

## Developing Interests and Talents Through Music in Children with Attention Deficit Hyperactivity Disorder (ADHD )

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### ABSTRACT

child with Attention Deficit And Hyperactivity Disorder (ADHD ) is one type child need especially those who experience it obstacle in center attention or behavior visible hyperactivity and impulsivity more often , that can be result difficulty in learn , behave , and socialize . Article This will discuss about development interest and talent through art music in children with Attention Deficit And Hyperactivity Disorder ( ADHD ). In research This method used is studies bibliography . With articles scientific as well as concepts about service special for child with ADHD and development Where are the interests and talents of ADHD children ? second discussion this is what happened base problems and areas to be researched collected For Then reviewed . Research result This explain that , Musical art be one method development interest talents given to children with ADHD barriers , considering music own usefulness including : can increase focus and concentration , coordination and skills motor skills , creativity and expression self , trust yourself , as well can increase Skills social issues , all of which are very necessary For ADHD child .

### INTRODUCTION

Education has very decisive role for development and realization self individuals , esp for development nation and state. No Again become confidential that proceed or or not a country is influenced by factors education . Education is effective solution in effort intelligent life nation . In its scope , education try develop potentials that have been owned by everyone individual to potential the later can beneficial for self individual , and society wide .

It's been explained in Education Law Number 20 of 2003 Article 3 which mandates that , National Education is functioning develop ability and form character as well as civilization dignified nation in frame enlighten life nation , aim For development potency participant educate to become a person who believes and is devout to God Almighty , have morals noble , healthy , knowledgeable , capable , creative , independent and become democratic citizens as well as responsible answer . Applied meaning implied in objective This is the process of education and learning must capable humanize Indonesian people to be cultured and civilized so that capable face challenge increasing life competitive .

Law of 2003 articles 13, 15, 16 and 19 states that children have needs Special taught together with other kids inside environment the same education , the Regional Government is obliged organize educational programs inclusive , as well development curriculum must notice diversity participant educate , incl child need specifically (RI, 2003). With thereby service equal and fair education must felt by all the child inside covers children need special . That matter started since age early specifically in development interest and talent as provisions life they .

Talent is something abilities possessed every individual " inherent" and abilities the Already There is since child related birth with structure brain . By genetics , structure brain Already There is since born , however its function determined by the environment interact with the individual.2 Talent is the potential it has every the child will seen when child 10-14 years old , where child have confidence and character default For learn and think logical so that possible learning and experimentation For strengthen potency existing capabilities since born . Furthermore besides talent there is understanding interest , which is interpreted as the real will of somebody in do various matter in accordance with he wants . Interests are also a thing guiding factors talent . Interests included influencing motivation thinking and performance somebody . Interests concerned with something that can push talent for more develop and become more optimal potential , especially in children need special .

Children with needs special is child in distinguishing disorder normal children in general so that need handling special and included individual who owns shortage of members his body , or individual who owns excess or lack from part member his body Good in a way physique or something else 5. According to medical child need special is something that is caused by existence abnormality or obstacles that exist at the time child is at conceived , when birth and after born . On development considered different , so need education special . Heward in book Desiningrum conclude child need special is children who have personality different from children in general , , No only showing mental and emotional disorders or physique . Which child need different education or education special as effort help in development and growth is one of them that is child need specifically ADHD.

Children with ADHD are individual special that faces challenge in matter emotions and behavior , which is often make they difficult For adapt with environment around and also can hinder the learning process they . Children who experience it Inattention disorders ( inattention ) have difficulty in focus attention or notice things certain moment do activities , as explained by Paternotte, Arga et al (2010: 3) also Zavier Ferdinand (2007: 50) explains that difficulty in center attention This often accompanied with hyperactivity in people who have ADHD, a ongoing disruption during many years . Disturbance This often found good with children as well as adults . About 3-5% of children age school experience disturbance This in period 6 months time . ( Handayani , 2019).

Children with Attention Deficit Hyperactivity Disorder (ADHD) is often misunderstood . Symptom like hyperactivity , impulsivity , and distress focus often becomes a limiting stigma potency they . However , behind limitations it is hidden talents and interests outside usually waiting For excavated . With exists matter the so in development interests and talents in ADHD children require exists service or action in a way specifically necessary done Good from power educator as well as parents . So from that , article This will study about development interests and talents in ADHD children .

## RESEARCH METHODS

Research methods used is approach study studies bibliography . With articles scientific as well as concepts about service special for child with ADHD and development Where are the interests and talents of ADHD children ? second discussion this is what happened base problems and areas to be researched collected For Then reviewed . Besides that a researcher can obtain information about study study kind or existing connection with his research . With do studies bibliography , researcher can utilise all relevant information and thoughts.For get necessary information researcher know sources information that , for example card catalog , reference general and special , books manual , book instructions , reports research , theses , dissertations , journals , encyclopedias , and materials special other .

## RESULTS AND DISCUSSION

### Result

Children with needs special can interpreted as slow child or experience a nuisance that is not will Once succeed at school as children in general . Children with Needs Specials can also be done interpreted as experienced child disturbance physical , mental, intelligence and emotional so that need learning in a way specifically (Kosasih, 2012). Minister of Women's Empowerment and Child Protection Regulation Number 4 of 2017 concerning Protection Especially for children with disabilities Disability mentions "Children with disability is group necessary children get protection special through treatment in a way human in accordance dignity and rights child , fulfillment need specifically , equal treatment with child other For reach integration social full and development individual , as well accompaniment social ". Children with disabilities Disability can classified in variety type disability , one of them is mental disabilities viz child disabled person experiencing disabilities annoyance function thoughts , emotions , and behavior . Children with Attention Deficit Hyperactivity Disorder (ADHD) in matter This child disabled person disability experience abnormality mechanism specific to the system nerves resulting center child become hyperactive , no Can rest , behave No patience , difficulty For center attention and impulsiveness .

Attention Deficit Hyperactivity Disorder (ADHD) is disturbance marked behavior with exists disturbance centering attention , loose conversation control , and hyperactive behavior . According to Bond American Psychiatry , ADHD is A pattern still about difficulty center attention or behavior visible hyperactivity and impulsivity more often and more critical than usual seen in individuals ( Brikerhoff , 2009). Symptom main ADHD children are No capable concentrate in long time . In other words, ADHD children have it easy distracted and not can be silent. Circumstances the result various difficulty learning , difficulties behavior , and difficulties in socialized and directed behavior ( Brikerhoff , 2009). If compared to with other types of crew such as autism , disorder hyperactivity This No popular recognized by society , because child with disturbance hyperactivity can become autistic , however child autistic Not yet Of course experience disturbance hyperactivity ( Zafiera , 2007).

In general , a nuisance This can often found in children age school with type sex man . According to Georger ( in Kosasih, 2012) this ADHD experience abnormal inability to center attention , restlessness , and also a growing sense of restlessness . Apart from that , he find that child ADHD has serious deficiencies that originate from default biological (Kosasih, 2012). Condition the includes dysfunction brain , state the result various difficulty learning , difficulties behavior , and difficulties in socialize . Behavior ADHD children are very confusing and very contradictory . Reckless behavior ( less controlled ) and not organized is source main for the stress of children , parents , siblings , teachers and friends in class ( Sugiarmun , 2006). Characteristics typically the easiest recognized from ADHD children are child will always move from One place to place other . In addition , children with ADHD are very rare For silent during not enough more 5 to 10 minutes To use do something task activities provided by the teacher. Therefore that , ADHD child at school get difficulty For concentrate in tasks it works . It's often easy too confused and confused his mind , it's difficult notice command and experience failure in carry out tasks worker school ( Batshaw , 1986).

According to ( Zafiera , 2007) in Hyperactive Children's book that characteristic child Hyperactive or child with Attention Deficit and Hyperactivity Disorder (ADHD) including :

1. Not focused . Child with disturbance Hyperactive No Can concentration more than five minutes . Do not have clear focus and do something without aim and tend No capable do socialization with Good .
2. Difficult to controlled . Hyperactive child of course always move . His wish must quick fulfilled . Ca n't stay still long time and easy distracted .
3. Impulsive . Do something in a way suddenly without thought moreover formerly . Always want to reach and hold whatever there is in front of him . Disturbance behavior This usually happens to children age preschool base or before they 7 years old .
4. Oppose . Generally own attitude opponents or dissident or not Want to advised . His refusal showed with attitude indifferent .
5. Destructive . Destructive or damage goods like the toys he plays with and tends to destroy very big .
6. Don't know tired . Often not showing attitude lelej , p this is what often makes parents overwhelmed and not capable respond his behavior
7. Impatient and nosy . When playing No Want to wait turn , but direct seize . Also often teased his friends without clear reason .

That matter makes children experience ADHD difficulty For carry out the action process or adapt self with the environment . Circumstances This demand possible settings child can control self in all his actions . Besides that every treatment given to children with ADHD requires bait immediate and consistent feedback . This matter important For strengthen Act desired and avoided behavior Act behavior that doesn't desired . This is also possible cause exists need nor service in a way special in development interest and talent the ADHD child .

Development in a way term taken from the word language English namely development. What is meant growth or related developments with structure and function characteristics human and constitute a maturity process self . Another definition of development is effort increase Skills technical , conceptual , and moral through education . Development is a logical and systematic learning process that can determine all something done in activity learning , with notice ability participant educate . According to Iskandar Wiyokusumo in Afrilianasari (Eunice Awalla Femmy M.G Tulusan and Alden Laloma ) , Development in essence is investment in formal and informal learning carried out in a way conscious , planned and responsible answer For introduce , guide and develop eye lesson main.personality that has skills in accordance with talent , ability as well as desire For increase yourself to achieve optimal capabilities .

In Law Republic of Indonesia in 2002 explains development is activity knowledge possessing knowledge and technology objective For utilise rules and theories knowledge existing knowledge proven the truth , so that you can increase functions , and applications knowledge knowledge that has been There is or produce new ones . Development is also the process used For validate product education . Development is a purposeful learning process For help participant educate learning that includes plansfor support implementation of an internal learning process or all effort For create condition learn what you can achieved optimally . From various the explanation given , in other words development interpreted effort planned For increase Skills technically , conceptually , and morally appropriate need through training . Development is also purposeful For increase skills and creating more quality Good .

Deep talent dictionary big Indonesian language (KBBI) is interpreted cleverness , which is cleverness That There is since birth.20 Meanwhile in Language English talent originate from the word "talent" which means ability experience from self person and ability above average.21Woodwort and Marquis stated that talent (apititude) incl ability . 22 and Soegarda Poerbakawatja talent is something nature that will looks ift talent the given chance to develop.23 Meanwhile according to Munandar talent is ability default someone who can called as potency or ability the Still need trained to develop and be able materialized . By general talent is potency ability default someone who has to developed more further , like training in a way serious about ability the can develop . Therefore that 's talent isability experience somebody For obtain Skills general and specific . This matter called talent general that is form talent intellectual , meanwhile talent special called in form Skills academic and social .

Based on from a number of experts who already are explained understanding talent on can taken conclusion that talent is ability superior someone who is since the so -called birth potential and can obtain performance good at one field or Lots field . Deep talent self somebody That vary Good in a way academic and non- academic , talent the Can develop more optimal if Keep going trained . And with exists talents that everyone has possible somebody the own achievements , however must also known though everyone has talent or cleverness default since born his talent the still need trained , expanded knowledge and experience in the field each so that talent the Can more developed in a way maximum and can become potential that could be motivating himself to get it Lots performance .

According to the Big Indonesian Dictionary (KBBI), interest means trend somebody to something that can interpreted desire . At the same time , interest called "interest" or "passion" in Language English . Meaningful interest want and want know to something , while passion means gairan or feeling enthusiasm to something object . According to Muhibbin Syah explained that interest is tendency heart or something existing desires in self . Desire the there and very big towards something.28 Meanwhile According to Slamet, he is interested is something feeling more or interest in something matter like activity without exists rule from others.29 Hence from There is some interpret it interest is feeling like or No like somebody to something object . For example like interest student to one activity activities at school .

Can said interest is also an something possible motivation motivating somebody For do what he and she want have freedom For choose something they like so that something That can profitable himself . From the presentation about interest can concluded that interest is something desire or tendencies that exist within oneself every individual For do activity based his interest . From the interests you have will form feeling like or or not somebody to his activities Accordingly , interest also arose after exists knowledge to object of interest So with so interest is also an awareness somebody to the object to be they live it so that can produce activities that make possibility full need somebody so that object the can beneficial for that person . Interest is also possible made motivation somebody For do something their activities enjoy without exists coercion from other people because they free choose activity what are they want and can profitable himself . And interest is also an the mental state that gives rise reaction self to something circumstances or object certain .

In development Interest and talent in ADHD children are fundamental For done is do identification through look for potency nor the child 's existing abilities , as well understand matter related matters with child start from Diving into the world of interests and talents is important For understand characteristics unique ADHD child . Overflowing energy , desire high knowledge , and thinking creative they is power that can changed become A potency in development interest and talent the .

As for some characteristic typical frequently found in ADHD children , namely : Lack of Energy Limited : ADHD children have like energy not There is it's finished . They like move , play , and explore environment around . Creativity Without Limits: Imagination they like canvas empty ready painted with new and innovative ideas . Courage Take Risk : Courage they in try matter new often brings they to discovery and learning that is not expected . Focus Intense : When they are interested in something , they can give outer focus ordinary and profound . Ability Adaptable : They are easy adapt with situation new and capable find solution creative in challenging situation .

Then with look for talents inherent in children also need to hold A activities that lead to identification . Find talent ADHD children need different approach . There is a number of possible steps done like . Observe and Listen : Pay attention What makes child excited , what are they likes , and what they are do with easy and without coercion . Listen the story , ask about the dream , and support the desire he knows . Give Chance Adventure : Provide time and space for they For explore . Let they try various activities , such as sports , arts , music , science , technology and more . Pay Attention to Behavior Patterns : Pay attention moment they show intense focus and interest . This matter Can become indication hidden talent . Give Support and Encouragement : Encourage they For try matter new and don't hesitant For give praise on effort and achievement they . Get involved in Community : Join with community or appropriate group with interest they can help they develop talent and discover Friend new .

After talent identified , there are also things that become procedure in development interests and talents in children ie with do matter things that come along become part of the development process the . Provide Space and Time: Create comfortable and conducive space For they activity . set the time special For they focus on his interests and talents . Use Playful Approach : Create a development process talent become fun and interesting . Avoid compulsion and create atmosphere positive learning . Apply Structure and Routine : Structure and routine can help ADHD children for focus and finish task . Make it realistic and flexible schedule . Give Guidance and Support : Provide appropriate guidance and direction with needs and abilities they . Support they in overcome hardship and celebrate every achievement . Cooperate with Professional : If necessary , cooperate with professional like psychologist , therapist occupational , or special teacher For get support addition .

Remember that ADHD children have The potential is different for each his son . With understand characteristics unique they , provide chance For explore and develop interest and talent they with Exactly , ADHD children can grow become independent individual with all the potential that exists in them if interest and talent the through programs or running service optimally . Every ADHD children also have the uniqueness and needs of each . The right approach For One child Possible No suitable For another child then also requires adjustment Good from approach nor way at the moment develop interest and talent from each child . Apart from that, it is also important For be patient and consistent in help ADHD children develop his interests and talents . As well as support and cooperation from parents , teachers, and professionals neither rutu as well as become factor important For help ADHD children achieve potency completely .

Children with Attention Deficit Hyperactivity Disorder (ADHD) often has external energy ordinary and unimaginable limited. However, they can too experience difficulty focus, sit still, and control impulsive. This matter can make they feel frustrated and isolated, both at school nor at home, therefore important For can direct they to interest talent that can practice focus, which is one of them with Skills art music. Where is art music present as source hope and inspiration. Music offer method unique for ADHD children for express self, channel energy them, and learn manage emotion they. Music Art chosen be one method nor development given to children with ADHD barriers, considering music Alone own usefulness among them. Increase focus and concentration: Play music involve sustained focus and concentration. ADHD children learn For center attention they are on duty music, which can help they increase ability focus they in activity other. Increase coordination and skills motor: Playing music practice coordination hand-eye and skill motor smooth and rough. This matter can help ADHD children with movement that is not purposeful and impulsive. Increase creativity and expression self: Music provide a platform for ADHD children for express emotions, ideas, and feelings they with creative and healthy way. Increase price self and confidence self: Master instrument music or performing in front of other people can increase trust self and worth self ADHD children. Increase Skills social: Play music with other people can help ADHD children develop Skills social, like cooperation, communication, and empathy. Reduce stress and anxiety: Music own effect soothing to the mind and body. Play music can help ADHD children for manage stress, anxiety, and other symptoms of ADHD.

Apart from that, art music can become valuable tool For help ADHD children achieve potency full they. With give chance for children For express self, channel energy them, and learn manage emotion them, art music can help ADHD children undergo more life Good.

According to Djohan (2006) if somebody listen A melody, meaning He activates the temporal hemisphere the right (auditory) will relate with hemisphere left (language). If only just listen to the tone, then will involve memory period short (short term memory) and will happen special activation from system cortical auditory hemisphere right. When someone listen music, brain processing music in the auditory cortex via the thalamus (Weinberger, 2004). The thalamus Alone is under layer after the cerebral cortex, which has function For center attention to sensory stimuli certain (Kalat, 2004). As for one form from sensory stimuli namely internal audio matter This music. Therefore That music can made as one of the therapy music For ADHD child. Intervention methods with use music, effective used For lower behavior hyperactivity in ADHD children (Rusmawati & Dewi, 2011). That matter because Work therapy music is with use music For A fun, but in a way special can change method Work the 'old' brain to method new job or not will disturbing (Berger in Rusmawati, 2011). Therapy music is one of type possible therapy used for mental illness (Rusmawati, Widyorini & Sumijati, 2012). Hooper (2001) explains that music is one of form therapeutic. Therapy music can too increase range attention, increase motivation, calming anxious people, and can also used For strengthen behavior or preferred response (Barrow-Moore, 2007).

In selection type music in development to ADHD children also need it noticed. Where not all type art music suitable used in development interest and talent this, so For its implementation ADHD children need exists identification related returns with pleasure nor trend child to type music certain. A number of child Possible more like fast and upbeat music, while others may more like calm and soothing music. Important For let child choose type their music like and feel comfortable For played. It's here adjustments are also necessary with trend child with the music will given in development interest and talent the.

There is a number of trend music found in ADHD children such as Drums: Playing drums can help ADHD children channel energy them and improve coordination hand-eye. Piano: Piano is a versatile instrument that can used For play various type music. You can play the piano help ADHD children develop Skills motor smooth and improve focus they. Guitar: instrument easy portable learn and play. Play guitar can help ADHD children express self in a way creative and improving price self them. bSing: Sing is good way for ADHD children for express yourself and improve Skills Language they.

As for some thing that can be done when start program implementation. Development interest and talent This one focuses on music ie with a number of matter form the most basic thing ie with identify one of the other obstacles hearing To use ensure child No own problem hearing or condition medical others who can influence ability they For play music. Then power competent educators Good in art

music as well as experience face ADHD children also participate as well as become important factor For noticed . Choose an experienced music teacher with ADHD children : Experienced teachers will can understand need your child and create environment positive and supportive learning . Furthermore start with lesson short and frequent : ADHD children have range short attention span , so start with lesson short 15-30 minutes several times a week .

As for things that aren't lost It's also important , namely make exercise fun and interesting : Use games, songs , and other activities to make exercise music fun and interesting for child . Give praise and encouragement : Important For give praise and encouragement to your child over business them , even For progress small . The next one is patience and consistency as power Educators also influence this process . As power educator should be patient with child and don't reduced heart If they experience difficulty . Remember that in Study music need time and regular practice good for children in general nor child with ADHD.

## CONCLUSIONS

child with Attention Deficit And Hyperactivity Disorder (ADHD ) is one type child need especially those who experience it obstacle in center attention or behavior visible hyperactivity and impulsivity more often , that can be result difficulty in learn , behave , and socialize .

Music Art be one method development interest talents given to children with ADHD barriers , considering music Alone own usefulness among them . Increase focus and concentration , Improve coordination and skills motor , Improve creativity and expression self , Improve price self and confidence self , Improve Skills social , as well can Reduce stress and anxiety , all of which are very necessary For ADHD child . In addition , art music can become valuable tool For help ADHD children achieve potency full they . With give chance for children For express self , channel energy them , and learn manage emotion them , art music can help ADHD children undergo more life Good .

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