A Study to assess the Effectiveness of Art Therapy on Anxiety among Hospitalized School Age Children at Selected Hospitals in Hyderabad, Telangana

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Abstract

A Quasi-experimental study was undertaken to ssess the effectiveness of art therapy on anxiety among hospitalized school age children at Ankara Hospital, Kompally, Hyderabad. Structured Anxiety Rating Scale was prepared by researcher and standardized Facial Affective Scale was used to ssess the level of anxiety of hospitalized children. The reliability of tool was found by using split half method and Karl Pearson correlation coefficient and reliability value of tool r-0.947 which indicates tool was reliable, feasible and appropriate. The main study was conducted at Ankura Hospitals, Kompally, Hyderabad, Telangana after obtaining a formal permission from higher authorities. The sample was selected through Convenience sampling technique. The purpose of the study was explained to parents of hospitalized children before conducting the study and their consent was obtained. The results were analyzed based on the scores obtained using Facial Affective Anxiety Scale and Rating Scale on anxiety of hospitalized children

Statistical analysis was made with the help of split half method and Karl-Pearson correlation coefficient, the calculated 'r' value was 0. 947.The study was found feasible, practicable, applicable and significant.

The scores in the post-test of experimental group (Facial Affective Scale) were 1.40 mean with 0.503 S. D whereas in control group 3.40 mean with 0.681 S.D. Since the value for t-statistic with 38 degrees of freedom is 10.572 with p-value 0.000 which is less than 0.05, we reject the null hypothesis. That is there is a significant difference between post-level of anxiety of experimental and control group among school age children admitted in pediatrics generalward.

The scores in the post-test of experimental group (Anxiety Rating Scale) were 3.2 mean with 1.76 whereas in control group 28.05 mean with 7.451 S.D. Since the value for t-statistic with 38 degrees of freedom is 14.513 with p-value 0.000 which is less than 0.05, we can reject the null hypothesis. That is there is a significant difference between post-level of anxiety of experimental and control group among school age children admitted in pediatrics general ward.

Keywords: Anxiety, Art therapy, School age Children.

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INTRODUCTION

Enter into children's play we will find the place where their minds, heart, andsoul meet

Virgina Axline

A Child is like butterfly in the wind, some can fly higher than the other, but each one flies the best it can. Each one is special. Each one is different and each one is beautiful. Children are vital to the nation's present and its future. Parents, grandparents, aunts, and uncles are usually committed to providing every advantage possible to the children in their families, and to ensuring that they are healthy and have the opportunities that they need to fulfil their potential. Psychosocial problems are highly prevalent among children and adolescents with an estimated prevalence of 10%−20% (World Health Organization, 2018). These problems can severely interfere with everyday functioning and increase the risk of poorer performance.

39,1,90,400 is the aggregate population of teenagers in India, and about 30% of children are hospitalized at least once during their childhood. About 5% of them are hospitalized several times, 12% from children below five years of age. Before reaching the age of 5 years old, at least one out of every four teenagers get admission into hospital. Anxiety is not only confounded in children; 60% of the hospitalized teenagers demonstrate symbols of tension and anxiety behaviour. Utilization of play activities in hospitals must be mandatory in the effective utilization of current trends and practice in paediatric nursing care: a traumatic care. It is a concept which includes various strategies that reduce or minimize the discomfort faced by the patients and their belongings during a hospital stay.

OBJECTIVES OF THE STUDY

1. To assess the effectiveness of art therapy on anxiety among hospitalized school age children.
2. To associate the level of anxiety among hospitalized school age children with their selecteddemographic variables.

RESEARCH HYPOTHESIS

- **H_0:** There will be no significant difference between post-test level of anxiety of experimental and control group among school age children admitted in pediatrics general ward.

- **H_1:** There will be significant difference between post-test level of anxiety of experimental and control group among school age children admitted in pediatrics general ward.

Assumption

- School age children will have anxiety in hospital environment.
- Hospital is a strange environment to School age children and is a source of anxiety.
- Art therapy may reduce anxiety among School age children during hospitalization.

Delimitations

- The study is delimited to school age children between 7- 12 years.
- The study is conducted in selected hospitals of Hyderabad.
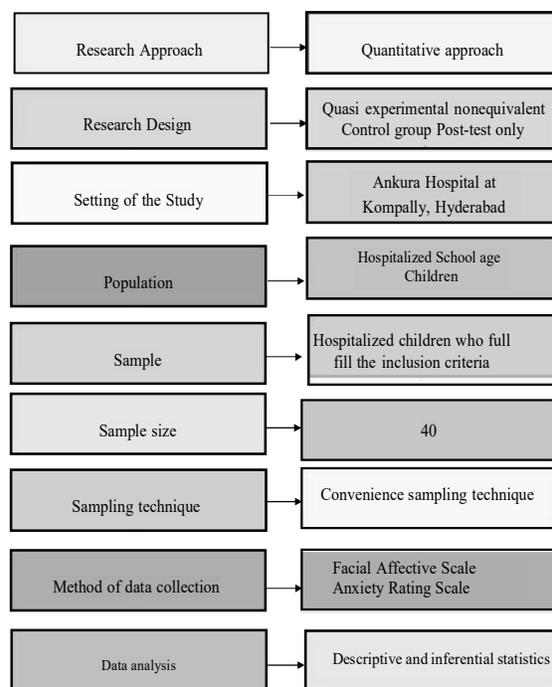
METHODOLOGY

Fig. 1: Schematic Representation of Research Methodology

The research design used for the present study is the frequently used nonequivalent control group post-test only design.

Quasi Experimental Nonequivalent Control Group Post-Test Only Design

Group	Intervention X	Post Test 01
Children	–	–
Experimental group	Art therapy	assess the anxiety level
Control group	–	assess the anxiety level

Key: x - Treatment, 01 - Post test,   No intervention

POLIT

Plan for Data Analysis

Effectiveness of dot drawing and mandala art therapy on anxiety among hospitalized children within and between the experimental and control group.

Table 1: Facial Affective Scale on Anxiety Level

Facial Affective Scale (Anxiety)	Experimental Group		Control Group	
	F	%	F	%
No Anxiety	12	60.0	0	0.0
A Little Anxiety	8	40.0	2	10.0
Some Anxiety	0	0.0	8	40.0
High Anxiety	0	0.0	10	50.0
Very High Anxiety	0	0.0	0	0.0
Total	20	100	20	100

20 in experimental group majority 12(60%) have no anxiety and 8(40%) have a little anxiety whereas in Control group (20) majority 10(50%) have high anxiety, 8(40%) some anxiety and 2(10%) a little anxiety.
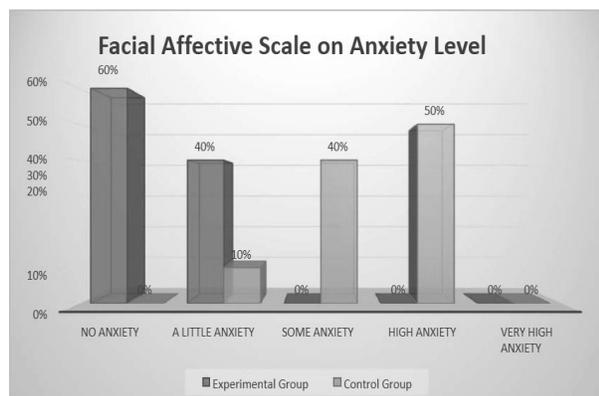

Fig. 2: Percentage Distribution of Facial Affective Scale on Anxiety in Experimental and Control Group

20 in experimental group majority 12(60%) have no anxiety and 8(40%) have a little anxiety whereas in Control group (20) majority 10(50%) have high anxiety, 8(40%) some anxiety and 2(10%) a little anxiety.

Table 2: Rating scale on anxiety level of hospitalized children

Rating Scale on Anxiety Level	Experimental Group		Control Group	
	F	%	F	%
Mild Anxiety	20	100.0	0	0.0
Moderate Anxiety	0	0.0	12	60.0
Severe Anxiety	0	0.0	8	40.0
Total	20	100	20	100

In regards to Rating Scale on anxiety level out of 40, 20 in experimental group majority 20(100%) have mild anxiety whereas in Control group(20) majority 12(60%) have moderate anxiety and 8(40%) severe anxiety.

Fig. 3: Percentage distribution of rating scale on anxiety level in experimental and control roup

20 in experimental group majority 20(100%) have mild anxiety whereas in Control group(20) majority 12(60%) have moderate anxiety and 8(40%) severe anxiety.
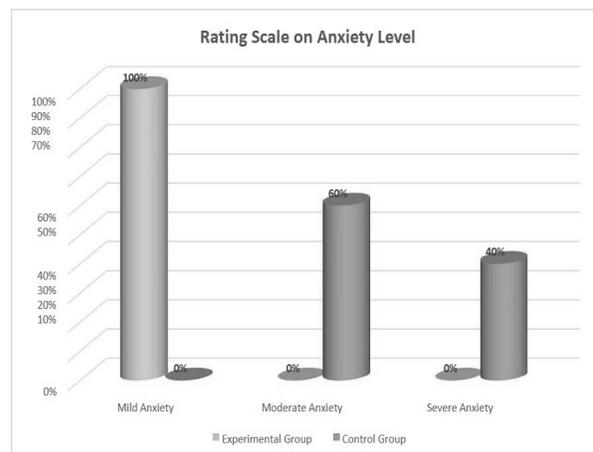
Independent Sample T-test

(a) For Facial Affective Scale.

H_0: There will be no significant difference between post-level of anxiety of experimental and control group among school age children admitted in pediatrics general ward.

H_1: There will be significant difference between post-level of anxiety of experimental and control group among school age children admitted in pediatrics general ward.

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Table 3: Unpaired t-Test to find out Effectiveness of Art Therapy on Hospitalized School Age Children(Facial Affective Scale).

Independent Sample Test (t-test)				
Anxiety (Facial Affective Scale)	N	Mean	Std. Deviation	t
Experimental Group	20	1.40	0.503	10.57
Control Group	20	3.40	0.681	

The scores in the post-test of experimental group (Facial Affective Scale on Anxiety level) were 1.40 mean with 0.503 S.D whereas in control group 3.40 mean with 0.681 S.D.Since the value for t-statistic with 38 degrees of freedom is 1.684 and calculated t value is 10.572 with p-value 0.000 and 0.05 level of significance, so the calculated t- value is greater than the table value, we reject the null hypothesis. That is there is a significant difference between post-level of anxiety of experimental and control group among school age children admitted in pediatrics general ward.
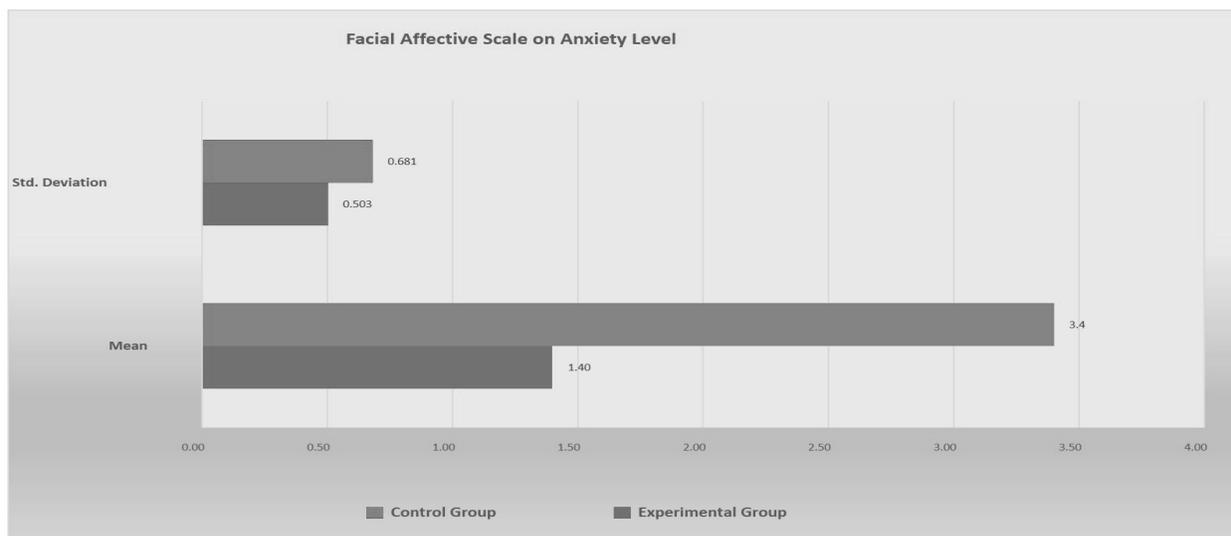

Fig. 4: Independent T-Test Applied on the Post Test Experimental and Control Group (Facial Affective Scale on Anxiety Level)

Fig. *4* represents the mean, standard deviation and independent t test value of children in control and experimental group for facial Affective Scale on Anxiety level in hospitalized school age children.

The scores in the post-test of experimental group (Facial Affective Scale on Anxiety level) were 1.40 mean with 0.503 S.D whereas in control group 3.40 mean with 0.681 S.D.

Table 4: Unpaired t-Test to find out effectiveness of art therapy on hospitalized School age Children(Rating Scale)

Independent Sample Test (t-test)				
Rating Scale on Anxiety level	N	Mean	Std.Deviation	t
Experimental Group	20	3.2	1.765	14.513
Control Group	20	28.05	7.451	

Table 4 represents the mean, standard deviation and independent t test value of children in control and experimental group for Rating Scale On Anxiety Level. The scores in the post-test of experimental group(Rating Scale on Anxiety level) were 3.2 mean with 1.76 S.D whereas in control group 28.05 mean with 7.451 S.D. Since the value for t-statistic with 38 degrees of freedom is 1.684 and calculated t value is 14.513 with p-value 0.000 and level of significance 0.05.So the calculated t value 14.513 is greater than

table value 1.684, we can reject the null hypothesis. That is there is a significant difference between post-level of anxiety of experimental and control group among school age children admitted in pediatrics general ward.

(b) For anxiety rating scale.

H_0: There will be no significant difference between post-level of anxiety of experimental and control group among school age children admitted in pediatrics general ward.

H₁: There will be significant difference between post-level of anxiety of experimental and control group among school age children admitted in pediatrics general ward.
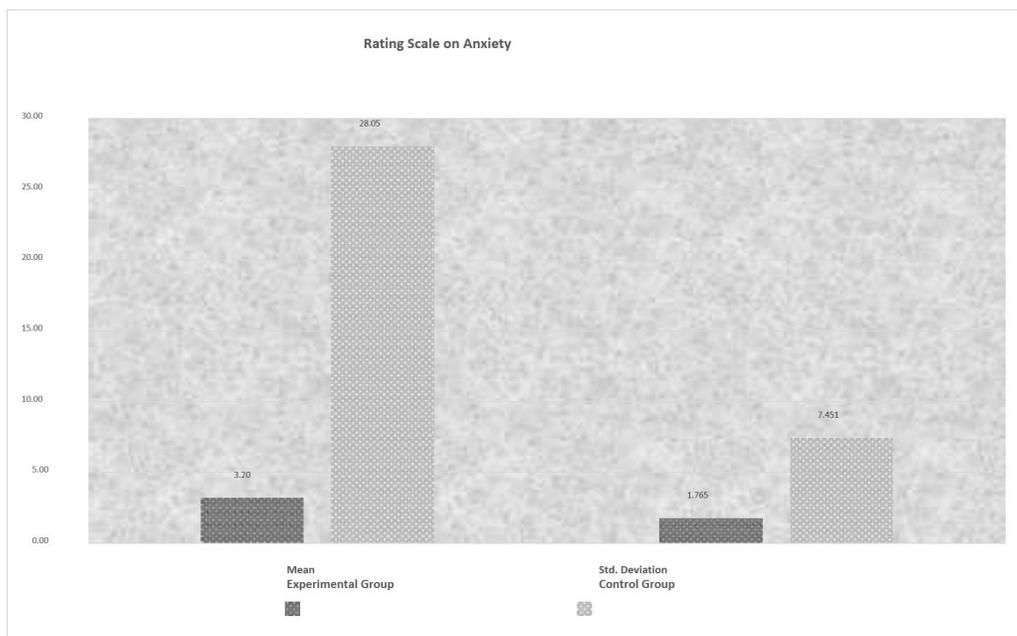

Fig. 5: Independent t-test applied on the post test experimental and control group (anxiety rating scale)

Fig. *5* represents the mean, standard deviation and independent t test value of children in control and experimental group for Rating Scale On Anxiety Level. The scores in the post-test of experimental group (Rating Scale on Anxiety level) were 3.2 mean with 1.76 S.D whereas in control group 28.05 mean with 7.451 S.D.

DISCUSSION

The present study assessed the effectiveness of art therapy on anxiety among hospitalized school age children. This study was conducted on 40 members of children at Ankura Hospital, Kompally, Hyderabad, Telangana. The data collection was done with the help of Facial Affective Scale and Anxiety Rating Scale and the data was analyzed with the help of descriptive and inferential statistics. In relation to demographic data, In regard to the age, out of 20 in Experimental group majority 11(55%) children were in the age group of 7-8 years, 6(30%) children were In the age group of 9-10 years, 5(25%) children were in the age group of 11-12 years whereas in Control group (20) majority 9(45%) children were in the age group of 9-10 years, 7(35%) children were In the age group of 7-8 years, 4(20%) children were in the age group of 11-12 years. In regard to the gender, out of 20 in experimental group majorities 11(55.0%) children were male, 9(45.0%) children were female, years whereas in Control group (20) majority 12(60%) children were female and 8(40%)

children were male. In regard to the education, out of 20 in experimental group majorities 5(25.0%) children were in 2nd standard and 6th standard and above, 4(20.0%) children were in 3rd standard and 3(15%) children in 4th and 5th standard whereas in Control group(20) majority 6(30%) children were in 2nd standard, 4(20%) were in 4th standard and 6th standard and above and 3(15%) children were in 3rd and 5th standard. In regard to the Types of family, out of 20 in experimental group majorities 12(60.0%) children were in nuclear family, 6(25.0%) children were in joint family and 2(10%) were in extended family whereas in Control group (20) majority 25(62.5%) children were in nuclear family, 11(27.5%) children were in joint family and 4(10%) were in extended family. In regard to the previous hospitalization of children, out of 20 in experimental group majorities 18(55.0%) children were not previously hospitalized and 2(10.0%) children were hospitalized previously whereas in Control group(20) majority 16(90%) children were not hospitalized previously and 4(20%) children were previously hospitalized. In regard to the person accompanying the children, out of 20 in experimental group majorities 10(50.0%) children were with mother, 5(25.0%) children were with father, 3(15%) children were with grandparents and 2(10%) children were with others whereas in Control group (20) majority 9(45%) children were

with mother, 6(30%) were with father, and 8(40%) children were male.

The scores in the post-test of experimental group (Facial Affective Scale) were 1.40 mean with 0.503 S.D whereas in control group 3.40 mean with 0.681 S.D. Since the value for *t*-statistic with 38 degrees of freedom is 10.572 with *p*-value 0.000 which is less than 0.05, The scores in the post-test of experimental group (Rating Scale on Anxiety) were 3.2 mean with 1.76 S.D whereas in control group 28.05 mean with 7.451 S.D. Since the value for *t*-statistic with 38 degrees of freedom is 14.513 with *p*-value 0.000 which is less than 0.05. There is a significant difference between post- level of anxiety of experimental and control group among school age children admitted in pediatrics general ward.

CONCLUSION

The followings conclusions were drawn from the findings of the study.

The scores in the post-test of experimental group(Facial Affective Scale) were 1.40 mean with 0.503 S.D whereas in control group 3.40 mean with 0.681 S.D. Since the value for t-statistic with 38 degrees of freedom is 10.572 with p-value 0.000 which is less than 0.05, we reject the null hypothesis. That is there is a significant difference between post-level of anxiety of experimental and control group among school age children admitted in pediatrics general ward.

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RECOMMENDATIONS

On the basis of findings, the following recommendations were made:

- The same study can be done with large sample size so that the results can be generalized.

- Comparison of Art therapy with other types of relaxation techniques like music therapy and play therapy can be done.

- A study to assess the Knowledge and Practice of Medical and Paramedical personnel's regarding Art therapy can be assessed.

- A study can be conducted to assess the awareness and practice on Art therapy on hospital anxiety among pediatric staff Nurses.

- The same study can be done on different settings.

- A similar study can be done by increasing time duration and using different themes of Art therapy.

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