
The impact of structured exercise programs on the gross motor skills development of children with Attention Deficit Hyperactivity Disorder (ADHD)

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Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental condition characterized by symptoms like inattention, impulsivity, hyperactivity, and behavioral control challenges, often associated with sensory, motor, or emotional neurological factors. This study aimed to explore the impact of structured exercise programmes on the development of gross motor skills in children diagnosed with ADHD. This study involved 28 participants (16 boys and 12 girls), aged between 5 and 10 years, who were selected purposively due to their ADHD diagnosis. Baseline assessments were conducted using the Test of Gross Motor Development-2 (TGMD-2). Over seven weeks, a structured gross motor skills training program was administered, comprising two sessions per week, each spanning 40 minutes in Chithra Lane School. The data analysis utilized a paired T-test in Minitab, revealing noteworthy improvements in gross motor skills, with a significant level of $p < 0.001$ observed in the TGMD-2 gross motor quotient. In conclusion, the findings from this study underscore the effectiveness of the proposed gross motor skills training program in significantly enhancing the gross motor skills of children diagnosed with ADHD. These results emphasize the importance of addressing motor skill development as a component of ADHD management in improving the daily functioning and overall quality of life of children grappling with ADHD.

Keywords: ADHD, exercise programme, gross motor skills

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