

Discuss the
characteristics and
causes of one type of
challenging behaviour



ADHD is a common disease which is also known as ' Attention deficit hyperactivity disorder', it is when a user craves attention and decides to act up on it for example having random outbursts in a public area. Users who suffer from ADHD will normally get noticed at a young age because the parents would realise that they do not act like a lot of normal kids their age. People who suffer from ADHD have symptoms that can sometimes affect the user mentally and intellectually for example the user would have a lot attention duration and would easily get distracted by minor things. ADHD is a common type of challenging behaviour that many users suffer from although it is not always simple to spot or notice from users. According to studies and professional research it is seen that boys are more likely to suffer from ADHD rather than girls; this may be because boys feel the pressure of conforming to society and trying to fit in example footballers or fashion sense. We live in a society where health organisations like schools and hospitals encourage and support parents and carers to get their children checked up for any illnesses or problems they may have just to be on the safe side.

ADHD is a frustrating case to try and deal with especially for parents and carers who may end up feeling emotionally and physically drained. When a user is diagnosed with ADHD they seem to always want their own way, if they are not getting their own ways then tantrums & outburst may be likely to happen. Everyone is different which means everyone's ADHD levels vary from minor to severe cases. The way a user who suffers from severe ADHD would react by tearing down things and crashing things around them. They would constantly cry, throw violent tantrums, panic attacks & outburst till they get what they want. A user who suffers from a severe case of ADHD is

seen to have a foul mouth because that is a way for them to express their anger and frustrations.

Users who suffer from ADHD can leave an impact and affect their Parents and carers who care for them. It could make a parent or carer angry which could result in abuse or anger that could leave the user at risk of maltreatment. It could leave the parents feeling a sense of regret and sadness of having to take care of the user all day long because it could be seen as a burden to have a child who has ADHD. It could lead to depression, anxiety or even feeling worthless. Taking care of a user who suffers from challenging behaviour requires full attention, patience and affection.

Read what is challenging behavior in health and social care Personally I think that the main reason someone could develop ADHD is that they do not gain enough attention from their loved ones which saddens the user and makes them feel the urge to demand the attention instead of it coming naturally. If the user perhaps had an abusive upbringing where violence and disruption was a main factor of their childhood then it is understandable that they'd react by being angry and waning attention all the time because they were deprived of it in their childhood. By not giving a user who suffers from ADHD enough attention that they crave they could react by expressing themselves by having panic attacks, tantrums and outburst especially in public areas. They would always be hyper active, refuse to clean up after themselves & reject listening to basic instructions.

The lack of love & affection that has been shown to the user has backfired and they have a sudden crave for attention. We live in a society where many

illnesses and conditions could be prevented, cured or preserved. Although ADHD is a minor illness there are ways and techniques taught by professionals from health care settings that could lessen a user's ADHD impact. Users could be referred to therapist and psychologists that are qualified in specialising in ADHD, they could for example teach the user to put all there hyper energy into positive tasks for example accomplishing tasks.

' Stimulant' is a common cure for ADHD it works by relaxing and calming down individuals. The stimulant comes in all types in order to suit the individual for example pills, injections, liquid drinks, drops etc...Furthermore I feel that the main factor that could be blamed for ADHD happening is the family unit. Users are the reflection and replicate of how they were brought up and their surroundings. If you as a parent and carer do not show love and affection or meet the basic needs of a user then it could leave impacts on a user for example developing ADHD. Although parents cannot always be blamed because they probably were brought up with the same strict upbringing where showing love and affection could be seen as weak and embarrassing according to some races and cultures.