

**APPLICATION OF SENSORY INTEGRATION TO IMPROVE
CONCENTRATION AND ATTENTION IN CHILDREN WITH ATTENTION
DEFICIT HYPERACTIVITY DISORDER (ADHD)**

Anandha Mirachel Nisrine, Alinda Nur Ramadhani, S.Fis., M.K.M

anamirachell@gmail.com

'Aisyiyah University, Surakarta

ABSTRACT

Background: ADHD is a common psychiatric disorder characterized by lack of fokus, hyperactivity, and impulsive behavior inappropriate for the child's developmental level. This is characterized by various symptoms such as restlessness, restlessness, inability to sit still, and frequent abandonment of fixed situations. The prevalence of ADHD in children worldwide is approximately 2-7%, with an average of around 5%. In Indonesia, the prevalence of ADHD increases annually by 2.4% in elementary school students. A study conducted in Central Java between 2016 and 2019 in children aged 4-6 years found a prevalence of 15%. The long-term impact of this high prevalence can lead to a decline in children's academic grades and achievement. Sensory integration is a neurological process of recognizing, transforming, and differentiating sensations from the sensory system to produce a response in the form of adaptive and purposeful behavior. The sensory integration training program includes activities such as puzzles, play with plasticine, drawing, and walking on a treadmill. More regular and age-appropriate play behaviors indicate improved cognitive and motor skills in children. **Purpose:** To increase knowledge, especially among pediatric physiotherapists, about the application of sensory integration to improve concentration and attention in children with ADHD. **Method:** The selected KIE media was a pocket book. The pocket book was chosen as the KIE media because it has several advantages. **Results:** The pocket book, entitled "Application of Sensory Integration to Improve Concentration and Attention in Children with Attention Deficit Hyperactivity

Disorder (ADHD)," was chosen as a health promotion medium targeting pediatric physiotherapists.

Keywords: *Sensory Integration, ADHD, Children*