Effectiveness of Art Therapy on Level of Anxiety among Hospitalized School Age Children in a Selected Hospital at Kanyakumari District

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Abstract

The study was conducted to evaluate the effectiveness of Art Therapy on level of anxiety among hospitalized school age children. Quasi experimental, non-randomized control group design was adopted for the study. The structured questionnaire was developed to collect data. The samples were selected by purposive sampling technique and data collection was carried out among 64 school age children in a selected hospital. Pretest and posttest conducted before and after Art Therapy by using Structured Anxiety Rating scale. The findings revealed that the level of anxiety among hospitalized School age children.The unpaired 't' test value was 8.86 is significant at $p \leq 0.05$ and is highly significant at $p \leq 0.01$, $p \leq 0.001$. It represents the effectiveness of Art Therapy in reducing the level of anxiety. There was a significant association between the Gender, Extracurricular activities, Previous experience with type of illness and Activities of the child during hospitalization. The study concluded that Art Therapy was effective in reducing anxiety level among hospitalized School age children.

Keywords: *Effectiveness, Art Therapy, Level of anxiety, Hospitalization, School age children.*

Introduction

Children play a major role in a nation. Their well-being is to make family happy. The parents have a great role in caring their children. However, child rearing is not aneasy task when the situation of hospitalization arises. Hospitalization can be a stressful experience for the children. They are sensitive to what happens around them. Children naturally have a tendency tobe moreanxiousthan others.Hospital experience will make them to have more stress and anxiety [(7)]. Art Therapy can be a good choice to Navigating anxiety. Art Therapy helps the children to improve their self-esteem, relieve stress, and decrease the symptom of anxiety, depression and Cope up with a physical illness.[(4)] Reawakening memories and relive from an unconscious mind.Itserves as an alternate mode of communication [(6)]. Art Therapy provides away to gain insight and understanding through self-expression [(5)]. This interactive Art helps to hospitalized children to forget about their illness and normalize their experience [(8)].

Statement of the Problem: A Quasi Experimental Study to Evaluate the Effectiveness of Art Therapy on Level of Anxiety among Hospitalized School Age Children in a Selected Hospital at Kanyakumari district.

Objectives

1) To assess and compare the pre test and post test level of anxiety among hospitalized school age children in study group and control group.

2) To evaluate the effectiveness of Art therapy on Level of Anxiety among hospitalized school age children in study group and control group.

3) To find out the association between selected demographic variables among hospitalized school age children with their pre test level of anxiety in study group and control group.

4) To find out the association between selected clinical variables among hospitalized school age children with their pre test level of anxiety in study group and control group.

Hypotheses

H_1: There is a significant difference between pre test and post test level of anxiety among hospitalized school age children in study group and control group.

H_2: There is a significant difference between post test level of anxiety among hospitalized school age children in study group and control group.

Research Methodology

Research approach: The researcher utilizedquantitative research approach.

Research design: Quasi experimental non randomized control groupdesignwas used in the study.

Research setting: The study was conductedat Gerdi Gutperle Agasthiyarmuni child care center,Kanyakumaridistrict.

Population: Hospitalized school age children.

Sample: Hospitalized school age children between 6 to 12 years of age who have fulfilled inclusion, exclusion criteriaand admitted in Gerdi Gutperle Agasthiyarmuni child care center,Kanyakumaridistrict.

Sample size:32school age children in study group and 32 school age children in control group were participated in this study.

Sampling technique: Purposive sampling technique was adopted for the study.

Description of Tool

The tool used in this study consisted of two parts.

Part I: In this part Structured questionnaire was used to collect the demographic variables such as Age, Gender, Education of the father, Education of the mother, Occupation of the father, Occupation of the mother, Type of family, Religion, Area of residence, Family income, Type of school education, Class of study, Extracurricular activities, Exposure to drawing.Clinical variables consisted of previous history of hospitalization, previous experience with type of illness, Primary care giver, Activities of the child during hospitalization, Present illness, Number of living children, Birth order of the child.

Part - II

This part of tool consists of Structured Anxiety Rating Scale to rate the level of anxiety by Mild anxiety, Moderate anxiety, Severe anxiety.

Method of Data collection

Phase: 1 Selection of hospitalized school age children

After obtaining formal permission from the Principal of St. Xavier's Catholic College of Nursing, Chunkankadai, Managing Director and Nursing Superintendent of Gerdi Gutperle Agasthiyarmuni Child Care Center,Vellamadam.Prevalence was assessedby Facial Affective Scale and those who scored above 2 were selected. All the 64 school age children had anxiety and they were divided in to study and control group with 32 in each, Participants were selected based on the criteria of sample selection.The investigator obtained informed written consent from the Mother/ Guardian of each child separately before introducing Art Therapy and proceeded with the data collection. Data on Demographic and Clinical Variables were collected through structured interview

schedule.

PHASE:2 Pre test

The data was collected from the participants by Demographic and Clinical Variablesthrough structured interview scheduleand the Structured Anxiety Rating Scale was used to assess the level of anxiety on the first day of admission in study group and control group.

PHASE:3 Interventions

Study group received Art therapy and control group received hospital routine care. The Art therapy consisted of different diagrams in each session. The investigator divided the Art therapy in to 9 sessions for3 days, 3 sessions per day, each session with20minutes duration.

PHASE:4 Post test

On the third day, after completing the IX session, the investigator post test level of anxiety with the structured Anxiety Rating Scale.

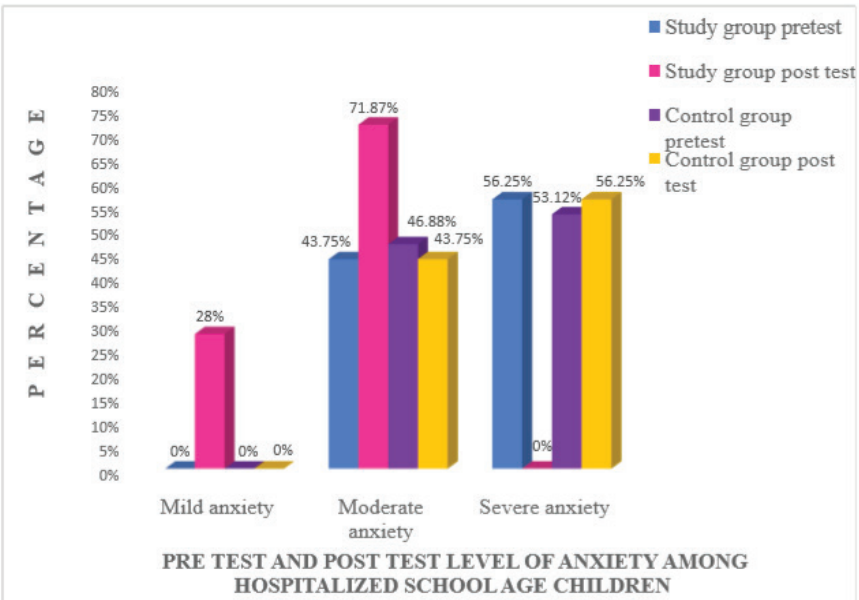
Results

Table 1: Comparison of Mean, Standard deviation, and unpaired 't' value on post test level of anxiety among hospitalized school age children in study group and control group.

N=64

Variable	Group	Mean	SD	Unpaired 't' test
Level of anxiety	Study group(n= 32)	32.56	5.85	8.86***
	Control group(n= 32)	46.95	7.24	

Significant at *p≤0.05, **p≤0.01***, p≤0.001



Discussion

The aim of the study was to evaluate the effectiveness of Art therapy on level of anxiety among hospitalized school age children in a selected hospital. Based on the data collection the mean score on level of anxiety among hospitalized school age children in study group is 48.75 in the pre test and 32.56 in the post test and in control group is 47.85 in the pre test and 46.95 in the post test. The paired 't' value for anxiety level is 20.27*** which is significant at $p \leq 0.05$ and is highly significant at $p \leq 0.01$, $p \leq 0.001$. The estimated unpaired 't' value is 8.86*** which is significant at $p \leq 0.05$ and is highly significant at $p \leq 0.01$, $p \leq 0.001$. The association between the level of anxiety among hospitalized School age children with selected demographic variables such as Gender and Extracurricular activities and the clinical variables such as previous experience with type of illness and activities of the child during hospitalization showed a significant association.

Conclusion

The study concluded that providing Art Therapy was effective in reducing the level of anxiety among hospitalized school age children. Art therapy is one of the best, non-pharmacological and cost-effective interventionsfor hospitalized children.Nurses can apply the Art Therapy like a play therapy to divert and relax the child to facilitate communication between staff and children and encouragesthe child's co-operation in hospital procedure.

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Conflict Interest: There was no conflict of interest.

Source of Fund: Self

Ethical Clearance: The proposed study was conducted after the approval of the dissertation committee of St. Xavier's CatholicCollege ofNursing and prior permission was obtained from managing director of Gerdi Gutperle Agasthiyarmuni child care center. Informed written consent wasobtained fromchild'smother/guardian before starting data collection. Assurance was given to the studyparticipants regarding the confidentiality of the data collected.

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