



Effectiveness of Drawing therapy on Stress Reduction among Cancer Patients at Selected Cancer Hospitals in Kanpur

Mr. Javed Ansari

Assistant Professor, Govt College of Nursing, Kanpur, Uttar Pradesh

Introduction

Drawing therapy has not been the subject of a comprehensive scientific investigation to determine its therapeutic value for cancer patients; however, many clinicians have seen and documented significant benefits among those who have used it. This is according to the American Cancer Society, which states that despite the fact that drawing therapy has not been the subject of a thorough scientific investigation, it has therapeutic value for cancer patients. Participating in drawing therapy or creating drawings on your own is another productive technique to distract yourself from your problems. Drawing and thinking about drawing may be a helpful distraction when you're trying to get your mind off of stressful or unpleasant things. Drawing therapy is an example of a mind-body intervention that has the ability to impact symptoms at both the physiological and psychological levels. People who suffer from post-traumatic stress disorder may find that engaging in activities that include artistic expression helps to alleviate symptoms of emotional numbness and revive positive feelings. Drawing therapy, according to the American Cancer Society, allows patients to express their feelings, which helps them feel less stressed, anxious, and other unpleasant emotions. The drawing therapist believes that treatment also alters brain chemistry, causes the release of feel-good neurotransmitters, and modulates brain waves; all of these things have an effect on the way the brain interprets emotion. Patients with cancer who participate in drawing therapy are able to divert their attention from the arduous treatment they are undergoing. Drawing may be therapeutic in and of itself due to the fact that it facilitates the release of pent-up feelings and, as a result, lowers levels of anxiety. In addition, drawing therapy may aid therapists in comprehending the inner workings of cancer patients, particularly youngsters, who commonly express themselves via drawing. This is especially helpful when working with young patients.

Due to the high incidence of cancer, the researcher decided it was necessary to conduct an investigation on the amount of stress experienced by cancer patients. Research was conducted in order to determine whether or not drawing therapy is useful in reducing stress levels in cancer patients.

Methodology is the practise of conducting an investigation by utilising. In this research, the efficacy of drawing treatment on stress was investigated using a pre-experimental design with one group serving as both the pre-test and post-test subjects. Cancer patients participated in the study. The open system model developed by J.W. Kenny was used as the basis for the conceptual framework of the research. The study was carried out at a number of hospitals located in Lucknow. The sample size of one hundred people was decided upon via the convenience sampling method. The amount of stress was rated using a scale that ranged from zero to four points on the stress assessment rating scale.

In order to analyse the data that was obtained, both descriptive and inferential statistics were used. Both the paired "t" test and the chi-square test were used in order to examine the hypothesis.

Results

40 percent of the samples lacked an education, 48 percent of the samples were jobless, and 76 percent of the samples were married. The majority of the samples were between the ages of 50 and 60 (61% were female), 73% were Hindu, 64% were from nuclear families, and (69%) of the patients were receiving treatment for a period of less than six months of the families had breast cancer; 37.8% of the samples had been treated with radiation therapy of the families made between Rs. 20,000 and Rs. 30,000 per month; 8.9% of the families had been ill for less than six months of the samples had received radiation therapy.

- Before participating in the drawing treatment, 75% of the samples were classified as having considerable stress, 21% as having severe stress, and 7% as having light stress. Most of the people who took part in the drawing treatment (37%) said they felt mild stress, followed by 61% who said they felt moderate stress and 3% who said they felt severe stress.
- The average amount of stress experienced before the exam was 43.21, while the average amount of stress experienced after the test varied from 32 to 87. The paired "t" value for stress was 8.21 when $p=0.01$ was considered. This indicates how effective drawing therapy can be in helping cancer patients deal with the stress of their illness. As a consequence of this, H₁ is maintained.
- There was a statistically significant connection between the demographic characteristic of age that was picked and the degree of stress experienced. The significance threshold for the age group is 0.05. At the level of significance known as P0.05, there was no link between stress and other

characteristics such as gender, religion, family structure, education, employment, marital status, income, duration of sickness, location of cancer, modality of therapy, length of treatment, and behaviors. As a consequence of this, H1 is maintained.

Conclusion

The goal of the research was to determine how effectively drawing therapy alleviates the stress experienced by cancer patients. Patients diagnosed with cancer reported feeling a considerable amount of stress, which prompted the need for a therapeutic intervention. Patients with cancer who take part in drawing therapy report a considerable decrease in stress levels as a result of their participation. According to the findings of the research, there is a link that is statistically significant between stress and the age-specific demographic.

Reference

1. T.W. Puetz, C.A. Morley, M.P.T.W. Herring, Effects of creative drawings therapies on psychological symptoms and quality of life in patients with cancer, *JAMA Intern Med*, 173 (11) (2013), pp. 960-969
2. J.M.-A. Anne Bolwerk, How drawing changes your brain: differential effects of visual drawing production and cognitive drawing evaluation on functional brain connectivity *PLoS One*, 9 (12) (2014)
3. G.I.A.L. Bar-Sela, Drawing therapy improved depression and influenced fatigue levels in cancer patients on chemotherapy *PubMed*, 16 (11) (Nov 2007), pp. 980-984
4. C. Elbrecht. *Trauma Healing at the Clay Field : A Sensorimotor Drawing Therapy Approach* , Jessica Kingsley Publishers, London (2012)
5. D. Gill, *Melancholic Modalities: Affect, Islam, and Turkish Classical Musicians*, Oxford University Press, New York (2017)
6. S.D. Heath, *The Expressive Drawings Activity Book*, Jessica Kingsley Publishers, London and Philadelphia (2008)
7. L. Heather, J.N. Stuckey, The connection between drawing, healing, and public health: a review of current literature, *NCBI-Am J Public Health*, 100 (2) (2010), pp. 254-263