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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