

Effectiveness of Drawing therapy on stress among Patients with cancer in a selected Hospital, at Indore city

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Introduction

According to the American Cancer Society, drawing 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 drawing therapy. participating in drawing therapy or creating drawing on your own can also be a good way to distract yourself. Thinking about and making drawing can help to divert your attention away from thoughts of pain and anxiety. Drawing therapy is regarded as a mind-body intervention that has the potential to influence physiological and psychological symptoms. In people suffering from post-traumatic stress disorder, the experience of creative expression can reawaken positive emotions and address symptoms of emotional numbing. According to the American Cancer Society, drawing therapy allows patients to express their emotions and relieve fear, anger, stress, and anxiety. The drawing therapist believes that the therapy also has a chemical effect on the brain, releasing feel chemicals and altering brain waves, which affects emotion in the brain.

Drawing therapy can help cancer patients distract themselves from their painful medical treatments. Drawing can be healing in and of itself because it helps to release suppressed emotions and thus reduces anxiety. Furthermore, drawing therapy can help therapists learn more about the inner workings of cancer patients, particularly children, who often draw what they can't say.

Based on the above prevalence, the investigator felt compelled to assess the level of stress among cancer patients. As a result, an evaluative study was conducted to determine the effectiveness of drawing therapy on stress in cancer patients.

Methodology

Approach to evaluation with In this study, a pre-experimental design with one group pre-test and post-test was used to assess the effectiveness of drawing therapy on stress among cancer patients. The conceptual framework for the study was based on J.W. Kenny's Open system model. The research was carried out in a few hospitals in Indore. The sample size was 100, and the samples were chosen using the convenience sampling technique. The 4 point stress assessment rating scale was used to determine the level of stress.

The collected data was analysed using descriptive and inferential statistics. Paired 't' test and chi-square were used to test the hypothesis.

Results

The majority of the samples (58 percent) were between the ages of 50 and 60, (60 percent) were female, (70 percent) were Hindu, (60 percent) belonged to nuclear, (40 percent) were illiterate, (49 percent) were unemployed, and (79 percent) were married. (25%) families had a monthly income of Rs.20000 to 30000, 8.5% had less than 6 months of illness, (32%) had breast cancer, (37.6%) samples received radiation therapy, (65%) were receiving treatment for less than 6 months, and (67.5%) had none of the aforementioned habits.

• Before drawing therapy, (73 percent) of the samples had moderate stress, (20 percent) had severe stress, and (7 percent) had mild stress. After drawing therapy, the majority of the subjects (37%) reported mild stress, 60% reported moderate stress, and 3% reported severe stress.

- The average pre-test stress score was 44.27 , and the average post-test stress score was 31-88 . The paired 't' value for stress at p0.01 was 7.22.

This demonstrates that drawing therapy is extremely effective in reducing stress in cancer patients. As a result, H1 is kept.

- There was a significant relationship between stress level and the selected demographic variable of age. P0.05 level of significance for age group At the P0.05 level of significance, there was no association between stress and other variables such as gender, religion, family type, education, occupation, marital status, income, duration of illness, site of cancer, modality of treatment, duration of treatment, and habits. As a result, H2 is kept.

Conclusion

The study was conducted to assess the effectiveness of drawing therapy on stress in cancer patients. The level of stress for cancer patients was moderate, and an intervention is required. Drawing therapy significantly reduces the level of stress among cancer patients. The study discovered a significant relationship between stress and a specific demographic variable of age.

Reference

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