

# Penatalaksanaan Strategis Gangguan Pemusatan Perhatian dan Hiperaktivitas (GPPH/ADHD)

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*"Phill, stop acting like worm,  
The table is no place to squirm."  
thus speaks the father to his son,  
severely says it, not in fun.  
Mother frowns and looks around  
although she doesn't make a sound.  
But, Phillip will not take advise,  
He'll have his way at any price.  
He turns, and churns, he wiggles and jiggles.  
Here and there on the chair;  
"Phil, these twists I cannot bear."  
(Heinrich Hoffman, 1863)*

**Abstract.** Attention deficit and hyperactivity disorder (ADHD) are disorders with heterogenous causes, the main cause of which is not yet identified until today. This disorder causes three main disfunction areas namely behavior, socio-emotional, and cognitive, hence evoking failures in academic achievement and adapting behavior towards the environment. Therefore, a strategic management for ADHD children should be planned as early as possible applying a comprehensive multimodal treatment approach, comprising individual & family education, individual & family counselling, behavioral management program, and accurate pharmacotherapy.

Key words: ADHD, multimodal treatment approach, behavioral management, pharmacotherapy

**Abstrak.** Gangguan pemusatan perhatian dan hiperaktivitas (GPPH) adalah gangguan yang penyebabnya heterogenous. Sampai saat ini belum dapat diidentifikasi penyebab utamanya. Gangguan ini menimbulkan tiga area disfungsi utama yaitu tingkah laku, sosio-emosional, dan kognitif sehingga menyebabkan kegagalan pada bidang akademik dan penyesuaian perilaku terhadap lingkungannya. Oleh karena itu diperlukan penatalaksanaan strategis pada anak dengan GPPH sedini mungkin, yaitu program penatalaksanaan multimodal (*multimodal treatment approach*) secara terpadu yang meliputi pendidikan individu dan keluarga, konseling individu dan keluarga, program manajemen perilaku dan farmakoterapi yang tepat.

Kata kunci: GPPH, program penatalaksanaan multimodal, manajemen perilaku, farmakoterapi