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***“A study to evaluate the effectiveness of writing therapy on anxiety among differently abled adolescents at a selected special school, Coimbatore”***

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### **Abstract:**

A Pre experimental study was conducted to evaluate the Effectiveness of Writing therapy on anxiety among 30 differently abled adolescents by using purposive sampling technique at Amrit Special School, Coimbatore. Zung Self Rating Anxiety Scale (1997) was used to assess the level of anxiety and writing therapy was implemented in the form of dig wide-dig deep exercise, expressive writing and answering to writing the prompt questions, daily with the duration of 30-40 minutes per group for 15 sessions. Among 30 samples, similar percentage (40%) of the samples were in the age group of 13-14 years and 15-16 years, male (76.67%), Primary education (53.33%), sample's father(43.33%) and mother (46.66%) had higher secondary education, Highest percentage of the sample's father (43.33%) were self-employee, mother(46.67%) were homemaker. Most of the samples (86.67%) were living in urban area, Family monthly income (53.33%) Rs.5000/- Rs.10000/- Majority of the samples (66.67%) was first child and had one sibling (66.67%). Majority of the samples (66.67%) had disability due to congenital causes, similar percentage (43.33%) of the samples were affected with one leg and both legs. Almost all the samples (93.33%) had no family history of disability and were day scholars (83.33%). In pretest, among 30 samples 90% had marked to severe level of anxiety and 10% had mild to moderate level anxiety. In posttest 63.33% samples had mild to moderate anxiety whereas 20% had normal range and least percentage (16.67%) of the samples had marked to severe level of anxiety. The paired" test value ( $t=14.5$ ) showed highly significant at  $p \leq 0.01$ . It indicates that writing therapy was effective in reducing the level of anxiety among differently abled adolescents. There was significant association found between the level of anxiety and education of mother, occupation of father and day scholar except for the other demographic variables. Writing therapy could potentially be a cheap and easily accessible option to improve both physical and psychological health among various populations that would require minimal input from health care professionals.

### **Keywords:**

demographic variables, psychological health, anxiety, disability, congenital causes

## 1. Objectives:

- ✓ To assess the level of anxiety among differently abled adolescents.
- ✓ To evaluate the effectiveness of writing therapy on the level of anxiety among differently abled adolescents.
- ✓ To find out the association between the level of anxiety among differently abled adolescents and their selected demographic variables.

## 2. Hypotheses:

- ✓ H1 - There is a significant difference between mean pretest and mean posttest level of anxiety among differently abled adolescents.
- ✓ H2 - There will be significant association between the level of anxiety among differently abled adolescents and their selected demographic variables.

## 3. Delimitations:

- ✓ The study is delimited to differently abled adolescents between 13-19 years.
- ✓ Data collection period is 5 weeks.
- ✓ The sample size is 30.

## 4. Projected outcome:

- ✓ The study will help to identify the level of anxiety among differently abled adolescents.
- ✓ Writing therapy will reduce the level of anxiety among differently abled adolescents.
- ✓ The findings of the study will help the health professional to gain knowledge for further research.
- ✓ Writing therapy will improve both physical, psychological health and improve the quality of life.

## 5. Summary of the study:

Pre experimental (i.e.) one group pretest posttest design was adopted in this study to evaluate the effectiveness of writing therapy on the level of anxiety among differently abled adolescents at selected special school, Coimbatore. The study was conducted at Amrit Special School,

Coimbatore. The sample size was 30 and was selected by purposive sampling technique. A demographic Performa and Zung self-rating anxiety scale was used to collect data based on the study objectives. Writing therapy includes dig wide-dig deep exercise, expressive writing and answering to write the prompt questions was implemented daily with the duration of 30-40minutes/group for 15 sessions. The collected data were analyzed using descriptive and inferential statistics. To test the hypotheses, paired-t test, and chi- square analysis were used.

## **6. Findings of the study:**

The major findings of the study was summarized as below Among 30 samples, similar percentage 12(40%) of the samples were in the age group of 13-14 years and 15-16 years whereas 6 (20%) were from the age group of 17 to 19 years. Most of the samples 23(76.67%) were male and least percentage 7 (23.33%) of the samples were female. More than half of the samples 16(53.33%) had Primary education and least percentage of the sample 1 (3.34%) had higher secondary education. Highest percentage of the sample's father 13(43.33%) had higher secondary education, however least percentage of children's father 2(6.68%) had no formal education. Around half of the sample's mother 14(46.66%) had higher secondary education. However least percentage of the sample's mother 1(3.34%) had no formal education. Highest percentage of the sample's father 13(43.33%) were self-employee least percentage of the sample 1(3.34%) were unemployed and none (0%) of the samples were government employee. Highest percentage of the sample's mother 14(46.67%) were homemaker and none (0%) of the samples were government employee. Most of the samples 26(86.67%) were living in urban area and least percentage of the samples 4 (13.33%) were living in rural area. More than half of the samples 16(53.33%) were earning monthly income between Rs.5000/-Rs.10000/- and (0%) none of the samples family were earning below Rs.5000/-. Majority of the samples 20(66.67%) were first child and least percentage of the samples 2(6.66%) were Third child or above. Majority of the samples 20(66.67%) had one sibling and least percentage of the samples 3(10%) had no siblings and none (0%) of the samples had above three siblings. Majority of the samples 20(66.67%) had disability due to congenital causes whereas least percentage of the samples 4(13.33%) had disability due to accidents and none (0%) of the samples had disability due to any diseases. Similar percentage of the samples were affected with one leg 13(43.33%) and both legs. Least percentage of the samples were 4(13.34%) affected with one upper extremity. Almost all the samples had 28(93.33%) no family history of disability and least percentage of the samples had 2(6.67%) family history of disability.

Most of the samples 25(83.33%) were days choler and least percentage of the samples 5(16.67%) were hosteller. During pretest, among 30 samples 3 (10%) had mild to moderate level of anxiety and 27(90%) had marked to severe level anxiety. During posttest 19(63.33%) samples had mild to moderate anxiety whereas 6(20%) had normal range and least percentage 5(16.67%) of the samples had marked to severe anxiety. The overall mean score on level of anxiety among samples in pretest and post test revealed that posttest mean  $52.1 \pm 5.80$  was lower than the pretest mean  $62.8 \pm 2.98$ . The paired test value 14.5 is significantly higher than the table value 2.46 at  $p \leq 0.01$ . It indicates the effectiveness of writing therapy on level of anxiety. There was significant association found between the level of anxiety among samples and their selected demographic variables such as education of mother ( $\chi^2=14.06$ ), occupation of father ( $\chi^2=12.22$ ), day scholar ( $\chi^2=6.00$ ) and except for the other demographic variables.

## 7. Conclusion:

The study was done to evaluate the writing therapy on level of anxiety among differently abled adolescents at selected special school, Coimbatore. In pretest, almost all of the samples had marked to severe level of anxiety whereas in posttest 2/3rd of the samples had mild to moderate level of anxiety. The result of the study revealed that, writing therapy was effective in reducing the level of anxiety among differently abled adolescents. There was significant association found between the level of anxiety among samples and their selected demographic variables such as education of mother, occupation of father and day scholar.

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