



A STUDY TO ASSESS THE EFFECTIVENESS OF VISUAL GUIDED IMAGERY ON SOCIAL ANXIETY AMONG SCHOOL CHILDREN IN THE AGE GROUP OF 13- 17 YEARS AT SELECTED SCHOOLS, PUDUCHERRY

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ABSTRACT

The study was conducted to assess the effectiveness of visual guided imagery on social anxiety among school children in selected schools at Puducherry. A pre-experimental study was carried out and sixty children were selected by using purposive sampling technique. In this study, the pretest level of social anxiety was assessed using Social Anxiety Scale for adolescents (SAS-A) (ages 13-18 years) and visual guided imagery was administered to 60 children who had social anxiety for 15 days with the duration of 20 minutes every day. After six days, the post test was assessed using the same Social Anxiety Scale for adolescents (SAS-A) (ages 13-18 years). The results revealed that in the pre-test, among 172 students, 60 school children had social anxiety. In the post test, after administration of visual guided imagery, 62% of school children have no social anxiety and 38% of school children still has high social anxiety. The overall mean% for pretest was 65% and the mean % for post test was 51% and the overall effectiveness of visual guided imagery on social anxiety among school children showed the mean % of 14. The overall t-value obtained was 15.64 and $p = 0.000^{***}$ where $p < 0.001$ which revealed that there was a significant difference between pretest and post-test level of social anxiety after administration of visual guided imagery. In the association of pretest level $p = 0.034$ ($p < 0.05$), which revealed that there is significant association between the pretest levels of social anxiety with the selected demographic variable for age.

KEYWORDS : Visual guided imagery, social anxiety, school children.

INTRODUCTION

Social anxiety, a specific form of anxiety, may be defined as discomfort and/or inhibition in social situations where the person may be the focus of attention or evaluation. Children and adolescents with social anxiety are at high risk for major depression, suicide attempts and substance abuse disorders. (Anne Marie Albano, 2000)

Guided imagery techniques have been shown to be effective in helping individuals learn or modify behavior such as learning to relax, changing and controlling their negative emotions in response to a particular situations, event or belief, preparing themselves for positive changes.

OBJECTIVES

1. To assess the level of social anxiety among the school children.
2. To evaluate the effectiveness of visual guided imagery on social anxiety among the school children.
3. To associate the pretest level of social anxiety with selected demographic variables

RESEARCH HYPOTHESES

H₁: The mean post test level of social anxiety among the children will be significantly lesser than that of pretest.

H₂: There will be significant association between the selected demographical variables and pre-test level of social anxiety among school children

METHODOLOGY

RESEARCH APPROACH

Quantitative approach

RESEARCH DESIGN

Pre experimental one group pretest and post test design.

SETTINGS OF THE STUDY

Motherland English high school at Puducherry.

POPULATION

School children in the age of 13-17 years with social anxiety in selected schools at Puducherry.

DEPENDENT VARIABLE

Social anxiety among the school children.

INDEPENDENT VARIABLE

Visual guided imagery.

SAMPLING TECHNIQUE

Purposive sampling technique.

SAMPLE

School children with social anxiety in the age group of 13-17 years at Motherland English High School, Ariyankuppam at Puducherry for the specified period of time.

SAMPLE SIZE

60 school children with social anxiety.

CRITERIA FOR SELECTION OF SAMPLE

a) Inclusion criteria:

- Children who are able to read, write and understand language.
- Children who are willing to participate for study
- Children with various levels of social anxiety

b) Exclusion criteria:

- Children who are ill during the time of data collection
- Children whose parents do not give consent for data collection.

INSTRUMENTS USED FOR THE STUDY

- **Social Anxiety Scale for adolescents (SAS-A) (ages 13-18 years).**

The tool consists of two sections.

- **Section A:** demographic variables which includes age, sex, education, education of mother, education of mother, occupation of father, occupation of mother, type of family, religion, area of residence, family monthly income and source of information on social anxiety.
- **Section B:** Social Anxiety Scale for adolescents (SAS-A) (ages 13-18 years) was used to assess the social anxiety among school children. The scale is a 5 point scale consisting of 22 items.
- **SCORING TECHNIQUE:**
- **Section A:**
Demographic variables were given coding.
- **Section B:**
Social Anxiety Scale for adolescents (SAS-A) (ages 13-18 years)

Interpretation of score

High social anxiety if total score > 50

No social anxiety if total score < 50

RESULT:**Table: 1**

Frequency and percentage distribution of school children (13-17 years) with social anxiety based on their demographic variables.

SL. NO	DEMOGRAPHIC VARIABLES	FREQUENCY (n)	PERCENTAGE (%)
1	Age (in years):		
	13 yrs	25	42
	14 yrs	24	40
	15 yrs	10	17
	16 yrs	1	-
	17 yrs	-	-
2	Sex :		
	Male	27	55
	Female	33	45
3	Education :		
	8 th	19	32
	9 th	21	35
	10 th	20	33
	11 th	-	-
	12 th	-	-
4	Education of father :		
	Uneducated	6	10
	Primary	18	30
	Secondary	22	37
	Graduate	12	20
	Post graduate any others	2	3
5	Education of mother :		
	Uneducated	12	20
	Primary	24	40
	Secondary	17	28
	Graduate	7	12
	Post graduate any others	-	-
6	Occupation of father:		
	Employed	49	82
	Self-employed	6	10
	Daily wages	5	8
7	Occupation of mother :		
	Employed	5	8
	Self-employed	10	17
	Daily wages	9	15
	Home maker	36	60
8	Type of family :		
	Nuclear family	47	78
	Joint family	13	22
9	Religion :		
	Hindu	42	70
	Muslim	7	12
	Christian	11	18
	Others		
10	Area of residence :		
	Rural	46	77
	Urban	14s	23
11	Family Monthly income :		
	Below Rs.5,000	29	48
	Rs,5001-Rs.10000	24	40
	Above Rs.10000	7	12
12	Previous source of information :		
	Television	-	-
	News paper	-	-
	Health professional	-	-
	No information	60	100

Description of socio-demographic variables

- majority of school children were in the age group of 13 and 14 years (42 % & 40%) respectively, whereas only 17% of school children in 15 years of age, 1% in 16 years of age and there were no school children in 17 years of age.
- most of them were male (55%) & (45%) were female
- majority of school children were in 9thstd (35%), 10thstd (33%) & 8thstd (32%) whereas there were no school children from 11th and 12thstd.

- majority of them belong to nuclear family (78%) and (22%) of school children belong to joint family and (77%) were from rural and (23%) from urban (23%) community.

Table-2

Pretest and post test level of social anxiety among the school children in the age group of 13-17 years.

Table-2.1: Mean, SD and mean% for the pretest level of social anxiety among the school children in the age group of 13-17 years.

(N=60)

Pre test	Max. score	Range	Mean	SD	Mean%
Overall	90	51-73	58.37	5.74	65

Table-2.2: Mean, SD and mean% for post test level of social anxiety among the school children in the age group of 13-17 years.

(N=60)

Post test	Max. score	Range	Mean	SD	Mean%
Overall	90	31-64	46.15	8.79	51

Table-2.3: Comparison of pretest and post test level of social anxiety among the school children in the age group of 13-17 years.

(N=60)

Level of social anxiety	Pre test		Post test	
	f	%	f	%
No social anxiety	-	-	37	62
High Social anxiety	60	100	23	38

The above table comparison of pretest and posttest level of social anxiety explains that all samples had high social anxiety (100%) during pretest whereas after implementation of visual guided imagery there was significant reduction in the level of social anxiety. 62% of samples had no social anxiety but still 38% of samples were in high social anxiety.

Table-3: Effectiveness of visual guided imagery on social anxiety among the school children in the age group of 13-17 years.

(N=60)

Social anxiety	Post test		Pre test		t'-value	P-value
	Mean	SD	Mean	SD		
Overall	46.15	8.79	58.37	5.74	15.64	0.000***

The above table shows that there is a highly significant difference between pretest and post test level of social anxiety among school children. The mean social anxiety level of pretest is (58.37) significantly higher than the mean social anxiety level of post test (46.15). So the stated hypotheses H1 is accepted (The mean post test level of social anxiety among the children will be significantly lesser than that of pretest) and there is significant reduction in social anxiety among school children during post test.

Association of pretest level of social anxiety with selected demographic variables

There is a significant association between social anxiety and demographic variable for age, significant at 0.005 level. But there is no significant relationship between social anxiety and demographic variable such as sex, education, education of father, etc. So the stated hypotheses 2 is accepted selectively and there is a significant association between social anxiety with selected demographic variables.

SUMMARY:**Demographic variables:**

In the present study, majority of school children were in the age group of 13 and 14 years (42 % & 40%), whereas only 17% of school children in 15 years of age, 1% in 16 years of age and there were no

school children in 17 years of age. Most of school children were male (55%) & (45%) of school children were female. Larger number of school children were in 9thstd (35%), 10thstd (33%) & 8thstd (32%) whereas there were no school children from 11th and 12thstd. Greater number of school children belong to nuclear family (78%) and (22%) belong to joint family, Maximum number of school children were from rural (77%) and (23%) was from urban (23%) community.

Findings related to social anxiety among school children:

- The overall **pretest** level of social anxiety among the school children were 100% and mean **percentage** of social anxiety in pretest was 65%.
- The post **test** level of social anxiety among school children showed that 67% have no social anxiety and 33% of sample still has high social anxiety. & **mean percentage** of social anxiety in post test was 51%
- The calculated **t-value** was 15.64 and **p-value** obtained was 0.000*** where ($p < 0.001$) showed high significance and hence there was a significant difference between pretest and posttest level of social anxiety after administration of visual guided imagery.

CONCLUSION:

The present study concluded that the difference in mean % from pretest (65%) to post test (51%), revealed that there was a reduction in social anxiety among school children after administration of visual guided imagery.

RECOMMENDATIONS

- A study to evaluate the effectiveness of visual guided imagery as treatment for chronic pain in children
- A study to evaluate the effectiveness of visual guided imagery among the children to cope with the stress of hospitalization.
- The effectiveness of visual guided imagery may be more effective on oncology children

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