

ART THERAPY REDUCES ANXIETY

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ABSTRACT

A study was conducted to evaluate the effectiveness of art therapy on anxiety among cancer patients. An evaluative approach and one group pre test –post test design was used for this study.120 samples were selected through convenient sampling technique. The level of anxiety was assessed using Modified Spielberg state anxiety scale through structured interview schedule. The study was conducted for 5 weeks. The data collected were analysed by descriptive and inferential statistical method. The findings revealed that among 120 samples of cancer patients 36 (30%) had mild anxiety, 64 (53.33%) had moderate anxiety and only 20 (16.7%) had severe anxiety in the pre-test and 2 (1.7%) of them had no anxiety 98(81.6%) of them had mild anxiety ,20 (16.7%) had moderate anxiety and no one had severe anxiety in the post-test .The effectiveness of art therapy mean was 32.7 and the estimated t value 17.2 was most significant at $p < 0.001$.Art therapy is a cost effective technique in reducing anxiety among cancer patients.

INTRODUCTION:

Cancer is the leading cause of death worldwide and the total no of cases globally are increasing . Approximately half of all patients with terminal cancer suffer with depression, anxiety and adjustment disorder. Dr. Michella Reba , director of psycho oncology program at university of Michigan cancer centre says “ often patients tell me that dealing with the emotion of cancer is actually harder than coping with other medical problems”.50% of patients with terminal cancer are suffering from anxiety, depression (or) an adjustment disorder .There is a need to incorporate mental health care in to the treatment plans for cancer patients as depression and anxiety can compromise ones quality of life. Art therapy allows for ventilation of feelings and discovery of inner strengths that serve as a support system in compensating for losses and for handling reoccurring stresses causing anxiety.

STATEMENT OF THE PROBLEM

A study to assess the effectiveness of art therapy on anxiety among the cancer patients admitted in oncology wards of selected hospital in Chennai.

OBJECTIVES OF THE STUDY

- To assess the level of anxiety among cancer patients in selected hospital.
- To evaluate the effectiveness of art therapy on anxiety among cancer patients.
- To associate the level of anxiety with selected demographic variables.

MATERIAL AND METHODS: An evaluative approach and one group pre-test-post test design was used for this study.

Group	Pre-test	Intervention	post-test
Experimental group	Q1	X	Q2

Q1-Pretest assessment of anxiety level of cancer patients.

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X-art therapy

Q2-posttest assessment of anxiety level of cancer patients.

The sample consisted of 120 cancer patients. Convenient sampling technique was used for this study. The tool used for this study was Modified Spielberg ‘state anxiety scale.

Scoring key:

0-45 No anxiety

46-95 mild anxiety

96-135 moderate anxiety

136 - 180 severe anxiety.

Reliability was tested by using test - re test method.

METHOD OF DATA COLLECTION

A time limit of 20-30 minutes was taken for each sample for the assessment .One session of art therapy was provided according to the interest of the patients using various art techniques like painting, crayon colouring, brinjal art etc for at least 1-2 hours . In post session, the patients were assessed again with the modified speilberger`s state anxiety scale to rule out the effect of art therapy.

RESULTS AND DISCUSSION

Frequency and percentage distribution of demographic variable: Among 120 samples 24(20%) of patients belonged to age group21-30 years, 38(31.7%) belonged to age group 31-40 years, 38(31.6%) belonged to age group 50, among the sample 72(60%) were male 48(40%) were female.

Table: 1

Comparison of anxiety of the pre test and post test of the cancer patients.

Anxiety score	Pre test		Post test	
	No	%	No	%
No anxiety (0-45)	0	0%	2	1.7%
Mild anxiety (46-90)	36	30%	98	81.6%
Moderate anxiety (91-135)	64	53.3%	20	16.7%
Severe anxiety(136-180)	20	16.7%	0	0

Among 120 samples of cancer patients, 0(0%) of them had no anxiety, 36(30%) had mild anxiety, 64(53.33%)had moderate anxiety and only20(16.7%)had severe anxiety in the pre test and 2(1.7%) of them had no anxiety 98(81.6%)of them had mild anxiety,20(16.7%) had moderate anxiety and no one had severe anxiety in the post test.

Table: 2

Effectiveness of art therapy on cancer patient anxiety variables.

variables	Pre test test score		Post test score		Overall reduction in anxiety		Paired t value
	Mean	S.D	Mean	S.D	Mean	S.D	
Preoperati ve anxiety level	108.3	29.1	78.7	19.3	32.7	21.0	17.2 (S) (p<0.001)

The effectiveness of art therapy mean is 32.7 and standard deviation is 21.0 and further the results are analysed with paired t test and the result is 17.2 of p<0.001 level and it is statistically significant.

Association between the post test level of anxiety among cancer patients with selected demographic variables.

Among120 samples and among 9 demographic variables, educational status,

family income were statistically significant and others were statistically non significant. Hence with reference to the null hypothesis the results showed there is significant association of the demographic variables with post test anxiety score.

CONCLUSION

After art therapy the anxiety of cancer patients was only between mild to moderate. So conducting art therapy programme will help to reduce anxiety of cancer patients and promote a good recovery. This study can be conducted by using large population to generalise the findings.

RECOMMENDATIONS

A study can be done to find out the effectiveness of art therapy on anxiety in children.

A similar study can be done to improve the psychological well being of the alcoholics.

A similar study can be done to find out the effectiveness of art therapy on preoperative anxiety among patients undergoing surgery.

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