RESEARCH ARTICLE

'AN EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF ART THERAPY UPON STRESS AMONG PREGNANT WOMEN IN A SELECTED COMMUNITY, BENGALURU'; KARNATAKA; BY THE STUDENT OF SMT.NAGARATHNAMMA COLLEGE OF NURSING

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Manuscript Info

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Abstract

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Background: Pregnancy is defined as the period from conception to birth. After the egg is fertilized by a sperm and then implanted in the lining of the uterus, it develops into the placenta and embryo and later into foetus. Pregnancy usually lasts for 40 weeks, beginning from the 1st day of the women's last menstrual period and lasting for 3 months. The changes observed in the system from conception to pregnancy, are principally the following; namely- amenorrhoea, morning sickness, fatigue, heart burn, increased salivary discharge, occasionally depravity of appetite , headache, irritability of temper, the pressure of increasing pregnancy, protrusion of umbilicus, sometimes, varicose, swellings of the lower extremities, the breast also enlarge, an areola or brown circle is observed around the nipples and a secretion of lymph, composed of milk and water takes place. Stress is a natural human response that prompts us to address challenges and threats in our lives. It usually happens when a person is in a situation that he or she do not feel like they can manage or control. Stress in pregnancy may lead to higher blood pressure. This puts the pregnant women at risk of serious increased blood pressure, called pre-eclampsia, preterm birth and having a low birth weight infant.
Method: This chapter deals with the description of research methodology. It is most important in research as it is the framework in conducting study. It indicates general pattern for organizing the procedure together valid and reliable data for investigations. It includes research designs, population and sample, sampling technique, inclusion and exclusion criteria, instruments, data collection and methods of data collection procedure and data analysis plan.
Results : Through this study we came to the conclusion that the maximum samples or the pregnant women had somewhat recovered from their increasing level of stress by the interventions of art therapy that was provided to them for fifteen days and also the mean value of the pretest and the post test score is 20.01 and 14.4, respectively.

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Introduction:-

There are various reasons which can results stress among pregnant woman. They are- - delaying with discomforts of pregnancy, like morning sickness, constipation, being tired on having a backache. 14 –changes in hormones which can cause the mood to swing in pregnant women. Mood swings can make it harder to handle stress. –sometimes, feelings worried about what to expect during labor and birth or how to take care of the baby. Feeling stress is common during pregnant because pregnancy is the time of many changes. They may welcome those changes but these change add new stresses to their lives. High level of stress continue for a long time may cause health problems like high blood pressure, and heart disease. They may be worried about pregnancy loss, the health of their baby or about how they will cope with labor and birth or becoming a patient. Stress may be very dangerous for a pregnant woman regarding pregnancy. Thus to avoid having stress, the women can eat healthy foods get plenty of sleep and exercise. Stress can also be prevented by doing some types of activities related to drawing, listening to music, reading books, gardening, singing, dancing and many bother things that could provide some sort off relaxation to the women who are in pregnant state. In order to reduce the effects of stress among the identified therapies is a Art therapy. Art therapy is tool that the therapists use to help the patients interpret, express and resolve their emotions and thoughts. Patients work with an art therapist to explore their emotions, understand conflicts or feelings that are causing them distress and use art to help them find resolutions to those issues. It is basically a type of psychological therapy in which the making of art work (like painting, drawings, clay modelling, etc.). Drawing and other forms of art can help one to release stress and anxiety. Art can help people express themselves more freely, improve interpersonal relationships. The basis of Art therapy is established on the idea that people can recover and feel better via artistic expression and can also relieve stress in pregnant women. The stress level among women is very high regarding the increasing stress and anxiety in women at their pregnant state. Antenatal perceived stress during pregnancy is common with 78% experiencing low to moderate and 6% high stress. Prevalence of perceived stress in pregnancy varies from 11.6% - 46.7%, globally. Another study conducted to investigate stress in antenatal women among 160 mothers revealed that 33.1% has moderate to severe level of stress and 66.9% had no to mild level of stress respectively. In the last decades, the life expectancy of the population in India has shown remarkable improvement from 41 at birth in 1961 to the present day of 65 years. Yet over 100000 women in India continue to die of pregnancy related causes every year. The maternal mortality ratio in India is 407 per 100000 live births. Infant mortality rate/ maternal mortality rate risk of anxiety related to pregnant women.

Objectives:-

1. To assess the effectiveness of art therapy among pregnant women in a selected community.
2. To assess the amount of stress among pregnant women.
3. To compare the values of pre-test and post-test among pregnant women

Methods:-

This chapter deals with the description of research methodology. It is most important in research as it is the framework in conducting study. It indicates general pattern for organizing the procedure together valid and reliable data for investigations. It includes research designs, population and sample, sampling technique, inclusion and exclusion criteria, instruments, data collection and methods of data collection procedure and data analysis plan.

Results:-

Through this study we came to the conclusion that the maximum samples or the pregnant women had somewhat recovered from their increasing level of stress by the interventions of art therapy that was provided to them for fifteen days and also the mean value of the pretest and the post test score is 20.01 and 14.4, respectively.

Study Design-

Research design is the arrangement of the conditions for the collection and analysis of data in a manner that aims to combine relevance to research purpose with economy in procedures. The selection of the research design depends upon the purpose of the study and the conditions under which the study is conducted. The research design used for this particular study is described descriptive research design and is shown diagrammatically.

Participants:
Population is a group whose member possess attribute that a researcher is interested in study. In our research topic, the target population consisted of the pregnant women having stress in their daily life at their pregnant state at the community area of Soldevanahalli.

Sample and Sample size:
Sample:
Pregnant women at the community region of Soldevanahalli with stress. (In my study, pregnant women are those who belong to the age group of 21-35 years and who are 3-9 months pregnant.

Sample Size:
The sample size of the study consisted of 30 pregnant women having stress at their pregnant state in their daily life.

Sampling Technique
Convenient Sampling Technique was used in our Research Project to the selected samples.
Criteria for Sampling Technique

Inclusive Criteria:
Women who were: - 3-9 months of pregnant - having age group of 21-35 years.

Exclusive Criteria:
Women who were: - high risk of pregnant state - medically ill to cooperate.

Instruments
An instrument selected in a research should be as far as possible the vehicle that would best obtain data for drawing conclusion which are pertaining to the study. Based on the objective of the study, experimental study was being conducted on the basis of perceived stress scale was used to assess the knowledge of the pregnant women regarding stress in the pregnant state and by providing them with interventions of art therapy. It is also conducted to be appropriate instrument.

Description of tool
A standard scale for accessing the stress was used to assess the knowledge of the pregnant women regarding the stress in their pregnant state and by providing them with Perceived Stress Scale in order to know the stress level of the pregnant women. 23 The Perceived Stress Scale (PSS) is one of the most widely used stress perception assessment instruments in the world. The scale was originally developed in the year 1983 by Cohen et al. It was basically designed to assess the degree of stress people felt in unpredictable, out-of-control and overloaded situations.

A Perceived Stress Scale (PSS) was being used in order to get the stress level of women at their pregnant state in the selected area of Soldevanahalli.

SECTION - A : It consists of items pertaining to baseline performance for demographic variables of the respondents (pregnant women) such as Name, Age, Religion, Education, Family income, Marital status, Type of family, Socio-economic status, No. of family members, Gestational period, LMP, Diet, Habits, History of abortion, Medications.
SECTION - B : Perceived Stress Scale is being used to evaluate the stress among the pregnant women. It consists of 10 questions based upon the stress scale calculations of pregnant women among the selected area of community, Soldevanahalli.

Data Collection-
Firstly, we had received a formal permission from the college authority to visit to the nearby PHC (Primary Health Centre) for getting permission from the authorized person for conducting our research work. - Then, we had visited the nearby PHC (Primary Health Centre) and had taken permission from the authorized Head Doctor for continuation of our research work. - Then, we had selected samples through convenient sampling technique. - We had visited the houses of the samples and had introduced ourselves and also the purpose of our visit. - Informed consent were being taken from the samples. - Had explained the purpose of the questionnaire to the samples and their family members. - Had provided them with the google form for filling their demographic data. - Then provided

them with the google form of Perceived Stress test Scale for the pretest. - Then, the instructions for answering the questions were given to the participants. - Then, according to the sample size, the sample group was being divided into two halves- the control group and the experimental group by the lottery method.

Plan for analysis –
The data will be analyze by applying the descriptive statistics on the basis of Convenient Sampling Technique. 24 - Frequency, mean, percentage and the standard deviation shall be used to analyze the variables. - Then, interventions shall be provided for 15 days to the samples of the experimental group based on Art Therapy and its importance. - We have planned to visit the houses of the samples on every two days to check whether they are doing the interventions in a correct way or not. - Again post-test shall be conducted by providing them with another google form of Perceived Stress test Scale. - The obtained data will be entered after editing, then coded, grouped, tabulated and transferred data to a computer file. - The data that will be obtained, shall be analyzed according to the objectives of the study by using the descriptive statistics.

Discussion:-
This chapter presents the major findings of the study and discusses them in relation to similar studies conducted by other researchers. The main aim of the study is to EXPERIMENTAL STUDY TO ACCESS THE EFFECTIVENESS OF ART THERAPY UPON STRESS AMONG PREGNANT WOMEN IN A SELECTED COMMUNITY, BANGALORE.The sample of the study comprised of 30 individuals with stress level in their pregnant state. The findings of the study are discussed under the following headings:-
◆ Discussions related to the description of baseline variables of the women in the community with pregnant condition. (Through this study we came to the conclusion that the maximum samples were from the age group of 26-30 of about 50%, the maximum samples were from the religion of Hindu of about 63.3%, the majority of the samples were graduates of about 30%, the majority of the samples were having family income (per month) in between 5000-24999/- of about 40%, the majority of the samples were married of about 90%, the majority of the samples were from Nuclear family of about 53.3%, we can also depict that most of the samples were having 6 members in their family of about 20%, the majority of the samples were having their gestational period within the 1st trimester period of about 43.3%, the majority of the samples were under mixed diet pattern of about 60%, the majority of the samples were not having any types of bad habits, the majority of the samples were not having any type of previous history of abortions, the majority of the samples which is of about 70% of them were only having pregnancy induced medications.)
◆ Discussion related to the stress level of the pregnant women in the community.(Through this study we came to the conclusion that the maximum samples or the pregnant women had somewhat recovered from their increasing level of stress by the interventions of art therapy that were been provided to them for fifteen days)
◆ Comparison of effectiveness of Art Therapy on pregnant women on the pregnant women among pretest and post testinterventions.(: Through this study we came to the conclusion that mean value of the pretest and the post test score is 20.01 and 14.4)

Limitations
The researcher enrolled only thosecaregivers of the mentally ill patients who wereavailable in the hospital setting at the time ofdata collection and willing to participate in thestudy since it is a hospital-based study. Also,caregivers of patients with substance abuse werenot enrolled in the study.

Nursing Implications
Nursing practice:
Nurses taking care of the mentallyill patients should assess the burden faced by the pregnant women and provide psychologicalsupport. Health education and demonstrationscan be conducted by the nurses periodically toenhance knowledge of Art Therapy in order topromote their own psychological well-being andcoping strategies.

Nursing education:
Student Nurses can help pregnant women to understand various burdens faced during pregnancy. Students can betaught to provide psycho education to pregnant women and plan healthtalks that can be beneficial for the mentally ill pregnant women.

Nursing administration:
Student nurses can organise programmes to create awarenessregarding the burden experienced by the pregnant women and encourage them to overcome from any kind of mental illness by art therapy. Student nurses can setup questions regarding mental illness during pregnancy tosupport pregnant women.

Conclusion:-
The conclusion regarding the post test values can be described as:- through this study we came to the conclusion that the maximum samples or the pregnant women had somewhat recovered from their increasing level of stress by the interventions of art therapy that were been provided to them for fifteen days.

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