

EFFECTIVENESS OF MANDALA ART THERAPY ALONG WITH RELAXATION TECHNIQUE ON STRESS MANAGEMENT AMONG PARAMEDICAL STUDENTS

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Abstract-

AIM OF THE STUDY

To find effectiveness of mandala art therapy along with relaxation technique on stress management among paramedical students.

BACKGROUND

Stress has become an usual part of life, it is very present and becoming more ubiquitous among college going students. In India, where economic and social development is under immense pressure which is intensely felt by middle class who are under greater stress to hold their position, protect their social place and to move ahead. A student is subjected to diverse kinds of stressors, such as pressure of academics with a commitment of success, undecided future and difficulties faced for incorporation into system.

METHODS

80 subjects were selected from paramedical students through simple randomized technique, Based on inclusion and exclusion criteria 50 students were included and 30 students were excluded in this study both genders. Perceived stress scale used to assess the stress level.

OUTCOME MEASURES

Perceived stress scale

RESULTS

This study result showed that there was decrease in level of Stress among paramedical students with p value <0.01.

CONCLUSION

This study concludes that mandala art therapy along with relaxation technique have significant effect in reducing the level of Stress among paramedical students.

Keywords: Mandala Art Therapy, relaxation technique, Stress, perceived stress scale.

INTRODUCTION

Stress is a usual response to the demands and pressures which could be situational, if they are professed as threatening or dangerous. A stressor is something, which causes stress. This can be an event, a situation, or an individual. Personal and environmental events that cause stress are identified as stressors. The individual's ability to efficiently cope with stressful situations is mediated by the impact of stressor experienced. Stress has become a usual part of life, it is very present and becoming more ubiquitous among college going students. In India, where economic and social development is under immense pressure which is intensely felt by middle class who are under greater stress to hold their position, protect their social place and to move ahead. A student is subjected to diverse kinds of stressors, such as pressure of academics with a commitment of success, undecided future and difficulties faced for incorporation into system. Social, emotional, physical inconveniences and family problems are faced by students which may influence learning ability and academic performance.

Mandala art therapy is the method of art therapy, which has been successfully used in applied psychology. Mandala, a composite word in Sanskrit (a language in ancient India) includes the words "Manda" (meaning centre) and "La" (meaning accomplishment). It refers to reaching individuals about their centre and essence, being sincere with themselves, and achieving a peaceful essence. The author of this kind of psychotherapy, Carl Jung recorded his dreams and sketched them in a circle, seeing Mandala as a system that encodes experience of mankind and as a mechanism of synchronization, support, healing worries, correcting anxiety states. Carl Jung saw that Mandala should be used in difficult life circumstances, emotional stress, or crisis. Picture in the Mandala holds power in the safe enclosed space, thereby stabilizing the emotional background, complex personal psychosomatic disorders.

METHODOLOGY

The study belongs to experimental comparative in nature. The study was conducted at outpatient department of cherran's college of physiotherapy. 50 subjects and 25 in each group by random sampling technique. The procedure was explained to subject. Group A received Mandala art therapy along with Relaxation technique and Group B received Mandala art therapy alone were given. The pre & post test were analyzed by using Perceived stress scale, The Inclusion criteria are both gender students, 18-22 years age group, Participants willing to participate, Score of 14 or more for stress on Perceived stress scale for paramedical students. The Exclusion criteria are Non paramedical students, Age above 22 years presence of any psychological illness and traumatic illness, having any Vision impairment, taking any anti stress medications.

PROCEDURE

The subjects were explained about the study screened inclusion and exclusion criteria. The purpose of the study was explained to them and informed consent was obtained. The subjects were randomly assigned into Group A and Group B. The subjects in the Group A were received mandala art therapy along with relaxation technique and the subjects in the Group B were received mandala art therapy alone. The subjects are treated for 3 days a week for 6 weeks each therapy session lasting for about 60mins.

GROUP A

Mandala art therapy along with relaxation technique includes mandala art coloring for 30 mins, followed by deep breathing exercises for 10mins, progressive relaxation technique for 10mins, and autogenic relaxation technique for 10mins.

GROUP B

Mandala art therapy alone group includes mandala art drawing 30mins, mandala art coloring 30mins.

RESULT

Group A

Mandala art therapy along with relaxation technique

While comparing the pre & post test values of the group using T test the calculate value is 18.26

When comparing the mean value of both the post test mean value 15.20 which is lesser than pre test mean value 27.76 it confirms that there is a statistically significant ($p < 0.1$) improvement in post test group than pre test group.

Group B

Conventional physiotherapy

While comparing the pre & post test values of the group using T test the calculate value is 13.33.

When comparing the mean value of both the post test mean value 20.20 which is lesser than pre test mean value 27.76 it confirms that there is a statistically significant ($p < 0.05$) improvement in post test group than pre test group.

DISCUSSION

The perceived stress scale is a classic stress assessment instrument.

For each question choose from the following alternatives:

0 - never

1 - Almost never

2 - Sometimes

3 - Fairly often

4 - Very often.

This study will be to evaluate effectiveness of the mandala art therapy along with relaxation therapy in stress among paramedical students and also to compare the effectiveness of the mandala art therapy along with relaxation therapy with the mandala art therapy alone. According to the previous studies the effects of mandala art therapy and relaxation therapy in management for the stress management is proven, but to our knowledge, this will be the first study to compare the effects of mandala art therapy along with relaxation therapy among paramedical students. More over this study will employ well established and widely used methods with appropriate reliability and validity to assess the stress. The limitation of the study would be the mandala art therapy alone may not be effective as relaxation technique treatment in stress management among paramedical students to help in reducing stress and promote high mental wellbeing. Therefore, this study intends to compare effectiveness of the mandala art therapy along with relaxation therapy versus mandala art therapy alone in stress among paramedical students. Hence in this experimental study mandala art therapy along with relaxation therapy it creates significant improvement in perceived stress scale among paramedical students.

LIMITATIONS AND RECOMMENDATIONS

- The study was limited with smaller duration

- The study was limited with age group 18-22 years
- The study was limited with stress alone
- The study was limited with only paramedical students
- The study can be done with longer duration
- The study can be done for age groups more than 22 years
- The study can be done also for depression and anxiety
- The study can be done for staffs also
- The study can be compared with any other treatment techniques.

CONCLUSION

The study concluded that the mandala art therapy along with relaxation therapy seemed to be beneficial in reducing the stress.

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