

FACTORS INFLUENCING ADHD ON HUMAN LIFE

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Attention-deficit/hyperactivity disorder is one of the most common neuropsychological disorders and includes a combination of persistent problems, such as difficulty paying attention, hyperactivity and impulsive behaviour [1]. According to the World Health Organization, ADHD affects around 5% of children and 2.5% of adults worldwide. That means there are millions of people living with ADHD around the world [2]. Despite this, public understanding of the nature of the disorder, its manifestations, and its impact on various areas of life remains insufficient.

Since the main symptoms of ADHD are impatience, impulsivity and difficulties in self-organization, this disorder affects a person's life in many areas, and the educational and professional spheres are no exception. People with ADHD find it difficult to concentrate on educational material, they are easily distracted, may not complete tasks, perform them inattentively or may not meet deadlines. This leads to poorer results in studies and work, frequent remarks from teachers and management, and decreased motivation.

Regarding interaction with society, impulsive behaviour, lack of restraint in statements, and violation of communication norms can make it difficult to establish friendly or romantic relationships. Such people may seem rude or inconsiderate of the feelings of others. ADHD is also often accompanied by emotional instability and irritability. A person can easily lose self-control and feel constant disappointment due to their own "unproductiveness".

However, there are some things you can do to reduce the impact of ADHD symptoms on your daily life. People with ADHD have difficulty concentrating and planning, so having a clear routine can help avoid chaos. This can be done by using diaries, checklists, planners, breaking down large tasks into small steps, and establishing a clear schedule for sleep, eating, work, and rest.

In conclusion, attention-deficit/hyperactivity disorder is a serious neuropsychological disorder that has a significant impact on all aspects of human life. A comprehensive study of the impact of ADHD on human life is an important step towards the formation of effective strategies for support, adaptation and social integration of people with this disorder.

References:

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