

**R.E.D. Nature Walk Routine Intervention Program: Its
Influence on the Inattention, Impulsivity and Hyperactivity of
Children with ADHD**



**An Undergraduate Thesis Presented to the Faculty of
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Prepared by :

Calapatia, Mc Randol M.

Mangoba, Zandra L.

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ABSTRACT

Attention Deficit Hyperactive Disorder (ADHD) is a neurobehavioral development disorder that affects an estimated 3-5% of children worldwide. RED Nature Walk Routine Intervention Program provides an approach of intervention in minimizing the Inattention, Impulsivity and Hyperactivity of the children with ADHD. This research is based on Kaplan's Attention Restoration Theory and Taylor and Kuo's studies who explored how the idea that individuals experience a sense of rejuvenation after exposure to the natural environment might apply to managing symptoms of ADHD. This study proved that the RED Nature Walk Intervention Program has a significant effect on the Inattention, Impulsivity and Hyperactivity of children with ADHD. The study suggests the use of RED Nature Walk Routine as an intervention not only to children with ADHD, but also to individuals with other disabilities that concern Inattention, Impulsivity and Hyperactivity. The positive effect of nature may help in neutralizing their High Inattention, Impulsivity and Hyperactivity.

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