

Medical Therapy for ADHD

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ABSTRACT

ADHD (Attention Deficit Hyperactivity Disorder) is a disorder that occurs in the brain. It is characterized by inattention, hyperactivity, and impulsivity that interfere with the function and development of the child's brain. According to Saputro's 2009 survey data, 15.8% of children aged 3 to 18 years suffer from ADHD. Although the cause of ADHD is not yet known for certain, there are several factors that can increase the potential for a child to develop ADHD, including genetic factors, drugs taken by the mother during pregnancy, and a history of having low-weight babies. Some possible factors have been reported, birth weight, birth history factors. The disorder can affect many aspects of life, including school, home, and social relationships. The exact cause is unknown, but genetic and environmental factors are thought to play a role in its development. The diagnosis and treatment of ADHD often involves a team of psychologists, specialists and therapists. Behavioral therapy, medication, or a combination of both are common approaches to help people with ADHD manage their symptoms and improve their quality of life. This article is a literature review that describes the benefits of pharmacotherapy to reduce symptoms of hyperactivity in ADHD children. References in the form of scientific journals and information in the form of internet articles can be useful. Several studies conducted in various settings show that pharmacotherapy can help reduce symptoms of hyperactivity in ADHD children.

Keywords: ADHD children, medical therapy, hyperactivity

INTRODUCTION

ADHD (Attention Deficit Hyperactivity Disorder) is a disorder that occurs in the brain. It is characterized by inattention, hyperactivity, and impulsivity that interfere with the function and development of the child's brain. According to Saputro's 2009 survey data, 15.8% of children aged 3 to 18 years suffer from ADHD. The incidence of ADHD cases in children based on the National Survey of Children's Health (NSCH) in 2016 from the results of interviews with parents, reported data on ADHD children in the age range of 2 to 17 years reached around 8.4% or 5.4 million children from the total population of children in the United States (Danielson et al., 2018), while the number of ADHD cases in Indonesia is not widely known. Some possible factors have been reported, birth weight, birth history factors. The disorder can affect many aspects of life, including school, home, and social relationships. The exact cause is unknown, but genetic and environmental factors are thought to play a role in its development. The American Academy of Pediatrics (AAP) recommends for the treatment of ADHD children younger than 6 years of age that parents participate in behavior management training as the first step of treatment, before the use of medication is considered. For children 6 years and older, medication and behavioral therapy together are recommended. Medication may be an important part of a parent's treatment plan for attention deficit and hyperactivity disorder. Doctors may choose from a variety of medications to control the symptoms. Whatever ADHD medication parents and doctors choose, they all work the same - to increase the levels

of certain chemicals in the brain of people with ADHD (called neurotransmitters). These chemicals help reduce symptoms (such as hyperactivity and impulsivity), increase attention span, and help ADHD children manage emotions. School can also be part of the treatment process. The AAP recommendations also include adding behavioral classroom interventions and school support. ADHD medications can be the cornerstone of ADHD treatment, and they work well for many people. An estimated 4 out of 5 children with ADHD benefit from medication. For many adults, the best treatment approach combines medication with education, skills training and psychological therapy. If parents decide to try medication, it may take time to find the right medication and dosage for a child with ADHD. Doctors may prescribe different ADHD medications in different doses to see which one best controls the symptoms and which one has the fewest side effects. keep in mind that these medications do not cure ADHD. They only manage the symptoms while taking them. If you stop taking them, the ADHD symptoms will return. This means that medication can be a lifelong commitment. Another important thing to consider is that certain medications and substances can interact with ADHD medications. Make sure your doctor knows what other medications your ADHD child is taking, including over-the-counter medications. For example, some over-the-counter decongestants can make an ADHD child agitated if taken with stimulant medications prescribed for ADHD. Also, tell the doctor whether the child drinks coffee or other caffeinated beverages and whether the child takes any supplements. Although medications work well for many people, they are not the only option. If parents are not ready to try medication, behavioral therapy works for many people. Behavioral therapy will help an ADHD child learn positive behaviors and reduce negative behaviors.

Treatment of Children with ADHD Disorder

There are many therapies that can be done to treat ADHD in children, including:

1. Pharmacological therapy or drug therapy.
2. Non-pharmacological therapy or non-medication therapy. usually includes behavioral therapy.

The diagnosis and treatment of ADHD often involves a team of psychologists, specialists and therapists. Interventions for ADHD children are classified into two: pharmacological therapy and non-pharmacological therapy. Pharmacological therapy is a treatment that uses a medical approach to suppress the symptoms caused by an ADHD diagnosis. On the other hand, non-pharmacological treatment for ADHD children generally includes behavioral therapy, cognitive therapy, or a combination of cognitive behavioral therapy and behavioral therapy, such as cognitive behavioral play therapy (CBPT), structured training programs, and structured training programs to improve the functioning of children with ADHD. Other therapeutic modifications are made using a direct parent-child approach to maximize benefits for children (DuPaul et al., 2020). Pharmacological interventions applied so far have disadvantages such as drug side effects, inability to change behavior, and long duration of treatment (Bashiri et al., 2017). Behavioral therapy, medication, or a combination of both are common approaches to help people with ADHD manage their symptoms and improve their quality of life. This article is a literature review that describes the benefits of pharmacotherapy to reduce hyperactivity symptoms in ADHD children. References in the form of scientific journals and information in the form of internet articles can be useful. Several studies conducted in various settings have shown that pharmacotherapy can help reduce symptoms of hyperactivity in ADHD children.

ADHD treatment usually involves the use of stimulant or non-stimulant medications prescribed by a specialist. Some of the benefits of medication for ADHD include:

1. Improves concentration and focus: ADHD medications can help improve an individual's attention span and focus on a specific task.
2. Reduces impulsivity: Medications can help reduce the impulsive behavior often associated with ADHD, allowing individuals to better control their behavior.
3. Improves impulse control: Stimulants often help people with ADHD control their physical activity and stay calm and organized.

4. Improves executive function: ADHD medications can help improve your ability to plan, organize and execute complex tasks.
5. Improving quality of life: Medical therapy can help people with ADHD lead more productive and fulfilling lives by reducing disruptive symptoms.

The effects of ADHD medications vary from person to person. While it may work for one person, it may not work for another. These medications may be ineffective or cause bothersome side effects.

What medications can be used to treat ADHD?

1. Stimulants

Stimulants are the most common prescription drugs used by healthcare providers to treat ADHD. Stimulants such as methylphenidate and amphetamines are often prescribed to treat ADHD. They work by increasing levels of certain chemical messengers in the brain that are involved in focus and concentration. Stimulants come in different forms. Some are short-term (lasting a few hours) and some are long-term (lasting all day). As with any drug, stimulants have side effects. People taking stimulants may experience decreased appetite, difficulty sleeping, and increased heart rate and blood pressure. In addition, stimulants may interfere with certain medications and medical conditions. Therefore, they may be unsafe and not recommended for some people.

2. Non-stimulants

Non-stimulant ADHD medications are another option. They are suitable for people who cannot or will not take stimulant medications, or for those whose stimulant medications do not work. These medications include atomoxetine, clonidine, and guanfacine. Some people may find these drugs better tolerated. However, they are not always effective.

3. Antidepressants

Antidepressants are not specifically approved to treat ADHD, but they can help alleviate symptoms. Doctors may prescribe antidepressants alone or in combination with one or more ADHD medications. This is especially helpful if the patient also suffers from conditions such as anxiety, depression, or mood disorders. How to Find the Right Medication for ADHD There is no one-size-fits-all medication for ADHD. Everyone's experience with ADHD is different, and finding the most effective treatment takes time.

How to find the right medication for ADHD:

1. Ask questions.

Be sure to talk to your doctor about the different medications available. Ask about possible effects and side effects and how they interact with other medications or conditions.

2. Follow your doctor's instructions carefully.

Always take your ADHD medication exactly as directed. This includes dosage and timing.

3. Communicate clearly and openly with your healthcare provider.

Follow up regularly to discuss how the medication is affecting you or your child's symptoms. If you notice any dramatic changes or negative side effects, let your doctor know immediately.

4. Please be patient.

Finding the right medicine takes time. Your doctor can help you decide which drug or combination of drugs and dosage is best for you.

RESEARCH METHODS

The method used in writing this article is literature research. The literature review method was carried out to investigate theories related to the topic of writing this article. The references used are as many as references related to the use of drugs or medicines in the treatment of ADHD children. Literature in the form of scientific journals and information in the form of internet articles are used as references.

RESULTS AND DISCUSSION

The first treatment option for ADHD is drug therapy. Medication may be an important part of a parent's treatment plan for attention deficit and hyperactivity disorder. Doctors may choose from a variety of medications to control the symptoms. Whatever ADHD medications parents and doctors choose, they all work the same - to increase the levels of certain chemicals in the brain of people with ADHD (called neurotransmitters). These chemicals help reduce symptoms (such as hyperactivity and impulsivity), increase attention span, and help the child with ADHD manage emotions. The use of medications should always be supervised by a doctor or health professional experienced in ADHD treatment, as everyone responds to medications in different ways and the correct dosage may vary. In addition to medications, behavioral therapy and cognitive therapy are also often recommended as part of ADHD treatment to help individuals develop better self-management strategies and social skills. Research shows that these medications are effective in about 80% of children suffering from the disease. The main goal of treatment is to minimize the impact of ADHD symptoms on the patient's functioning while maximizing the patient's ability to compensate or cope with any remaining difficulties. Not all symptoms can be alleviated with medication; it is important to manage treatment expectations and promote a sense of personal responsibility and entitlement in patients. However, there may be cases where parents are concerned about the side effects of medication or want to avoid using medication for other reasons. For many, behavioral therapy is the right choice. Behavioral therapy teaches and reinforces positive behaviors and reduces unwanted negative behaviors. The American Academy of Pediatrics (AAP) recommends training parents in behavior management for children under 6 years of age to help them develop strategies and skills to help their children. The AAP recommends ADHD treatment in conjunction with behavior therapy starting at 6 years of age. This may be a continuation of parent training in behavior management for children 6 to 12 years of age and other forms of behavior therapy for children 12 years of age and older. In addition, schools can play an important role in the child's treatment plan. The AAP recommends incorporating behavioral interventions into the child's classroom. The child's plan should include closely monitoring your child's behavior and making adjustments as necessary.

ADHD is a disorder that occurs in children that causes the child to experience problems with concentration, self-control, and the need to always seek stimulation. The first treatment option for ADHD is drug therapy. Medication may be an important part of a parent's treatment plan for attention deficit and hyperactivity disorder. Doctors may choose from a variety of medications to control the symptoms. Whatever ADHD medications parents and doctors choose, they all work the same - to increase the levels of certain chemicals in the brain of people with ADHD (called neurotransmitters). These chemicals help reduce symptoms (such as hyperactivity and impulsivity), increase attention span, and help the child with ADHD manage emotions. The use of medications should always be supervised by a doctor or health professional experienced in ADHD treatment, as everyone responds to medications in different ways and the correct dosage may vary. In addition to medications, behavioral therapy and cognitive therapy are also often recommended as part of ADHD treatment to help individuals develop better self-management strategies and social skills. Research shows that these medications are effective in about 80% of children suffering from the disease. The main goal of treatment is to minimize the impact of ADHD symptoms on the patient's functioning while maximizing the patient's ability to compensate or cope with any remaining difficulties. Not all symptoms can be alleviated with medication; it is important to manage treatment expectations and promote a sense of personal responsibility and entitlement in patients. However, there may be cases where parents are concerned about the side effects of medication or want to avoid using medication for other reasons. For many, behavioral therapy is the right choice. Behavioral therapy teaches and reinforces positive behaviors and reduces unwanted negative behaviors. The American Academy of Pediatrics (AAP) recommends training parents in behavior management for children under 6 years of age to help them develop strategies and skills to help their children. The AAP recommends ADHD treatment in conjunction with behavior therapy starting at 6 years of age. This may be a continuation of parent training in behavior management for children 6 to 12 years of age and other forms of behavior therapy for children 12 years of age and older. In addition, schools can play an important role in the child's treatment plan. The AAP recommends incorporating behavioral interventions into the child's classroom. The child's plan should

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The general characteristics of ADHD children are impulsive, aggressive, inferior and hyperactive, which if not treated immediately can affect the emotional, behavioral and social development of children. ADHD children according to DSM V criteria have signs and symptoms including inattention, hyperactivity-impulsivity, combined and non-specific types of symptoms (Wolraich et al., 2019). Based on some of these characteristics, it can affect the quality of life of ADHD children, especially in the school age range related to inattention problems. Children with ADHD with inattention problems often have difficulty focusing attention, tend to get bored easily, have difficulty organizing their tasks and activities, lose things (pencils, books, toys) and attention is easily distracted by external stimuli which in the long term can affect the achievement of decreased academic achievement (Colomer et al., 2017). In addition, associated with persistent patterns of inattention and/or hyperactivity-impulsivity that interfere with functioning and development can have an impact on social life, behavioral regulation and subsequent mental health disorders in ADHD children (Merlo et al., 2018).

The types of ADHD are:

1. Inattentive Dominant ADHD

People with ADHD will have difficulty focusing and concentrating their attention on one thing and have fewer symptoms of hyperactivity and impulsivity.

2. Hyperactive-Impulsive Dominant ADHD

People with this type of ADHD will show symptoms of hyperactivity and impulsivity.

3. Combined Inattentive and Hyperactive-Impulsive ADHD

Combination ADHD is a type of ADHD that is a combination of two other types of ADHD.

Symptoms of ADHD

Common symptoms of ADHD are impulsivity, hyperactivity, and difficulty concentrating. The impulsive behavior that is part of ADHD symptoms is also very similar to the symptoms of obsessive-compulsive disorder. ADHD symptoms can be differentiated by type.

1. Dominant Inattentive ADHD

Here are some symptoms of dominant inattentive ADHD that sufferers may experience: details to note such as Lack of concentration when studying at school or doing homework. Difficulty concentrating in conversations or reading long texts. Easily distracted when listening to someone speak.

2. Hyperactive-Impulsive ADHD

Dominant Hyperactive-Impulsive ADHD Symptoms include: Mild restlessness Sitting still for long periods of time Difficulty Four operations and operating in one place is meaningless Talking too much and often interrupting or cutting off other people's speech Difficulty waiting for someone's turn.

3. impulsive hyperactive inattentive combination

The affected person has difficulty concentrating and acts hyperactively and impulsively.

Diagnosis of ADHD

The diagnosis of ADHD is done by a doctor through several stages. some of the stages are as follows:

- Medical interview.
- Physical examination.
- Questionnaire tests, in the form of pictures or psychological related questions.

Treatment for People with ADHD

Until now, ADHD is a mental disorder that cannot be cured completely. As for some treatments that can be done to carry out daily activities, which are as follows:

- Tranquilizers prescribed by a doctor. Reducing impulsive and hyperactive behavior.
- CBT therapy, which helps to change thinking patterns to be positive when facing problems.
- Parenting methods. Giving clear directions and being calm Until now.

The cause of ADHD has not been confirmed, but several risk factors increase the likelihood of ADHD, including genetic factors, a history of low birth weight (LBW), a history of premature birth, delivery by forceps extraction, and a history of febrile seizures. Not all children who behave actively can be said to have ADHD, so parents are deemed necessary to be more familiar with ADHD in children. There are several steps that doctors will take to diagnose ADHD, namely:

1. Finding out the family history of hereditary diseases.
2. Conduct a physical and psychological examination of ADHD sufferers.
3. Giving questionnaires to people closest to ADHD sufferers, such as family, friends, and teachers at school.
4. Conducting several image tests and laboratory tests to look for other causes.

Handling and treatment of ADHD needs to be done swiftly so that ADHD sufferers can immediately adapt to their illness and can live a good and normal quality of life. There are several steps to treat ADHD, including:

1. Taking medication

Can reduce impulsivity and hyperactivity

2. CBT therapy

Changes his mindset when facing problems to be more positive.

3. Psychological therapy

The purpose of psychological therapy is to help ADHD sufferers find solutions to the symptoms of the

disease they suffer.

4. Training social interaction

In order to understand social behavior in society.

ADHD treatment measures do not only apply to children with ADHD. However, there are several therapies for parents and families to adapt and accept ADHD symptoms in children, such as:

1. Behavioral therapy

Helps people with ADHD live their daily lives and overcome difficult circumstances.

2. Special training for parents of children with ADHD

For parents to better understand the behavior of their children with ADHD. This training also provides guidance for parents to live with ADHD.

Prevention of ADHD is done when the mother is pregnant. By avoiding alcoholic beverages, not smoking. When the baby is born, the action that can be taken is to keep the child away from exposure to cigarette smoke and toxic substances that can be harmful to health.

Attention deficit/hyperactivity disorder is a lifelong condition for which there is no cure. It is not like taking antibiotics to treat a bacterial infection. ADHD sufferers must continue to take ADHD medication to manage their symptoms. In addition, up to 50% of children with ADHD will continue to experience symptoms into adulthood. If medical professionals have found a medication that helps people with ADHD manage symptoms, it may be worthwhile to continue taking it throughout your life.

A common medication for ADHD is methylphenidate. This helps to relieve the symptoms of ADHD.

Although methylphenidate is commonly given to people with ADHD, doctors are wary of side effects, such as heart problems. Doctors will give other drugs such as:

- Atomoxetine
- Amitriptyline
- Alpha agonist drugs, such as clonidine

Side effects of ADHD medications:

Side effects may occur in the early stages during treatment with ADHD medication. They may disappear after a few weeks of treatment as your body adjusts to the medication. They are rare, but may become more severe or last longer. Side effects are:

- Decreased appetite. Decreased appetite affects about 80% of people taking stimulant medications.
- Weight loss. You may be able to counteract unwanted weight loss by taking the drug after meals or adding protein shakes or snacks to your diet.
- Difficulty sleeping. It may take you longer to fall asleep and stay asleep. Overall, you may experience poorer quality sleep. Timing your medication during the day, especially prolonged medication release, can help reduce these side effects.

Other ADHD medication side effects may include:

- Rebound effect. Short periods of fatigue, increased activity, or poor mood when the medication wears off.
- Anxiety. New or increased anxiety and depression.
- Ticks. Sudden, repetitive movements or sounds such as eye blinking or throat clearing. ADHD medication does not cause tics, but it may make them more noticeable than without the medication.
- Minor growth retardation. Some children and adolescents who take stimulant medications experience reduced growth, but it does not affect their final height.
- Stomach upset. This may include nausea and vomiting.
- Changes in blood pressure and heart rate. Blood pressure may go up or down, depending on the drug. Stimulant drugs may also slightly increase your heart rate. This increase is usually small

and harmless, but you should tell your healthcare provider if you or your child has a history of heart problems.

Side effects that do not go away after a few weeks of treatment can be addressed by:

- Changing your dose or medication schedule.
- Changing to an extended release formulation.
- Using a different stimulant medication
- Trying a Non-stimulant medication

Things to think about if you are considering starting medication for ADHD:

ADHD medications can be the cornerstone of ADHD treatment, and they work well for many people. An estimated 4 out of 5 children with ADHD benefit from medication. For many adults, the best treatment approach combines medication with education, skills training, and psychological therapy. If parents decide to try medication, it may take time to find the right medication and dosage for a child with ADHD. Doctors may prescribe different ADHD medications in different doses to see which one best controls the symptoms and which one has the fewest side effects. Keep in mind that these medications do not cure ADHD. They only manage the symptoms while taking them. If you stop taking them, the ADHD symptoms will return. This means that medication can be a lifelong commitment. Another important thing to consider is that certain medications and substances can interact with ADHD medications. Make sure your doctor knows what other medications your ADHD child is taking, including over-the-counter medications. For example, some over-the-counter decongestants can make an ADHD child agitated if taken with stimulant medications prescribed for ADHD. Also, tell the doctor whether the child drinks coffee or other caffeinated beverages and whether the child takes any supplements. Although medications work well for many people, they are not the only option. If parents are not ready to try medication, behavioral therapy works for many people. Behavioral therapy will help an ADHD child learn positive behaviors and reduce negative behaviors.

The long-term effects are on people whose brains are still developing.

Researchers do not yet know whether stimulants affect long-term brain development in children and adolescents, so some experts caution against using these drugs in younger people. Some research suggests that stimulants may actually help correct abnormalities in brain structure in children with ADHD.

Increased risk of other psychiatric problems.

Some people may experience personality changes while taking stimulant drugs. For example, stimulants may trigger or worsen symptoms of hostility, aggression, anxiety, depression or paranoia. People who have a personal or family history of suicide, depression, or bipolar disorder may be at a higher risk of this than others and will likely be closely monitored by a doctor when they take stimulants. But in general, people who take stimulants as prescribed seem to experience a decrease in suicidal ideation. Researchers estimate that about 1 in every 660 patients taking stimulants for ADHD may experience symptoms of psychosis, but these symptoms usually disappear after stopping the medication. And, it is unclear whether the drug causes the symptoms.

CONCLUSION

Based on the literature review, it can be concluded that medical treatment for ADHD includes the use of medications designed to help reduce the symptoms of ADHD, such as inability to concentrate, impulsivity, and hyperactivity. Some common medications used to treat ADHD include stimulants such as methylphenidate (e.g., Ritalin) and amphetamines (e.g., Adderall), as well as non-stimulants such as atomoxetine (Strattera) and some antidepressant medications. Medication may be an important part of a parent's treatment plan for attention deficit and hyperactivity disorder. Doctors may choose from different types of medication to control the symptoms. Whatever ADHD medications parents and

doctors choose, they all work the same - to increase the levels of certain chemicals in the brain of people with ADHD (called neurotransmitters). These chemicals help reduce symptoms (such as hyperactivity and impulsivity), increase attention span, and help the child with ADHD manage emotions. The use of medications should always be supervised by a doctor or health professional experienced in ADHD treatment, as everyone responds to medications in different ways and the correct dosage may vary. ADHD medications can be the cornerstone of ADHD treatment, and they work well for many people. An estimated 4 out of 5 children with ADHD benefit from medication. For many adults, the best treatment approach combines medication with education, skills training and psychological therapy. If parents decide to try medication, it may take time to find the right medication and dosage for a child with ADHD. Doctors may prescribe different ADHD medications in different doses to see which one best controls the symptoms and which one has the fewest side effects. keep in mind that these medications do not cure ADHD. They only manage the symptoms while taking them. If you stop taking them, the ADHD symptoms will return. This means that medication can be a lifelong commitment. Another important thing to consider is that certain medications and substances can interact with ADHD medications. Make sure your doctor knows what other medications your ADHD child is taking, including over-the-counter medications. For example, some over-the-counter decongestants can make an ADHD child agitated if taken with stimulant medications prescribed for ADHD. Also, tell the doctor whether the child drinks coffee or other caffeinated beverages and whether the child takes any supplements. Although medications work well for many people, they are not the only option. If parents are not ready to try medication, behavioral therapy works for many people. Behavioral therapy will help an ADHD child learn positive behaviors and reduce negative behaviors. In addition to medication, behavioral therapy and cognitive therapy are also often recommended as part of ADHD treatment to help individuals develop better self-management strategies and social skills. Concentration/hyperactivity disorder is a lifelong condition for which there is no cure. It's not like taking antibiotics to treat a bacterial infection. People with ADHD must continue to take ADHD medication to manage their symptoms. In addition, up to 50% of children with ADHD will continue to experience symptoms into adulthood. If medical professionals have found a medication that helps people with ADHD manage symptoms, it may be worthwhile to continue taking it throughout your life. A common medication for ADHD is methylphenidate. This helps to relieve the symptoms of ADHD. Although methylphenidate is safe for children to take, doctors are still wary of side effects, such as heart problems. If the child experiences these side effects or is at high risk of experiencing them, then the doctor will give other drugs, such as: Atomoxetine, Amitriptyline, Alpha agonist drugs, such as clonidine..

SUGGESTION

Based on the results of the literature study conducted, the authors suggest that in the future medical personnel can find an innovation regarding medical therapy to reduce symptoms of hyperactivity in ADHD children so that in the future this therapy can provide benefits and ease of use for children with ADHD.

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