

# Autistic Children's Motor Abilities and their Adaptive Behavior: Autism and IQ Levels

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## DESCRIPTION

For independent life, adaptive behavior skills are essential. The quality of life can be significantly impacted and participation in activities restricted by difficulties with adaptive behaviors in areas like self-care and self-feeding. It is generally known that IQ levels are not good indicators of the levels of adaptive behavior in autism. Children with autism do worse on tests of adaptive behavior than would be expected based on their IQ results. In particular, there was no significant relationship between autistic children's IQ scores and their adaptive behavior scores, indicating that using IQ levels to gauge functional capacity is counterproductive and, in some circumstances, detrimental. Caretakers and service providers may underestimate the supports that autistic children require if they overestimate the adaptive behavior skills of autistic children based on their IQ scores. This lack of assistance may then result in elevated anxiety and despair.

It has been discovered that the development of cognitive, language, and social skills are connected. Early language, cooperative attention, and cognitive development are all correlated with motor skill development. Children's motor abilities are linked to academic achievement, social interaction, cognition, and imitation. Given these connections between motor abilities and a variety of developmental areas, motor skills may be a better indicator of differences in adaptive behavior in autism than IQ levels.

There is compelling evidence that children with autism have clinically severe motor issues with those with comparable neuro developmental disorders, such as Developmental Coordination Disorder. Motor difficulties are also related to adaptive behavior in these illnesses. According to studies, children with autism either have severe or borderline motor impairments (79%-89%). Additionally, they noted that, in accordance with caregiver survey results, 86.1-88% of autistic children are at risk for motor impairments, with this risk being 22 times higher than that of the general population. Furthermore, they noted that on the

Movement Assessment Battery for Children, the industry-recognized gold-standard standardized test of motor skills, more than 90% of autistic kids met the requirements for clinically severe motor impairments. Caregivers have examined differences in silent standing, leaning, striding, reaching, gripping, catching, and tool use while examining particular motor skills. These motor impairments have repercussions for the quality of life and mental health of autistic children because they are connected to social, cognitive, and adaptive function.

Fine motor abilities may be a barrier to the growth of adaptive behavior in autistic people. In autistic children and adolescents, caregivers have shown that challenges with fine motor skills limit adaptive behavior and result in decreasing engagement in everyday activities over time. Fine motor skills fully mediated the association between individual restrictions and delayed learning on activities of daily living in a related study of kids with developmental coordination deficit, emphasizing the link between fine motor abilities and adaptive behavior. Importantly, it has been demonstrated that fine motor skill challenges in autism worsen over time, decreasing the possibility of adult independence. Problems with fine motor skills that limit a person's ability to participate in daily activities may also prevent them from taking advantage of developmental chances in other areas (e.g., social, communication, language).

This study sought to ascertain the following due to the low predictive value of IQ scores for autistic individuals' adaptive behavior and their known motor difficulties:

- How the low adaptive behavior scores of autistic people be explained by motor ability tests.
- With specific IQ traits, such as verbal understanding and perceptual reasoning, as well as motor skills, such as manual dexterity, targeting and catching, and balance, may be responsible for this effect.

We predicted that motor skills, especially manual dexterity and balance, would have a positive correlation with the adaptive behavior scores of autistic people.

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