



Research Article

EFFECTIVENESS OF ART THERAPY IN REDUCING PRE-OPERATIVE ANXIETY AMONG CHILDREN UNDERGOING SURGERY AT SELECTED HOSPITAL, CHENNAI

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ABSTRACT

Everyone has the right to the highest attainable standard of physical and mental health, which includes access to all medical services, sanitation, adequate food, decent housing, healthy working conditions, and a clean environment.

Key words:

art therapy, pre-operative children

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INTRODUCTION

Everyone has the right to the highest attainable standard of physical and mental health, which includes access to all medical services, sanitation, adequate food, decent housing, healthy working conditions, and a clean environment. The human right to health guarantees a system of health protection for all. Everyone has the right to the health care they need, and to living conditions that enable us to be healthy, such as adequate food, housing, and a healthy environment. Health care must be provided as a public good for all, financed publicly and equitably.

Health care means that hospitals, clinics, medicines, and doctors' services must be accessible, available, acceptable, and of good quality for everyone, on an equitable basis, where and when needed. Health care must be accessible and provided without discrimination based on health status, race, ethnicity, age, sex, sexuality, disability, language, religion, national origin, income, or social status. Access to health care must be universal, guaranteed for all on an equitable basis.

Objectives

1. To assess the pre test scores of preoperative anxiety among children undergoing surgery.
2. To compare the pre test scores and post test score test and after the application of art therapy
3. To assess the effectiveness art therapy among children undergoing surgery.
4. To find out the association between post test score and selected demographic variables

Hypothesis

1. H₀₁- there will be a significant difference in pre-test and post values of anxiety among children undergoing surgery at P<0.5
2. H₀₂- there will be a significant association between the post test score and selected demographic variables at P<0.5

METHODOLOGY

One group pre test post test research design, a type of pre-experimental research was used for the study, convenient sample technique.

FINAL RESULT AND CONCLUSION

The final result shows that among the selected 38.3% (23) children between the age group of 7-9years, 61.7% (37) were 10-12 years. In sex 53.3% (32) male, 46.7% (28) female. In education 35% (21) were 2nd-4th standard, 65% (39) were 5th-8th standard. In number of sibling 26.7% (16) has 1 child, 56.7% (34) has 2 children, 16.6% (10) has above 3 children. In education of the mother 16.6% (10) were no formal education, 41.7% (25) were high school completed, 41.7% (25) were graduated. In education of the father 11.7% (7) were no formal education, 33.3% (20) were high school completed, 55% (33) were graduated. In types of the family 65% (39) were nuclear family, 35% (21) were joint family. In income of the family 18.3% (11) got Rs 10,000-20,000, 55% (33) got Rs 20,000-30,000, 26.7% (16) got Rs 30,000-40,000. In history of illness 25% (15) has illness, 75% (45) has no illness. In religion 41.7% (25) were Hindu, 38.3% (23) were Christian, 20% (12) were Muslim.

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At the end of data analysis and interpretation it was concluded the effectiveness of art therapy in reducing pre-operative anxiety among children after post test shows that: 38(63.3%) had normal, 20(33.4%) had moderate anxiety, 2(3.3%) had severe anxiety and no had extreme anxiety. In comparison the post test revealed that there is no extreme anxiety because most of them had interest and involvement in art therapy and actively participated in the therapy sessions.

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