

## Children and Adolescents with Oppositional Defiant Disorder: The Impact and Effects on Their Academic Achievement

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### **Abstract**

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*The growth of the child from its pre-schooling stages to adulthood is said to be the toughest time for the parents and well as the child. This is because it involves a pivotal transformation from the journey of childhood dependency towards adulthood independency. One of the major challenges that a child face in adolescence is, the personal agency where/he is influenced by their own effectiveness and image, which is referred as self-efficacy (Zimmerman & Cleary, 2006). In the early stage of teenage, a number of disorders frequently attack a child. The reasons are not as serious as any other psychological disease like schizophrenia or delusional disorder, but they could get serious if they are not counseled. There are many disorders that might happen to any child in his/her adolescence that includes, generalized anxiety disorder (GAD), Anxiety disorders, Conduct Disorder (CD), Autism and Attention Deficit Hyperactivity Disorder (ADHD) etc. Oppositional Defiance Disorder (ODD) is one of them. All of these disorders create detachment of a child from their parents and teachers, and anything that stops them from their liberty and freedom (Nordahl et al., 2010).1.2.*

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### **Purpose of the Study**

The purpose of the study is to explore that what issues does a child face during his/her adolescence stages. It will also help in knowing the reasons, symptoms and the methods to counsel such child in order to reduce his/her anxiety. ODD leads to many other disorders that can ruin the future of a child. Therefore, it is essential for parents to keep an eye on their child, but not restricting them from experiencing two new things on their own. This study will help in knowing that Why a child suffers from ODD? and how it could be cured.

### **Literature Review**

Oppositional defiant disorder (ODD) is the form of anxiety and behavioral problems that are often faced by a child in his adolescence stage. At this stage, a child experience behavioral problems. This disorder includes misbehaving, maintaining no disciplinary practices with their parents, teachers and outside their house. It is a disorder that shows the pattern of continuous hostile, disobedient and defiant attitude towards the authority figures of a child's life (Nordahl et al., 2010). In ODD, a child behaves rudely to his/her parents and show disobedience. They refuse to follow the instructions of their parents and teachers and disrespect them. The theoretical background of this disorder indicates that it is developed when the improper functioning of the family coincide with the difficult characteristics of a child during his early stages of adolescence. The difficult characteristics of a child may include the impulsivity/hyperactivity that might lead to ODD by drawing negative functioning of the family (Harvey et al., 2011; Steinmetz, Gadow & De Vincent, 2009). The ODD comes along with the conduct disorder (CD) and ADHD because all are of same type of disorders that highlights the negativity and defiant behavior of a child with their authority figures. However, it could only be treated with the help of behavioral approaches (Nock et al., 2007; Hazel, 2010).2.2.

## **Diagnostic Criteria / Reasons**

Disorders like ODD or CD are diagnosed among child in his early stages of adolescence. It is diagnosed by the disruptive pattern or behavior of a child characterized by 4 irritability, agitation, argumentativeness, anger and defiance towards the authority figures of child's life. This behavior remains there for at least 6 months. ODD is diagnosed if a child meets the diagnostic criteria of antisocial personality disorder (APD) or Conduct Disorder (CD). It is diagnosed when a child presents at least 3 symptoms of APD in past 1 year and at least one symptom seen in past 6 months. These symptoms/behavior includes the aggressive attitude threaten harm to others (people or animals), violation of rules and deceitfulness. It also includes lose in temper and angry attitude towards others. A child might get easily annoyed by others behavior and argues with adults. A child also refuses to obey their authority figures, deliberately annoys people, unkindness and blames others for their mistakes. This behavior and its effects are on others, but the defiant behavior also affects the grades, education and learning process of the child. A child refuses to participate in vocational activities and show disrespect to their peers. It also affects the child's social interaction and s/he starts hating people around them (Kimonis & Frick, 2010).2.3.

## **Self-Efficacy and Its Affect on Adolescence Odd**

Is the most common psychiatric disorder especially in the patients with ADHD.A child who is suffering from ODD is likely to suffer from ADHD symptoms as well. A problem gets more severe if ODD combines with ADHD. A child might get intensively suffer from a psychiatric disorder if s/he is suffering from ADHD and then ODD too. A child might suffer from peer problems and family agony due to ADHD, but when ODD combines with it then the problem doesn't remain the same.

It gets more intensifying. It starts affecting the social behavior of a child and creates detachment with his/her parents (Bangs et al., 2008). Self-efficacy is said to be the subjective judgments through which one plans and execute actions in order to attain desired goals effectively. It helps a person to know what his physical and mental competency is and how she or he can achieve the targets by performing in an efficient manner. The context of self-efficacy varies across three dimensions like generality, level and strength. The generality of self-efficacy refers to one's ability of judgment based on transferability across various tasks.

Level of self-efficacy varies from the tough to easier tasks in academic subjects. Strength in self-efficacy focuses one's ability to handle certain task (Zimmerman & Cleary, 2006). In adolescence stage, it is important for a child to understand his/her self-efficacy and to increase the self-efficacy in a child, the role of parents and teachers means a lot. The authority figures are responsible for bringing a positive change in a child and making him/her socially responsible for all of their deeds. According to Zimmerman & Cleary, 2006following are the characteristics of self-efficacy; Self-esteem: It is defined as an affective reaction of how the person thinks about him/her. It increases the cognitive judgment of the individual. It helps a child to understand who is he and how could he be a better person. Self-Concept: It is one of the ways to think that how good one is in something. It's a method of generalized self-assessment. It also helps one to improve its self-reflection. Parents can help a lot in improving the self-reflection of their child in order to avoid any defiant behavior. Perceived Control: It is developed by the authority figures by telling the child what is good what is bad and how to differentiate things. It helps a child to control himself/herself from wrong influences. Outcome Expectations: The results that a child observes or gets from his/her positive behavior and as a responsible optimist person. Authority figures should tell a child that ifs/he will perform well then the result will be very fruitful.

## **Self-Efficacy and Its Affect on Adolescence**

There are positive effects of self-efficacy on adolescence. Self-efficacy is related to ODD because for improving the child's performance and his/her attitude and to avoid any defiant behavior, it is important to train a child from his/her pre-school age. Following are the variables that influence the self efficacy (Zimmerman & Cleary, 2006). Academic Achievement If a child is able to know that his behavior is not worse to his authority figures than it encourages him/her to perform well in their tasks. It increases the intellectual ability of a child and improves the cognitive abilities too. It reduces the confusion level of a child and diverts his/her attention towards better performances. Academic Motivation Self-efficacy helps a child to improve his/her behavior towards the achievement of goals and instigate him/her to never lose hope or to get pessimist. Motivation leads to better results and make a child to be a proud student. Personal & Career Development Self-efficacy helps a child to bring positive improvement in his/her personal life. It also encourages a child to avoid defiant behavior with teachers and parents and encourages them to respect these authority figures. 2.4.

## **Role of Authority Figures in Oppositional Defiant Disorder**

The role of family in ADHD and ODD is very important because many times the behavior of a child is the result of family dissonance. One of the major reasons for a child's bad behavior in his/her home and school is the relationship between parents and child. If the interaction between parent-child is weak and they have a lack of trust then a child might get suffered from ODD. To reduce the effect of ODD, it is essential for parents and teachers to talk about the behavior of the child. Even if either of the figures notice changes in the behavior of the child, then it is important for them to take instant active measures for it in order to reduce the further effects of such behavior. As this behavior is specific to teachers and parents then it is essential for both the figures to control their anger on the child and try to talk to him/her in order to reduce their bad performance (Servera et al., 2010). ODD has been just like GAD, where a child may face the changes in the behavioral patterns and this leads to the early psychiatric disorders of the childhood. There reasons that many researchers identified for such disorders are not so clear, but it is identified that the negative or over-possession of parents might lead to such disorders. It includes the psychosocial contexts like parenting psychopathology, the relationship between a child and parents, the events that a child might encounter within his life, and any sort abuse that a child had faced in his/her early childhood and many other reasons similar to it. Researchers identified that the biggest reason for this disorder is the overprotective attitude of parents towards their child. This type of behavior of parents reduces the independence of the child to think and to perform any task effectively. Parents show much concern about their child and that's why they start restricting them from any new activity. This reduces the ability of the child to experience new things and to take any decision by himself/herself (Nordahl et al., 2010).

The parent's overprotective attitude might cause the anger in a child and s/he starts feeling agitated with their parents. If they are kept pressurized by their parents then it may lead to some unconstructive activity (drugs, crime etc.). The role of both the parents is important in the healthy and effective development of a child. Parents are responsible of knowing that what their child want, where is he going and what he is doing. All these responsibilities can only be taken if parents avoid stop ignoring their child. The reason identified by the researches regarding ODD is the lack of attention that a child receives from his authoritative figures. For parents it is very important to give time to their child and not to ignore their discussions even if they are useless (Moura& Burns, 2010). Behavior Improvement The improvement of behavior can only be done if the parents and child both are brought together in the counseling. For parents, it is important to realize that their child needs special attention and positive response. Due to the bad relations between parents and child, the defiant behavior occurs. The direct observation should be done in order to build positive relations between parents-child. Parents should also bring some changes in terms of trusting their child, giving some space to them, avoiding irrelevant restrictions on their child and should avoid any fight in front of the child (Loeber, Burke &Pardini, 2009). A child's defiant behavior could be controlled if s/he is treated with love and care. For parents it is getting essential to know that strictness and prohibitions make the child's learning limited. They should encourage their child for experiencing new things and letting them decide that what's good and what's bad for them (Loeber, Burke &Pardini, 2009).

### **Research Approach**

The approach used to conduct this research is explanatory approach. The reason for choosing this approach is that the data and the information collected is based over the justification and valid explanations. For understanding the ODD, it is important to know some percentages as well. The ratio of ODD among the teen-age group will help in explaining this research. Moreover, the idea of this research is to give understanding to the readers about the ODD and its causes among the children. The analysis will help in exploring the results, symptoms and the measures that are required to be taken by the authority figures in the child's life. The idea of explanatory research is based on the question like WHY? So, here in this research the question arises that why a child suffers from Oppositional Defiant Disorder? And to answer this question the analysis will be conducted. This analysis is in terms of the literature and the results (outcomes). The explanatory research is done beyond the information gathered from descriptive and exploratory research.3.2.

### **Methods of Data Collection**

The method of data collection used for this research is qualitative method. The reason for choosing this method is to deliver theoretical background about the issue to the readers. Another reason of choosing this method is the availability of the respondents. The respondents are not available easily; therefore, it is better to do the content analysis in detail. The qualitative method is good to study the unobservable variables of the issue.3.3.

### **Instrument of Data Collection**

The instrument used for the data collection is unobtrusive. The content analysis is done within this method because the respondents are not approachable and the content within the books are enough to explain the current situation regarding this issue. The 10 content that is analyzed in this research is from the last five years. The reason for limiting the use of content for five years is to keep the research fresh and up-to-date.

### **Sources of Information**

- The sources used for this research are secondary sources of information. The data is gathered from the journal articles from Emerald, Google Scholar, and EBSCO HOST. The data gathered is from 2006-current date.

### **Validity / Reliability**

It is important to maintain the validity and reliability in order to make their search error free. The validity and the reliability of the research are based on the references used. These references are published by different journals that increase the authenticity of this research. In-text citation is done with every new fact and figure in order to make the research more effective.

### **Ethical Limitations**

The research tried to maintain the privacy and the confidentiality of the information that is gathered from various sources. The data, facts and figures that are presented in this research is used that are kept on public view. The purpose of this research is not to offend any source and therefore, information delivered through this research is explained neutrally. The information shared in this research is not over-generalized. It is kept simple, concise but concrete. 11 4.0. Analysis4.1.

### **Case of Oppositional Defiant Disorder**

This is the case of a child and his mother. A child name is Matt and mother's name is Sandy (Fraser & Wray, 2008). "Sandy brought her child Matt, who was about 6 years old, to the general practitioner (GP). Sandy told the doctor that she cannot manage the behavior of her child as he don't follow her instructions, he disobeys his teacher and fight with other students in the break time. Sandy also told that he don't even listen to her and blame her sister Amy who is 8 years old for anything that he break. He also misbehaves with Sandy and kicks her when he gets aggressive. The PD asked about the boy's childhood behavior and experiences. Sandy told that when he was a toddler he used to cry a lot and it takes a lot of time to handle him. He used to cry and shout about small things. Now he argues every day. Sandy also mentioned that she was depressed when Matt was about 18 months old. On inquiry, she also revealed that her home situation is not financially good and her husband, Barry, often loses his temper and misbehaves with Sandy. When PD asked Matt that what he feels about the complaints that his mom is telling him, he replied that everybody blames him and he doesn't do anything wrong. He thinks that as everybody hates him so he should be left alone. He shows defiant behavior with his mom and sister. After listening to the whole scenario, PD diagnosed that Matt is suffering from ODD as he had faced lot of difficulties mentally as a toddler. He also failed to match with the expectations of his teachers as their functioning is different from him. He faces many difficulties to make good relations with his sister, family, teachers and friends."

### **Treatment of Oppositional Defiant Disorder (Odd)**

For the better grooming and to protect the mental condition of a child, it is important for parents and for teachers as well to be quick with the treatment of such child. Parents are responsible to take their child to the counseling and to general practitioners in order to know their problem and the solution of it. Any behavior, which is not supporting to the environment of a child's growth and consider as violent or unethical, should be reported as soon as it is observed. This will help in dealing with the child's problem. It is also mentioned by various PD's that a child himself/herself is in a confused state when they are facing such changes in their early stages of adolescences. This type of behavior is the result of the childhood incidents or the trauma of those incidents. To improve the mental condition of such child, it is important to treat them as soon as the problem is identified. Following are the ways of treatment that could be done to improve child. Parent Management Training Programs (PMT) PMT programs help parents to know that where they are lagging behind and what initiatives do they need to take in order to protect their child's mental and physical growth. These programs help parents to know that how their behavior differs from the behavior of their child and how to reduce this difference.

It also helps parents to understand their insufficiency in bringing up their child strong; both mentally and physically (Lavigne et al., 2008). Behavioral Parent Training (BPT) programs help in bringing parents along with their child. It helps in building an interactive relationship between parents and teachers in order to treat an ODD child. It involves Coaching our Acting-Out Children, Heightening Essential Skills (COACHES), where tasks are planned based on BPT and the sport skills as well. This program is especially designed for child and the father. The purpose of these programs is to build a positive image in the child's mind regarding their fathers. The rating or improvement is seen when fathers and instructors report that their child is taking interest in interacting with them. This help parents to reduce the further effects of ODD in their child and builds the child personality free from any mental illness (Fabiano et al., 2009). Therapeutic Assessment (TA) It is the assessment and the therapy that is done for the better growth and development of the child. This involves the cognitive therapy of a child that helps him/her in improving their ability to think logically. It helps in developing positive perception of a child regarding the environment where s/he is living. TA helps in controlling the behavior of a child, adolescents, adults, couples and families. It is a psychological assessment to improve the child's behavior (Smith, Handler & Nash, 2010). Care and Concern of Parents Above all the treatments and therapies care and concern that parents show to their children, is the best therapy. Children only want love and care from their parents. They expect a peaceful and loving atmosphere in their homes and they want to live happily with their parents. It is essential for parents to avoid hard discussions and arguments in front of their child. Fights and bad behavior among parents create a negative impact on child's grooming. Parents should improve the stress management and problem-solving skills of their child and should involve them in creative activities. This will help a child to reduce their defiant behavior. Parents should keep on helping their child in reducing and controlling their aggressive behavior. It helps in engaging a child in effective communication in school, with friends and family members as well. Parents should treat all of their kids equally (Fraser & Wray, 2008).4.3.

### **Measuring Child's Mental Illness**

A child's attitude and mental illness can be measured by the following ways (Burke, Hipwell & Loeber, 2010), SCARED – Screen for Child Anxiety and Related Emotional Disorders – This tool helps in measuring the anxiety about the child through their parents. It helps in measuring 41 different disorder items. The items are rated on the scale of 3 (0-2). This scale is reliable and helps in knowing the child's level of anxiety. BDI – Beck Depression Inventory – This scale helps in measuring the depression level of parents; especially it is based on maternal self-assessment. It includes 21 disorder or items to be assessed. It is rated among the scale of 4 points. CSI – Child Symptom Inventory – It helps in knowing the level of symptoms of ODD, ADHD, CD, anxiety and depression in a child. It is a reliable method of measuring the symptoms of these disorders in a child.

### **Conclusion**

The growth and effectively brought-up of a child depends upon the people who live around him/her. The authority figures are the important people that direct the up-bringing of a child in terms of his/her mental strength. With every stage of life, a child starts learning every new thing. S/he also faces many changes in terms of their thoughts and physical build. The early stage of adolescence is a big challenge for a child and for parents too. In this stage a child learns what is good for them and what is bad, what will benefit him and what will be harmful for him. At this stage a child also gives importance to every sort of behavior that others conduct to them. Parents play an important role in directing the behavior of a child. If a child gets ignored or s/he is facing some difficulties, then they might get suffered from number of disorders. Oppositional Defiant Disorder (ODD) is one of them. It is the state where a child gets negative and starts conducting defiant behavior towards their authority figures. When the functioning of parents coincides with the behavior of the child then this disorder occurs. It is important for parents and teachers to keep an eye on every behavioral change of a child. At this stage if a child is not stopped from his bad attitude then s/he might get involved in some unethical activity. It gets difficult for parents and teachers then to bring back a child to the positive and the right path. ODD is a common disorder, but it could get severe if a child also has symptoms of Attention Activity Deficit Disorder (ADHD) and other anxiety disorders. The counseling sessions should be arranged for parents as well as students in order to reduce the level of aggression in the child. These counseling sessions will also help parents to reduce their restrictive behavior with their child. It helps parents to know that they need to give less freedom to their child and should trust on their child by dealing with them like their friends, not as their parents.

## Recommendations

In order to improve the behavior of a child it is important for parents to take their child into the counseling centers. Parents should meet psychiatrists and should discuss the case of their child with the doctors. These doctors also help parents to know where they are wrong and how much improvement they need. Parents should give lots of love and care to their child. If their child is facing some problem then parents should talk to them and try to understand their problem. Parents should give possible suggestions to their child in order to overcome from that problem. In fact, parents should help their child in dealing with the problem. Teachers should keep an eye on the behavioral changes that might occur in childhood. They should be polite to the child and should ask them if they are facing any problem besides their studies or in their studies or not. 17

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