



Efficacy of Art therapy on stress among Cancer Patients at selected Cancer Hospitals, in Kanpur city

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Introduction

According to the American Cancer Society, art therapy has not been subjected to rigorous scientific study to determine its therapeutic value for cancer patients, but many clinicians have observed and documented significant benefits among those who have participated in art therapy. Participating in art therapy or creating art on your own can also be effective ways to divert your attention. Thinking about and creating art can help to divert your attention away from painful and anxious thoughts. Art therapy is regarded as a mind-body intervention capable of influencing physiological and psychological symptoms. The experience of creative expression can reawaken positive emotions and address symptoms of emotional numbing in people suffering from post-traumatic stress disorder. Art therapy, according to the American Cancer Society, allows patients to express themselves and relieve fear, anger, stress, and anxiety through art. According to the art therapist, therapy also has a chemical effect on the brain, releasing feel-chemicals and altering brain waves, which affects emotion in the brain.

Cancer patients can benefit from art therapy to distract them from their painful medical treatments. Art can be healing in and of itself because it allows suppressed emotions to be released, reducing anxiety. Furthermore, art therapy can assist therapists in learning more about the inner workings of cancer patients, especially children, who frequently draw what they can't say.

The investigator felt compelled to assess the level of stress among cancer patients based on the above prevalence. As a result, an evaluation study was carried out to determine the effectiveness of art therapy in reducing stress in cancer patients.

Approach to evaluation methodology with a pre-experimental design with one group pre-test and post-test was used in this study to assess the effectiveness of art therapy on stress in cancer patients. The study's conceptual framework was based on J.W. Kenny's Open System model. The study was conducted in a few Kanpur hospitals. The convenience sampling technique was used to select 100 samples from a sample size of 100. The level of stress was determined using a 4-point 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 chi-square.

Results

The majority of the samples (58%) were between the ages of 50 and 60, (60%) were female, (70%) were Hindu, (60%) belonged to a nuclear family, (40%) were illiterate, (49%) were unemployed, and (79%) were married.

(25%) of the families had a monthly income of Rs.20000 to 30000, (8.5%) had been ill for less than 6 months, (32% had breast cancer), (37.3%) of the samples received radiation therapy, (65% were receiving treatment for less than 6 months), and (67.5%) did not practise any of the aforementioned habits.

Prior to art therapy, 73% of the samples had moderate stress, 20% had severe stress, and 7% had mild stress.

Most of the people who went through art therapy had mild stress (37%), moderate stress (60%) and severe stress (3%).

The average stress score before the test was 44.27, and the average stress score after the test was 31-88. At $p = 0.01$, the paired 't' value for stress was 7.22.

This demonstrates that art therapy can significantly reduce stress in cancer patients. As a result, H1 is retained.

There was a significant relationship between stress level and the demographic variable of age that was chosen. However, there was no link between stress and other factors like gender, religion, family type, education, job, marital status, income, length of illness, location of cancer, type of treatment, length of treatment, and habits.

Conclusion

The study sought to determine the efficacy of art therapy in relieving stress in cancer patients. Cancer patients necessitate medical attention. Art therapy significantly reduces stress levels in cancer patients. The study discovered a strong relationship between stress and a specific demographic factor, which was age.

Reference

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