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ART THERAPY ON ANXIETY AND PHYSIOLOGICAL PARAMETERS

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ABSTRACT

Art therapy is a collection of therapeutic approaches that involve creative arts. A study to assess the effectiveness of art therapy on anxiety and physiological parameters among hospitalized children in a selected hospital, Coimbatore. Quantitative research approach and quasi experimental research design was adopted for this study. Convenience sampling technique was used to collect a sample size of 40 among hospitalized school age children. The anxiety level was assessed using modified Spence children anxiety scale. The physiological parameters such as pulse, respiration and B.P were also assessed for experimental and control group. The calculated 't' value is greater than the tabulated value at 5% level of significance. It explains that there is a significant difference between pre and posttest anxiety scores. Hence the art therapy is effective. There was a positive correlation between anxiety and physiological parameters. It is concluded that if anxiety increases, physiological parameters also increase. So physiological parameters were pertaining to the level of anxiety.

KEYWORDS

Effectiveness, Assess, Art therapy and Physiological parameters.

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INTRODUCTION

Every child is an artist – Pablo Picasso

Children are the future of our society and a special gift for the world. A healthy child is a happy child and is an ultimate blessing for the family. Sick children are unhappy and they need love, hope, faith and positive attitude from the care taker and nurse. Hospitalization is often confusing, complex and overwhelming for children and their families. A nurturing activity can be provided to comfort the children during tumultuous time. Participating in creative art within the medical setting can help to

rebuild the young one's sense of hope, self-esteem, autonomy and competence.

Statement of the problem

A study to assess the effectiveness of Art therapy On Anxiety and Physiological Parameters among hospitalized children in a selected hospital, Coimbatore.

Objectives

To assess the level of anxiety and physiological parameters among hospitalized children in experimental and control group.

To assess the effectiveness of art therapy among hospitalized children in experimental group.

To Compare the level of anxiety and physiological parameters among hospitalized children between experimental and control group.

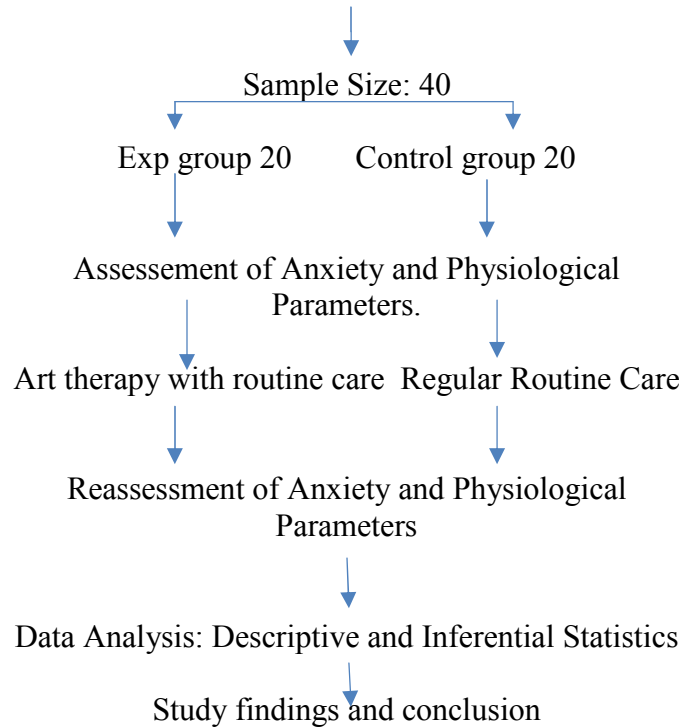
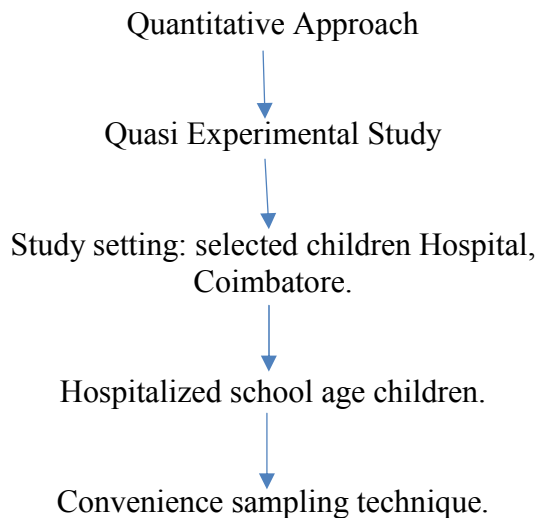
To correlate the level of anxiety and Physiological parameters among hospitalized children in experimental and control groups.

To associate the level of anxiety and physiological parameters among hospitalized children in both the groups with the selected demographic variables

Hypotheses

There is a significant reduction in anxiety and stabilization of physiological parameters among hospitalized children who receive art therapy than the children who do not receive art therapy.]

METHODOLOGY



RESULTS AND DISCUSSION

The result of the study has been discussed according to the stated objectives.

To associate the level of anxiety and physiological parameters among hospitalized children in experimental and control group with selected demographic variables. The calculated value of chi square is less than the tabulated value at 5 % level of significance. So it was concluded that there is no association between age, sex, number of siblings, admission unit and education of the child and anxiety scores of children in both the groups.

To assess the level of anxiety and physiological parameters among hospitalized children in experimental and control group.

Table No.1: Distribution of Anxiety scores among hospitalized children in experimental and control group n=40

S.No	Anxiety Scores	Experimental Group				Control Group			
		Pre-test		Post-test		Pre-test		Post-test	
		No	%	No	%				
1	Mild	0	0	18	90	0	0	0	0
2	Moderate	3	15	2	10	4	20	19	95
3	Severe	17	85	0	0	16	80	1	5

To assess the effectiveness of art therapy among hospitalized children in experimental group.

Table No.2: Comparison of pre and post-test anxiety among hospitalized children in experimental group n=20

S.No	Parameters	Pre-test		Post-test		Calculated 't' value	Tabulated 't' value at 5%
		Mean	SD	Mean	SD		
1	Anxiety	63.6	4.97	28.55	8.20	18.5	2.093

To compare the level of anxiety and physiological parameters among hospitalized children between experimental and control group.

Table No.3: Comparison of anxiety among hospitalized children between experimental and control group n=40

S.No	Parameters	Experimental group		Control Group		Calculated 'Z' value	Tabulated Z value @5%
		Mean	S.D	Mean	S.D		
1	Anxiety	28.55	8.20	65.1	9.58	4.59	1.96

To correlate the level of anxiety and physiological parameters among hospitalized children in the experimental and control group.

Table No.4: Correlation coefficient of anxiety and physiological parameters among hospitalized children in experimental and control group n=40

S.No	Parameters	Mean	SD	Calculated 'r' value
1	Anxiety	64.35	7.67	0.20
	Pulse	89.07	8.55	
2	Anxiety	64.35	7.67	0.03
	Respiration	31.25	4.28	
3	Anxiety	64.35	7.67	0.06
	Systolic BP	101.75	7.37	
4	Anxiety	64.35	7.67	0.15
	Diastolic BP	58.25	6.66	

CONCLUSION

The study has been supported by a series of other studies which confirmed that the art therapy helps in reducing anxiety of school aged hospitalized children from the analysis and results, it was concluded that the art therapy is an essential intervention to reduce anxiety and stabilize the physiological parameters in hospitalized children.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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