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Sathik Ali A  
Sree Balaji College of Nursing,  
Bharat University, Chennai,  
India.

## Effectiveness of art therapy on behavior among children with attention deficit hyperactivity disorder in selected school at Chennai

Sathik Ali A

### Abstract

**Background of the Study:** Many learning disabled children's have difficulty in attending to their school work and they frequently exhibit hyperactive behaviors which are then considered as a difficult task of managing by the respective parent and the teacher.

**Objectives:** To assess the pre and post-test level of art therapy on behavior among children with attention deficit hyperactivity disorder in experimental group. Evaluate the effectiveness of art therapy on behaviour among children with attention deficit hyperactivity disorder. To associate the level of behavior with the selected demographic variables among children with attention deficit hyperactivity disorder.

**Hypothesis:** There will be a significant difference in the level of behavior among the children with attention deficit hyperactivity disorder, who have undergone the art therapy than those who did not. There will be a significant association between the levels of behaviour with selected demographic variables of experimental group in pre and post- test.

**Methodology:** Pre-experimental one group pre-test and post-test design was selected for this study. Purposive sampling technique was used for the study.

**Final Result and Conclusion:** In the pre test that among 30 samples 2(6.7%) of them had mild level of behavior change, 15(50%) had moderate level of behavior changes and 13(43.3%) of them had severe level of behavior change in the pre test. among 30 samples 7(23.3%) had mild behavior change and 18(60%) had moderate behavior change and 5(16.7) had severe in behavior change in the post test. The mean score was 34.13 and standard Deviation was 6.27 in pre test for level of behavior among ADHD children. And the mean score was 26.7 and standard Deviation was 7.17 in post test, which is lower than the pre-test mean score and standard deviation and indicates that art therapy is effective on behavior. The paired "t" test value was 7.4 which is statistically significant at the level of  $P < (0.05)$

**Keywords:** art therapy, children behavior, hyperactivity disorder

### Introduction

Every child matures at different rates and has different personalities, temperaments, and energy levels while performing the tasks. Most of the children while performing a task gets distracted, act impulsively, and struggle to concentrate at one time or another. Many learning disabled children's have difficulty in attending to their school work and they frequently exhibit hyperactive behaviors which are then considered as a difficult task of managing by the respective parent and the teacher.

### Objectives

1. To assess the pre and post-test level of art therapy on behavior among children with attention deficit hyperactivity disorder in experimental group.
2. Evaluate the effectiveness of art therapy on behavior among children with attention deficit hyperactivity disorder.
3. To associate the level of behavior with the selected demographic variables among children with attention deficit hyperactivity disorder.

**Correspondence**  
Sathik Ali A  
Sree Balaji College of Nursing,  
Bharat University, Chennai,  
India.

**Table 1:** Comparison of pre test and post test Level of behaviour among ADHD children.

Level of behaviour	Pre-Test		Post-Test		Chi-square
	No	Percentage	No	Percentage	
Mild	2	6.7	7	23.3	T=7.4 P<0.05
Moderate	15	50	18	60	
severe	13	43.3	5	16.7	
Total	30	100	30	100	

**Hypothesis**

**H1:** There will be a significant difference in the level of behaviour among the children with attention deficit hyperactivity disorder, who have undergone the art therapy than those who did not.

**H2:** There will be a significant association between the levels of behaviour with selected demographic variables of experimental group in pre and post- test.

**Methodology**

Pre-experimental one group pre-test and post-test design was selected for this study in sankalp trust school, Chennai. The study population will comprise Children those are in age group from 6 to 12 years. Total sample size 30 both male and female ADHD children are selected for the study by Purposive sampling technique. and the Demographic variables these are age, gender, religion, education, family history of ADHD, birth order, type of family, care giver, type of marriage and second part ADHD rating scale used It was standardized scale designed in the year February 2008 by foundation of medical practice education and American psychiatric association. It is simple well laid out consists of 18 items in that 9 items are hyperactivity and impulsivity

**Scoring interpretation**

- Mild behaviour -1-18
- Moderate behaviour -19-36
- Severe behaviour -37-54

**Methodology**

Pre-experimental one group pre-test and post-test design was selected for this study in sankalp trust school, Reveals that among 30 samples 2(6.7%) of them had mild level of behaviour change, 15(50%) had moderate level of behaviour changes and 13(43.3%) of them had severe level of behaviour change in the pre test. among 30 samples 7(23.3%) had mild behaviour change and 18(60%) had moderate behaviour change and 5(16.7) had severe in behaviour change in the post test The mean score was 34.13 and standard Deviation was 6.27 in pre test for level of behaviour among ADHD children. And the mean score was 26.7 and standard Deviation was 7.17 in post test, which is lower than the pre-test mean score and standard deviation and indicates that art therapy is effective on behaviour. The paired “t” test value was 7.4 which is statistically significant at the level of  $P<0.05$ .

**Conclusion**

The study reveals that effectiveness of art therapy on behavior among using paired “t” test shows 7.4 significant at the level of  $P<0.05$  Which implying that there was significant decrease in the level of behaviour among children

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