



## COMMENTARY

# Common Behavioral Problems in Children

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### Abstract

Behavior problems are the focusing issues which need to be tackled at the very beginning, they effect the child from the infancy and if untreated can become the lifelong disorders. Parents, teachers, basic care giver nurse can help in early detection and appropriate treatment.

### Introduction

Children may behave differently at many times which may be totally un-expected .Parents and school teachers are main persons who can detect these problems early and by which they can be managed at right time.

### Definition

Child is said to have a behavioral disorder when the child exhibits the behavior which are totally different from the normal expected behavior in either school or home.

### Etiology

- i. Heredity.
- ii. Environment.
- iii. Learning Conditioning.
- iv. Positive reinforcements.

### Categories of Behavioral Disorders

#### Habit Disorders

These disorders may be used for releasing tension like:

- i. Finger or thumb sucking.
- ii. Nail biting.
- iii. Tics of any type.
- iv. Teeth grinding.

#### Emotional Disorders

Which may include

- i. Breath holding spasms
- ii. Temper tantrums

#### Eating Disorders

- i. \_ Pica

#### Repetitive Behaviors

#### Head Banging

It is the hitting the head rhythmically against the firm surface

.It is usually found in toddler years. It usually limits itself .Head banging can result in:

- i. Callus formation.
- ii. Abrasions.
- iii. Contusions.

#### Nail Biting and Finger Sucking

It acts as internal stroking for the child to cope with the stressful situation .It is usually present in infant and toddler and can go beyond if not appropriately managed.

It can result in:

- i. Mastication difficulty
- ii. Malocclusion-open bite
- iii. Speech difficulty ( D and T are difficult to pronounce)
- iv. Lispering.
- v. Paronychia and digital abnormalities

#### Temper Tantrums

It usually occurs from 18 months to 3 yr. olds due to development of sense of autonomy. Child displays negativism and oppositionalism by having this behavior. It is Normal part of child development. It gets reinforced when parents respond to it by punitive anger. Child wrongly learns that temper tantrums are a reasonable response to frustration.

#### Eating Disorder

##### Pica

It is Repeated or chronic ingestion of non-nutritive substances for examples mud, paint, clay, plaster, charcoal, soil etc. It is usually present in infants and toddler but presence of this

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behavior after 2 yrs. needs attention

A child may be screened for:

- i. Iron deficiency anemia
- ii. Worm infestations
- iii. Lead poisoning
- iv. Family dysfunction

### ***Emotional Disorders***

School Phobia: It is most common in 5- and 6-year olds and in 10- and 11-year olds. School refusal is because of fear or anxiety about school.

### ***Speech Disorders***

#### **Stammering**

It is defect speech which is characterized by Stumbling and spasmodic repetition of some syllables with pauses. There occurs difficulty in pronouncing consonants; it is caused by spasm of lingual and palatal muscles. Usually begins

between 2-5 yrs. Child loses self-confidence and become more hesitant.

#### ***Tics***

It is the sudden, repetitive, non-rhythmic motor movement or vocalization involving discrete muscle groups.

**Simple Tics may include;** Grimacing, Yawning, Grunting, Sighing, Blinking, Wrinkling, Scratching nose, Head jerking, Throat clearing

**Complex Tics may include;** Jumping, Spinning, touching objects or people

#### **Conclusion**

The behavioral disorders in children can be ignored. There are various predisposing causes for these behaviors like: Development delay Parental neglect, Poor supervision, Mental retardation, Lack of affection Psychological neglect, (orphans), Family disorganization, Lower socioeconomic class, these all factors have to be kept in consideration while managing these behaviors.

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