in attitudes. Also, to prevent the parents of ADHD children from getting into serious mental illnesses and to evaluate the skills of the ADHD children, various programs should be launched at the Divisional secretariat levels.

**Key Words:** Psychosocial Problem, ADHD, Children, Mental Health

**Introduction**

As stated earlier in this study there has been limited research on ADHD in Sri Lanka. The lack of a systematic information system has deprived parents and children of accessing credible. The information available is random and there seems to be no systematic research that is being conducted. USA is way ahead in terms of systematic research, understanding and management of ADHD. The situation in India is quite similar to the situation in Sri Lanka research with research being conducted very sporadically and incomprehensively. The research conduct in Sri Lanka is also very specific and accessible only to psychologists and doctors whereas there is a necessity for the general public to acquire an understanding of the disorder. This proves that there is a certain degree of awareness amongst the local researchers that the information available is not sufficient to understand ADHD in the local context.

Parents of children with a history of ADHD report that their children have problems fitting in with their peers. The percentage of such incidence is 3 times as many peer problems as those children who do not have ADHD. This would mean that children with ADHD have trouble getting along with their peer group because they are not aware of social skills and hence have very few friends.

The research is aimed at analysing the psychological problems of parents and children with ADHD. This research is of paramount importance to the children. It is also important to educate children on special educational needs such as special education schools this research is important to other government organizations and NGOs.

### **ADHD worldwide**

The exiting data show globally 3%-5% of the children's population is affected with ADHD, making it essential to investigate worldviews concerning research and services for affected children. (The Vital and Health Statistics,2006), in its survey reports that four and one half million children in the US between 3-17 years of age had ADHD and that boys were more than twice likely to have ADHD than girls. Further, according to the National Health Interview surveys (2004-2006) conduct in the United States:

In 2006 4.5 million children between 5-17 years of age have ever been diagnosed with ADHD 3%-7% of school-aged children suffer from ADHD. This means that these children would require a specialized curriculum to cater for their needs.7.8% of school-aged children were reported to have an ADHD diagnosis by their parents in 2003. These tell us that parents are informed about ADHD and as a result can detect and take measures for treatment. Diagnosis of ADHD increased at an average of 3% per year from 1997 to 2006. This is because ADHD seems to be over-diagnosed with increased awareness. Boys (9.5%) are more likely than girls (5.9%) to have been diagnosed with AD//HD, This is 3because boys are brought up to express more of their activity, aggressiveness, independence, and defiance; they, therefore, run into more conflict with harried, inadequate, or absentee parents and with boring, understaffed schools. Boys learn their aggressiveness from their male peers, from school sports, from the TV and movies everywhere in the culture.

### **Problem Statement**

ADHD among children in the world is between 5.9% and 7.1% and they are teenagers. The adult population is 3.4%. The ADHD children in Sri Lanka account for 14.3% of the children in Sri Lanka. Children with special needs have become a social issue by now. However, the parents of ADHD children are more likely to face a variety of mental and social issues. Most parents can also be detained by their children only in their homes and this has become an issue all across Sri Lanka.

### **Main objectives:**

To find out psychosocial problems face by ADHD children's parents at Kurunegala teaching hospital

### Specific Objectives

- To understand the challenges of ADHD children do not contribute to the workforce.
- To identify the role of the social worker in the clinic by Kurunegala teaching hospital.

### Methodology

#### The data collection process

This population is the parents who come to get treatments for their ADHD children. At the medical health clinic Teaching hospital of the Kurunegala District. Of the North Western Province. These parents are engaged in various categories of employment. Many are engaged in hired labour some are engaged in public service while some others are engaged in the private sector.

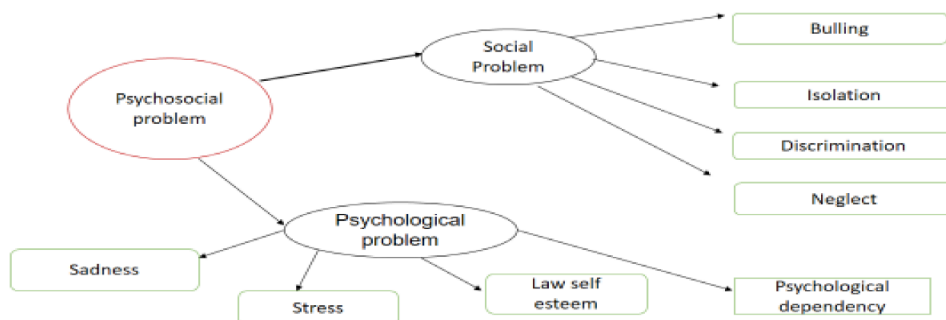
The selection of the sampling required for the research population is introduced as the second step of the program. A sample consists of many units which could correctly represent the population. The main purpose for which the attention is drawn for this type of sampling is to identify the psychosocial problems faced by the parents coming to the clinic with the children. That is what are the psychiatric problems as well as the social problems they are faced with.

### Findings

#### The objective one

To find out psychosocial problems faced by the ADHD children's Parents at the Kurunegala Teaching Hospital.

#### Thematic map



## **Social Problem**

According to Webster's New World College of Dictionary social is having to do with humans living together as a group in a situation in which their dealings with one another, affecting their common welfare. The survival of the social fabric depends on the social behaviour and due to some sort of break-up that there could occur a breakup of the social fabric (Merton and Nishettilafi). A social problem is introduced as some sort of challenge to the entire social fabric (Bushan Sachdevaerag)

### **Bulling could be physical such as**

- Hitting
- pushing and showing
- Fighting
- tripping
- Yelling at someone
- Making rude gestures
- Taking and breaking another person's belongings

### **Emotional**

- Name-calling
- Making fun of someone
- Laughing at someone
- Leaving someone out on purpose.
- Starting rumours or telling lies about someone.
- sending mean messages through a computer or a cell phone
- Trying to make someone feel bad about who they are.

### **Isolation**

According to Collins dictionary. Isolation is the state of feeling lonely. without friends or any assistance. Isolation is the state of separation between persons or groups setting something apart from others.

These are the major types of isolations

- Isolation by ignorance
- Isolation by force / involuntary,
- Isolation by choice

### **Isolation by ignorance**

This occurs when people are isolated from society because they do not know there is another life outside their small village or home. They have been living in an isolated area for their entire life and have no exposure to the rest of the world.

This has happened in the cases of small isolated villages and when groups or families flee their homes to hide from the corrupt government. As these families grow up they learn to survive and are not exposed to the rest of the world. They do not know there is more to life than their small habituated area and therefore never leave or meet new people. It has also happened in very religious communities where people have grown up and remained within a certain area because of their beliefs or rules.

The effects of this type of isolation aren't as noticeable because these people are unaware of the differences between themselves and the rest of civilization. It is therefore easily accepted.

We see an example of this isolation on the Liked family (see Isolation and the World) as they lived in the deep forests of Russia, unaware of the outside world or even World War II. It is also common in farming families in the mountains.

### **Discrimination**

In plain English, to "discriminate" means to distinguish, single out, or make a distinction. In everyday life, when faced with more than one option, we discriminate in arriving at almost every decision we make. But in the context of civil rights law, unlawful discrimination refers to unfair or unequal treatment of an individual (or group) based on certain characteristics, including:

- Age
- Disability
- Ethnicity
- Gender
- Marital status
- National origin
- Race,
- Religion, and
- Sexual orientation.

### **Lawful vs. Unlawful Discrimination**

Not all types of discrimination will violate federal and/or state laws that prohibit discrimination. Some types of unequal treatment are perfectly legal, and cannot form the basis for a civil rights case alleging discrimination. The examples below illustrate the difference between lawful and unlawful discrimination.

### **Psychological problems.**

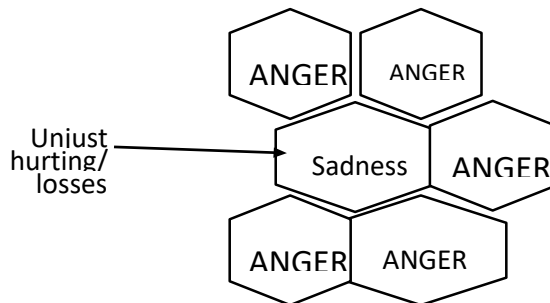
A psychosocial disorder is a mental illness caused or influenced by life experiences, as well as maladjusted cognitive and behavioural processes. The term psychosocial refers to the psychological and social factors that influence mental health. Social influences such as peer pressure, parental support, cultural and religious background, socioeconomic status, and interpersonal relationships all help to shape personality and influence psychological makeup. Individuals with psychosocial disorders frequently have difficulty functioning in social situations and may have problems effectively communicating with others. People may not be fully aware of the relationship between their mental and emotional wellbeing and the environment. It was first commonly used by psychologist Erik Erikson in his description of the stages of psychosocial development. Mary Richmond, a pioneer of American social work regarded there to be a linear relationship between cause and effect in a

diagnostic process. In 1941 Gordon Hamilton renamed the 1917 concept of "social diagnosis" as "psychosocial study". The psychosocial study was further developed by Hollis in 1964 with an emphasis on the treatment model. It is contrasted with diverse social psychology, which attempts to explain social patterns within the individual. Problems that occur in one's psychosocial functioning can be referred to as "psychosocial dysfunction" or "psychosocial morbidity." This refers to the lack of development or diverse atrophy of the psychosocial self, often occurring alongside other dysfunctions that may be physical, emotional, or cognitive.

Based on the research data what could be identified as the mental problems are the following.

- Sadness
- Stress
- Psychological dependency

### Sadness



Ministry of science. 2015

Sadness is one of the "six basic emotions" described by Paul Ekman, along with happiness, anger, surprise, fear and disgust. Sadness is an emotional pain associated with, or characterized by feelings of disadvantage, loss, despair, helplessness, disappointment and sorrow. An individual experiencing sadness may become quiet or lethargic, and withdraw from others.

According to Carl Jung, we have to experience sadness to know and appreciate our happiness.

"The word 'happiness' would lose its meaning if it were not balanced by sadness"

(Carl Jung)

Many parents of those it could be said that they get into a sad mood. As an example, one mother expressed this "There is no money when needed to buy the medicine Miss this why I come to the clinic without failing in many occasions need to arise to go to the pharmacy. Then only that problem crops up..... It is not this child only I am having..... For that child alone can spend so much money for that. Have got to educate those children. Even to get the medicine required for my child I do not have money. That is special as per mu research data for the ADAH children medicine has to be given daily. In this manner they get frustrated.

Not only, regarding this but also as another example could this case study be cited. "One day the parents have gone to participate in a New Year ceremony with the child. On this occasion for a distance run race, this child had appeared. The organizing committee had taken out the child from participating in the race. The reason for this has been this child been identified as a child with special needs." Due to these reasons, the parents of ADHD children get into sadness.

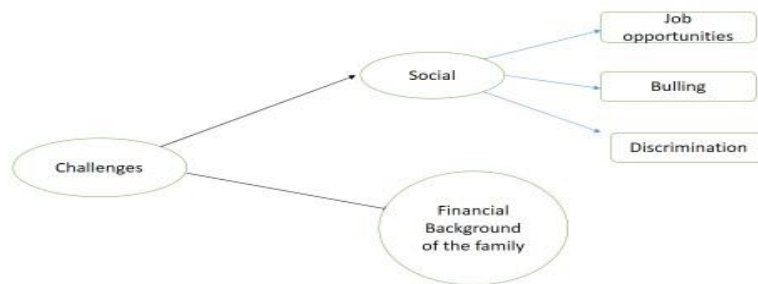
## Stress

Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood. These chemicals give people more energy and strength, which can be a good thing if their stress is caused by physical danger. But this can also be a bad thing if their stress is in response to something emotional and there is no outlet for this extra energy and strength. This class will discuss different causes of stress, how stress affects you, the difference between 'good' or 'positive' stress and 'bad' or 'negative' stress, and some common facts about how stress affects people today.

## Objective Two

To understand what are the challenges of ADHD children as they do not contribute to the workforce.

## Thematic Map



## Social Challenges

Social challenges mean the challenges any person faces in daily life. In this situation, ADHD children face many challenges this situation following could be introduced as a few challenges their facing.

1. Low family connection.
2. Social issues. (Bullying, Discrimination, Neglecting).

## Low family connections.

It is very important to have family relationships within a family. Due to this having proper relationships within the children helps to live systematically and the scope and tendency for the creation of disputes and issues among them get limited. Due to a lack of proper relationships within a family, there is a high tendency of increasing problems and issues. Many ADAH children their relationship with their brothers and sisters remain at a low level. Especially between the ADHA child and the other children of the family is low. In families, there is no proper relationship between the parents and the children.

**Social issues:**

Here when considering social issues those are issues faced by the ADHD children within this society. Mainly naming is done for ADHD children through that further influence is made to bring down their mental levels. Also through this, the parents mental level come down. Not only that a general problem faced by them is mainly discrimination. As ADHD children who have special needs, the discrimination taking place in this society is that they have not been taken for social activities. Especially for them, the opportunity to get employment is less. Due to them being not included in the workforce the parents face various challenges.

**Economic challenges**

Financial challenges are the challenges faced by day to day living due to economic factors. For the ADHD children for their sustenance economically these could be identified as the issues.

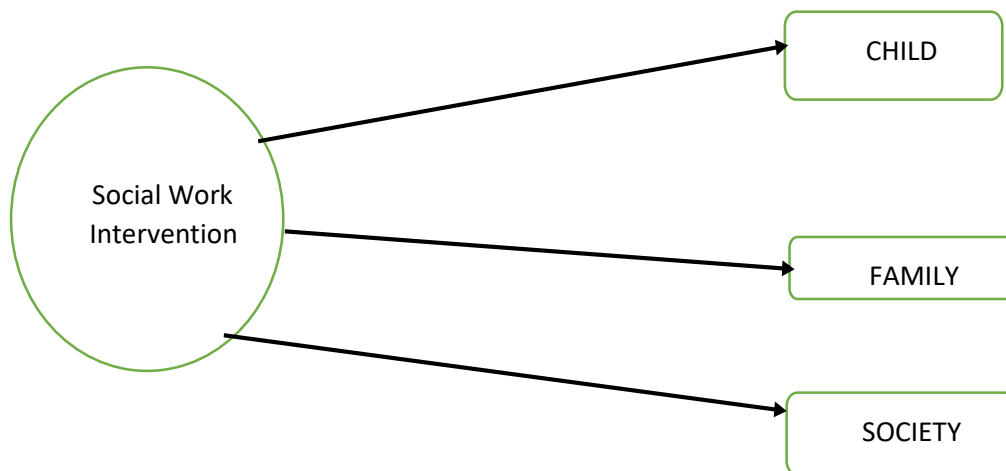
- Financial background of the family could be identified.

**Financial background of the family**

ADHD child is having special needs who is having, for this type of children compared with other children a greater amount of money has to be spent for them to maintain their health large sums has to be spent. For example, when you draw attention to the case study below. "Miss.... think how much money has to be spent to get his medicine? What type of special education?" In the way, you tell I cannot provide him even the education. It is one of the challenges faced by an ADHD child that for obtaining other medical facilities they do not have the capacity. Even though treatments are taken from a government hospital for giving other medical facilities and not having money for the child's day to day expenses too.

**Objective Three**

To identify the role of the social worker in the clinic at the Kurunegala Teaching Hospital



**Thematic Map**



To mitigate this problem social work intervention is most important. Social work is helping professional people. In intervening in social work as a special worker in introducing to the ADHD children there should be a good understanding of them and the sickness the children are facing. Similarly to those children to provide special education attention should be drawn.

As a social worker the children with ADHD a special assessment should be made of the institution where they get educated, especially in an area where there is an ADHD child with the support of the Grama Sava Niladhari of the area, that child should be provided with special education. To bring up these children, to average standard children's societies could be built up. Thereby they could be empowered.

Also, as a social worker, when involving across the family special attention should be drawn to the parents. They should be encouraged. That is through programs of educating to have a child of this conditions they should be convinced as a normal thing and their attitudes should be developed. They should be educated through a program to minimize the psychological problems ADHD children's parents have. As a social worker. Not only that as social workers they should come forward as the protector of their rights. By playing a role of advocacy, especially within the Teaching hospital of Kurunegala for the parents getting collected over there not only educative programs but also special programs designed for the low-income families should be launched. That is for the children of low-income families the school equipment's required and the resource personnel could be provided. Also in these families to improve the income

generation activities of these families they could be introduced to self-employment generation activities. Also, through community-level programs, their attitudes could be changed. ADHD children too should be treated as that of the other children equally. It should be explained that their existence has got to be provided by the society itself.

Also, for encouraging these children at community levels many concerts should be organized by showing their talents the attitudes of the community towards them could be changed. As a social worker opportunity should be provided for the same.

## **Recommendations**

After the conclusion of this study what ADHD children should do remains a question. That is after the school education any of these children do not get engaged in higher education. They happened to stay at home and waste their time. The parents are highly disgruntled regarding this. Therefore, these children after finishing school education, professional type of education should be provided. Especially ADHD children should be separated into different groups. Professional education should be provided suitable to their health and mental levels. This professional education provided should be compulsory. At the government level, it should be started in all the divisional secretariat divisions. It should be made compulsory that with the assistance of the Grama Niladhari of the area, after school education to admit them to the professional training institute.

For a short period, the percentage of the admission of ADHD children could be very low. Today ADHD children after school education do not get engaged in any work. Till there depending on their parents they survive but it affects the social and the political development of the country.

As such new policies should be implemented to make ADHD children contributing to the workforce. As a social worker for providing policy assistance should be provided. Also, relevant sections should

be encouraged. Isolation could be introduced as the main problem faced by the parents of ADHD children. Here due to ADHD children falling into this category, some due to mythical beliefs a mother who is having a child of this nature being seeing would face the calamity. And such types of beliefs are prevalent. Maybe here their attitude could be changed at community levels. As a social worker, he can do so. Equally, through the religious places around the temples and the churches by educating the people social problems could be minimized.

Based on this research it could be said that parents of those ADHD children the main problems they get are connected to mental pressure. All the parents subjected to this research said that in having this type of a family there is pressure inflicting the mind. Even the Child's behaviour pattern and health pattern and also in the future character development how it could happen remain doubtful. Not only that in general gets what would happen due to the problems coming up more mental pressure built up. Here to maintain the mental position of the parents at a proper level should provide special gifts or grants. Through that, the mental position of those parents could be brought up to a proper level. As a social worker background required should be prepared by him.

### **Conclusion**

This research is basing what are the physical social problems faced by the parents and the research flowing from it. Here the search is made of an ADHD afflicted child being in the family, the problem faced by the mother or father within the society

A psychosocial disorder is a mental illness caused or influenced by life experiences, as well as maladjusted cognitive and behavioural processes. The term psychosocial refers to the psychological and social factors that influence mental health. Social influences such as peer pressure, parental support, cultural and religious background, socioeconomic status, and interpersonal relationships all help to shape personality and influence psychological makeup. Individuals with psychosocial disorders frequently have difficulty functioning in social situations and may have problems effectively communicating with others

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