

UNIVERSITI TEKNOLOGI MARA

**SLEEP QUALITY AND LEISURE ACTIVITY
AMONG CAREGIVERS WITH ATTENTION
DEFICIT HYPERACTIVITY DISORDER (ADHD)
CHILD**

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Dissertation submitted in fulfilment
of the requirements for the degree of
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AUTHOR'S DECLARATION

I declare that the work in this dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

Background: Little can be searching for an article on sleep and leisure experiences among caregivers of children with attention deficits hyperactivity disorder (ADHD). The selection of topic for this study proposed a quantitative approach. The captured is to address the lack of study concerns to explore the nature of sleep and leisure practice by caregivers to ADHD children especially. Ninety-six caregivers of children with ADHD (36 fathers, 53 mothers and 3 from others such as maid, grandparents etc.) participated in this quantitative study. The involvement between father, mother and other than a parent for this ADHD child as their caregiver is to include their view of perspective. **Method:** A cross -sectional study with convenience sampling was conducted to an acquired specific population which is caregivers of ADHD child. Through this study, each respondent was given several sets of questionnaires to include PSQI and LAM, lasted within 15 to 20 minutes time. The 96 caregivers had a total of 96 children (59 boys and 37 girls) formally diagnosed with ADHD. The mean for child age is $6.5 \pm .757$ ranged between 1 and above 7 years old. **Results:** Results shows that there no association between sleep quality and leisure activity among caregivers with ADHD child. Spearman Rho product-moment correlation revealed $r=.082$, $n=96$, $p<.0005$. A finding form a Mann Whitney U test revealed there is no significant difference in sleep quality among gender, with males ($Md=10$, $n =39$) and females ($Md=13$, $n=57$). Using the PSQI's established cut-off score of 5, the results also addressed that 87.5 % had poor sleep quality compared to only 12.5 % caregivers with good sleep quality (global PSQI score >5). The findings enhance the development of occupational therapy model of theoretical focuses on sleep management that able to provide the enhancement and create an awareness of sleep and leisure in promoting quality of life. Several assessment and intervention could be implemented for caregivers with an ADHD child. This reflects that sleep quality among caregivers of ADHD child still needs further research as the importance of sleep for the child who promotes health and wealth in the family.

Keyword: Sleep quality; leisure activity, caregivers, ADHD child

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