



EFFECT OF ART THERAPY ON LEVEL OF ANXIETY AMONG HOSPITALIZED CHILDREN OF AGE GROUP 6 TO 12 YEARS AT PANCHSHEEL CHILDREN HOSPITAL IN JALNA, MAHARASHTRA STATE.

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ABSTRACT: This study was conducted to determine to assess the Effect of Art Therapy on level of anxiety among hospitalized children of age group 6 to 12 years at Panchsheel Children Hospital in Jalna, Maharashtra state. 40 children were selected by using convenience sampling technique. The questionnaire was prepared to obtain the demographic profile, contributing to age, gender, education of child, father's education and occupation, mother's education, family income, duration of hospitalization, residential area and play activities of the child during hospitalization. Data was collected with the help of demographic profile and was done in Panchsheel Children Hospital at Jalna in Maharashtra state. Approach was made to the children and was explained regarding the benefits of Art Therapy during Hospitalization. On 1st day, the intervention was given and post-test was done. For 3 consecutive days, Samples were visited and Art Therapy was given. On each day of visit post-test was carried out by Visual Analogue Scale. The result showed that there is correlation between post test level of anxiety and art therapy.

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 help build the nation sound and strong, because today's children are responsible citizens of tomorrow.

A sick child needs hospital care but it is a stressful experience for him, well the hospital environment and the related procedure makes the child feel scary even more. Hospital care thus puts such emotional drawbacks on child's regular life. During hospital care children are

concerned with fear, worry, fantasies, modesty and privacy. They react with defense mechanisms like regression, separation, anxiety, negativism, depression, phobia, fear, suppression or denial of symptom and conscious attempt of mature behavior.

Children in hospital care may experience high levels of anxiety due to many different factors both physical and psychological. It is not surprising that up to 65 % of children experience significant anxiety associated with the hospital stay period.

To reduce the effects of stress on admitted children, various method such as reading stories and showing cartoons or games are used. Various studies have mentioned the physiological and psychological effect of music on hospitalized children. Because of the developmental different method, there are many studies on clinical examination in children, such as the heart rate variability review of this use. Many others use stress scale such as five facial anxiety scale.

NEED FOR STUDY: “Childhood shows the man as morning shows the way”. The health of children is very important in determining the prosperity of a country. Play is an essential activity of child, which serves as a parameter to the state whether child is healthy or under developed or sick or well. It is neither a waste of time nor it is way of keeping young children busy or out of mischief while their parents are busy in carrying out their own responsibilities or work or entertainment.

Admission to a hospital is disruptive and bewildering even after multiple admissions. Children obtain report about anxiety and discomfort from the process of entering this strange and frightening world. The child who is admitted to a hospital is separated from the usual surroundings and routines of his or her everyday interaction with siblings, school life, social and sports activities with friends.

STATEMENT OF PROBLEM

Effect of Art Therapy on level of anxiety among hospitalized children of age group 6 to 12 years at Panchsheel Children Hospital in Jalna, Maharashtra state.

OBJECTIVE:

- To assess the effect of art therapy on level of anxiety among the hospitalized children of age group 6 to 12 years between the control group and with experimental group.
- To associate the post-test level of anxiety among the hospitalized children of age group 6 to 12 years with selected demographic variables in the control group and with experimental group.

HYPOTHESES:

H1- There is significant effect of art therapy on level of anxiety among the hospitalized children of age group 6 to 12 years between the control group and experimental group.

H2- There is significant association in the post-test level of anxiety among the children in the control group and experimental group the selected demographic variables.

METHODOLOGY:

Research methodology is the overall plan for addressing the research problem. It covers multiple aspects of the study's structure. It acts as a guide for planning, implementation and analysis of the study. It includes the description of the research approaches, research design, dependent and independent variables, sampling and design, sampling criteria, description of the tool, pilot study and a planned format for data collection and a plan for data analysis.

Research approach: The research approach used in this study was quantitative research approaches in accordance to the nature of the problem and to accomplish the objectives of the study.

Research design: The design selected for this study is quasi experimental design for effect of art therapy on level of anxiety among the hospitalized children of age group 6 to 12 years at Panchsheel Children Hospital in Jalna.

Population:

The target population of the study includes all the hospitalized children in age group of 6 to 12 years.

SAMPLING:

Sample: 40 children admitted at Panchsheel Children Hospital in Jalna who are allotted in the control and in the experimental group.

Sampling technique and sample size: Convenience sampling technique is used for both experimental and control group. The total number of samples is 40 out of 20 samples in the experimental group and 20 samples in the control group.

Criteria for Sample Selection: The sample selection is based on the following inclusion and exclusion criteria.

Inclusion Criteria:

Children who are,

- in the age between 6 to 12 years.
- both male and female.
- willing to participate in the study with the consent of parents.
- admitted in Panchsheel Children Hospital.

Exclusion Criteria:

- Children who are mentally challenged.
- Children who are under strict isolation.

VARIABLES:

- **Independent variable:** Art Therapy.
- **Dependent variables:** Level of anxiety among the children of age group 6 to 12 years.

DESCRIPTION OF THE TOOL:

The tool consists of 2 sections.

- **Section- A: Demographic Variables**

This section consist of questions which seek information regarding demographic data such as age, gender, education of child, fathers education and occupation, mothers education, family income, duration of hospitalization, residential area and play activities of the child during hospitalization.

- **Section-B: Visual Analogue Scale**

The facial scale used in this study was developed by **McGrath et al. (1996)** and is known as the **Facial Affective Scale (FAS)**. The FAS comprises of nine drawings of children's faces whose expressions vary according to the level of discomfort. Although this scale has mainly been used to measure pain intensity in children in hospitals it was originally designed to measure their affective discomfort too (associated emotional distress). The original order of the nine faces ranges from a smiling face to a frowning one with eyes closed, wailing and mouth turned down (which shows the highest level of discomfort). Five of these faces were chosen for our study. These fulfilled the criteria of equidistant progression in the expressive elements of eyebrows, eyelids, tears and smile (so respecting the degree of emotional intensity).



1.) No Anxiety 2.) A Little Anxiety 3.) Some Anxiety 4.) High Anxiety 5.) Very High Anxiety

Score Interpretation: The fulfilled criteria of equidistance regression in the expressive elements of eyebrows eyelids tears and smile. (It is in order with respect to the degree of emotional intensity.)

- **No anxiety** = smiling face (score 0)
- **A little anxiety** = Frowning face (score 1)

- **Some anxiety** = Frowning and wailing (**score 2**)
- **High anxiety** = Wailing with eye closed and tears (**score 3**)
- **Very high anxiety** = Frowning with eyes closed with tears wailing and mouth turned down (**score 4**)

Author: McGrath et al. (1996)

Reference: <https://www.researchgate.net/publication/257812424>

TECHNIQUES OF DATA COLLECTION:

Data collection is the process of gathering and measuring information on variables of interest in an established systematic fashion that enables one to answer stated research questions, test hypotheses, and evaluate outcome. The data collection method is structured interview and observation method using visual analogue scale. Sampling technique used for data collection is convenience sampling method.

INTERVENTION:

Art Therapy is practiced 20 minutes per day for 3 consecutive days.

- Introduction to Art Therapy.
- Providing material for drawing.
- Activity session included
 1. Connecting dots with pencil to make the picture.
 2. Fill the colours in the picture.

METHOD OF DATA ANALYSIS:

Chi-Square Test: Chi-square is used to measure the association of level of anxiety among the children of age group 6 to 12 years with selected demographic variable in the control group and the experimental group.

Unpaired 't' Test: Unpaired t Test is used to compare the means of post test level of anxiety of different days after providing art therapy in experimental and control group.

RELIABILITY: Reliability of the tool is tested by using Test-retest Method by Karl Pearson's correlation coefficient formula for estimation of reliability.

PILOT STUDY: The pilot study was conducted at Panchsheel Children Hospital in Jalna. A sample of 6 children who met the inclusion criteria are selected by convenience sampling technique. The investigator introduced him to the subjects and socio-demographic data is collected from each subject. Art Therapy is given 20 minutes per day to the experimental group for 1st, 4th and 7th day. The post test is conducted for both the experimental and control group. The results are analyzed based on the scores obtaining using visual analogue scale of Five Facial Anxiety Scale. Reliability of the tool is tested by using split half Method by Karl Pearson's correlation coefficient formula for estimation of reliability. To obtain reliability of the tool, split half method was used involving following steps:

The total items were divided into two equal parts through grouping into first half and second half. Administer two subparts of the tool simultaneously, scored them independently and compute the correlation coefficient on two separate scores.

The obtained r value was 0.66, followed by the r value was computed in Spearman Brown prophecy formula for calculating reliability of anxiety scale

$$r_c = 2r/1+r$$

$$r_c = 0.79$$

The obtained r value was 0.79, hence it is above 0.70, and tool was found reliable.

METHOD OF DATA COLLECTION:

Structured interview schedule and observation technique are used to collect the data based on the study objectives.

Data Collection Procedure:

The study is conducted at Panchsheel Children Hospital in Jalna. In the beginning survey is done from which samples are selected by convenience sampling technique based on sampling criteria. Introduction about investigator is given to samples. Verbal consent is obtained and confidentiality is assured.

Researcher selected 40 samples through convenient sampling technique. Total samples are divided into 2 groups for the convenience of implementing Art Therapy. Five Facial Anxiety Scale is used to assess Level of Anxiety among the age group of children 6 to 12 years in Panchsheel Children Hospital. The time taken by the researcher to complete the tool for each sample is 20 minutes. The samples are observed for Level of Anxiety by using Five Facial Anxiety Scale.

The samples are taught about Art Therapy at Panchsheel Children Hospital. The duration of the procedure is 20 minutes. The samples are made to practice the technique daily in front of the researcher. Each day the samples are made to practice Art Therapy in front of the researcher. The post-test is done on the 1st, 4th and 7th day of intervention.

Plan for Data Analysis:

Data are collected, arranged and tabulated. Descriptive statistics like frequency, percentage and mean are used for categorical distribution data. Inferential statistic is used to find out the effect of Art Therapy on Level of Anxiety and Chi-square is used to measure the association of post-test level of Anxiety on hospitalization with selected demographic variables in the control group and experimental group.

RESULT:

- Most of the samples 26(65%) children were between the age group of 6 to 9 years
- The many of the 26 (65%) children were male.
- The majority of the 26 (65%) children studied at the primary level.
- Most of the 13 (32.5%) children's father was educated at primary level.
- Most of the 17 (42.5%) children's mother was educated at primary level.
- The majority of 12 (30%) children's father occupation was private jobs.
- Most of the 15(37.5%) children parent's had an income of less than Rs. 10,000 per month.
- Majority of 30 (75%) children had duration of hospitalization of 5-12 days.
- The most of 20 (50%) children's residential area was semi-urban.
- The many of 40 (100%) children's having no any play activity during hospitalization.
- The statistical un-paired t test illustrate t value 3.882, $p < 0.0001$. The difference in level of experimental and control group observations found statistically significant at 0.05% level. **Therefore, the researcher hypothesis was accepted.**
- The chi square test was used to find out association between effect of Art Therapy and selected demographic variables among children.
- The calculated p value was greater than 0.05 which confirmed the fact that there is no significance association between level of anxiety with selected demographic variables among children in experimental group. The variables such as age, father's education, family income per month, duration of hospitalization have no significance association with level of anxiety in experimental group.
- The calculated p value was greater than 0.05 which confirmed the fact that there is no significance association between level of anxiety with selected demographic variables among children in control group. The variables such as gender, father's education have no significance association with level of anxiety in experimental group.

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TOOLS:**Section A:** The demographic profile for children

Sr. No	Demographic Variable	Category	Experimental Group		Control Group	
			Frequency	Percentage	Frequency	Percentage
1	Age of child	6-9 years	14	70	13	65
		10-12 years	6	30	7	35
2	Gender	Male	11	55	13	65
		Female	9	45	7	35
3	Education of the child	1st- 4th standard	18	90	13	65
		5th - 7th standard	2	10	7	35
4	Father's education	Illiterate	1	5	1	5
		Primary education	8	40	3	15
		Higher secondary education (HSC)	5	25	5	25
		Graduation	6	30	9	45
		Post graduation	0	0	2	10
		Illiterate/	1	5	4	20

5	Mother's education	Primary education	11	55	6	30
		Higher secondary education (HSC)	5	25	3	15
		Graduation	3	15	7	35
		Post graduation	0	0	0	0
6	Father's occupation	Private job	2	10	10	50
		Government servant	6	30	4	20
		Farmer	4	20	4	20
		Daily wager	8	40	2	10
7	Family income Per month	Less than Rs 10000	11	55	4	20
		Rs 10001 to Rs 25000	3	15	9	45
		Rs 25001 to Rs 50000	3	15	4	20
		More than Rs 50001	3	15	3	15
8	Duration of Hospitalization	1-4 days	4	20	6	30
		5-12 days	16	80	14	70
		13-16 days	0	0	0	0
9	Residential Area	Urban	5	25	4	20
		Semi urban	10	50	11	55
		Rural	5	25	5	25
10	Play activities of child during hospitalization	Yes	0	0	0	0
		No	20	100	20	100

SECTION B : Visual Analogue Scale

Level of anxiety	Score	Day 1		Day 4		Day 7	
		Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
No anxiety	0	0	0	0	0	0	0
A little anxiety	1	1	5	7	35	20	100
Some anxiety	2	11	55	13	65	0	0
High anxiety	3	8	40	0	0	0	0
Very high anxiety	4	0	0	0	0	0	0

SCORE INTERPRETATION:

The fulfilled criteria of equidistance regression in the expressive elements of eyebrows eyelids tears and smile. (It is in order with respect to the degree of emotional intensity.)

- **No anxiety** = smiling face (score 0)
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