

“A Quasi-Experimental Study To Assess The Effectiveness Of Art Therapy On Level Of Anxiety Among Hospitalized Children In Selected Hospitals Of Pune City”

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Abstract: *Introduction: Hospitalization can bring lots of emotional changes in children and their families. Children may find different routines, strange faces; limited family contact and it will produce anxiety in children. Title: A quasi experimental study to assess the effectiveness of Art therapy on level of anxiety among hospitalized children in selected hospitals of Pune city. Objectives: To assess the level of anxiety among the children in experimental and control group. To determine the effectiveness of the art therapy on level of anxiety. To compare the effectiveness of art therapy on the level of anxiety among the children in experimental and control group. Material and methods: In order to achieve the desired goal of the study Quantitative research approach with Quasi experimental Non- equivalent pre test post test control group design was used for the study. Using Non- probability purposive sampling technique 60 hospitalized children both males and females having age group of 3-6 years and admitted first time in the hospital were selected and sample was distributed in two groups (30 each in control and experimental group). Data collection was accomplished by using tool five facial anxiety scales. Data was analyzed through descriptive and inferential statistics. Results: The findings shows that in experimental group the test p-value was < 0.001 so there was statically difference between the median score of the pre and post test facial anxiety scale. Whereas in control group the test p value was 0.405, it shows that there is no significant difference between median score of the pre and post test facial anxiety scale. Conclusion: The study findings show that reduction in the level of anxiety after administration of Art therapy. Nurses have to play important role to participate in art therapy in reducing the anxiety of hospitalized children.*

Keywords: *Effectiveness, Art therapy, Anxiety level, Hospitalized children*

INTRODUCTION

Children health focuses on the well being of children from conception through adolescence. It is vitally concerned with all aspects of children growth and development and with the unique opportunity that each child has to achieve their full potential as a healthy adult, as a healthy child development all aspects should be taken in consideration for proper growth and development. These aspects are physical mental social and emotional development.

As children grow everyday they learn new things watching the surrounding. Parents are responsible for the child's positive development and blend the child with confidence. The basics of keeping children

healthy is to provide them healthy food, enough sleep, exercise, insuring their safety and regular health checkups.

Mild illness is a part of growing up, they can be easily treated at home but some are need hospitalization. Hospitalization give positive or negative impact on children it all depends on the age group of child , lesser the age more the anxiety and more the age less anxiety. The children who face the anxiety during hospitalization need to focus more and give support to minimize anxiety.

During hospitalization of child as a health care worker we focus on emotional stability of the child as they expose to the new surroundings of the hospital. To stable their mind we can provide intervention to minimize anxiety for that various therapy can provide to child to divert their mind from the stressful situation. Many therapies like music therapy, clay therapy, play therapy, art therapy can used to minimize their anxiety.

Art therapy is one of many modalities that are helping children in health and happiness. Art therapy is an expressive language of the conscious and unconscious minds. Research indicates art therapy can improve feelings of anxiety, fear and stress.

OBJECTIVES OF THE STUDY

1. To assess the level of anxiety among hospitalized children before administration of art therapy in experimental and control group
2. To assess the level of anxiety among hospitalized children after administration of art therapy in experimental and control group
3. To determine the effectiveness of Art therapy on level of anxiety
4. To find association between demographic variables with pre intervention data

RESEARCH METHDOLOGY

Research Approach

In this study Quantitative research approach was used to examine the effectiveness of Art therapy on level of anxiety among hospitalized children.

Research Design – Quasi Experimental Non- equivalent Pre test, Post test control group design.

RESULT AND DISCUSSION

Description of samples according to their demographic characteristics - The age distribution in the experimental group shows that 40% of the samples were in the age group of 4-5 years, samples in the age group of 5-6 years were 36.7%, where as 23.3% ranged in the age group of 3-4 years. In gender distribution 53.3% were females and 46.7% were males. Religion shows that 73.3% Hindus, 20.0% were Muslims, and 6.7% were Christians. The education of the child depicts 40% belongs to UKG, 36.7% belongs to 1st standard, 13.3% belongs to Nursery and 10% belongs to LKG. 46.7% of the father's were Undergraduates, Post graduates being 20% equal number were secondary educated , Primary education consisted of 10% and no formal education covered 3.3%, 33.3% of mother's in the experimental group were Secondary educated, equal number were Undergraduates, Postgraduates 13.3%, also same number were Primary educated and no formal education constituted of 6.7 % had. The mother's occupation shows that 53.3% were Housewife, 26.7 % were Private employee, 16.7% self employed and 3.3% were Government employee. The relation of the care giver with child depicts that 56.7% were mother, 26.7% were father taking care and 16.7% were grandparents taking care of the child.

The description of control group demographic data. Age distribution depicts that 40% children aged of 4-5 years, 36.7% consisted within the age group of 5-6 years and 23.3% of them 3-4 years. The gender of the child shows that 60% were females and 40% were males. The religion of the child depicts that 80% were Hindus, 13.3% were Muslims and 6.7% were Christians. Education of the child in control group shows that 40% belongs to UKG, 33.3% were belongs to 1st standard, 13.3% belong to LKG and 10% belongs to nursery. Father's education shows that 53.3% were Undergraduates, 20% were post graduates, 10% had primary education, 10% had secondary education and 6.7% had no formal education. Mother's education shows that 33.3% were undergraduates, 23.3% had primary education, 20% had secondary education, 13.3% had no formal education and 3.3% were postgraduates. Mother's occupation shows that 60% were house maker, 20% were private employee, 10% were government employee and 10% were self employed. Relation of the caregiver with child depicts that 56.7% were mother, 32.7% were father and 10.7% were grandparents.

Wilcoxon signed rank test was used to assess the pre and post test score of facial anxiety scale in experimental group.

n =30

Wilcoxon Signed Rank Test (Experimental Group)					p-value
	Pre-test	Post-test	Median Pre Score	Median Post Score	
No anxiety	0	13	4	2	0.001
A little anxiety	0	14			
Some anxiety	6	3			
High anxiety	13	0			
Very High anxiety	11	0			

It shows that statistically decreasing the number of the cases in post anxiety scale. The test p-value was < 0.001 so therefore it was shows that there is a statistically significant difference between the median score of the pre test and post test facial anxiety scale.

Wilcoxon signed rank test was used to determine the pre and post test score of facial anxiety scale in control group.

n=30

Wilcoxon Signed Rank Test (Control Group)					p-value
	Pre-test	Post-test	Median Pre Score	Median Post Score	
No anxiety	0	0	4	4	0.405
A little anxiety	1	0			
Some anxiety	7	8			
High anxiety	15	19			
Very High anxiety	7	3			

It shows that there was no difference between the median pre test and post test anxiety scores. The p value was 0.405 which is not less than 0.05, so therefore it was shows that there is no significant difference between median score of the pre test and post test facial anxiety scale.

Mann Whitney U Test was used for the description of pre test and post test score of facial anxiety scale in experimental and control group.

n=60

Mann Whitney U test						
Group		N	Median Score	p-value		Association
Pre test	Experimental	30	4	0.27	>0.05	No significant difference
	Control	30	4			
Post test	Experimental	30	2	0.001	<0.05	Significant difference
	Control	30	4			

It shows that p value of per test of experimental and control group was 0.27 which is more than 0.05 (p value > 0.05) so there is no significant difference between experimental and control group pre test. Whereas in post test p value was less than 0.05 (p value < 0.05) so we reject H_{01} (There was no significant difference between the pre and post level of anxiety among hospitalized children in experimental and control group at 0.05 level of significance).

Chi-square test for the association of demographic variable with pre intervention data – It shows that in age of the child chi-square calculated value was 16.22 which was greater than chi-square table value 9.48 and p value was 0.003 which is less than 0.05, so it was concluded that there was highly statistically significant association between the age of the child and facial anxiety scale.

In gender of the child chi-square calculated value was 0.35 which was lesser than chi-square table value 7.81 and p value was 0.983 which is more than 0.05, it will conclude that there was no statically significant association between gender of child and facial anxiety scale. Religion of the child shows that chi-square calculated value was 4.539 which was lesser than chi-square table value 9.48 and p value was 0.337 which was more than 0.05 this shows that there was no statically significant association between religion of the child and facial anxiety scale.

In Education of the child chi-square calculated value was 17.04 which was greater than chi-square table value 12.59, and p value was 0.009 which was less than 0.05 it was conclude that there was highly statistically significant association between the education of the child and facial anxiety scale. Fathers education shows the chi-square calculated value was 10.92 which was lesser than 15.51 and p value was 0.206 which was more than 0.05 it shows that there was no statistically significant association between fathers education and facial anxiety scale.

Mothers education shows the value of chi-square calculated value 10.94 which was lesser than chi-square table value 15.51 and p value was 0.205 was more than 0.05 it was shows that there was no statistically significant association between mothers education and facial anxiety scale. Mother's occupation shows that the value of chi-square was 6.475 which was lesser than chi-square table value 12.59 and p value was 0.372 which was more than 0.05 it depicts that there was no statically significant association between mothers occupation and facial anxiety scale.

Relation of the care giver with child shows that chi-square calculated value was 4.256 which was lesser than chi – square table value 9.48 and p value was 0.373 which was more than 0.05 it was shows that there was no statically significant between relation of the care giver and facial anxiety scale.

CONCLUSION

Children commonly report feeling of afraid and anxiety during hospitalization. Children use behaviour instead of words, to communicate their feelings. The behavioural changes include fear, anxiety, aggression, lack of cooperation. To cope up with this kind of behavioural changes diversion therapy can used to minimize the behavioural changes in children. Art therapy used as means of communication, self expression, and divert the mind from stressful situation. Therefore with the objective of assessing the anxiety levels in two groups i.e. experimental and control group and the other objective was to associate findings with selected demographic variables. A quasi experimental research design was adopted, the samples being children belongs to the age group of 3-6 years admitted in pediatric ward. Non-probability purposive sampling technique was used to select the samples. Five facial anxiety scales was used as a research tool. Wilcoxon sign rank, statistical analysis was done with Mann Whitney U test. There was a significant decreased in anxiety level after administration of Art therapy in experimental group. Statistical analysis revealed that Art therapy was effective on reducing the level of anxiety among hospitalized children.

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