

A Study to Assess the Effectiveness of Art Therapy to Reduce Depression among Old Age Clients Admitted in Saveetha Medical College and Hospital, Thandalam, Chennai

Dr. Alfred Solomon. D¹, Vaitheswari. M²

¹Assistant Professor, Department of Mental Health Nursing, SIMATS, Thandalam, Tamil Nadu, India

²BSc Nursing, Saveetha College of Nursing, SIMATS, Thandalam, Tamil Nadu, India

ABSTRACT

Background: The current study aims to evaluate the effectiveness of art therapy in reducing depression among old-age clients admitted to the selected hospital in Chennai. **Methods and Materials:** A quantitative research approach with a quasi-experimental research design was adopted to conduct the study on 60 old age clients and was assigned to 30 experimental groups of 30 patients and a control group of 30 patients who were selected by convenience sampling technique.. The experimental group received art therapy while the demographic variable, depression pretest and posttest, and biophysiological parameters were evaluated using structured questionnaires. After that, information was gathered and examined. **Result:** According to the study's findings, there is a statistically significant ($P < 0.01$) correlation between posttest depression levels and specific demographic factors. **Conclusion:** According to the study's findings, art therapy is crucial for lowering depression in hospitalized old-age clients.

KEYWORDS: Geriatric client, depression, art therapy

How to cite this paper: Dr. Alfred Solomon. D | Vaitheswari. M "A Study to Assess the Effectiveness of Art Therapy to Reduce Depression among Old Age Clients Admitted in Saveetha Medical College and Hospital, Thandalam, Chennai" Published in International

Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-8 | Issue-1, February 2024, pp.276-280,

www.ijtsrd.com/papers/ijtsrd62393.pdf



URL:

Copyright © 2024 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



INTRODUCTION

Depression is a prevalent mental health issue that affects individuals' feelings, thoughts, and behaviors. It is a complex illness that involves the body, mood, and thought, and can lead to severe distress and poor functioning at work, home, and in the family. The World Health Organization states that depression is different from usual mood fluctuations and is more severe when recurrent and of moderate or severe intensity. Depression results from a complex interaction of social, psychological, and biological factors. People who have experienced adverse life events are more likely to develop depression. The global population of older people is expected to increase significantly between 2015 and 2050, making health issues impacting older adults a significant contribution to the global health burden in the coming decades(1)

The Global Burden of Disease report estimates the point prevalence of unipolar depressive episodes to be 1.9% for men and 3.2% for women, with a one-year prevalence of 5.8% for men and women, or about 9.5%. Depression is identified as the fourth leading cause of disability worldwide and is likely to be the second leading cause by 2020. It leads to impaired functioning in daily life and can cause great suffering. Aging is a series of processes that begin with life and continue throughout the life cycle, representing the closing period in the lifespan. Adjusting to the changes that accompany old age requires flexibility and developing new coping skills. Old age is the crucial period where they are more vulnerable to depression, as they need assistance for most of their day-to-day activities. Physical and psychological trauma also leads to stress and depression (2). Depression in elderly people may have a varied

presentation and may be difficult to diagnose. It is associated with increased risk of morbidity, decreased physical, cognitive, cognitive, and social functioning, and greater self-neglect. Art therapy, facilitated by a professional art therapist, is a form of mental health management that uses the creative process of art making to improve and enhance the physical, mental, and emotional well-being of individuals of all ages. Art therapy integrates the fields of human development, visual art, and the creative process, along with models of counseling and psychotherapy.

Materials and Methods

This study utilized a quantitative method. The effect of art therapy on depression in older individuals was studied using a quasi-experimental study method. Purposive sampling was used to choose 100 samples. The sample size was 60 patients, 30 in the experimental group and 30 in the control group. The inclusion requirements include an elderly client admitted to the inpatient unit. Client who is willing to take part in the research. A client who is fluent in Tamil or English. Client with no physical disabilities. Clients with contagious diseases, clients who refuse to participate in the study, clients who are absent for the duration, and those who have had therapy for depression or other psychiatric issues are excluded. Saveetha Medical College and Hospital offered permission and ethical clearance. The purpose of the study was explained to the samples, and they gave informed permission. The demographic characteristics were collected using a semi-structured questionnaire. The clinical variable was assessed using a standardized questionnaire. Before beginning the art therapy, the procedure was described. The samples were instructed to participate in art therapy 5 days a week for 4 weeks. The Geriatric Depression Scale was used to determine the level of depression in the post-test. The control group merely got routine care. The data was tabulated and evaluated using frequencies, percentages, standard deviation, and mean. The chi square and ANOVA were used to determine the association between depression in elderly clients and their chosen demographic and clinical variables.

Result and discussion

Section A: It reveals the Frequency and percentage distribution of demographic variables of old age clients in that the majority of the old age consumers in the experimental group, 11 (36.7%), were aged between 60 and 65 and 66 and 70 years, respectively; 18 (60%) were male; 16 (53.3%) were married; 20 (66.7%) belonged to nuclear families; 18 (60%) were illiterate; and 15 (50%) had two children. It also reveals that the majority of the old age clients in the

control group were aged between 60 and 65 and 66 and 70 years, respectively; 16 (53.3%) were male; 19 (63.3%) were married and belonged to a nuclear family; 15 (15%) had schooling and were graduates; and 11 (46.7%) had one child.

Section B:

It depicts the frequency and percentage distribution of pretest and posttest depression levels among the experimental group's elderly people. In the pretest, 25 (83.33%) of the participants had moderate depression and 5 (16.67%) had severe depression, however in the post-test following art therapy, 26 (86.67%) of the participants had mild depression and 4 (13.33%) were normal. Pretest and posttest depression levels in older clients: frequency and percentage distribution The frequency and percentage distribution of depression levels at pretest and posttest among older customers in the control group In the pretest, 26 (86.67%) of the customers had moderate depression and 4 (13.33%) had severe depression, whereas in the post-test, 26 (86.67%) of the clients had mild depression and 4 (13.33%) had severe depression shown in Fig 2.

Section C: Comparison of pretest and post-test depression among old age clients within and between the experimental and control groups shows that the pretest mean score of depression in the experimental group was 17.33 ± 2.06 and the post-test mean score was 11.13 ± 1.59 . The mean difference score was 6.20. The calculated paired 't' test value of $t = 26.178$ was found to be statistically significant at the $p < 0.001$ level. This clearly infers that the administration of art therapy among elderly clients was found to be effective in reducing the level of depression in the post-test. The control group shows that the pretest mean score of depression was 16.33 ± 2.44 and the posttest mean score was 16.07 ± 2.39 . The mean difference score was 0.26. The calculated paired 't' test value of $t = 1.610$ was not found to be statistically significant at the $p < 0.001$ level. The calculated student independent 't' test value of $t = 1.716$ for the comparison of the pretest test level of depression between the groups was not found to be statistically significant, which infers that there was no difference in the pretest level of depression among the old age clients between the groups. The calculated student independent 't' test value of $t = 9.406$ for the comparison of the pretest test level of depression between the groups was found to be statistically significant at the $p < 0.001$ level, which infers that there was a significant difference in the pretest level of depression among the old age clients between the groups. This shows that the administration of art therapy among elderly clients was found to be more effective in reducing the level of depression in the

post-test in the experimental group than in the control group shown in Table 1

Section D:

The association of post-test level of depression among old age clients with selected demographic variables shows that the demographic variable marital

status ($\chi^2 = 5.275, p = 0.022$) had shown a statistically significant association with post-test level of depression among old age clients at the $p < 0.05$ level, and the other demographic variables had not shown a statistically significant association with post-test level of depression among old age clients.

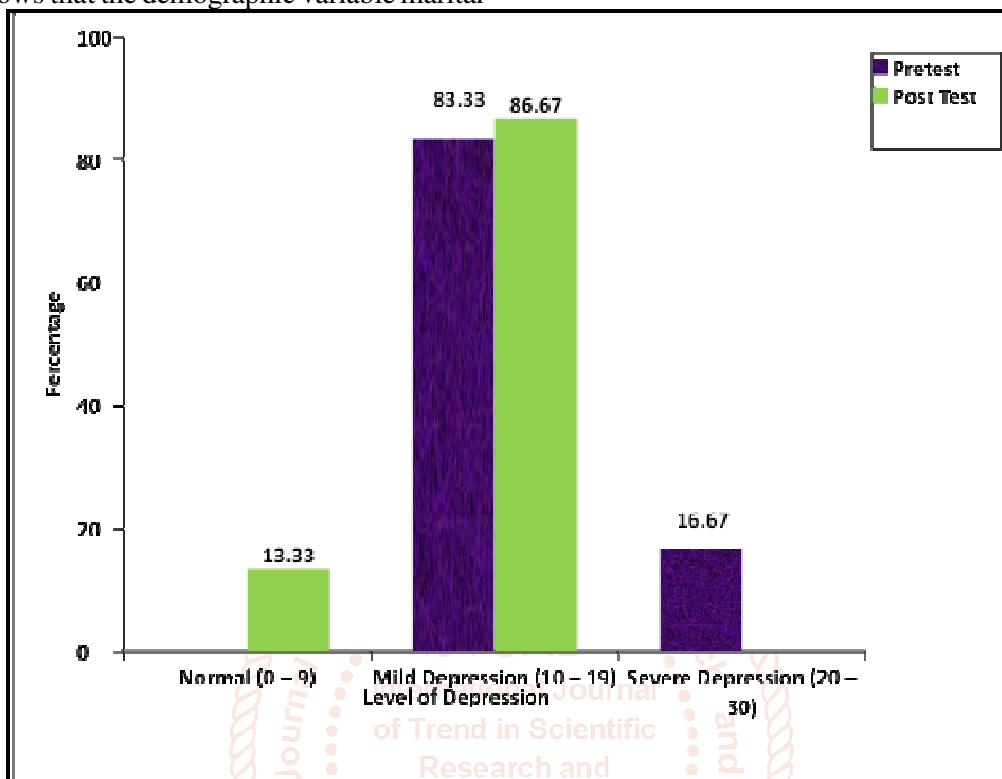


Fig. 1: Percentage distribution of pretest and post-test level of depression among old age clients in the experimental group

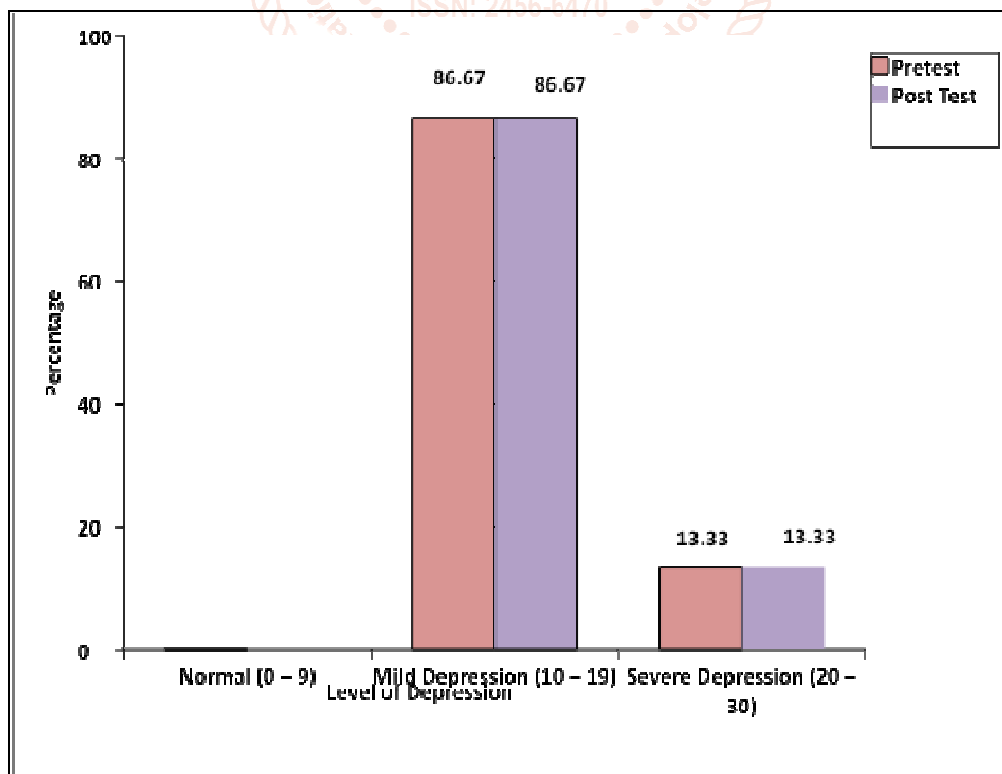


Fig.2: Percentage distribution of pretest and post-test level of depression among old age clients in the control group

Table. 1 Comparison of pretest and post-test depression among old age clients in within and between experimental and control group

Test	Pretest		Post test		Mean Difference	Paired 't' test Value
	Mean	S.D	Mean	S.D		
Experimental Group	17.33	2.06	11.13	1.59	6.20	t = 26.178 p=0.0001 S***
Control Group	16.33	2.44	16.07	2.39	0.26	t = 1.610 p=0.118 N.S
Mean Difference	1.0		4.94		***p<0.001, S – Significant, N.S - Not Significant	
Student Independent 't' test value	t = 1.716 p=0.093 N.S		t = 9.406 p=0.0001 S***			

Conclusion

The use of art therapy to treat depression in older persons has demonstrated encouraging outcomes. This artistic, nonverbal type of therapy offers a special channel for communication, self-expression, and self-discovery. Participating in creative endeavours enables senior citizens to establish a connection with their inner ideas and emotions, resulting in enhanced mental health. Furthermore, the social component of art therapy helps counteract the loneliness and isolation that older people frequently feel. Art therapy surely offers a comprehensive and cutting-edge method to treating depression in old age, even though further investigation and clinical trials are required to properly grasp the degree of its benefits. Its potential should not be undervalued as a stand-alone or supplemental intervention for older persons seeking mental health treatment, since it can greatly improve their quality of life in their later years.

Acknowledgment

We would like to extend our thankfulness to the authorities of Saveetha College of Nursing and Saveetha Medical College and Hospital.

Author's contribution

All the authors actively participated in the work of the study. All authors read and approved the final manuscript.

Conflict of interest

The authors declare no conflicts of interest.

Reference

- [1] Silva K A, Dallecrode V, da C. Galdino, K. C. Lemos, A. C. M. Effectiveness of Art Therapy as a complementary treatment of depression in the elderly: Research, Society and Development 2021.
- [2] Liu, H., Fan, X., Luo, H., Zhou, Z., Shen, C., Hu, N., & Zhai, X. (2021). Comparison of depressive symptoms and its influencing factors

among the elderly in urban and rural areas: Evidence from the China Health and Retirement Longitudinal Study (CHARLS). International journal of environmental research and public health, 18(8), 3886.

- [3] Talarsky, L. (1998) "Defining Aging and The Aged: Cultural and Social Constructions of Elders in the U.S.", Arizona Anthropologist. 13(0).
- [4] Pilania, M., Yadav, V., Bairwa, M., Behera, P., Gupta, S. D., Khurana, H., ... & Poongothai, S. J. B. P. H. (2019). Prevalence of depression among the elderly (60 years and above) population in India, 1997–2016: a systematic review and meta-analysis. BMC public health, 19(1), 1-18.
- [5] Ciasca, E. C., Ferreira, R. C., Santana, C. L., Forlenza, O. V., Dos Santos, G. D., Brum, P. S., & Nunes, P. V. (2018). Art therapy as an adjuvant treatment for depression in elderly women: a randomized controlled trial. Brazilian Journal of Psychiatry, 40, 256-263.
- [6] Casey, D. A. (2017). Depression in older adults: a treatable medical condition. Primary Care: Clinics in Office Practice, 44(3), 499-510.
- [7] Tuazon, R. (2022). Art Therapy: An Aid to Reduce Depression. Psychology and Education: A Multidisciplinary Journal, 1(3), 224-330.
- [8] Taylor, W. D. (2014). Depression in the elderly. New England journal of medicine, 371(13), 1228-1236.
- [9] Richardson, T. M., Friedman, B., Podgorski, C., Knox, K., Fisher, S., He, H., & Conwell, Y. (2012). Depression and its correlates among older adults accessing aging services. The American journal of geriatric psychiatry, 20(4), 346-354.

- [10] Bradt, J., & Goodill, S. (2013). Creative arts therapies defined: comment on “effects of creative arts therapies on psychological symptoms and quality of life in patients with cancer”. *JAMA internal medicine*, 173(11), 969-969.
- [11] Kumar, S., Joseph, S., & Abraham, A. (2021). Prevalence of depression amongst the Elderly population in old age homes of Mangalore city. *Journal of Family Medicine and Primary Care*, 10(5), 1868.
- [12] Im, M. L., & Lee, J. I. (2014). Effects of art and music therapy on depression and cognitive function of the elderly. *Technology and Health Care*, 22(3), 453-458.

