

## ABSTRACT

### **THE EFFECT OF MASSAGE THERAPY ON THE CHANGE OF ATTENTION, HYPERACTIVITY, AND IMPULSIVITY OF CHILDREN WITH ATTENTION DEFICIT AND HYPERACTIVITY DISORDER (ADHD)**

A Quasy Experimental Research in Sekolah Luar Biasa (Autis) Harapan Aisyiyah Mojokerto

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Attention Deficit and Hyperactivity Disorder (ADHD) marked by 3 main symptoms, inattention, hyperactivity, and impulsivity. The objective of this study was to examine the effects of massage therapy on the change of attention, hyperactivity and impulsivity of children with ADHD.

Total sample in this study were 12 respondents, divided into a group of control and experiment. Data were recorded in an observation by parents and teacher of children with ADHD using SNAP IV Rating Scale for ADHD and analyzed using Wilcoxon Signed Rank Test and Mann Whitney Test with level of significance  $\alpha=0.05$ .

The statistic result in experiment group based on parent's observation showed that there were differences pre-test and post-test to the score of attention ( $p=0.024$ ), hyperactivity ( $p=0.026$ ), and impulsivity ( $p=0.038$ ). Comparing with control group there were any differences in attention score ( $p=0.034$ ), and impulsivity ( $p=0.046$ ), but not in hyperactivity ( $p=0.059$ ). Mann Whitney Test showed that massage therapy had some effects on the change of attention ( $p=0.026$ ), hyperactivity ( $p=0.041$ ), and impulsivity ( $p=0.041$ ).

The statistic result in experiment group based on teacher's observation showed that there were differences pre-test and post-test to the score of attention ( $p=0.026$ ), hyperactivity ( $p=0.038$ ), and impulsivity ( $p=0.034$ ). Comparing with control group there were any differences in attention score ( $p=0.046$ ), hyperactivity ( $p=0.046$ ), and impulsivity ( $p=0.046$ ). Mann Whitney Test showed that massage therapy had some effects on the change of attention ( $p=0.041$ ), hyperactivity ( $p=0.015$ ), and impulsivity ( $p=0.026$ ).

In conclusion, massage therapy had some effects on the change of attention, hyperactivity, and impulsivity of children with ADHD.

Key words: massage therapy, children with Attention Deficit and Hyperactivity Disorder (ADHD).