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A STUDY TO EVALUATE THE EFFECTIVENESS OF GROUP ART THERAPY ON STRESS AMONG ORPHANED ADOLESCENTS AT SELECTED CENTERS, IN COIMBATORE

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ABSTRACT

Stress is a universal word applied to different mental and physiologic (bodily) pressures practiced or felt by people right through their lives. The prime purpose of the study is to review the strength of stress between orphaned adolescents. Quasi investigational pretest post-test design amid the control group design is used in this study with 60 samples chosen by using non probability purposive sampling technique. Data was specified for both interventional group plus control group. Data's were collected before and after intervention by using Modified DASS stress assessment scale with a prearranged questionnaire. Group art therapy was given for interventional group. Descriptive and inferential statistics intended for the examination of records the result shows that the obtain 't' value is 11.9*. It was significant at $p < 0.005$ level. The conclusion states that group art therapy is efficient to handle stress and improve psychological security.

KEYWORDS

Effectiveness, Group art therapy, Stress and Orphaned adolescents.

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INTRODUCTION

Children are inheritance from God. They are like clay in potter's hand, with love and care they become something beautiful, or else they break or get discarded. Our nation's future is in their hands. Adolescence is derived from Latin word adolescere, meaning 'to grow up' is a transitional stage of physical and psychological development that generally occurs during the period from puberty to legal adulthood. The UNICEF (2011) states that 1.2 billion adolescents stand at the crossroads between

childhood and the adult world. Around 243 million of them live in India.

World Health Organization (WHO) defined an adolescent as any person between ages 10 and 19. An adolescent is the period of physical growth and intellectual attainment as it's speaks couple with personality traits, decisions regarding future profession, emotional instability. This is also a period of identity crisis in physical, sexual and spiritual aspects.

Dev, B K (2019) studied about the stress and aggression of orphans and found that among the 120 respondents constituted as sample for the study. Among them 60 orphans were male and 60 orphans were female. The results of the current study revealed that female orphans had considerably more stress than male orphans and urban orphans has expressively more stress than rural orphans. No substantial contacts effect found between gender and residence permitting to stress. Male orphans had considerably added aggression than female orphans and urban orphans had considerably more aggression than rural orphans. No noteworthy dealings effect found between gender and residence according to aggression. The Outcomes shows that stress was positively connected ($r = .38, p < .01$) with aggression. Villanueva S, (2017) described teens are under more stress today than ever before. These transitions trigger changes in the way the teen sees him/her, and the way that others see and treat him or her. They are no longer children, but not yet adults and this series of transitions not only have an impact on the individual experiencing the changes, but also on parents, peers, and society as a whole. Due to varying pressures around school, work, families, relationships, social media, and the seemingly endless series of changes involved in simply being an adolescent, teens today are indeed under more stress than ever before. There are certain problems like living in poverty or being in an abusive home cause stress among teens.

OBJECTIVES OF THE STUDY

1. To assess the levels of stress among orphaned adolescents in the interventional group and control groups.

2. To assess the effectiveness of group art therapy on stress among orphaned adolescents in the interventional group.
3. To compare the post-test levels of stress among orphaned adolescents between the interventional and control groups.
4. To determine the association between the levels of stress among orphaned adolescents with their selected demographic variables.

HYPOTHESES

H1

There will be a significant difference in the levels of stress among orphaned adolescents between the interventional and control groups.

H2

There will be a significant difference in the levels of stress among orphaned adolescents before and after the group art therapy in the interventional group.

H3

There will be a significant difference in the post-test levels of stress among orphaned adolescents between the interventional and control groups.

H4

There will be a significant association between the levels of stress among orphaned adolescents with their selected demographic variables.

ASSUMPTIONS

The assumptions of the study were,

1. Adolescents living in the orphanages may have stress because they feel loneliness and don't express their feelings.
2. Lack of parental love and affection, strange of the environment are the major source of stress among orphaned adolescent.
3. Orphaned adolescent residing at an orphanage may have certain amount of psychological, physical disturbance which may affect their self-esteem.
4. Group art therapy reduces the stress among adolescent orphans.

DELIMITATIONS

The study is delimited to

- A Sample size of 60

- Data collection period for 6 weeks.

DATA ON DEMOGRAPHIC VARIABLES OF SCHOOL AGE CHILDREN

Table No.1 reveals that with regards to age, the majority of the orphan adolescents with stress were, 28(46.6%) belong to 15-16 years. Among 15(50%) and 13(43.3%) belonged to both interventional and control group. 19(31.6%) belonged to the age 13-14 years, among 9(30%) and 10(33.3%) belonged to interventional and control group respectively. 13(21.6%) belong to 17-19 years among 6(20%) and 7(23.3%) belongs to interventional and control group respectively. Regarding education, the majority of the orphan adolescents with stress 36(60%) were in high school, among whom 19(63.3%) and 17(56.6%) belonged to both interventional and control group. 24(40%) belong to higher secondary, among whom 11(36.6%) and 13(43.3%) belonged to both interventional and control group respectively. Regarding reason for stay in orphanage the majority of the orphan adolescents with stress, 31(51.6%) comes under broken families, among whom 14(46.6%) and 17(56.6%) belonged to both interventional and control group respectively. 24(40%) comes under loss of parents, among whom 13(43.3%) and 11(36.6%) belonged to both interventional and control group respectively. 3(5%) comes under unwanted child, among whom 2(6.6%) and 1(3.3%) belonged to both interventional and control group respectively. 2(3.3%) comes under disaster, among whom 1(3.3%) and 1(3.3%) belonged to both interventional and control group respectively. Regarding duration of stay in orphanage the majority of orphan adolescents with stress, 33(55%) comes under more than 3years, among 18(60%) and 15(50%) belong to both interventional and control group. 21(35%) comes under duration of 1to 3 years among whom 9(30%) and 12(40%) belong to both interventional and control group. 6(10%) comes under duration of less than 1 year among 3(10%) and 3(10%) belong to both interventional and control group. Regarding guardian relationship 27(45%) of orphaned adolescents have no guardian, among 11(36.6%) and 16(53.3%) belong to both interventional and control

group. 33(55%) have guardian relationship among 19(63.3%) and 14(46.6%) belong to both interventional and control group.

Table No.2 shows that the levels of stress among orphaned adolescents in interventional group. In pre-test the majority of orphaned adolescents 17(56.6%) were under severe levels of stress, 10(33.3%) were under moderate levels of stress, 3(10%) were in very severe levels of stress. In the post-test levels of stress shows majority of orphaned adolescents were in 15(50%) moderate levels of stress, 8(26%) were in mild levels of stress, 6(20%) had normal levels of stress.

Table No.3 shows that the levels of stress among orphaned adolescents, out of 30 samples, in control group pretest and post-test score 1(3.3%) were in mild levels of stress, 12(40%) were in moderate levels of stress, 14(46%) were in severe levels of stress, 3(10%) were in very severe levels of stress. Thus, the table shows the levels of stress were same in pre-test and post-test among control group.

Table No.4 reveals the comparison of mean, standard deviation and 't' value of pre-test, post-test levels of stress among orphaned adolescents in interventional group. The overall score on stress among samples in interventional group the mean Pre-test mean 129 ± 22.05 was higher than post-test mean 80 ± 23 . The mean difference of Pre-test and post-test score was 49. The paired 't' test value is 11.9 is significantly higher than the table value 2.179 at $p < 0.05$.

Table No.5 shows the comparison of mean, standard deviation and 't' value of pre-test post-test levels of stress among orphaned adolescents in control group. Among control group the mean pre-test score was 125 with standard deviation 23 was less than post-test score 125.4 with standard deviation 22.5.

Table No.6 depicts the comparison of mean and standard deviation between post-test levels of stress among orphaned adolescents. The mean score in interventional group after administration of group art therapy was 80 where in control group 125.4 which shows a marked mean difference of 45.4 respectively. The unpaired 't' value at 7.5 was highly significant at $p < 0.05$ levels. It indicates the effectiveness of group art therapy on levels of stress among orphaned adolescents.

Table No.7 shows the calculated chi square value for interventional group. The table shows there is an association between the levels of stress among orphaned adolescents with education and there is no association with selected demographic variables.

Table No.8 reveals the calculated chi square value for control group. The table shows there is no association between the levels of stress among orphaned adolescents with selected demographic variables.

MAJOR STUDY FINDINGS

- Regarding levels of stress that the orphaned adolescents in interventional and control groups the pre-test and post-test there was no change in the levels of stress observed in control group.

- Regarding the effectiveness of group art therapy on stress revealed that among the interventional the obtained ‘t’ value 1.90 was not significant at $p < 0.05$ levels. It indicates the effectiveness of group art therapy on stress.
- With regard to association between the levels of stress among orphaned adolescents with their demographical variables, the study findings revealed that there was no significant association between the post test scores of control and interventional groups with their selected demographic variables.
- In post-test of interventional group there is a significant association with education.

Table No.1: Distribution of samples according to their demographic variables N=30

S.No	Demographic Variables	Interventional group		Control group		Total	
		N	%	N	%	N	%
1	Age						
	(a) 13-14 years	9	30	10	33.3	19	31.6
	(b) 15-16 years	15	50	13	43.3	28	46.6
	(c) 17-19 years	6	20	7	23.3	13	21.6
2	Education						
	(a) High school	19	63.3	17	56.6	36	60
	(b) Higher secondary	11	36.6	13	43.3	24	40
3	Reason for stay in orphanage						
	(a) Loss of parents	13	43.3	11	36.6	24	40
	(b) Broken families	14	46.6	17	56.6	31	51.6
	(c) Unwanted child	2	6.6	1	3.3	3	5
	(d) Disaster	1	3.3	1	3.3	2	3.3
4	Duration of stay in orphanage						
	(a) <1 year	3	10	3	10	6	10
	(b) 1-3 years	9	30	12	40	21	35
	(c) >3 years	18	60	15	50	33	55
5	Guardian relationship						
	(a) Yes	19	63.3	14	46.6	33	55
	(b) No	11	36.6	16	53.3	27	45

Table No.2: Frequency and percentage distribution of pre-test and post-test levels of stress in interventional group N=30

S.No	Levels of stress	Pre-test score		Post-test score	
		N	%	N	%
1	Normal	-	-	6	20
2	Mild	-	-	8	26
3	Moderate	10	33.3	15	50
4	Severe	17	56.6	1	3.3
5	Very severe	3	10	-	-

Table No.3: Frequency and percentage distribution of pre-test and post-test levels of stress in control group N=30

S.No	Levels of stress	Pre-test score		Post-test score	
		N	%	N	%
1	Normal	-	-	-	-
2	Mild	1	3.3	1	3.3
3	Moderate	12	40	12	40
4	Severe	14	46.6	14	46.6
5	Very severe	3	10	3	10

Table No.4: Data on effectiveness of group art therapy on stress among orphan adolescents N=30

S.No	Group	Mean	Standard Deviation	Mean difference	't' value
1	Pre test	129	22.05	49	11.9*
2	Post test	80	23		

Significant p<0.05 levels

Table No.5: Data on stress among orphaned adolescents in control group N=30

S.No	Group	Mean	Standard Deviation	Mean difference	't' value
1	Pre test	125	23	0.4	1.90
2	Post test	125.4	22.5		

Table No.6: Data on stress among orphaned adolescents in interventional group and control group N=30

S.No	Group	Mean	Standard Deviation	Mean difference	't' value
1	Interventional Group	80	23	45.4	7.5
2	Control Group	125.4	22.5		

Significant p<0.05 levels

Table No.7: Frequency percentage and chi square distribution of post-test levels of stress among orphaned adolescents with their demographic variables in interventional group N=30

S.No	Demographic variables	Chi Square χ^2	Degrees of freedom	Table value	Levels of significant
1	Age	10.99	6	12.59	Non-significant
2	Education	25.12	3	7.115	Significant
3	Reason for stay in orphanage	5.17	6	12.59	Non-significant
4	Duration of stay	10.21	9	16.9	Non-significant
5	Guardian relationship	3.33	3	7.115	Non-significant

Table No.8: Frequency percentage and chi square distribution of post-test levels of stress among orphaned adolescent with their demographic variables in control group N=30

S.No	Demographic variables	Chi Square χ^2	Degrees of freedom	Table value	Levels of significant
1	Age	6.87	6	12.57	Non-significant
2	Education	2.78	3	7.115	
3	Reason for stay in orphanage	3.179	9	16.91	
4	Duration of stay	3.071	6	12.59	
5	Guardian relationship	3.33	3	2.15	

CONCLUSION

The main conclusion drawn from the present study was done to evaluate the effectiveness of group art therapy on stress among orphaned adolescents at selected center, Coimbatore. The result of the study revealed that, group art therapy was effective in decreasing the levels of stress among orphaned adolescents.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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