

A Study to Assess the Effectiveness of Art Therapy on Anxiety Level among Hospitalized Children in Selected Hospital, Gwalior

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Abstract: *The study was conducting to asses the effectiveness of art therapy on the anxiety level of hospitalized children in a selected hospital at Gwalior. A quasi-experimental research design was used. The sample consist of hospitalized children selected through purposive sampling. A structured anxiety rating scale was used for data collection. Art therapy sessions were provided to the experimental group. The results revealed a significant reduction in anxiety level among children who received art therapy compared to the control group. The study concluded that to art theory is an effective, simple, and know-pharmacological method reduced anxiety in hospitalized children.*

Keywords: Art therapy, hospitalized children, anxiety reduction, non-pharmacological intervention, quasi-experimental study

1. Introduction

children are a blessing from the lord. they are like clay in the potter's hand. Blend them with godly love care, they become a vessel that stays strong and perfect, purge them with toil and dust they may break and crumble. they build the nation sound and strong, because today's children are responsible citizens of tomorrow.

Hospitalization causes anxiety among children due to unfamiliar environment, separation from parents, and medical procedures. High anxiety can delay recovery and affect emotional well-being. Art therapy provides a creative outlet for expressing feelings and reducing stress. Therefore, it is important to assess the effectiveness of art therapy in reducing anxiety level among hospitalized children.

1.1 Purpose of the Study

The study aims to determine the impact of structure art therapy sessions on the anxiety levels of hospitalizes children, in order to provide evidence for its uses as a non-pharmacological nursing intervention.

1.2 Objective of the Study

- 1) Assess the pre-test level of anxiety among hospitalized children in experimental group before art.
- 2) Assess the post-test test level of anxiety among hospitalized children in experimental and control group.

1.3 Operational Definitions

- **Effectiveness-** Refers to the extent to which art therapy reduce the anxiety level among hospitalized children.
- **Art Therapy-** Refers to providing the child with a crayons and colour pencil during hospital stay to draw a picture a

picture by connecting the dots that when connected together gives a picture. Art therapy gives 20 minutes per day for three days.

- **Anxiety Level-**Refers to fear and concerns of children regarding hospitalization measured facial five anxiety scale.
- **Hospitalized Children-**Refers to children between the age group of 7-12 years admitted in paediatric medical ward 1 day after of admission in Sophia hospital, Gwalior.

2. Conceptual Framework

A conceptual framework refers to frame work of prepositions for conducting research. conceptual framework serves as a spring board for theory development. this study is based on theory the Karl Ludwig von Bertalanffy was an Austrian born biologist known as one of the founders of general systems theory.

3. Review of Literature

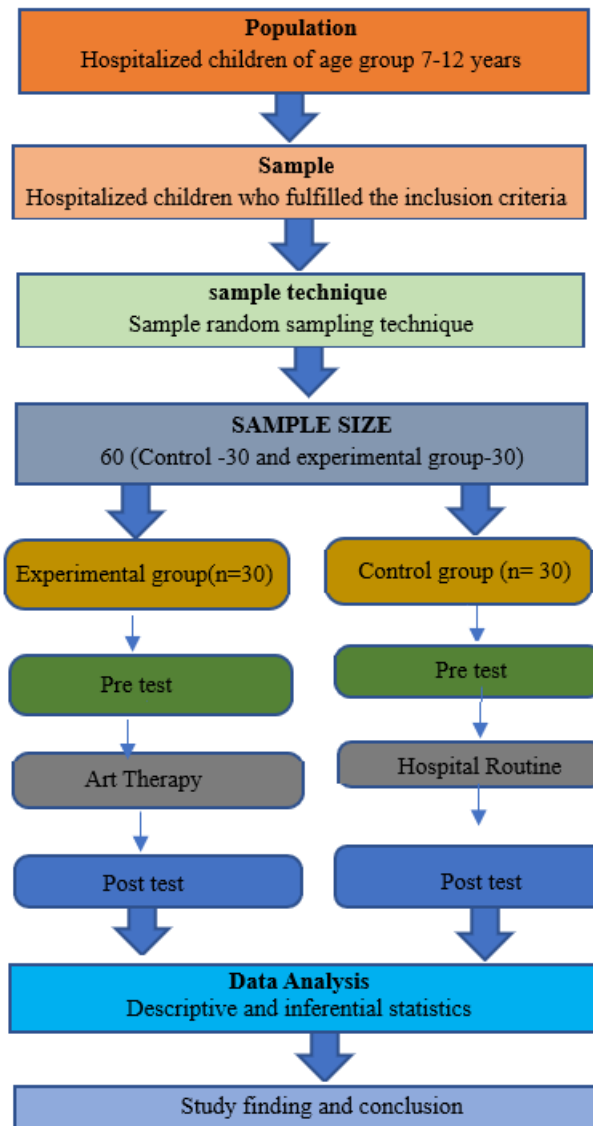
Ze'ev Shenkman (2008) conducted a descriptive study to assess the effectiveness of pre-operative magic tricks performance on pre-operative anxiety among 54 children between the age group of 3 and 12 years and concluded that reduction in the pre-operative anxiety was associated with children shown with pre-operative magic tricks.

4. Research Methodology

Research design-The design selected for this study is true experimental design to assess the effectiveness of art therapy on anxiety among hospitalized children in selected hospitals at Gwalior.

RE O1 X O2

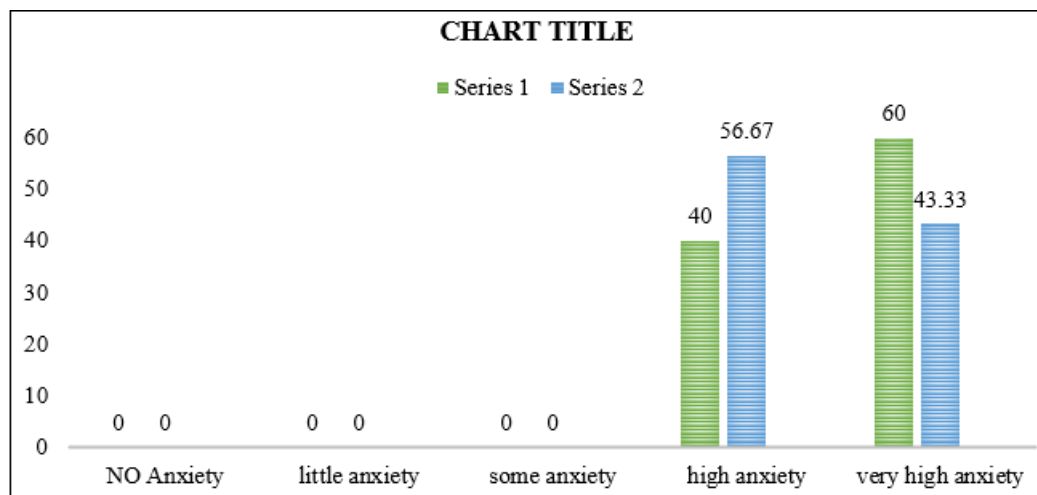
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5. Result

Frequency and percentage distribution of pretest and post test level of anxiety among hospitalized children in the group.

Anxiety	NO Anxiety (0)		Little Anxiety (1)		Some Anxiety (2)		High Anxiety (3)		Very High Anxiety (4)	
	N0.	%	N0.	%	N0.	%	N0.	%	N0.	%
Pretest	0	0	0	0	0	0	12	40.0	18	60.0
posttest	0	0	0	0	0	0	17	56.67	13	43.33



6. Discussion

This chapter discusses the major finding of the study and reviews them in relation to from other studies. The aims of the study was to assess the effectiveness of art therapy on anxiety level among hospitalized children in Sophia hospital Gwalior.

7. Recommendations

This chapter summarizes the findings, and interpretation of results and presents recommendations that need to be incorporated in nursing practice, nursing education, nursing administration and nursing research.

8. Summary

The study aims to evaluate the effectiveness of art therapy in reducing anxiety among hospitalized children. A quasi-experimental design with pre-and post-test assessments is used children aged 6-12 years participate in daily art therapy sessions such as drawing and painting. Anxiety levels are measured before and after the intervention. The finding are expected to show that art therapy significantly lowers anxiety and helps promote emotional well-being during hospitalization.

9. Conclusion

The study concluded that art therapy is effective in reducing anxiety levels among hospitalized children, helping them relax and cope better during their hospital stay.

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