Conclusion

&

Suggestions
Chapter- 4

CONCLUSION AND SUGGESTIONS

This chapter is meant to conclude the findings obtained on the basis of entire research work conducted on three groups of Children with Symptoms of Attention-Deficit Hyperactive Disorder (ADHD) to see the impact of Counselling and Educational Strategies on children's performance and scholastic achievement. The results showed that the performances of children measured before counselling sessions of their teachers (Group-I), parents (Group-II) and parents and teachers (both) (Group-III), on Vowel Cancellation Test, Letter Symbol Substitution Task and Scholastic Performance. In the second phase of the study i.e. after counselling sessions it was found that the performance of these students increased significantly in each group but there was major improvement in group-III where counselling was given to their teachers and parents both. On the basis of results obtained it may be concluded that the performance and behaviour of such type of children can be reasonably improved as evident from the findings obtained.

It is imperative to emphasize that research in all disciplines is a continuous endeavour with definite objectives and drawing meaningful conclusions. The research work undertaken by the investigators in behavioural sciences inspite of taking all the precautions cannot be perfect because many things remain unexplored owing to various constraints, non-availability of resources and working capacity of a researcher. So, carrying out a scientific research is still a big challenge for social science researchers while working on a research problem and arriving at meaningful conclusions. The research is an unending process and if it is complete in all respect then it will come to a dead end.
The shortcomings of a research work opens new avenues for future researchers to add some new dimensions in existing knowledge pertaining to variables studied. The present researcher made all possible efforts to carry out this study in a systematic manner but it cannot be free from criticism and limitations. After completing this project it was visualized that this type of research work be taken up by the future researchers to probe the complexities involved in teaching-learning problem of children showing the symptoms of ADHD and evolve suitable educative strategies by their teachers and parents in its natural course to deal such type of children. They should also be trained how to manage the problems of ADHD children. For instance, parents must learn the importance of avoiding stressful situations that often put the child in difficulty, such as over stimulation, irritable behaviour and excessive fatigue. Almost all parents need to be taught the general principle of structuring the child’s environment to include daily routines and proper limits be set on child’s behaviour. Parental involvement is specifically valuable because complete reliance on drugs may reduce the interest and involvement of parents and teachers in finding out other possible ways to help these children.

Parents need to understand their own emotional and other reactions to the stress inherent in having a hyperactive child at home. They need to acquire new skills to handle the unique problems presented by their child. They should learn to anticipate the situation that can allow behavioural problems to appear (for e.g., visits to the market, visitors coming home) and to be planed ahead so that it will minimize disruption.

Parents should maintain a diary about the behaviour and activities of the child and their mal-treatment to understand the wrong behaviour of parents with child. They should offer the educational game to the child
and must give some time to their children when they play because it helps to maintain the relationship and develop understanding between parents and the child.

They should provide the ways to burn off excess energy. Chocolates, toffees and artificial flavours should be avoided because it seems to increase hyperactivity.