

## The Effectiveness of Nerve Activation for Special Needs Children Who are Addictive to Gadget During Pandemic

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### Keywords

Covid-19, Nerve activation, Online therapies.

### Background

The Covid-19 pandemic that occurred has resulted in changes in several aspects of human life, including education and therapy. The closure of therapy and school is enough to make parents who have special needs children worry about their child's development. Online therapies are considered less effective in improving children's abilities by their parents. They also did not dare to take the home visit program because they tried not to accept outsiders during this pandemic. As a result, many children's development with special needs has decreased and also stopped. As a result, many special need children developments are slowing down or even stoooped. Even a lot of them are addicted to gadget because they can not be asked to do other activities and they also feeling bored at home. So eventually, many parents give gadget to their children so that they can be controlled. Their children also expressing tantrum if they are not given gadget to play. Parents are hoping that during the pandemic, in which they have to stay home long enough, they can also help their children and see the significant development of their children [1-4].

### Nerve activation

Nerve activation can increase awareness around and activate cranial function more optimally. In addition, the tongue and the inside of the mouth will also become active and the muscles of the mouth become supple [5-6].

### Part of nerve activation

The head where the cranial lies will be strengthened so as to activate the nerves affected by the cranial including the function that affects chewing and swallowing.

The part of the mouth, other than the cheeks and jaw, will also be activated inside the mouth, like tongue [7,8].

### Method of Neural Activation

#### Massage

Massage is given in the head and in the mouth. Massage on the head is given to activate the cranial and brain integration parts.

#### Gymnastics movements

Is a simple movement that needs to be done at home to maintain and strengthen the nerves that have been activated. Movement gymnastics performed depends on the child's problem. The movement to increase focus is different from the movement to activate the speech nerve.

#### Activation of facial muscles

Children who are having speech delay are often followed by their way of eating those who do not chew. This resulted in the muscles of the jaw and the area around their mouth are still very stiff. The activation given in this area aims to flex back the rigid muscles.

#### Activation in the mouth

In addition to not chewing, a problem that is often experienced by children who are having speech delay is their difficulties in sucking or blowing. The activation in the mouth serves to help them to learn faster for blowing or sucking. This activation is given in the areas of the tongue, gum and inner cheek.

#### Massage nerve activation at home

Massage at home can only be done to patients that had been nerve activated before in the clinic before the pandemic occur.

The categories of patients in this case are aged 3 to 5 years, experiencing speech delays and concentration disorders, have never tried any therapy.

Massage is done on the head, face and feet. Massage in the mouth is not practiced at home to avoid injury to children. Each massage is done every day and duration of 30 minutes per massage in every day. Massage can be done in the morning, afternoon or evening. The flexible massage time makes parents comfortable to do it without interrupting their activities [9-15].

### Home Activity and nerve activation

Learning activities at home such as drawing, coloring, counting, writing, watching and even cleaning the house such as sweeping, washing the car can also increase the activated nerves.

The activity of playing catch ball and even playing games at home can also increase the focus and motor nerves of children who have been activated. Because it is a mistake to ignore activities at home and only rely on therapy in the clinic [16].

Activities in the house will help develop focus points, fine motor skills and motor eye coordination. The points of understanding and language expression that have been activated will increase when children read or watch at home. Many parents have been amazed by the outcome of their child's development during this pandemic. They said during the pandemic they were trying to optimize the massage times taught in the clinic so far. The rest of their child's time is spent on simple activities that help them clean the house [17,18].

### Results during an at-home activation massage

Parents can see significant progress in their children as long as they perform routine massage every day with a duration of 30 minutes.

Significant developments are seen in several areas:

\* Self control area, parents see that their children can control their emotion and can reduce their time using the gadget. The children are not showing tantrum anymore when they are asked to stop playing gadget. They also willing to do other activities.

\* Concentration area, parents see children can focus more on coloring and can watch movies until the end, which never been completed by their children before

\* In the language area, parents can see that their children are more able to respond to surroundings, better understand instructions and are more able to express what they want.

\* In the area of academic understanding, parents see their children as more capable of doing school work independently without assistance as before.

\* Socialization area, children can interact more with family members and play together with their siblings at home.

### Conclusion

- Patients who had been nerve activated can reduce their time with gadget. They also do not experience any decline in their development, even though they only doing massages and daily activities at home.
- Patients who had been nerve activated do not seem to experience a decline in development even though they only undergo massage and activities at home.

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