

**THE EFFECT OF KAD MUSIC TO THE ATTENTION SPAN AMONG
CHILDREN WITH ADHD**

An Undergraduate Thesis

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Major in Psychology

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ABSTRACT

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Statement of the Problem

This study sought to identify whether KAD music has significant effect to the attention span among ADHD children.

Specifically, it aims to answer the following:

1. What are the mean attention span scores of the subjects without KAD Music (control group)?
2. What are the mean attention span scores of the subjects exposed with KAD Music (experimental group)?
3. Is there significant difference in attention span score between the subjects without music (control group) and subjects exposed to KAD Music (experimental group)?

Findings

Based on the results, the following findings are made:

1. The mean score of the control group is 99.028 while the mean score of the experimental group is 64.964.
2. There is significant difference in the attention span scores between the control group ($\bar{x} = 99.028$, $s = 1447.1709$) and the experimental group ($\bar{x} = 64.964$, $s = 955.9866$) of the participants with $t(48) = 3.47$, $p < 0.01$ with 21% variance.

Conclusions

The researchers came up with the following conclusions:

1. The subjects exposed to KAD music during the experimentation showed faster time of completion of the activity therefore expressing that subjects had more attention span compared to the children not exposed to KAD music.
2. There is significant difference between the attention span scores indicating that KAD music is an effective tool in lengthening the attention span of children with ADHD.

Recommendation

After a thorough analysis of data, the following recommendations are hereby made:

Children with ADHD. This study determined that KAD music is an effective means for children with ADHD to focus and to concentrate more. With this, the researchers recommend that KAD music be used as an option for therapy for children with ADHD to lengthen their attention span.

Family of the Children with ADHD. It is recommended that families who have children with ADHD at home be more equipped with sufficient understanding and knowledge of different therapies available in the Philippines. Being an effective means

of improving attention span, KAD music is advised to be used not only in schools that offer SPED programs, but also at home.

Society. The researchers suggest public awareness and understanding on ADHD and on possible new interventions that aims to improve children with ADHD's attention. Being proven that there is significant improvement when administered, KAD music is advised to be accepted as an intervention for lengthening the attention span of children with ADHD.

Administrators of the Institutions. They should maximize the available treatments and therapies for caring for children with ADHD. Being one of the proven effective therapy for improving ADHD children's attention span, KAD music is recommended for usage in schools and institutions that cater children with ADHD. This is to further enhance their performance leading from longer attention spans.

Psychology Education. This students and educators of Psychology should have a wider understanding regarding suitable interventions and care for the children with ADHD especially those that are readily available in the Philippines to maximize the support and care given to the children.

Future Researchers. The researchers recommend that the future researchers conduct further research and in-depth investigation regarding KAD music and its relation to people's attention span. Future research could also be done to determine if KAD music is applicable to other cases besides having ADHD and being mentally

challenged. It is also recommended to use other tools to measure attention span more effectively and to further challenge the effectiveness and applicability of KAD music with regards to improving attention span.



Table of Contents

TITLE PAGE	1
ABSTRACT	2
CERTIFICATE OF ADVISER	3
CERTIFICATE OF ORAL DEFENSE	4
CERTIFICATE OF EDITOR	5
ACKNOWLEDGMENT	6
ABSTRACT	7-11
TABLE OF CONTENTS	12-14
<i>Chapter I: THE PROBLEM AND ITS BACKGROUND</i>	
Introduction	15-16
Conceptual/Theoretical Framework	16-18
Statement of the Problem	18
Hypothesis	19
Scope and Limitation	19
Significance of the Study	20-21
Definition of Terms	22-23
<i>Chapter II: RELATED LITERATURE AND STUDIES</i>	
The Symphony of KAD Music	24-25
Time for Dedicated Attention	25-26
Various Studies about ADHD	26-29
Treatment of ADHD in the Philippines	29-31
Music Therapy	32-34

Synthesis	34-36
<i>Chapter III: METHODOLOGY</i>	
Research Design	37-38
Research Participants	38
Research Instruments	39
Research Procedure-	39-40
Statistical Treatment	41
<i>Chapter IV: PRESENTATION, ANALYSIS AND INTERPRETATION</i>	
Statement of the problem #1 and 2	42-44
Statement of the problem #3	45-47
<i>Chapter V: SUMMARY OF FINDINGS, CONCLUSIONS AND RECOMMENDATIONS</i>	
Summary of Findings	48-49
Conclusions	49
Recommendations	50-51
References	52-54
Appendices	55-66

LIST OF TABLES

Table No. 1 Mean and Standard Deviation	42
Table No. 2 Summary of Finding	45

LIST OF FIGURE

Figure No. 1 Conceptual Framework	17
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