

***“ AN EXPERIMENTAL STUDY TO ACCESS THE
EFFECTIVENESS OF ART THERAPY UPON STRESS AMONG
PREGNANT WOMEN IN A SELECTED COMMUNITY,
BENGALURU , KARNATAKA.”***

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Research Project Work Submitted to
Smt. Nagarathamma College Of Nursing, Bengaluru



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**SUBMITTED AS PARTIAL FULFILMENT OF
REQUIREMENTS FOR THE BACHALOR OF SCIENCE IN
NURSING FROM RAJIV GANDHI UNIVERSITY OF
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DECLARATION BY THE CANDIDATES

We hereby declare that this project entitled “ **AN EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF ART THERAPY UPON STRESS AMONG PREGNANT WOMEN IN A SELECTED COMMUNITY, BENGALURU .**” Is a genuine project done by Miss. Anushree Saha, Miss. Ankita Bawlia, Miss. Ankita Paul, Miss. Ankita Mondal, Miss. Anushree Mallick, Miss. Anurana Das. In partial fulfillment of requirement for the degree of Bachelor of Science in Nursing under the guidance of Miss. Dency Dennis, Lecturer of Department of Mental Health Nursing, Smt. Nagarathamma College Of Nursing, Bengaluru.

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CERTIFICATE BY THE GUIDE

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ENDORSEMENT
BY THE PRINCIPAL/ HEAD
OF THE INSTITUTE

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*“ When we face the worst that can happen in any situation, we grow.
When circumstances are at their worst, we can find our best.”*
- Elisabeth Kubler-Ross

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With regards from -

Miss. Anushree Saha,
Miss. Ankita Bawlia,
Miss. Ankita Paul,
Miss. Ankita Mondal,
Miss. Anushree Mallick,
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ABSTRACT

PROBLEM STATEMENT :

“ AN EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF ART THERAPY UPON STRESS AMONG PREGNANT WOMEN IN A SELECTED COMMUNITY, BANGALORE ,”

INTRODUCTION :

Stress in pregnancy may lead to high blood pressure during pregnancy. This can put a pregnant woman at risk of serious high blood pressure condition generally termed as, pre-eclampsia. Pre-term birth and having a low-birth weight infant are another conditions. Thus every pregnant women should have the knowledge about stress during their pregnancy state and several methods on how to avoid stress during the pregnancy state in order to be healthy.

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 pretest and post test among pregnant women.

METHODOLOGY :

compare Samples were collected using a convenient sampling. A total number of 30 samples were selected and categorized to experimental and control group. A pre-test post test design was used to collect the stress factor and was determined using frequency and percentage.

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.

CONCLUSION :

Environmental study to assess the effectiveness of art therapy upon stress among pregnant women in a selected community.

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