

GAME THERAPY FOR CHILDREN WITH ATTENTION-DEFICIT / HYPERACTIVITY DISORDER

Dovaidė Kurytė,
Violeta Kamantauskienė (*supervisor*)
Kaunas University of Applied Sciences, Faculty of Medicine



Address: Pramonės g. 20, Kaunas
Webpage: <https://www.kaunokolegija.lt/>
E-mail: dovaide.kur465@go.kauko.lt
Phone: +370 69979689
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Research purpose. The aim of the research is to present game therapy for children with attention-deficit or hyperactivity disorder.

Keywords: attention-deficit / hyperactivity disorder (ADHD), behavior correction, children, games, gamification, play therapy

Research Methodology. Analysis of scientific literature.

Results / Findings.

1. Reasons of attention-deficit/hyperactivity disorder cannot be proved. But there are still some of them that scientists recognize as possible reasons such as: genetics, brain injury, being born prematurely, wrong habits of mother during pregnancy. The most common symptoms are: difficulties staying focused, paying attention, controlling behavior and hyperactivity.
2. Games can be described in different ways, but all of them must have some rules, players and goals. Classification of games is broad and depends on what a characterizer perceives as a most important factor. Most commonly used main factors are surroundings – is it indoor/outdoor game. Play therapy can be used for all ages. It uses game-based methods to help people to prevent or resolve psychosocial difficulties and achieve optimal growth and development.
3. Games are a great tool to help children with attention-deficit/hyperactivity disorder (ADHD) to deal with their most common issues such as concentration, but they should be used carefully, because children with ADHD can develop addiction to games more easily than a simple child. Thus, not all games can give any impact to a child as not all games are good for a child with ADHD. One of the best methods to use is Game-play therapy. Most researches are done on serious games for children with ADHD. It is games that includes real life situations which are gamified. Some of the other beneficial games for a child with ADHD are “thinking” games, outdoor games and virtual/augmented reality games.

Originality / Practical implications. According to Lithuanian inclusive education plan in our education since 2024 inclusive education should be launched. It means that children with all disabilities will be integrated, so educators and parents should know how to help those children in learning processes through correcting their behaviour features.