



The efficiency of Art therapy in relieving stress in cancer patients at specific Lucknow hospitals.

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Introduction

The American Cancer Society states that although art therapy has not been the subject of a thorough scientific investigation to determine its therapeutic value for cancer patients, many clinicians have seen and documented significant benefits among those who have used it. Another effective way to divert yourself is to engage in art therapy or make art on your own. You can take your mind off of painful or anxious thoughts by thinking about and creating art. A mind-body intervention with the potential to affect both physiological and psychological symptoms is art therapy. The experience of creative expression can reawaken positive emotions and treat symptoms of emotional numbing in people with post-traumatic stress disorder. The American Cancer Society states that art therapy enables patients to express their emotions and relieve stress, anxiety, and other negative emotions. According to the art therapist, therapy also changes brain chemistry, releases feel-good chemicals, and modifies brain waves, all of which have an impact on how the brain processes emotion.

Cancer patients who use art therapy can take their minds off their gruelling medical procedures. Because it aids in the release of repressed emotions and consequently lessens anxiety, art can be healing in and of itself. Additionally, art therapy can assist therapists in understanding the inner workings of cancer patients, particularly children, who frequently express themselves through drawing.

The researcher felt compelled to evaluate the level of stress among cancer patients in light of the aforementioned prevalence. The effectiveness of art therapy on stress in cancer patients was therefore evaluated through a study.

Methodology

method of evaluation using In this study, the effectiveness of art therapy on stress among cancer patients was evaluated using a pre-experimental design with one group pre-test and post-test. J.W. Kenny's Open system model served as the foundation for the study's conceptual framework. A few hospitals in Lucknow were used for the research. The convenience sampling technique was used to select the 100-person sample size. The level of stress was assessed using a 4-point scale from the stress assessment rating scale.

Descriptive and inferential statistics were used to analyse the collected data. The hypothesis was tested using the paired "t" test and the chi-square.

Results

The majority of the samples (58%) were between the ages of 50 and 60, (60% were female), (70% were Hindu), (60% were from nuclear families), (40%) were illiterate, (49%) were unemployed, and (79%) were married. (25%) families made between Rs. 20,000 and Rs. 30,000 per month, (8.5%) had been ill for less than six months, (32%) had breast cancer, (37.6%) samples had received radiation therapy, (65%) were undergoing treatment for less than six months, and (67.5%) had none of the aforementioned habits.

- The samples had moderate stress in 73% of them, severe stress in 20%, and mild stress in 7% of them prior to art therapy. The majority of the subjects (37%) reported mild stress, followed by 60% who reported moderate stress, and 3% who reported severe stress after receiving art therapy.

Pre-test stress scores on average were 44.27, and post-test stress scores on average ranged from 31 to 88. At $p < 0.01$, the paired "t" value for stress was 7.22.

This demonstrates how powerfully art therapy can help cancer patients cope with stress. H1 is preserved as a result.

- Age, the chosen demographic variable, and stress level had a statistically significant relationship. age group: significance level of $P < 0.05$ There was no correlation between stress and other factors at the $P < 0.05$ level of significance, including gender, religion, family structure, education, occupation, marital status, income, length of illness, location of cancer, mode of treatment, length of treatment, and habits. H2 is preserved as a result.

Conclusion

The purpose of the study was to evaluate how well art therapy relieved cancer patients' stress. Patients with cancer experienced a moderate level of stress, necessitating an intervention. Cancer patients who participate in art therapy experience a significant reduction in stress. The study found a statistically significant correlation between stress and the age-specific demographic.

Reference

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