

The Effectiveness of Art Therapy On Housewives General Health, Anxiety and Self-efficacy in Tehran

L. Moayer Toroghi¹

¹Psychology, Islamic Azad University Roudehen branch, Ghazvin, Iran

Introduction

Art therapy means treatment and healing of mental disturbance through an artistic mediated through which the client can reveal itself and helps the therapist to analyze what he has offered and take another step towards the methods of treatment.

Objective

Therefore, in this study, with a proactive approach to examine the effects of art therapy on housewives general health, anxiety and self-efficiency in Tehran.

Methods

In order that twenty-one housewives in West of Tehran area were selected randomly using a cluster sampling method and they were divided into three groups of seven subjects each. Each three groups responded general health, Sherer general self-efficacy and Beck anxiety tests before and after applying the Independent variable (art therapy). Twelve art therapy, sessions per a week for 90 minutes each session was held. To describe data, we used a tree diagram, central indices such as mean and standard deviation, and we used t test for statistical analyzing of research hypotheses.

Results

According to the results, art therapy has significant influence on general health and its components in the housewives (5/44) . Art therapy significantly reduces the housewives anxiety (5/89). Art therapy significantly increase the housewives efficiency (3/73) .

Conclusions

Art therapy can be effective when used in treating anxiety, promote general health and self-efficacy.

Table1: The mean and standard deviation and t-test for public health and its components

t-test		post-test		Pre-test		Variables
Significance level	t	Mean	Standard deviation	Mean	Standard deviation	
0.001	3/13	1/55	6/04	1/56	7/47	Physical modeling
0.001	4/02	1/97	6/09	1/92	8/76	Anxiety
0.001	-5/50	1/09	8/50	1/17	6/76	Karkrdajtmay
0.001	4/69	1/02	4/57	0/97	5/61	Depression
0.001	-5/44	2/69	32/52	2/69	28/61	Public Health