

# ***LITERATURE REVIEW EFEK PHYSICAL ACTIVITY TERHADAP KEMAMPUAN KOGNITIF ANAK DENGAN ATTENTION-DEFICIT HYPERACTIVITY DISORDER (ADHD)***

**Dimas Arif Alfariy**

## **Abstrak**

**Tujuan:** Mengetahui hubungan aktifitas fisik dengan kognitif anak dengan gangguan *Attention-Deficit Hyperactivity Disorder* dengan menelaah *literature* dan jurnal ataupun hasil penelitian yang serupa. **Metode:** pencarian *literature* berupa artikel penelitian dengan menggunakan *Google Scholar*, *PubMed*, dan *Science Direct* dengan *keyword* tertentu dan rentang periode 2012-2021. Artikel yang didapatkan disesuaikan dengan kriteria data berupa kesesuaian topik, metode penelitian yang digunakan, sampel, intervensi, instrument/parameter, dan hasil dari setiap artikel dengan total 7 artikel didapatkan. **Hasil:** Hasil telaah dari 7 artikel yang didapatkan peningkatan nilai kognitif anak dengan ADHD setelah menerima intervensi aktifitas fisik dengan dosis tertentu. **Kesimpulan:** Aktifitas fisik dapat meningkatkan kemampuan kognitif anak dengan gangguan *Attention-Deficit Hyperactivity Disorder*.

**Kata kunci:** Aktifitas Fisik, *Attention-Deficit Hyperactivity Disorder*, Fungsi Kognitif

# **LITERATURE REVIEW : EFFECT OF PHYSICAL ACTIVITY ON COGNITIVE FUNCTION IN YOUNG PEOPLE WITH ATTENTION-DEFICIT HYPERACTIVITY DISORDER (ADHD)**

**Dimas Arif Alfarisyi**

## **Abstract**

**Objective:** To explore the effects of physical activity in children with Attention-Deficit Hyperactivity Disorder by reviewing journal, literature, article, and result of research on the topic. **Methods:** Researching articles by using Google Scholar, PubMed, and Science Direct with specific keywords in the period between 2012-2021. The articles obtained are adjusted to the data criteria in the form of the appropriateness of topics, research methods used, samples, interventions, instruments / parameters, and the results of each article with a total of 7 articles obtained. **Result:** The results of the study of 7 articles obtained improved cognitive scores of children with ADHD after receiving physical activity interventions with a certain dose. **Conclusion:** Physical activity can improve the cognitive abilities of children with Attention-Deficit Hyperactivity Disorder.

**Keywords:** Attention-Deficit Hyperactivity Disorder, Cognitive Function, Physical Activity,