

A Study of understanding of Development Of Social skills in children with Autism spectrum disorder

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This article focuses on the challenges of children with **Autism Spectrum Disorder (ASD)** face and different ways to develop social skills in children with ASD, such as **behavioural approaches, speech and language therapy, social skill group training, Positive Behaviour Reinforcement Interventions, social narratives, video modelling, and Pivotal Response Training**. The role of technology in developing social skills in children with ASD, including text-to-voice messages, battery-operated sensory toys, virtual and augmented reality, and augmentative and alternative communication technology is also discussed in the same light. These social skills can help ASD children mitigate certain issues related to communication and interaction, and improve their confidence, independence, and appropriate social behavior.

Conclusion : We conclude that the **PRT technique** is the most effective way to develop social skills in children with ASD, as it is child-centered, naturalistic, and includes pivotal behavior that are necessary for social skill improvement.

Key words ; ASD (Autism Spectrum Disorder). PRT (Pivotal Response Training)

Social skill development is an essential phenomenon for human beings. The lack of deficits in terms of social skills may negatively affect different fundamental domains of an individual including mental health, interpersonal behaviour, and life outcome. ASD stands for "*autism spectrum disorder*" and it is defined as a

developmental disorder due to differences in function in the brain. A study shows that children with ASD face issues related to social interaction, as well as communication, repetitive behaviour, and restricted behaviour. Therefore, this issue negatively influences their life and heavily impacts their social life. As pointed out

[1], two prime causes of ASD are environmental factors and genetic factors. In addition to that, research highlights that genes involved in ASD are also able to explore different environmental aspects that lead to ASD such as viral infections, air pollution, medications, and many others. Therefore, those children suffering from ASD face different issues in their social life due to lack of social skills.

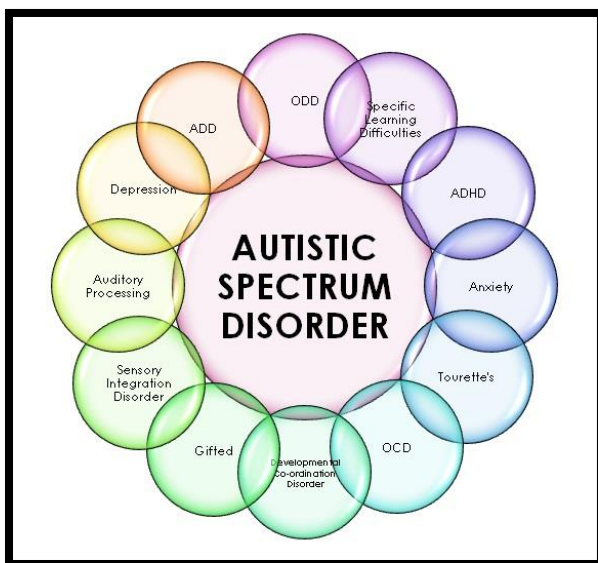


Figure 1: different aspects of ASD

(Source: [1])

As per the statement of [4], different steps are taken for children with ASD and those steps help the children to develop their social skills. In addition, development approaches are generally related to behavioural approaches, and *“speech and language therapy”* can help ASD children to develop their understanding as well as communication skills. According to [5],

social skills are integral parts of life and the development of social skills is needed for making life valuable, children with ASD have a different way of moving, learning as well as paying attention. According to [3], ASD children have an intellectual disability and those children who suffer from ASD need special training and therapy to improve their social skills, some ways have been adopted for developing the social skills of Autism children. Children with Autism due to a lack of effective social skills face challenges in school, at home, and in society, therefore, the development of social skills help the children mitigate certain issue and learn essential social skills for social competency. Effective training related to social skills can help ASD children to interact with people, to collaborate with society.

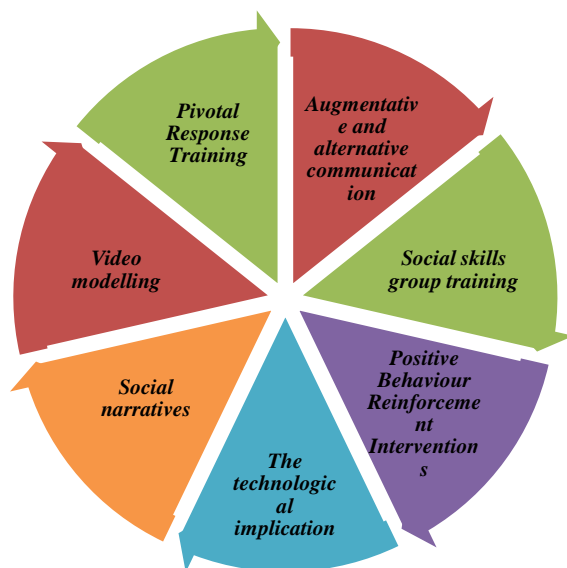


Figure 2: Different ways to develop social skills of ASD children

(Source: Self-created)

The social skill deficits lead to different issues and negatively impact ASD children, as well as their parents, community members, and service providers, as well. In addition, as per the statement of [6], *the technological implication* in this modern age helps ASD children to develop social skills. Furthermore, with the help of digital technology, ASD children can interact with other text-to-voice messages. In addition, different technological tools also help ASD children to develop their social skills and help to boost their confidence.

Social skills-related videos, battery-operated sensory toys, as well as virtual and augmented reality, and different software help ASD children to develop their social skills. According to [9], *“augmentative and alternative communication”* is a kind of technology that helps children. This is an assistive technology and ASD children with this technology can develop independence, communication, as well as social interactions. Many studies highlight about developing the social skill of children with ASD. Technology communication help on a large scale, and in many training programmes technology has been adopted for technology communication and interaction. Technology, in this case, is considered a visual aid for developing social skills.

Social skills group training is also being utilised for the ASD children in their school to develop their speaking power by boosting confidence and with that, they can mitigate the issue related to communication and interaction. In addition to that, *“speech and language therapy”* also helps ASD children to improve their social skills and this therapy is mostly used worldwide for developing the communication skills of ASD Children. As per the statements of [8],

“Positive Behaviour Reinforcement Interventions”, is another strategy that helps ASD children improve their social skills and the implication of this strategy helps to reduce maladaptive behaviours at the same time helps to increase appropriate social behaviours. Therefore, the implication of these aforementioned stages helps to add positive behaviour interventions.

Social narratives are effective ways to help to boost the speaking power of an individual. In addition to that, as per the statement of [5], social narratives effectively help ASD children to develop social skills. Many studies significantly highlight that the implication of social narratives helps ASD children to enhance their social skills related to communication and interaction. **Video modelling** is also used for ASD children to boost their social skills and this video modelling is considered an effective peer mediation that helps to enhance social skills. In addition, according to [7], video modelling specifically includes elements such as peer mediation and modelling.

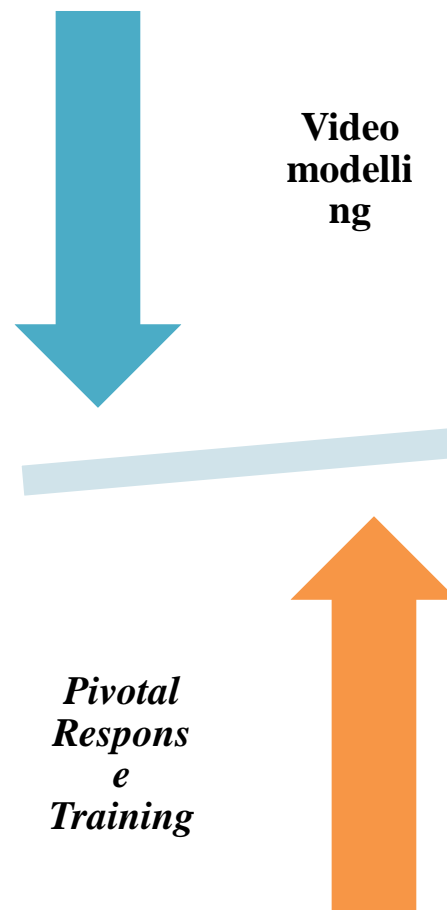


Figure 3: Two ways to increase the skills of ASD students

(Source: Self-created)

Pivotal Response Training is short PRT which is considered one of the most commonly used techniques that help ASD children to develop social skills. PRT is a kind of comprehensive intervention package and this includes “pivotal behaviours” specifically for ASD children. In addition to that, “pivotal behaviours” involve the initiation of social interaction, self-management as well as

communication and motivation, which all ASD children need for improvement in social skills. Research shows the PRT technique is the most effective way for ASD children's social skill development as the PRT technique is *child-centered* and supported in naturalistic settings which helps ASD children to learn fast social skills and it can be taught in the classroom, and community as well as at home. This PRT technique is mostly applied for development of social skills in ASD children For PRT an experienced teacher is needed. One to one interaction is required between child and teacher in a natural setting and it helps to develop pivotal behaviours. All of the aforementioned ways are used to develop social skills in children with ASD.

Conflict of interest : None

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