

DEALING WITH AUDITORY SENSORY ISSUES WITH MUSIC ANIMATION IN CHILDREN WITH ASD

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Abstract

A program “Living with Music” was developed hoping to help children with autistic spectrum disorder (ASD) deal with auditory sensory issues. The program involved showing ASD children some self-composed music animations with added real-life sounds that tend to create discomfort in them. Evaluation took place based on feedback from their parents who have also participated in the program.

Introduction

It is known that it is common among children with ASD with sensory issues, including auditory input that ASD children experience on daily lives that could cause over-stimulation/reaction or frustration in them (Danesh et al., 2021; Robertson & Simmons, 2015). Yet there is currently no widely known treatment for increasing tolerance to the overstimulating source of sound. The author has worked with children with ASD for over 10 years and she noticed their interest in music and motion media.

Therefore, A program named “Living with Music” was developed in mid 2019 to investigate the effectiveness of music animation involving sounds that could appear in daily lives, such as wall drilling sound, thunder sound, hair dryer sound, etc., on helping children with ASD to increase tolerance to the sound that they find overstimulating and discomforting.

Method

Parents of ASD were invited to complete sur-

vey about sound that their children are sensitive to or which causes frustrations in them. Five music and animation clips were created based on the topics suggested by the parents from the surveys. Sound in reality, such as the sound of hair dryer, was added into the music animation. The created music animation clips were shown to 20 ASD children participants as part of their daily routine for one month.

Their parents were then invited to fill in survey in regards to the effectiveness of the music animation on their children’s perception of the auditory information that has been affecting them.

Results

Results showed that not only the music animation helps with the increased tolerance in particular types of sounds, but also with parents feedback suggesting that children with ASD also learns about social concepts and self care concepts through the music animations.

Discussion

It has been shown that the inclusion of the sound that ASD children are sensitive to into music animations could be a way to reduce the overly stimulated reactions in them. However, although some positive outcomes have been observed, the small sample size in the project might not be truly representing the effectiveness of the program. Thus, further investigations could be conducted with a bigger sample size.

References

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