



# ASSESS THE EFFECTIVENESS OF ART THERAPY ON REDUCING ANXIETY AMONG THE ORPHANS CHILDREN IN SELECTED ORPHANAGES OF JABALPUR CITY.

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## **Abstract:**

The research approach adopted for this study was a per- experimental evaluative research approach used. Pre- experimental one group pre-test and post test research design was used to evaluate the effectiveness of art therapy on anxiety among orphan children in selected of school Jabalpur city Madhya Pradesh. The sample consisted of 60 orphans children (6-12 year), who are available at the time of study. Non probability purposive sampling method was used for the selection of samples. The instrument for the data collection was modified perceived level of anxiety scale . The data obtained was analysed by using descriptive and inferential statistics in terms of frequency, percentage, mean, standard deviation, paired t- test and chi – square test. Socio – demographic variables: majority 30(50%) belonged to 6-12 years, Gender - the majority of gender 50(83.33 %) were females. Education standards of children - The majority of the samples 20 (33.3%) were in 7th – 8th class. Types of interest – The majority of children’s hobbies 25(41.33%) were art work. Duration of stay in orphanages - the majority of orphans children s 25 (41.67%) were 1-3 year. The findings shows that mean pre mean anxiety level (44.84) was higher than the mean post anxiety level (39.31),The pre score (SD=11.31) was more than post anxiety score (SD = 10.09) and SD differences was (1.22).After applying the paired t- value calculated ( $t = 4.48$ ), greater than Table value  $t -1.67$   $p < 0.05$ ) computed with mean differences (5.53) in pre anxiety score and post anxiety score, this reveals that on the conventional criteria, this Differences was considered to be statistically significant. Art therapy was effective for reducing anxiety among orphan children. There was Significant association with Hobbies are ,Duration of stay in orphanages were but only Age, Gender, Education standard of children, that are Non significant 0.05 at the level of significance.

## I. INTRODUCTION

Children are a blessing from the Lord. They are like clay in the potter's hand. Blend them with godly love and care, they become a vessel that stays strong and perfect, purge them with toil and dust they may break and crumble. They build the nation sound and strong, because today's children are responsible citizens of tomorrow. Today's society is complex and ever changing. As children grow, they learn each day, of how to live tomorrow watching the grace and disgrace that surround them. Arts therapy is an arts based approach to addressing clinical issues with various populations. This study examined the effects of art making on anxiety levels in orphaned children aged 9 to 13 and claimed that the process of art making would effectively reduce anxiety, as measured by the perceived level of anxiety scale: Spielberg, Gorsuch, Lushene, Vagg, & Jacobs, 1983).

## BACKGROUND OF STUDY

The children who are placed in orphanages especially during very young age, for long duration are found to be at increased risk of developing psychiatric problems like depression, behavioural and emotional disorders later in life. Anxiety levels in children and to identify those children who are most likely to exhibit high levels of anxiety when undergoing procedure before any intervention appropriate measure and reduce anxiety can be planned, provided and evaluated. Emotional support needs to be constantly looked at and improved because children will continue to suffer across the world Early timely intervention is needed to ameliorate their sufferings and improve the quality of their lives. So this study was under taken, to determine the children in orphanage, to take appropriate steps accordingly for managing the problems identified.

## NEED OF STUDY

Anxiety in children is one of the most common childhood disorder in Canada (Austin & Boyd, 2010; Cairney & Streiner, 2010). According to Chorpita and Southam-Gerow (2006), children with anxiety tend to —experience significant and lasting psychosocial impairments. Anxiety disorders effect a high percentage of children and if untreated can carry on to adulthood (Dellaria, 2006; Foxman, 2004). In addition the sooner an anxiety disorder is treated the less complex and costly it becomes in the future. **M.C.Cann & Kain (2012)** reports of the incidence of orphans anxiety in children have varied over the years but are estimated at around 60% of children, a range that is apparently consistent regardless of country. Given art therapy card making and sketching through of orphans anxiety affect the mind and release of anxiety.

## STATEMENT OF THE PROBLEM

A study to assess the effectiveness of art therapy on reducing anxiety among the orphans children in selected orphanages of Jabalpur city.

## OBJECTIVE

1. Assess the perceived level of anxiety before administering art therapy among the orphans children in selected orphanages.
2. Assess the perceived level of anxiety after administering art therapy among the orphans children in selected orphanages.
3. Evaluate the effectiveness of art therapy on anxiety among the orphans children in selected orphanages.
4. Determine the association between perceived level of anxiety and selected demographic variables among orphan children.

## DELIMITATIONS

- The study is limited to orphans children aged between 6-12yrs.
- The duration of the study is limited for 4 weeks only.
- Sample size is limited to 60

## REVIEW OF LITERATURE

Review of literature organized under the following headings,

2.1 Review of literature related to anxiety in orphans children.

2.2 Review of literature related to orphan children .

2.3 Review of literature related to effectiveness of art therapy on anxiety among orphan children.

## RESEARCH METHODOLOGY

### Research Approach

In this study quantitative evaluative research approach used.

### Research Design

#### Pre –experimental research design

one group pre-test and post-test research design .

O1    X    O2

O1 - Pre test

X - Intervention

O2 - Post test

## RESEARCH VARIABLES

### INDEPENDENT VARIABLES

In this study the independent variables is art therapy.(sketching and card making)

### DEPENDENT VARIABLES

In this study dependent variable is level of anxiety of orphan children.

## RESEARCH SETTING OF STUDY

This study was undertaken Selected orphanages of Jabalpur city.

## POPULATION

### Target population

In this study target population School age children in orphanage of Jabalpur city.

### Accessible population

In this study accessible population School age girls and boys aged between 6-12 years in selected orphanage of Jabalpur city.

## SAMPLE

Sample was Age group 6-12 year.

### Sample size

The total sample size of present study consists of 60orphans children . Age group 6-12 year.

### Sampling technique

In this study non – probability Purposive sampling technique was selected for the sample selection.

### Criteria for selection of sample

The sample frame structured by the researcher include the following criteria.

## INCLUSION CRITERIA

The study includes,

1. Children Age between 6-12 years.
2. Orphan children (6-12 year) who know to read and understand English and Hindi language.
3. Orphan children (6-12 year) who are present at time of study.

## EXCLUSION CRITERIA

The study excludes

1. Mentally ill children
2. Physically ill children
3. Who are not interest in the study

## MAJOR FINDING OF STUDY

The major finding of the study summarized as follows-

### Section I – Distribution of the subject according to socio- demographic variable.

Data shows that out of 60 subjects, the majority of the samples 30(50%) were >9year of age, 20 (33.3%) were in 7th – 8th class, 50(83.33 %) were females, children’s hobbies 25(41.33%) were art work, orphanages children’s 25 (41.67%) were 1-3 year.

### Section II – It deal with the analysis of pre perceived level of anxiety among the orphans children before administering art therapy.

In Pre Perceived level of anxiety 0 orphans children has no anxiety, 25 children’s having mild anxiety, 33 children having moderate anxiety and 2 sever anxiety. The mean is 44.84 and SD is 11.31.

### Section III – It deal with the analysis of post perceived level of anxiety among the orphans children after administering art therapy.

In post level of anxiety clearly indicate that 0 orphans children has no anxiety,34 orphans children had mild anxiety, 24 had moderate anxiety and 2 had sever anxiety. The mean is 39.31 and SD is 10.09 also justify the reducing of anxiety among orphans children.

### Section IV –Evaluate the effectiveness of art therapy on anxiety among the orphans children in selected orphanages.

The findings shows that mean pre mean anxiety level (44.84) was higher than the post anxiety level (39.31),The pre score (SD=11.31) was more than post score (SD = 10.09) and SD differences was (1.22). After applying the paired  $t$ - value calculated ( $t = 4.48$ ), greater than Table value  $t 1.67$   $p < 0.05$ ) computed with mean differences (5.53) in pre anxiety score and post anxiety score, this reveals that on the conventional criteria, this differences was considered to be statistically significant. Art therapy was effective for reducing anxiety among orphan children.

### Section V – Association between the pre anxiety score with selected demographic variables among the orphans children.

Finding reveals that the association between anxiety level with selected demographic variable in pre score, variable is statistically tested by applying chi – square test the variable Hobbies are Duration of stay in orphanages were significant and Age, Gender , Education standard of children found that Non significant.

## ANALYSIS OF SCORE FOR PRE ANXIETY OF SAMPLES

CATEGORY	FREQUENCY	PERCENTAGE	MEAN	SD
NO ANXIETY	0	0	44.84	11.31
MILD ANXIETY	25	41.67		
MODERATE ANXIETY	33	55		
SEVERE ANXIETY	2	3.33		

**EFFECTIVENESS OF PRE AND POST ANXIETY SCORE OF THE ORPHANS CHILDREN**

DESCRIPTION	MEAN	MEAN DIFFERENCE	SD	SD DIFFERENCE	T-TEST
PRE ANXIETY SCORE	44.84	5.53	11.31	1.22	4.48
POST ANXIETY SCORE	39.31		10.09		

**Recommendations**

Based on the study findings, the following recommendation were sample made for the future study,

1. A workshop may be conducted related to art therapy for orphanages.
2. A similar study may be conducted in adolescents children.
3. A similar study may be replicated on a larger sample.
4. A similar study could be done on their psychiatric condition, anxiety etc.
5. A comparative study can be carried out on orphan children and school children.
6. A descriptive study can be carried out to assess the level of anxiety of secondary or senior secondary children regarding perceived anxiety.

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