**THE APPLICATION OF BRAIN GYM THERAPY TO IMPROVE CONCENTRATION ABILITY IN ADHD CHILDREN IN**

 **EXTRAORDINARY SCHOOL JAMBI 2024**

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ABSTRACT

**Background**: Attention Deficit Hyperactivity Disorder (ADHD) is a condition of children who have difficulty focusing their attention. Their attention is easily distracted, which will affect their memory. Symptoms of ADHD include difficulty focusing attention, as well as impulsive and hyperactive behavior.

**Methods**: In this study, the design used was descriptive with a case study method. The subjects of this study used two children diagnosed with ADHD. Data collection was carried out with an observation sheet of concentration indicators with the procedure for implementing brain gym.

**Results**: After the application of brain gym therapy for 3 days on two children, namely from May 14 to 16, 2024, the level of concentration ability in children with attention deficit hyperactivity disorder increased.

**Conclusion**: The application of brain gym therapy is a therapy that can help increase the level of concentration in children with Attention Deficit Hyperactivity Disorder.

**Keywords**: Brain Gym Therapy, Concentration Ability, Attention Deficit Hyperactivity Disorder (ADHD)