

NEGATIVE IMPACTS OF DEVELOPMENTAL COORDINATION DISORDER (DCD) AND WAYS TO OVERCOME THEM

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Key words: *DCD (Developmental Coordination Disorder),*

INTRODUCTION

Developmental Coordination Disorder (DCD) is a neurological condition affecting the motor development of children and adolescents, leading to difficulties in controlling and coordinating physical movements. The negative impacts of DCD significantly influence not only motor skills but also the social, psychological, and academic development of children. This thesis examines the adverse effects of DCD, its impact on the lives of children and adolescents, and the approaches being undertaken to address these challenges.

Negative Impacts of DCD

1. Difficulties in Physical Activities

The primary negative impact of DCD is undoubtedly related to impaired motor skills. Children with DCD experience challenges in coordinating motor movements and developing motor skills. As a result, they encounter difficulties in performing daily activities such as running, jumping, riding a bicycle, and writing. This can lead to reduced physical activity and a decline in overall health.

2. Social and Emotional Problems

Children with DCD often compare themselves to others, leading to feelings of self-doubt and low self-esteem. Their motor skill limitations make social interactions more challenging. Such children may struggle to participate in group play or sports activities, which can result in difficulties forming relationships with peers. Consequently, they may face social isolation and become more susceptible to mental health issues such as depression or anxiety.

3. Negative Impact on Academic Development

The impact of DCD on children's academic performance has been confirmed by numerous studies. Difficulties with handwriting, as well as weaknesses in reading and math, are often associated with DCD. Additionally, children with DCD may find it hard to concentrate and manage long-term cognitive demands. This can lead to decreased academic performance and overall success in school.

4. • Impact on Psychological and Emotional Well-being

The negative effects of DCD significantly influence children's psychological state. Often, children with DCD exhibit low self-esteem, lack confidence, and lose interest in participating in social activities. They may impose limitations on their physical abilities,

further diminishing their self-confidence and increasing the risk of developing mental health disorders.

5. • Challenges for Parents and Teachers

Children with DCD require additional effort from parents and teachers. They need specialized support to develop motor skills and individualized approaches to address difficulties in reading and writing. These demands can create extra psychological and emotional burdens for both parents and teachers.

Ways to Overcome the Negative Impacts of DCD

Specialized Physiotherapy and Physical Exercises

Specialized physiotherapy and exercises focused on developing motor skills are essential for children with DCD. Working with physiotherapists and physical education teachers enables children to improve their coordination and enhance muscle strength.

Psychological Support and Therapy

Psychotherapy and emotional support for children with DCD can help boost their self-esteem and improve their mental well-being. Techniques such as Cognitive Behavioral Therapy (CBT) are effective in helping children overcome social and emotional challenges.

Specialized Educational Approaches

Individualized educational approaches are necessary for children with DCD. This includes utilizing specialized materials and methods for writing and reading exercises. Teachers and educational institutions must develop customized learning plans tailored to the needs of these children.

Social Integration and Support

Involving children with DCD in social activities, including sports and play sessions, is crucial. Establishing social support systems, fostering healthy communication with peers and teachers, and organizing inclusive activities are important steps to enhance their social development.

CONCLUSION

Developmental Coordination Disorder (DCD) is a complex neurological condition that negatively affects the lives of children and adolescents. Its adverse impacts extend beyond motor skills to influence psychological, social, and academic development. To mitigate the effects of DCD, early diagnosis, specialized treatment, and effective rehabilitation approaches are essential. Collaboration among educators, parents, and medical professionals is crucial to boost children's self-confidence and successfully integrate them into social life.

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