



EFFECT OF ART THERAPY ON LEVEL OF ANXIETY AMONG THE FIRST YEAR BACCALAUREATE NURSING STUDENT AT SELECTED NURSING COLLEGES.

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ABSTRACT

Objectives: 1) To assess the pre test level of anxiety among the first-year baccalaureate nursing students at selected nursing colleges among experimental and control group. 2) To assess the effect of art therapy on level of anxiety by comparing the pre test and post test level of anxiety among experimental group. 3) To assess the effect of art therapy on level of anxiety by comparing the post test level of anxiety among experimental and control group. 4) To determine the association between pretest level of anxiety with their selected demographic variables among experimental and control group. **Material And Method:** An evaluative research approach with true experimental pre-test post test control group design, 30 sample in experimental group and 30 sample in control group. sample was selected by simple random sampling technique . Demographic variable and BAI scale used in the study. **Result:** The comparisons of the pretest and posttest means of the anxiety were done by the paired t test. The pretest average score was 41.23 with SD of 8.72. The posttest average score was 29.63 with SD of 11.14. The test statistics value of the paired t test was 4.22 with p value 0.00. The comparisons of the posttest mean of the anxiety were done by the unpaired t test. The posttest average score of experimental groups was 29.60 with SD of 11.1. The test statistics value of the unpaired t test was 2.87 with p value 0.000. **Conclusion:** Art therapy is a simple non pharmacological intervention which should be carried out independently in the field of nursing.

KEYWORDS : Art Therapy, Effect, Anxiety, Baccalaureates, Nursing Student.

INTRODUCTION:

Anxiety is a feeling of unease, such as worry or fear, which can be mild or severe. It is a body's natural response to stress. Everyone has feelings of anxiety. For example, you may feel worried and anxious about the first day of school, sitting an exam or having a medical test or job interview. During times like these, feeling anxious can be perfectly normal. Their feelings of anxiety are more constant and often affect their daily life.¹

The American psychological Association defines anxiety as "an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure." while anxiety can cause distress, it is not always a medical condition. The danger situation causes a rush of adrenalin, a hormone and chemical messenger in the brain, which in turn triggers these anxious reactions in a process.²

Nursing students have nearly double the rate for moderately high to high test anxiety in comparison to the general public and high school students. Among high school students 17% were found to exhibit high test anxiety. Among the general population 17% also had high test anxiety.³

The American Art therapy Association defines art therapy as an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experiences within a psychotherapeutic relationship.⁴

Art therapy is essential useful in healing. It can be successfully applied to clients with physical, mental or emotional problems, diseases and disorders. Any type of visual art and art medium can be employed within the therapeutic process, including painting, drawing, sculpting, photography, and digital art.⁵

BACKGROUND

Art therapy was seen as a powerful tool for encouraging hospitalized children, a borderline psychotic child allowed him to be able to enter a normal school environment. children

who undergone this form of therapy have improved on school performance, creativity, self-awareness, and relating to fellow peers.⁶

Art therapy uses creative expression to provide individuals with a safe outlet for expressing thoughts and emotions to successfully facilitate recovery from psychological distress. The present study reviews the efficacy of art therapy as a method for treating traumatized children. Published, peer-reviewed literature that focused exclusively on the use of art therapy for treating children who had experienced a traumatic event was included in this review.⁷

NEED FOR THE STUDY

Clinical experiences are another stressor for nursing students. Remember what it was like to walk into a patient's hospital room for the first time? Students are terrified of doing something wrong. Faculty can use simulated scenarios with either high-fidelity simulators or standardized patients to help familiarize students with clinical situations prior to their first clinical experience.⁸

Mindfulness and art therapy first explore independently, then investigates the current research on the combination of these two modalities used with clients with mental and emotional issues, physical illnesses, self-acceptance/self-esteem, and personal relationships, according to the research, this therapeutic modality has shown to be beneficial for many populations.⁹

OBJECTIVE:

1) To assess the pre test level of anxiety among the first-year baccalaureate nursing students at selected nursing colleges among experimental and control group. 2) To assess the effect of art therapy on level of anxiety by comparing the pre test and post test level of anxiety among experimental group. 3) To assess the effect of art therapy on level of anxiety by comparing the post test level of anxiety among experimental and control group. 4) To determine the association between pretest level of anxiety with their selected demographic variables among experimental and control group

HYPOTHESIS:

H₁: There is significant difference between the pretest and

post test scores of level of anxiety in experimental group.

H₂: There is significant difference between the post test score of level of anxiety among experimental and control group.

H₃: There is significant association between the pre test level of anxiety with their selected demographic variables in Experimental and control group.

ETHICAL ASPECT:

The proposal had been submitted to ethical committee and study was continued only after approval from ethical committee of the college.

CONCEPTUAL FRAMEWORK

Imogene M. King:King's Conceptual System And Theory Of Goal Attainment And Transactional Process.

METHODOLOGY:

An evaluative research approach with true experimental pre-test post test control group design .The sample size for the study was 30 sample in experimental group and 30 sample in control group. The sample was selected by using simple random sampling technique . Demographic variables and BAI scale used for the study.

SAMPLE CRITERIA

Inclusive Criteria:

- Nursing students who all are studying in Basic B.sc first year.
- Nursing students who are willing to participate in the study.

Exclusive Criteria:

- Nursing students who are ill in between time of data collection.
- Nursing students who are not available at the time of data collection.

VARIABLES :

Independent Variables :

Independent variables is Art Therapy

Dependent Variables:

Anxiety among the first-year baccalaureate nursing student.

Attribute Variables:

Age, gender, religion, residential area, occupation of father, occupation of mother, family income per month and types of family.

Population: first-year baccalaureate nursing student.

Target Population:

first-year baccalaureate nursing student at selected nursing colleges.

Accessible Population: first-year baccalaureate nursing student who fulfil the criteria for selection.

TOOLS

Section A: Demographic Variables

age, gender, religion, residential area, occupation of father, occupation of mother, family income per month and types of family.

Section B: Beck Anxiety Inventory Scale

Major Findings Of The Study

Section II

Comparison Of The Anxiety Among Experimental And Control Group In Terms Of Average Pre And Posttest

The comparisons of the pretest and posttest means of the anxiety were done by the paired t test. The pretest average score was 41.23 with standard deviation of 8.72. The posttest

average score was 29.63 with standard deviation of 11.14. The test statistics value of the paired t test was 4.22 with p value 0.00. It shows that , there was significant difference in pre and posttest score of level of anxiety among first year baccalaureate nursing students at selected nursing colleges in experimental group. Hence H₁ is accepted.

Table 1: Frequency & Percentage Distribution Of Nursing Student At Selected Nursing Colleges In Terms Of Frequency And Percentage

Sr. No.	Variable	Groups	Experimental		Control	
			Frequ ency	Percen tage	Frequ ency	Percent age
1	Age (in years)	18-20	21	70.00	21	70.00
		20-22	8	26.67	9	30.00
		22-24	1	3.33	0	0.00
		above 24	0	0.00	0	0.00
2	Gender	Male	8	26.67	10	33.33
		Female	22	73.33	20	66.67
3	Religion	Hindu	24	80.00	20	66.67
		Muslim	1	3.33	0	0.00
		Christian	2	6.67	0	0.00
		Buddhism	3	10.00	10	33.33
		Sikh	0	0.00	0	0.00
4	Residenti al area	Urban	11	36.67	14	46.67
		Rural	16	53.33	13	43.33
		Semi Urban	3	10.00	3	10.00
5	Occupati on of father	Self employed	13	43.33	16	53.33
		Service	11	36.67	8	26.67
		Not Applicable	6	20.00	6	20.00
6	Occupati on of mother	Self employed	3	10.00	3	10.00
		Service	1	3.33	3	10.00
		Housewife	26	86.67	24	80.00
7	Family Income per month	5000 - 10000 Rs	8	26.67	3	10.00
		10000 - 15000 Rs	5	16.67	2	6.67
		15000 - 20000 Rs	9	30.00	10	33.33
		More than 20000 Rs	8	26.67	15	50.00
8	Type of family	Nuclear	10	33.33	13	43.33
		Joint	12	40.00	14	46.67
		Single parent family	8	26.67	3	10.00
		Extended family	0	0.00	0	0.00

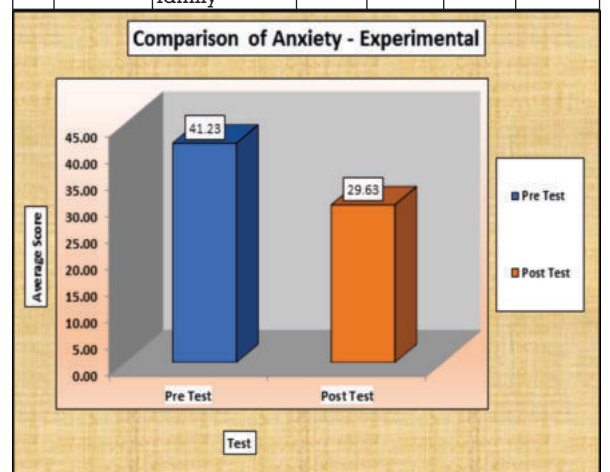


Figure 1: Comparison Of The Pre And Post Level Of Anxiety In Experimental Group

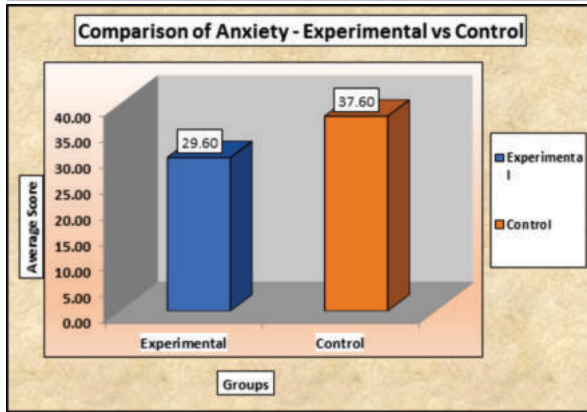


Figure 2: Comparison Of The Post Test Level Of Anxiety – Experimental Vs Control Group.

The comparisons of the posttest means of the anxiety were done by the unpaired t test. The posttest average score of experimental group was 29.60 with standard deviation of 11.1. The posttest average score control group was 37.60 with standard deviation of 10.4. The test statistics value of the unpaired t test was 2.87 with p value 0.000. Concludes that, there was significant difference between the post test score of level of anxiety among first year baccalaureate nursing students at selected nursing colleges in experimental & control group. Hence H_2 was accepted.

SECTION III

Findings related to the association of pre test level of anxiety with selected demographic characteristics.

Significant Association:

There was significant association of family income per month with level of anxiety among first year baccalaureate nursing students at selected nursing colleges.

Limitations:

- 1) This study limited to first year baccalaureate nursing students.
- 2) This study limited to selected nursing colleges.
- 3) This study limited to 60 sample size.
- 4) This study limited to Willing to paint.

Recommendation:

- Replication of the same study on large samples may help to draw conclusion that are more definite and generalize to a large population.
- Descriptive study can be conducted to assess the effectiveness of art therapy on level of anxiety.
- A experimental study can be conducted to assess the effect on level of anxiety

CONCLUSION:

Art therapy is a simple non pharmacological intervention which should be carried out independently in the field of nursing and art therapy was effective in reducing anxiety.

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