

REATTACH THERAPY FOR IMPROVING FINE MOTOR SKILLS IN CHILDREN WITH DEVELOPMENTAL COORDINATION DISORDER

Nisha Abraham¹, Hemanth CK², Kumkum Yadav³, Emmanuel Raju⁴, Saroj Rani⁵

¹Assistant Professor, College of Applied medical Science, University of Bisha, KSA. nishakattapana99@gmail.com

²Associate Professor, Manjunatha College of Nursing, Bangalore, Karnataka. hemanthpion@gmail.com

³Assistant Professor, Government Medical College, College of Nursing, Chakrapanpur, Azamgarh, Uttar Pradesh. kumkumy0407@gmail.com

⁴Assistant Professor, Satyam College of Nursing, Visakhapatnam. emmanuelraju3@gmail.com

⁵Associate Professor, Swami Vivekanand Subharti University, Meerut, Uttar Pradesh. sarojkamboj2k3@gmail.com

Abstract

Introduction: In the part of the introduction, the researcher of the present study has discussed the problem statement of the research. The main purpose of this study is to discuss the importance of reattach therapy to improve the motor skills of children with DCD and their development.

Methodology: The present study is conducted with secondary data and based on this type of information research methodology is developed. The inductive approach of research, interpretivism philosophy of research and descriptive design of research are selected. The data for the present study are collected from journal articles and government websites and those are analysed by the thematic analysis process.

Data Analysis and Discussion: In the results, it is found that reattach therapy is a significant action to improve the motor skills of children with DCD. With this therapy occupational therapy is also equally important for the treatment of children with DCD. On the other hand, the motor and coordination skills improvement process and the motor skills training program are also followed to improve fine motor skills among children with DCD.

Conclusion: After the entire discussion, it is understood that it is important to take special care of these children for their improvement. Along with the therapy, it is also important to generate confidence among them to improve their fine motor skills.

Keyword: Reattach therapy, Children, DCD, Physical Activity and Confidence

INTRODUCTION

Developmental Coordination Disorder (DCD) is the lack of coordination between the mental desire or intention and the ability of the body to carry out those intentions. DCD is also known as a condition which affects physical coordination in the accomplishment of any work. Due to DCD daily physical activities of children are also affected. They cannot perform their activities according to their age and expectation. Apart from that reattach therapy is important to bring out the children from this kind of issue. The present study is going to discuss the importance of reattach therapy for the improvement of motor skills among children with DCD. The present study is conducted to discover the importance of improving motor skills among children with DCD. On the other hand, the importance of reattach therapy in improving motor skills among children with DCD also will be discussed in this study.

DCD affects the performance of children and due to this kind of disease self-feeding, walking, dressing and many other activities may be delayed in children. Drawing writing performances have also decreased due to this kind of issue and they also lose technical interest in this (Nhs.uk, 2021). Coordination movement is considered a complex procedure which involves several parts and nerves of the brain. The functions of the family

are also effective to identify the disease of a child (Lin et al. 2021, p-117). Therefore, the contribution of the environment of a family cannot be ignored in improving the children from this kind of disorder. The main reason for DCD is the birth of a child with low weight, born prematurely, having DCD in any family member, the habit of drinking alcohol or taking any illegal drugs during pregnancy can be the cause of DCD.

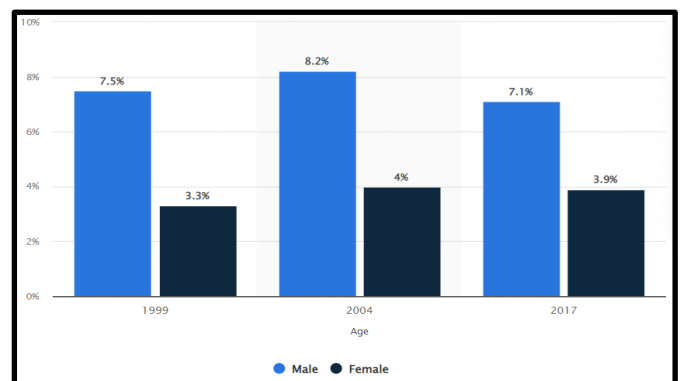


Figure 1: Prevalence of behavioural disorder among young people in the UK

(Source: Stewart, 2020)

Behavioural disorders are observed among children with DCD. The statistical data is displaying that behavioural disorders have become a common thing among boys and girls in the UK. In 2017 it is observed that 3.9% of girls and 7.1% of boys are suffering from behavioural disorders in the UK (Stewart, 2020). Therefore, if it is possible to reduce the DCD problems among children, then it is also possible to reduce the behavioural disorders of children with DCD. The motor issues among the children have become a social and unique challenge for DCD children (Adella Brigstocke & Goody, 2020, p-27). Therefore, it is important to identify the problems among children with this disease. It also is necessary to find out the possible way to help those people to recover from this. The main issue in this study is the DCD problems among the children which contributes to creating obstacles in the children's development.

Therefore, reattach therapy is important for the improvement of fine motor skills for the development of DCD children. In this context, it also can be said that it is not possible to cure this disease but the therapy helps the children to control their problems. Children with DCD are diagnosed by following multi-disciplinary procedures from a team with the physiotherapist, neuro paediatrician and psychologist (Vens et al. 2022, p-334). In the USA a significant percentage of children from 3 to 17 years old are facing this kind of issue (Elflein, 2020). Apart from that it is understood that reattach therapy is important for the recovery of the DCD children.

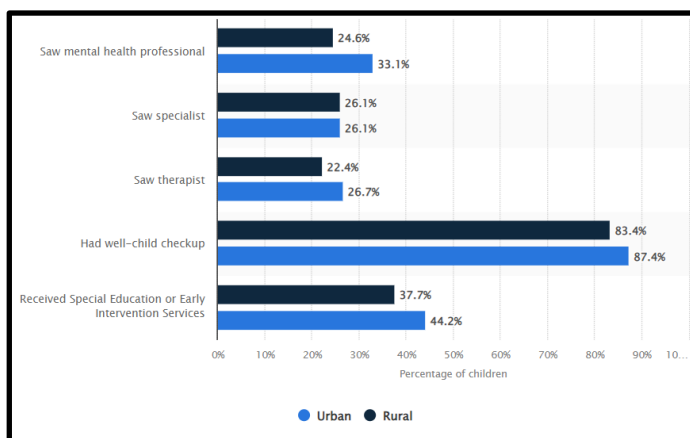


Figure 2: Percentage of US children with a developmental disability

(Source: Elflein, 2020)

The main purpose of the present study is to explore the importance of reattach therapy for the improvement of fine motor skills among children with DCD. In discussing this, the behavioural disorder of the children and the cause of DCD, symptoms of this disease and many others are discussed. Another important purpose of the present study is to evaluate the importance of therapy for DCD children to improve their fine motor skills. A brief discussion also will be given regarding occupational therapy as the primary treatment for the DCD child. Another purpose of this research is to explore the process through which the motor skill and coordination skills of DCD children are improved. Impact of motors skills training program on the DCD children. Apart from that it can be said that through this study it is possible to know about the DCD children and their recovery procedures also are explained.

METHODOLOGY

The methodology is considered as an important part of the research. The methodology is the framework of the process to

conduct the research. This is such an important part that without appropriate methodology it is not possible to conduct the research properly. The methodology framework of the research includes the philosophy of research, approach of the research, and design of the research, all of these are important to develop a proper process to conduct the research. The methodology of the study helps to identify the process through the necessary information collected for a particular study (Leatherdale, 2019, p-27). Thus, the data collection process, analysis process of collected information, ethical consideration and reliability and validity of the information which are used in the study are also explained.

The approach of the research has different meanings to the different researchers in the research field. Some researchers regard the approach as the method of collecting data and analysis of the collected data. On the other hand, some researchers also think that the approach of research is the difference between quantitative and qualitative research. The approach of the research helps to spread discipline in the research (Maarouf, 2019, p-7). Therefore, by selecting the approach for the research, the researcher can remain in a disciplined process of research. There are three types of approaches in the research such as abductive, inductive and abductive. Among these three approaches of research, anyone is used for a particular study to conduct the research based on the types of data which are used in the study. The inductive approach of research is selected for the present study. As the conclusion is drawn from the specific to general and the thematic analysis is used for the interpretation of information thus, an inductive research approach is appropriate for this study.

The philosophy of research is also another important segment of the research methodology. In the philosophy of research, the author does not discuss the topic of the study but the thoughts of the researcher about the study are understood. The philosophy of research is associated with the nature of the study, knowledge, and assumption of the author. The philosophy of research deals with specific ways and through these ways the assumption of the researcher is understood. The philosophy of research is also known as the paradigm of study (Khatri, 2020, p-1437). The philosophy of research is divided into four types such as realism, positivism, interpretivism and pragmatism. Anyone philosophy of research among these four is selected based on the way of research. Interpretivism philosophy of research is selected for this study because the secondary data is used in this research and a secondary method of research is also followed to conduct this. As the secondary data is interpreted in this study, thus, the interpretivism philosophy of research is appropriate for this research.

The design of the research is considered the blueprint of scientific research. The design of the research gives importance to the principles of the research (Cronjé, 2020, p-17). The design of the research includes the entire methodology, techniques, and tools which are used to accomplish the study. Several research designs are there but four are the most important such as explanatory, exploratory, descriptive and experimental. Any one design of research among these four is used in a particular study. The descriptive design of the research is selected for the present study. As this study is completed with secondary qualitative data and the themes are described with existing information thus, the descriptive design of the research is appropriate.

The data collection method refers to the processes which are followed to gather information for the study. Traditional methods of data collection are replaced by smart methods (Rosales et al. 2021, p-627). Thus, methods of data collection

are also used based on the types of information which are used in the study. As secondary information is used in this study, thus, a secondary method for collecting information is used. The journals from google scholar, government websites, newspapers and other relevant websites are used for collecting information. Those journals and articles are used which are published after 2019 to provide current information regarding the research topic.

The data analysis method also is a process which is followed to interpret the collected data. The analysis method of information is selected based on the types of data because the statistical method is selected for the analysis of primary data (Ho et al. 2019, p-565). This study is completed with secondary data and a secondary method is followed for the interpretation of collected information. Thematic analysis is followed to interpret collected data. Themes are developed based on the topics of research and the requirements to be met in the study. Those themes are explained based on existing information. Therefore, the thematic analysis is appropriate for the interpretation of collected information.

The research has maintained some ethical considerations for completing the study. The author has not provided any irrelevant information in the research. The researcher also has not used any fraudulent websites or blogs to collect information for the research. The author only has used authentic websites as the source of information for this study. The researcher has not manipulated any people to collect data for the completion of this research. As the researcher has maintained ethical principles in conducting the research, and the researcher has not used any source to collect the information, thus, the used information in the research is relevant and authentic. Therefore, this research is also reliable and valid as the information is authentic.

RESULT AND DISCUSSION

Results and discussion are the main part of the research. After completion of discussion and results the researcher can reach a particular statement regarding the research topic. In this part, the importance of attachment therapy for DCD children in improving their fine motor skills is discussed. Occupational therapy is also evaluated in this part as the primary treatment for DCD children. The improvement process of coordination skills and motor skill is also briefly explained in the part of the results and discussion. The impact of motor skill training programs on the improvement of motor skills of DCD children is also evaluated in this section. After a discussion of all these themes an entire discussion is also given.

SECONDARY QUALITATIVE DATA ANALYSIS

Theme 1: Importance of reattach therapy for DCD children to improve fine motor skills

Reattach therapy is a psychological intervention which helps decrease stress. Sensory over-responsiveness is also decreased by the optimisation of the processing of negative effects. The reattach therapy also helps to enhance several sensory integration, and maladaptation patterns through self-awareness, mentalisation, active coping styles, self-regulation and resilience. Reattach therapy is considered the most effective treatment in the case of DCD (CHAUHAN, 2020, p-7). This therapy is beneficial for those patients who feel negative about themselves. Apart from that it can be said that this therapy is helpful for DCD children in improving their fine motor skills by bringing confidence among them. The reattach therapy also promotes connectedness and calmness. Thus, through this therapy, children with DCD can connect their intention and their

physical capability to perform a particular activity. Therefore, this is effective in improving fine motor skills among children with DCD.

The reattach therapy assists with the collection of facts, events and impressions which are processed quickly to assure that the process will not envelop the participants. The collaboration also works as a therapy for children who are suffering from mental health disorders (Bisson et al. 2019, p-477). As the DSD problems also create mental health issues thus, therapy is also important for children with DCD. During the reattach therapy the therapist gives entire focus on the process, not on the content of the data. Practical research helps to understand that the reattach therapy is of much importance for patients with Asperger's syndrome (Trajkovski, 2019, p-117). As "Asperger's syndrome" is a form of "Autism Spectrum Disorder" which is a developmental disorder thus, this therapy can be used for the treatment of those children with DCD. Apart from that it can be said that reattach therapy is used for the treatment of children with DCD and that also is effective to improve their motor skills.

Theme 2: Occupational therapy is the primary treatment of DCD

DCD is a neurodevelopmental disorder which is observed between 2% to 6% of school-aged children. Therefore, therapy has become necessary for the treatment of this kind of child. Occupational therapy is another important branch of healthcare that helps all kinds of people who have sensory, physical and cognitive issues (Cleaton et al. 2020, p-37). Occupational therapy helps to improve the engagement of children and hair participation in life roles (Novak & Honan, 2019, p-267). Therefore, this therapy is also effective for the treatment of children with DCD. The daily life roles of children include the development of personal independence, increasing productive skills, participation in playing and many other activities which are helpful for physical movement. This therapy is helpful to improve the condition of children with DCD. Occupational therapy helps to overcome the barriers of participation in any work which affects the physician's social and emotional needs. Occupational therapy helps to improve the fine motor skills of children with DCD as they can release or grasp any toys. They also can improve their computer skills and handwriting. The nature of occupational therapy is the intervention and through the intervention this therapy works for the improvement of the patient's condition (Hung & Fong, 2019, p-17). Occupational therapy helps to improve eye-hand coordination so that they can play and perform other physical activities. Through this therapy, it is possible to improve the activity of the children with DCD and they can copy anything from blackboard. Occupational therapy helps them to learn positive behaviour and brings confidence among them regarding any work. Through this therapy, they also can get special equipment to build their independence such as communication aids, bathing equipment, splints, dressing devices and many others. After this evaluation, it is understood that occupational therapy also helps to improve the fine motor skills of children with DCD and for this reason, this therapy can be treated as the primary treatment of this disease.

Theme 3: Improvement process of motor and coordination skills

Fine motor skills are some activities which allow children to use the groups of muscles of their hand, wrist and finger in a specific way. Human beings can enhance these skills in their infancy but they continue to refine their skills throughout their lives with

various activities. Fine motor skills refer to writing skills and many other skills such as this which are considered in the rehabilitation program (Ayed et al. 2019, p-103909). The cultivation of motor control at a young age is effective to improve motor skills. Thus, it is important to remain in practice to improve motor skills. On the other hand, coordination skill is another important skill which is helpful to develop a community. Plan maintenance about daily activity, use of a work tracking program, taking help from a mentor, downloading several productivity tools and many others are important to improve coordination skills. This skill is important to minimise conflict, delays in any work and many other negative vibes which helps to reduce negativity.

Theme 4: Impact of motor skill training program on DCD children

The motor skills training program helps to improve task-specific skills. This kind of training program helps children with DCD to improve their physical ability. The motor skills training program helps to develop perceptual-motor abilities (Biotteau et al. 2019, p-1887). Therefore, this kind of training program is effective to help the children to learn the use of new tools. As this training program is effective to improve motor skills, thus, children with DCD become able to complete more motor tasks. This training program helps to improve the coordination of the eye and hands of children with DCD. As it is effective to improve coordination between eye and hand, thus children with DCD can identify the physical ability to perform a particular work. Therefore, this training program helps to improve the performance of children with DCD. The motor skills training program helps children with DCD be more confident and independent. This kind of training program is also effective to promote cognitive development.

DISCUSSION

Based on the evaluated themes it can be said that reattach therapy is an important treatment process for children with DCD. Therapy is an important treatment for patients with DCD (Dannemiller et al. 2020, p-287). Therefore, it is important to continue the therapy for the improvement of the activities of children with DCD. The present study is conducted regarding the reattach therapy for the improvement of fine motor skills among children with DCD. After the thematic analysis, it is understood that the reattach theory is helpful to improve the fine motor skills of children with DCD and this therapy also is helpful to improve other physical activities of this kind of child. The reattach theory takes help from the impression of the children and several events such as their activity and other programs to improve their motor skills.

On the other hand, occupational therapy is also healthcare which is helpful to develop physical ability. The therapy is important to understand the capability of a child with DCD to perform any work (Słowiński et al. 2019, p-7). Therefore, therapy is important for reducing the physical and emotional problems of children with DCD. Thus, with improving fine motor skills the therapy is also effective to improve the physical activities of the children with DCD. With reattach therapy, occupational therapy is also important to reduce the problem of children with DCD. Apart from that it can be said that reattach therapy and occupational theory both are important for improving the motor skills among the children with DCD. Occupational therapy is also important for improving the coordination between the eye and hand. Thus, this therapy is also effective to improve some

creative skills which are relevant to the improvement of the daily performance of children with DCD.

The coordination and motor skill improvement process is also effective to improve the capability of children with DCD. The motor skills training program is important for the development of creativity of children with DCD (Navarro-Patón et al. 2021, p-1936). Therefore, with the coordination and motor skills improvement the motor skills training program is also important for increasing the capability of children with DCD. On one side, all these are relevant to improve creativity and on the other side, these are also effective to establish the relationship between the physical capability and the intention of the children. These are important for generating confidence among children with DCD regarding their capability. Apart from that it can be said that with the therapy, the motor skills training program, the coordination skill improvement and motor skills improvement process also need to be followed. All these activities are effective to improve the condition of children with DCD.

CONCLUSION

After this entire evaluation, it is understood that reattach therapy is a psychological intervention which helps to reduce the stress, depression and many other negative thoughts of human beings. This therapy is also used for the treatment of children with DCD. Apart from that it can be said that the reattach therapy is effective to increase positive vibes among the children and this also generates confidence among them. As the confidence is increased then they can take part in performing physical activity. On the other side through this therapy, they also can establish coordination between their intention and their physical capability. This kind of understanding of the children with DCD is effective for making decisions to perform an activity according to their capability. This kind of concern is effective to make them successful in performing any work and that helps to generate confidence among them. Apart from that it can be said that the reattach therapy is effective for the improvement of fine motor skills of the children with DCD and also significant for their development.

It is important to tackle children with DCD in their way. They cannot finish all the tasks as normal people and for this reason, it is important to give special care to them. As they cannot identify their physical capability to do any work and they failed which is the cause of demotivation of them. First of all, it is important to motivate these kinds of children all the time so that they can do everything with their mindset. As this kind of child cannot perform minimum physical activity properly then it is important to keep them in regular practice of a particular work. Along with the reattach therapy and professional therapy other physical therapy also needs to be taken to strengthen their body as they can move many small objects such as toys. Thus, it is important to give some special tasks to this kind of child as they can perform those tasks successfully and get confidence which is effective to grow interest among them to do any work.

As the research gap of the present study, it can be mentioned that the author of this study has not performed primary research. This research could be helpful to collect statistical data which would be unique. Through the primary research it would be possible to survey the children with DCD and practical knowledge could be gained. The lack of primary data is the major gap in this research. Though this research lacks primary information, this research is helpful for future researchers to collect secondary data. As the author of the present study has provided all valid and relevant information regarding this, thus the future researcher on this topic also can get authentic information from this study.

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