

# Social skills in adults with adhd

Psychology



Social Skills in Adults with ADHD Undeniably, individuals with attention deficit/hyperactivity disorder (ADHD) certainly experience difficulties integrating with the society. They often undergo a lot of emotional agony and suffering since the society does not accept or appreciate them due to their interpersonal relationship problems. The article “ Social Skills in Adults with ADHD (WWK 15)” by National Resource Center on ADIHD engages this issue in a thorough and elaborate way.

It is important that individuals demonstrate appreciable control over their impulsive behaviors. This calls for constructing and recognizing societal expectations on behavioral aspects. Whereas children with ADHD receive considerable attention from close family members, the same is not the case with adults with ADHD. Most often, adults with ADHD are mistaken for being insensitive, rude, or ill mannered. This in turn makes them feel alienated and rejected from the society and this causes them psychological suffering.

Furthermore, educating children and adults with ADHD is quite difficult and challenging since the individuals may have cognitive problems. It also creates low self-esteem and in extreme cases, ADHD individuals may experience burnout.

Adults with this disorder may either fail to acquire social skills at early childhood or may acquire them but fail to develop mechanisms of utilizing them. The symptoms of ADHD vary widely from one individual to the other but they mainly include impulsivity and hyperactivity. However, close observation of behavior can be a good probing mechanism to assess the social skills. Some of the widely used treatment strategies include medication and therapy.

This is arguably one of the best articles while conducting a research on <https://assignbuster.com/social-skills-in-adults-with-adhd/>

ADHD on adults. The article gives a profound and wide background information on this topic. It also provides a clear direction on the particular field of research that has not been thoroughly investigated. The article claims, “ there is a great need for more research on social skills and ADHD in adults” (National Resource Center on ADIHD 1). I have primarily selected the topic of ADHD in adults since most of the attention and research has been directed to children. Additionally, research indicates that adults with ADHD are more likely to have high levels of chronic loneliness (National Resource Center on ADIHD 1). Therefore, this is an issue worth investigating in the endeavor of coming up with possible solutions. The article is credible, reliable, and authentic. It has gathered information from more than fifteen reliable sources and therefore good for academic research on this topic.

#### Works Cited

National Resource Center on ADIHD. Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD). Web 8 January 2012