

# A Study to Assess the Effectiveness of Art Therapy on Stress Among The Substance Abuse Patient in Selected De Addiction Center, Chennai



## Nursing

**KEYWORDS :** Art therapy, Stress, Substance Abuse, De addiction center

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### ABSTRACT

**INTRODUCTION** Stress is a biological term for the consequences of the failure of human being to respond appropriately to emotional or physical threats, whether actual or imagined. Many studies have showed that Drug abuse patients are vulnerable to stress. **OBJECTIVES** Assess the level of stress among substance abuse patient before art therapy, Assess the level of stress in substance abuse patient after art therapy in experimental and control group, Determine the effectiveness of art therapy among substance abuse patient in experimental group, Associate the level of stress with selected demographic variable of both experimental and control group. **METHODOLOGY** True experimental design with Simple random sampling was used and 30 samples in experimental group and 30 samples in control group at serene life hospital and Holistic rehab center Chennai. The data was collected, organized and analyzed in terms of both descriptive and inferential statistics. **RESULT:** There was a significant decrease in the level of stress among substance abuse patients staying in de addiction center after receiving the art therapy at  $P < 0.0001$  level.

### INTRODUCTION:

Stress is a biological term for the consequences of the failure of human being to respond appropriately to emotional or physical threats, whether actual or imagined. Many studies have showed that Drug abuse patients are vulnerable to stress. Stress among substance abuse patients is may be due to financial loss, job loss, lack of support from family members and separation from family members. Art therapy is one of the non-pharmacological methods of reducing stress and it provides a creative outlet for pent up emotions and hurtful feelings that are too painful to express verbally.

**National institute of drug abuse 2009 states that** The annual worldwide drug, revenues are estimated to have risen to US \$500 billion, now next only to arm trade. While no country seems to remain immune from the divesting effects of substance abuse, the trend is most ominous for developing countries, which are still struggling to overcome their basic problems of poverty, hunger. Not only the problems associated with physiological context, substance abuse extends its drastic effects on the psychological aspects of human being, among that stress is one of the major problems which is faced by the substance abuse patients.

Art therapy is a form of expressive therapy that uses art materials, such as paints, chalk etc. Art therapy is based on the idea that art is a means of symbolic communication. This approach, often referred to as art psychotherapy, emphasizes the products like drawings, paintings, and other art expressions as helpful in communicating issues, emotions, and conflicts. The art image becomes significant in enhancing verbal exchange between the person and the therapist and in achieving insight, resolving conflicts, solving problems and formulating new perceptions that in turn lead to positive changes, growth, and healing

### Statement of the problem:

“A study to assess the effectiveness of art therapy on stress among the substance abuse patient in selected de addiction centre at Chennai”.

### OBJECTIVES OF THE STUDY

- Assess the level of stress among substance abuse patient before art therapy
- Assess the level of stress in substance abuse patient after art therapy in experimental and control group.
- Determine the effectiveness of art therapy among substance abuse patient in experimental group.
- Associate the level of stress with selected demographic variable of both experimental and control group

### Hypothesis

There is significant difference in the levels of stress in the experi-

mental group than control group after art therapy.

### RESEARCH METHODOLOGY

#### Research approach

Quantitative research approach

#### Research design

True experimental (pre test-post test control design).

#### Setting

Serene life hospital, Chennai and Holistic rehab center, Chennai.

#### Sample

Samples consist of substance abuse patients who are admitted in serene life hospital and Holistic rehab center Chennai.

#### Sample size

The sample size consists of 60 drug abuse patients comprised of 30 patients in the experimental group staying at serene life hospital Chennai and 30 patients in the control group at Holistic Rehab center Chennai.

#### Sampling technique

Simple random technique

#### Criteria for sample selection

##### Inclusion Criteria

1. Patients who got admitted with complaints of substance abuse in serene life hospital and Holistic rehab center, Chennai.
2. Substance abuse patient who are able to understand English or Tamil
3. Substance abuse patient within the age group of 19-40 years.

##### Exclusion Criteria

1. Substance abuse patient who are not willing to do Art therapy.
2. Patient who are critically ill.

#### Data collection tool

##### Part – I

The demographic data was developed by the investigator by extensive literature and with the consultation of experts in various fields like Nursing, Clinical Psychology, and Psychiatric Medicine. The demographic data consists of age, educational level, marital status, duration of substance use, reasons for substance use, types of substance used, and supportive net work.

##### Part – II

Deals with assessment of level of stress among substance abuse patients by using Cohen et al perceived stress scale. Stress is assessed based on perceived stress scale. According to Cohen

et.al (1974) Perceived stress scale comprised of 14 items it includes 8 positive items, and 6 negative items questions with the responses ranging from never, rare, Sometime, often and always. Scoring interpretation are 5 Indicate never, 4 Indicate rare, 3 Indicate sometimes, 2 Indicate often, 1 Indicates always. scoring keys are 0-25 = Normal ,26-40 = Mild stress ,41-55 = Moderate stress ,56-70 = Severe stress

**Analysis and interpretation**

**Table-1**

Effectiveness of Art therapy on the level of stress among the substance abuse patients between experimental and control group in pre test and post test

Group	Pre Test		Post Test		Paired t test and p value
	Mean	SD	Mean	SD	
<b>Experimental group</b>	41.37	8.54	25.03	6.95	10.2004 P=0.0001
<b>Control group</b>	41.73	9.49	41.53	9.16	0.1917 P=0.8493

Note \*\*\*-P<0.001 Level of significant

**Major findings of the study**

In the experimental group, the data reveals that the pre test level of stress shows 18 (60%) had moderate stress, and 12 (40%) had mild stress where as in the post test shows that 21 (70%) had normal, 7 (23.4%) had mild stress, and 2 (6.66%) had moderate stress, which shows that the outcome was highly significance with, t''= 10.2004\*\*\* at p< 0.0001 level of significance

In the control group, the data reveals that the pre test level of stress shows 15(50%) had moderate stress, 13 (43.3%) had mild stress, and 2 (6.66%) had severe stress, where as in the post test level shows, about 12 (40%) had mild stress, 16 (53.3%) had moderate stress and 2 (6.6%) had severe stress. which shows that the. t''= 0.1917 at p= 0.8493was not significant.

There was a significant decrease in the level of stress among substance abuse patients staying in de addiction center after receiving the art therapy at P < 0.0001 level. Hence the hypothesis was accepted.

**CONCLUSION:**

The study findings reveal the importance of art therapy in reducing stress among substance abuse patients in de addiction center.

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