

**“A STUDY TO ASSESS THE EFFECTIVENESS OF ART BASED
THERAPY ON PSYCHOLOGICAL WELL BEING AMONG
CHILDREN WITH LEARNING DISABILITY IN A SELECTED CARE
INSTITUTION BENGALURU.”**

BY:

Ms. PRIYANKA NIROLA

Ms. MEKHA JACOB

Ms. ABHINANDA M S

Mr. MOHAMMED SABITH K T

4th Year B. Sc. Nursing (2020-24)
Research Project Submitted to
Smt. Nagarathnamma College of Nursing



Under the Guidance of,

Ms. Dency Dennis

Lecturer

Department of Mental Health Nursing

Smt. Nagarathnamma college of Nursing

DR. Sarvepalli Radhakrishnan Road Soladevanahalli,

BANGALORE- 560107

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RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES

BENGALURU

SMT. NAGARATHNAMMA COLLEGE OF NURSING

SOLADEVANAHALLI BENGALURU-560107



**THIS IS TO CERTIFY THAT THE PROJECT WORK ENTITLED HAS
BEEN SUCCESSFULLY CARRIED OUT BY,**

4TH YEAR B.SC. NURSING STUDENTS

[Priyanka Nirola, Mekha Jacob, Abhinanda M S, Mohammed Sabith K T]

**SUBMITTED AS A PARTIAL FULLFILLMENT OF REQUIREMENT FOR
THE BACHELOR OF SCIENCE IN NURSING FROM RAJIV GANDHI
UNIVERSITY OF HEAKTH SCIENCE, BENGALURU**

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Nursing, Bengaluru

DECLARATION BY THE CANDIDATES

We hereby declare that this project entitled “**A study to assess the effectiveness of Art Based Therapy on Psychological Well-being among Children with Learning Disability in a Selected Care Institution, Bengaluru**”. Is a genuine project done by Ms. Priyanka Nirola, Ms. Mekha Jacob, Ms. Abhinanda M S, Mr. Muhammed Sabith K T. In partial fulfillment of requirement for the degree of bachelor of science in Nursing under the guidance of Ms. Dency Dennis, Lecturer of Department of Mental Health Nursing, Smt. Nagarathnamma College of Nursing, Bengaluru

Place: Bengaluru

Date:

Signature of the Candidates:

Ms. Priyanka Nirola

Ms. Mekha Jacob

Ms. Abhinanda M S

Mr. Muhammed Sabith K T

CERTIFICATE BY THE GUIDE

This is to certify that the project work entitled “**A study to assess the effectiveness of Art Based Therapy on Psychological Well-being among Children with Learning Disability in a Selected Care Institution, Bengaluru**”, is a genuine project done by Ms. Priyanka Nirola, Ms. Mekha Jacob, Ms. Abhinanda M S, Mr. Muhammed Sabith K T in partial fulfillment of requirement for the degree of bachelor of science in nursing under the guidance of Ms. Dency Dennis, Lecturer of Department of mental health nursing, Smt. Nagarathnamma college of nursing, Bengaluru.

Place: Bangalore

Date:

Signature of the guide:

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Lecturer

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**ENDORSEMENT BY THE PRINCIPAL/HEAD OF THE
INSTITUTE**

This is to certify that the project work entitled “**A study to assess the effectiveness of Art Based Therapy on Psychological Well-being among Children with Learning Disability in a Selected Care Institution, Bengaluru**”, is a genuine project done by Ms. Priyanka Nirola, Ms. Mekha Jacob, Ms. Abhinanda M S, Mr. Muhammed Sabith K T in partial fulfillment of requirement for the degree of bachelor of science in nursing under the guidance of Ms. Dency Dennis, Lecturer of Department of mental health nursing, Smt. Nagarathnamma college of nursing, Bengaluru.

Place: Bangalore

Date:

Signature of the Principal

Mrs. Devi Nanjappan

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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

We raise our heart in gratitude to God Almighty that has been the guiding force behind all our efforts. We wish to express our sincere appreciation and deep sense of gratitude to all those who helped us in accomplishing this task successfully.

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Thank you one and all from the bottom of our heart-

With regards from-

Ms. Priyanka Nirola

Ms. Mekha Jacob

Ms. Abhinanda M S

Mr. Muhammed Sabith K T

ABSTRACT

PROBLEM STATEMENT:

“A STUDY TO ASSESS THE EFFECTIVENESS OF ART BASED THERAPY ON PSYCHOLOGICAL WELLBEING AMONG CHILDREN WITH LEARNING DISABILITY IN A SELECTED CARE INSTITUTION BENGALURU “

INTRODUCTION:

Art based therapy plays a vital role in mental health and wellbeing by providing a non-verbal means of expression, allowing individuals to explore and communicate their emotions, thoughts and experiences. It offers a creative outlet for self-discovery, stress reduction and emotional wellbeing particularly for those who may struggle to articulate their feelings verbally.

Overall, art-based therapy offers a holistic approach to healing that integrates creativity, self-expression and psychological support.

OBJECTIVE OF THE STUDY:

- 1.To assess the psychological wellbeing among children with learning disability
2. To determine level of psychological wellbeing among children with learning disability with the given base line variable
- 3.To examine the effectiveness of art-based therapy in children with learning disability
- 4.To compare the pre-test and post-test psychological wellbeing among the children

METHODOLOGY:

Compare samples were collected using a convenient sampling. A total number of 40 samples were selected and categorized to experimental and control group .A pre-test and post-test design was used to collect the psychological wellbeing among children with learning disability and was determined using frequency and percentage.

RESULTS:

Through this study we came to the conclusion that the maximum samples or the children with learning disability had somewhat recovered from their psychological wellbeing by the interventions of Art Based Therapy that was provided for 25 days and the mean value of the pre –test is 91.75 and post –test score is 121.0. The standard deviation value of pre-test and post-test is 20.40 and 2.51.

CONCLUSION:

A study to assess the effectiveness of art-based therapy on psychological wellbeing among children with learning disability in a selected care.

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