

A Study to Evaluate the Effectiveness of Art Therapy on Self - Esteem Among Orphans in Selected Orphanages at Madurai

Mrs. Narmatha¹, Mrs. Aarthi²

¹ *Assistant Professor, United College of Nursing, Coimbatore*

² *Nursing Tutor, United College of Nursing, Coimbatore*

Abstract—Self-esteem is an important component of psychological well-being and is often affected among orphaned children due to the loss of parental care, emotional deprivation, and social challenges. Low self-esteem may lead to poor social adjustment, anxiety, depression, and reduced confidence. Art therapy is a creative therapeutic intervention that enables individuals to express emotions, enhance self-awareness, and improve self-esteem. This study aimed to evaluate the effectiveness of art therapy on self-esteem among orphans in selected orphanages at Madurai, Tamil Nadu. A quantitative, quasi-experimental pre-test and post-test control group design was adopted. Sixty orphans were selected using a non-probability convenience sampling technique, with 30 participants each in the experimental and control groups. Data were collected using a demographic questionnaire and the Rosenberg Self-Esteem Scale. The experimental group received structured art therapy sessions for three weeks, while the control group received routine care. The findings revealed that before the intervention, 66.7% of participants in the experimental group had low self-esteem, whereas after the intervention, 76.7% had high self-esteem. The post-test mean self-esteem score of the experimental group (21.2 ± 3.17) was significantly higher than that of the control group (15.7 ± 2.13), demonstrating the effectiveness of art therapy. The study concludes that art therapy is an effective, safe, and cost-effective intervention for improving self-esteem among orphaned children and recommends its incorporation into mental health promotion programs in orphanages.

Index Terms—Art therapy, Self-esteem, Orphans, Rosenberg Self-Esteem Scale, Mental Health, Psychological Well-being.

I. INTRODUCTION

Every child in this world is not fortunate enough to have parent. It is estimated that 153 million children worldwide, ranging from infant to teenagers, have lost one or both parents (UNICEF). Over 7 million children are in institutional care worldwide. There are between 143 million and 210 million orphans worldwide, 250,000 children are adopted annually.

An orphan is common whose parents have died, are unknown, or have permanently abandoned them. In common usage, only a child who has lost both parents due to death is called as orphan.

Self-esteem is an individual's subjective evaluation of their own worth. Self-esteem encompasses beliefs about oneself as well as emotional states, such as triumph, despair, pride, and shame.

Low Self-esteem people will have the symptoms of Social withdrawal, Anxiety and emotional turmoil, Lack of social skills and self-confidence. Depression and/or bouts of sadness, Less social conformity, Eating disorders, Inability to accept compliments, Worrying whether you have treated others badly, Reluctance to take on challenges, Reluctance to put yourself first or anywhere. Reluctance to trust your own opinion, expecting little out of life for yourself.

Art therapy is a mental health profession that uses the creative process of making art such as painting, drawing, or sculpting to help people explore emotions, reduce anxiety, manage stress, and process trauma.

Art therapy is the therapeutic use of art making. Through creating art and reflecting on the art products and processes, people can increase awareness of self and others. Art Therapy helps people to resolve conflicts and problems, develop interpersonal skills,

manage behavior, and reduce stress, increase self-esteem and self-awareness.

II. STATEMENT OF THE PROBLEM

A study to evaluate the effectiveness of art therapy on self-esteem among orphans in selected orphanages at Madurai, Tamilnadu.

Objectives of the study:

- To assess the pre- test and post- test level of self-esteem among orphans in experimental group and control group.
- To evaluate the effectiveness of art therapy on level of self-esteem among the orphans by comparing post test scores between the experimental and control group.
- To compare the pre- test and post- test level of self-esteem among the orphans in experimental group & control group.
- To associate the pre-test level of self-esteem among the orphans with their selected socio demographic variables.(Age, Sex, Education, Religion, period of stay at orphanage home, birth order in family, sibling stay in same orphanage home, number of siblings, support system, number of friends, type of admission.)

Hypotheses:

H₁: The mean post-test level of Self-esteem among orphans in experimental group will be significantly higher than the mean post-test level of Self-esteem in the control group.

H₂: The mean post-test level of Self-esteem among the orphans in experimental group will be significantly higher than their mean pre-test level of Self-esteem.

H₃: There will be a significant association between the pre-test levels of Self-esteem among orphans with their selected demographic variables in experimental group.

III. RESEARCH METHODOLOGY

A quantitative approach was used in this study. It is to assess the effectiveness of art therapy on self-esteem among orphans in selected orphanages home.

In the present study, the dependent variable is self esteem among orphans. The sample size was 60. For experimental group 30 and control group 30. Non probability convenient sampling technique was used to select the sample for the study. The study was conducted in CSI School DEEP home and LPN higher secondary school orphanage home at Madurai. The tool consists of two sections.

SECTION: A – DEMOGRAPHIC VARIABLES

Section A consists of demographic variables. It includes age, education, religion, period of stay at orphanage home, birth order in family, Siblings stay in same orphanage home and Support system, type of admission, and Number of friends.

SECTION: B – ROSENBERG SELF-ESTEEM RATING SCALE

Section B consists of Rosenberg Self-esteem Scale. This is developed by Rosenberg in 1965. It is standardized tool consists of 10 questions. Each questions have four options and its scores are, for positive items, strongly agree-3, agree – 2, disagree -1 and strongly disagree-0 and for negative items strongly agree-0, agree – 1, disagree -2 and strongly disagree-3. Total score is 30.

INTERVENTION

Art therapy encourages the orphans to express their emotion and ability through artistic expression and through creative process of 6 activities like predesigned mandala, expressive self -portrait, collage, sculpture, emotional painting and selection of personality. Two activities are conducted in one day within one hour for three days as one session. Likewise it is given for three weeks.

The series of activities in each session as follows,

DAY	TIME	ACTIVITY		
		1 st WEEK	2 nd WEEK	3 rd WEEK
Monday	5.00pm to 5.30pm 5.30pm to 6pm	Predesigned mandala Self portrait	Predesigned mandala Self portrait	Predesigned mandala Self portrait
Tuesday	5.00pm to 5.30pm	Collage	Collage	Collage

	5.30pm to 6pm	Sculpture	Sculpture	Sculpture
Wednesday	5.00pm to 5.30pm 5.30pm to 6pm	Emotional painting Still object	Emotional painting Still object	Emotional painting Still object
Thursday	5.00pm to 5.30pm 5.30pm to 6pm	Predesigned mandala Self portrait	Predesigned mandala Self portrait	Predesigned mandala Self portrait
Friday	5.00pm to 5.30pm 5.30pm to 6pm	Collage Sculpture	Collage Sculpture	Collage Sculpture
Saturday	5.00pm to 5.30pm 5.30pm to 6pm	Emotional painting Selection of personality	Emotional painting Selection of personality	Emotional painting Selection of personality

Frequency and percentage distribution of demographic variables.

DEMOGRAPHIC VARIABLES	EXPERIMENTAL GROUP		CONTROL GROUP	
	f	%	F	%
1) Age				
A. 12 to 13	13	43.4%	8	26.6%
B. 14 to 15	9	30%	11	36.6%
C. 16 to 17	8	26.7%	11	36.6%
2) support system				
A. Father	8	26.7%	5	16.6%
B. Mother	11	36.7%	16	53.3%
C. Nil	5	16.6%	3	10%
D. Any other	6	20%	6	20%
3) Education				
A. 8 th to 9 th	13	43.4%	10	33.3%
B. 9 th to 10 th	9	30%	11	36.6%
C. 11 th to 12 th	8	26.6%	9	30%
4) Religion				
A. Hindu	23	76.7%	21	70%
B. Christian	7	23.3%	9	30%
C. Muslim	0	0%	0	0%
D. Others	0	0%	0	0%
5) Period of Stay in Orphanage				
A. Less than one year	17	56.7%	9	30%
B. One to two year	6	20%	12	40%
C. Three to four year	3	10%	5	16.6%
D. More than 4 year	4	13.3%	4	13.4%
6) Birth order in family				
A. First	14	46.6%	12	40%
B. Second	10	33.3%	8	26.6%
C. Third	4	13.3%	7	23.3%
D. More than third	2	6.6%	3	10%
7) Number of friends				

A. Nothing	0	0%	2	6.6%
B. One	8	26.7%	5	16.6%
C. Two	4	13.4%	12	40%
D. More than two	18	60%	11	36.6%
8) How many brothers and sisters				
A. No	2	6.6%	5	16.6%
B. One	8	26.6%	8	26.6%
C. Two	13	43.3%	12	40%
D. More than two	7	23.3%	5	16.6%
9) Sibling stay in same orphanage				
A. Yes	15	50%	9	30%
B. No	15	50%	21	70%
10) type of admission				
A. Relative	21	70%	18	60%
B. Organization	9	30%	12	40%

Pretest level of Self-esteem in experimental and control group of orphans.

S.N	GROUP	PRE TEST LEVEL OF SELF-ESTEEM			
		HIGH		LOW	
		f	%	F	%
1.	Experimental group	10	33%	20	67%
2.	Control group	11	37%	19	63%

Posttest level of Self-esteem in experimental group and control group of orphans.

S.NO	GROUP	POST LEVEL OF SELF-ESTEEM			
		HIGH		LOW	
		f	%	f	%
1.	Experimental group	23	77%	7	23%
2.	Control group	12	40%	18	60%

Mean and standard deviation of the posttest level of Self-esteem among experimental group and control group of orphans.



Association between the pretest level of Self-esteem among the orphans in control group with their selected demographic variables.

S.NO	DEMOGRAPHIC VARIABLES	PRE TEST LEVEL OF SELF-ESTEEM				X ² VALUE	‘P’ VALUE
		HIGH		LOW			
		F	%	F	%		
1.	Age: A. 12 to 13 B. 14 to 15 C. 16 to 17	5 5 4	16.6% 16.6% 13.33%	3 6 7	10% 20% 23.33%	2.1383 df-2 NS	4.303
2.	Education A. 7 th to 8 th B. 9 th to 10 th C. 11 th to 12 th	5 5 4	16.6% 16.6% 13.33%	5 6 5	16.6% 20% 16.6%	0.067 df-2 NS	4.303
3.	Religion A. Hindu B. Christian C. Muslim D. Others	11 3 - -	36.66% 10% 	10 6 - -	33.33% 20% 	0.9182 df-3 NS	3.182
4.	Support system A. Father B. Mother C. Nil D. Any other	3 10 1	10% 33.33% 3.33%	2 6 3 5	6.66% 20% 10% 16.66%	5.7221 df-3 S*	3.182
5.	Period of Stay in orphanages A. Less than one yrs B. One to two yrs C. Three to four yrs D. More than 4 yrs	4 7 2 1	13.33% 23.33% 6.66% 3.33%	5 5 3 3	16.66% 16.66% 10% 10%	1.7455 df-3 NS	3.182

6.	Birth order in family A. First B. Second C. Third D. More than third	4 3 5 2	13.33% 10% 16.66% 6.66%	8 5 2 1	26.66% 16.66% 6.66% 3.33%	3.3338 df-3 S*	3.182
7.	Number of friends A. Nothing B. One C. two D. more than two	- 4 5 5	- 13.33% 16.66% 16.66%	2 1 7 6	6.66% 3.33% 23.33% 20%	3.9956 df-3 S*	3.182
8.	Number of sibling A. No B. One C. Two D. More than two	2 3 5 4	6.66% 10% 16.66% 13.33%	3 5 7 1	10% 16.66% 23.33% 3.33%	2.6016 df-3 NS	3.182
9.	Type of admission A. Relatives B. Organization	10 4	33.33% 13.33%	8 8	26.66% 26.66%	1.4278 df-1 NS	12.71
10.	Sibling stay in same orphanage home A. Yes B. No	4 10	13.33% 33.33%	5 11	16.66% 36.66%	0.024 df-1 NS	12.71

Association between the pretest level of Self-esteem among the orphans in experimental group with their selected demographic variables.

S.NO	DEMOGRAPHIC VARIABLES	PRE TEST LEVEL				X ² VALUE	‘P’ VALUE
		HIGH		LOW			
		F	%	F	%		
1.	Age: A. 12 to 13 B. 14 to 15 C. 16 to 17	6 3 1	20% 10% 3.33%	7 6 7	23.33% 20% 23.33%	4.83 Df-2 S*	4.303
2.	Education A. 7 th to 8 th B. 9 th to 10 th A. 11 th to 12 th	6 6 7	20% 20% 23.33%	7 3 1	23.33% 10% 3.33%	2.446 Df-2 NS	4.303

3.	Religion						
	A. Hindu	8	26.66%	15	50%	0.09	
	B. Christian	2	6.66%	5	16.66%	Df-3	3.182
	C. Muslim	-	-			NS	
	C. Others	-	-				
4.	Support system						
	A. Father	3	10%	5	16.66%	1.522	3.182
	B. Mother	5	16.66%	6	20%	Df-3	
	C. Nil	-	-	5	16.66%	NS	
	D. Any other	2	6.66%	4	13.33%		
5.	Period of Stay in orphanages						
	A. Less than one yrs	4	13.33%	13	43.33%	5.84	3.182
		4	13.33%	2	6.66%	Df-3	
	B. One to two yrs	2	6.66%	1	3.33%	S*	
	C. Three to four yrs	-	-	4	13.33%		
	D. More than 4 yrs						
6.	Birth order in family						
	A. First	4	13.33%	10	33.33%	2.0725	3.182
	B. Second	5	16.66%	5	16.66%	Df-3	
	C. Third	1	3.33%	3	10%	NS	
	D. More than third	-	-	2	6.66%		
7.	Number of friends						
	A. Nothing	-	-	-	-	2.42	3.182
	B. One	4	13.33%	4	13.33%	Df-3	
	C. two	2	6.66%	2	6.66%	NS	
	D. more than two	4	13.33%	14	46.66%		
8.	Number of Siblings						
	A. No	-	-	2	6.66%	2.11	3.182
	B. One	4	13.33%	4	13.33%	Df-3	
	C. Two	3	10%	10	33.33%	NS	
	D. More than two	3	10%	4	13.33%		
9.	Type of admission						
	A. Relatives	8	26.66%	13	43.33%	12.92	12.71
	B. Organization	2	6.66%	7	23.33%	Df-1	
						S*	

10.	Sibling stay in same orphanage home						
	A. Yes						
	B. No	7	23.33%	8	26.66%	2.4	12.71
		3	10%	12	40%	Df-1	
						NS	

IV. DISCUSSION

The first objective was to assess the pretest and posttest level of Self-esteem among orphans in experimental group and control group.

The analysis of pretest level of self- esteem among orphans in the experimental group revealed that out of 30 samples 20 (66.66%) of them were having low self -esteem, 10 (33.33%) of them were having High self -esteem.

The analysis of the posttest level of self- esteem among orphans in experimental group revealed that out of 30 samples 23(76.66) of them were having High self -esteem, 7 (23.33%) of them were having low self-esteem.

The analysis of the pre test level of self-esteem among orphans in control group revealed that out of 30 samples 11(37%) of them were having High self -esteem, 19 (63%) of them were having low self-esteem.

The analysis of post test level of self -esteem among orphans in the control group revealed that out of 30 samples 12 (40%) of them were having low self -esteem, 18 (60%) of them were having High self -esteem.

In experimental group it showed a mean value of 21.2 with the standard deviation of 3.1660 in posttest and the control group showed a mean value of 15.7 with the standard deviation of 2.1307 in posttest. The calculated 't' test value was 4.50 which showed a significant difference on the posttest level of Self-esteem between experimental and control group.

This revealed that the posttest level of Self-esteem was improved in experimental group than the control group.

Hence the research hypothesis H_1 stated earlier that "The mean posttest level of Self-esteem among orphans in the experimental group will be significantly

higher than the mean posttest level of Self-esteem in the control group" was accepted at $p < 0.001$ level.

The experimental group showed a mean value of 15.14 with the standard deviation of 2.750 in the pre test and a mean value of 21.2 with the standard deviation of 3.1660 in the post test. The calculated 't' test value was 9.404 which showed a significant difference between the pre test and post test level of Self-esteem among experimental group of orphans at $p < 0.001$ level.

The control group showed a mean value of 14.9 with the standard deviation of 2.540 in the pre test and a mean value of 15.7 with the standard deviation of 2.1307 in the post test. The calculated 't' test value was 4.50 which showed a there is no significant difference between the pre test and post test level of Self-esteem among control group of orphans at $p < 0.05$ level.

The findings showed that there was significant association between the pre test level of Self-esteem among the orphans in the experimental group with the demographic variables age, period of stay in orphanage home, type of admission and there was no significant association between the pre test level of Self-esteem among the orphans in the experimental group with the demographic variables like sibling stay in same orphanage home, number of siblings, number of friends, birth order in family, support system, religion, education.

Hence the research hypothesis H_3 stated earlier that "There is a significant association between the pre test level of Self-esteem among orphans in the experimental group with their selected demographic variables" was retained for the demographic variables age, period of stay in orphanage home, type of admission. and rejected for the demographic variables of sibling stay in same orphanage home, number of siblings, birth order in family, support system, religion, education.

The findings showed that there was significant association between the pre test level of Self-esteem among orphans in control group with their selected demographic variable sex and there was significant association between the pre test level of Self-esteem among orphans in control group with their selected demographic variables like birth order in family, number of friends, and support system.

The findings showed that there was significant association between the pretest levels of Self-esteem among orphans in control group with their selected demographic variable sex and there was significant association between the pretest level of Self-esteem among orphans in control group with their selected demographic variables like birth order in family, number of friends, and support system.

Hence the research hypothesis H₃ stated earlier that “There is a significant association between the pretest level of Self-esteem among orphans in the control group with their selected demographic variables” was retained for the demographic variable birth order in family, number of friends, and support system. And rejected for the demographic variables age, education, religion, period of stay in orphanage home, number of siblings, siblings stay in orphanage home and type of admission.

V. CONCLUSION

From the result of the study, it was concluded that providing art therapy to the orphans was very effective in increasing the level of Self-esteem. Therefore, the investigator felt that more importance should be given for art therapy to improve Self-esteem among orphans.

BIBLIOGRAPHY

- [1] Ahuja. (1999). A Short Text Book of Psychiatry, (3rd Ed.). New Delhi: Jaypee Brothers Medical Publishers Private Limited.
- [2] Basavanthappa. B. T. (1998). Nursing Research, (1stEd.). Delhi: Jaypee Brothers Medical Publishers Private Limited.
- [3] Basavanthappa, B.T. (2007). Psychiatric Mental Health Nursing, (1stEd.) Delhi: Jaypee Brothers Medical Publishers Private Limited.
- [4] Bhatia. M. S. (2004). Essentials of psychiatry, (3rd Ed.). Mumbai: CBS Publishers and Distributors.
- [5] BimlaKapoor.(1994). Psychiatric Nursing. (1st Ed.). Bangalore: Kumar Publishing House.
- [6] Daniel. (2007). Biostatistics: A Foundation for analysis in the Health Sciences, (2ndEd.). Philadelphia: John Wiley & Sons Publications.
- [7] Gelder, Gath, Mayou, & Cowen. (2000). Oxford Text Book of psychiatry. (5th Ed.). London: Oxford University Press.
- [8] Mahajan, B. K. (1997). Methods in Biostatistics. (1st Ed.). Bangalore: Jaypee Brothers Medical Publishers Private Ltd.
- [9] Mceven, & Wills, (2007). Theoretical Basis for Nursing. (2nd Ed.). Philadelphia: Lippincott William & Wilkins Publications.
- [10] Meleis. (2006). Theoretical Nursing.Development and Progress. (3rd Ed.). Philadelphia: Lippincott William & Wilkins Publications.
- [11] Neeb. (2008). Fundamentals of Mental Health Nursing. (1st Ed.). New Delhi: Jaypee Brothers Medical Publishers Private Limited.
- [12] Neeraja, K. P. (2008). Essentials of Mental Health and Psychiatric Nursing. (1st Ed.) Bangalore: Jaypee Brothers Medical Publishers Private Ltd.
- [13] Nieswiadomy. (2008). Foundations of Nursing Research. (3rd Ed.). Manipal: Pearson Education Publications.
- [14] Perrin, S., Smith, P., & Yule, W. (2000). Practitioner review: The assessment and treatment of posttraumatic stress disorder in children and orphans. Child Psychology & Psychiatry & Allied Disciplines, 41, 277-289.
- [15] Peterson, A.C., & Hamburg, B.A. (1986). Adolescence: A developmental approach to problems and psychopathology. Behavior Therapy, 17, 480-499.