

Effect of Life Skill Training Through the Art of Story Telling on Adjustment of Children With ADHD

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Abstract

This study was carried out to ascertain the effect of training of life skills on the adjustment level of the children with attention deficit hyperactive disorder. Eighty two children of ADHD from Delhi state in India were given life skill training through the art of storytelling. Pre test –intervention- post test design was used in this study to draw the results. Appropriate stories from the module of panchatantra were selected to teach life skills. Bell's adjustment inventory was administered both before training was given before and after training to check the adjustment level. Post test was conducted obtained after 6 months of training. The result showed that mean adjustment scores improved significantly in post condition. Life skill training through the art of storytelling (use of panchatantra stories) was very effective as adjustment improved in the post condition. It is concluded that this method proved to be effective, interesting and preferred by children with ADHD. Children looked forward to attend the sessions. Stories selected specially from panchatantra positively affect adjustment of these children. This method can be used as complementary method in children with ADHD to improve adjustment level.

Keywords: life skill training, storytelling, Adjustment

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