



**A STUDY TO ASSESS THE EFFECTIVENESS OF COUNSELING, ART
THERAPY ON KNOWLEDGE REGARDING DEPRESSION, CHILDREN'S
SUBJECTIVE WELLBEING AND QUALITY OF LIFE AMONG MOTHERS
VISITING IN A COUNSELING CENTER OF BIHAR**

Ms.Nandeshwar Alka Hariram^{1*}, Dr. Jinu K Rajan ^{2*}

1*- Research Scholar, 2*-Guide Malwanchal University, Indore M.P.

Abstract

In this pre experimental design, sample consisted of 60 mothers, selected by non probability purposive sampling technique. self structure knowledge questionnaire was used for assessing the knowledge of mothers. pre test was conducted by using the same structured knowledge questionnaire and after 30 days post test was conducted using the same structured questionnaire for assessing the effectiveness of counselling, Art therapy on depression, children's subjective wellbeing and quality of life mean percentage of the knowledge score of post test 24.36 was higher than pre test 19.26 the 't' value for total pre test and post test was 20.05 the data was analyzed in terms of descriptive and inferential statistics.

Introduction

The marital relationship can be a critical physical health resource for adults. Numerous studies have indicated that married men and women, compared to their single counterparts, enjoy better health and longer life (e.g., Gove, 1973; Lillard & Waite, 1995; also see Waite & Gallagher, 2000, for a review). Being married typically is expected to lead to greater availability of emotional, social support, meaning and purpose in life, and social control, which are considered key processes that promote physical wellness (Umberson, 1987). Yet

relatively limited population research thus far has explored how differences in marital quality might be associated with differences in health among married adults.

Laboratory-based biopsychosocial research has provided suggestive evidence that poor marital quality might lead to overall deterioration in physical health. For instance, negative verbal and nonverbal exchanges observed in a marital problem-solving task directly led to problematic autonomies, endocrine, and immune alterations at least for short periods of time after the task (Burman & Margolin, 1992; Kiecolt-Glaser & Newton, 2001; Kiecolt-Glaser et al, 2005). Also, a few recent community-based surveys have demonstrated that poor marital quality is associated with negative physical health outcomes such as greater functional impairment or lower self-rated health (Bookwala, 2005; Hawkins & Booth, 2005; Umberson, Williams, Powers, Liu, & Needham, 2006).

Objectives

- To determine the level of knowledge Regarding Depression, Children's Subjective Wellbeing And Quality Of Life Among
- To assess the effectiveness of Counseling, Art Therapy regarding Depression, Children's Subjective Wellbeing And Quality Of Life
- To find out the association between pre-test knowledge score of Mothers and selected demographic variables.

HYPOTHESIS:

The hypotheses will be tested at 0.05 level of significance.

- H₁: There will be a significant difference in mean pre-test and post test knowledge score of Mothers regarding Depression, Children's Subjective Wellbeing And Quality Of Life
- H₂: There will be significant association between mean pre -test knowledge score of mothers regarding Depression, Children's Subjective Wellbeing And Quality Of Life and their selected demographic variables.

Methods and Material

An extensive review of literature was undertaken. The conceptual framework based on modified Roy's adaptation Model. An experimental research approach was used to assess the knowledge score regarding Depression, Children's Subjective Wellbeing and Quality Of Life

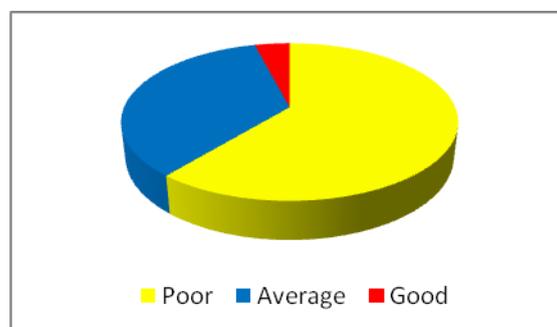
A pre experimental research design was considered appropriate for the study "to assess the effectiveness of Counselling, Art Therapy regarding Depression, Children's Subjective Wellbeing And Quality Of Life. One group pre test and post test design was used. In order to measure the content validity of the tool, the questionnaire schedule was given to the 7 experts from the field of child health nursing and community health Nursing. The experts were chosen on the basis of their clinical expertise, experience, qualification and interest in the problem area. The tool was found reliability of tool was calculated with split half method and found 0.91 for knowledge which is statically reliable for the present study.

Result

The data for study was calculated in the month of January 2020 collection was analyzed by using descriptive & inferential statistics.

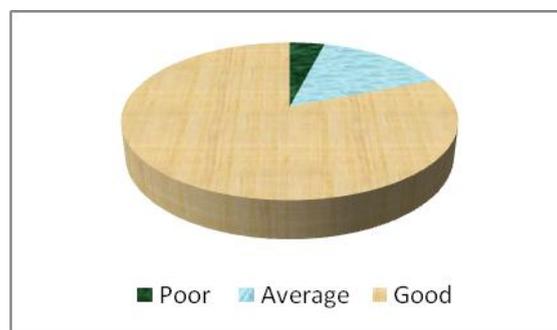
Pre test Knowledge score

S.No.	Category	%
1.	Poor	61%
2.	Average	35%
3.	Good	4%

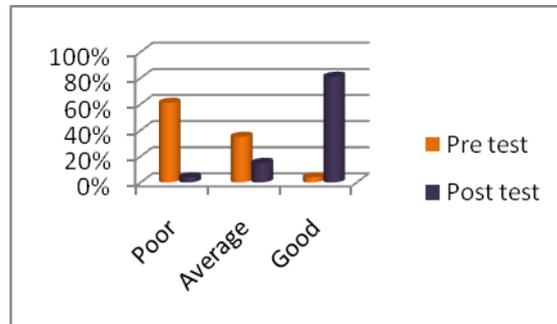


Post test Knowledge Score

S.No.	Category	%
1.	Poor	4%
2.	Average	15%
3.	Good	81%



Comparison of pre test and post test knowledge score



The knowledge score of post test 24.36 was higher than pre test 19.26 the 't' value for total pre test and post test was 20.05 the data was analyzed in terms of descriptive and inferential statistics.

The effectiveness of Counselling, Creative Visualization Therapy regarding Depression, Children's Subjective Wellbeing and Quality Of Life there is significant difference between pre and post knowledge score. **t test value |t|=20.05** Tabulated value of t test 5% level of

significance & 5 degree of freedom .**Tabulated t value t=2.015** t calculated>t tabulated.H2 is accepted that means Counselling, Creative Visualization Therapy is effective.

Conclusion

The Counseling, Creative Visualization Therapy regarding Depression, Children's Subjective Wellbeing and Quality Of Life that increasing the knowledge.

Reference-

1. Allison, PD. Missing data. Thousand Oaks, CA: Sage; 2002.
2. Aneshensel CS, Frerichs RR, Huba GJ. Depression and physical illness: A multi-wave, nonrecursive model. *Journal of Health and Social Behavior* 1984;25:350–371. [PubMed: 6520358]
3. Beach SRH, Katz I, Kim S, Brody GH. Prospective effects of marital satisfaction on depressive symptoms in established marriages: A dyadic model. *Journal of Social and Personal Relationships* 2003;20:355– 371.
4. Berk RA. An introduction to sample selection bias in sociological data. *American Sociological Review* 1983;48:386–398.
5. Bollen, KA. Structural equations with latent variables. New York: Wiley: 1989.
6. Bookwala J. The role of marital quality in physical health during the mature years. *Journal of Aging and Health* 2005;17:85–104. [PubMed: 15601785]
7. Booth A, Johnson DR. Declining health and marital quality. *Journal of Marriage and the Family* 1994;56:218–223.
8. Broman CL. Race differences in marital well-being. *Journal of Marriage and the Family* 1993;55:724– 732.
9. Bruce, ML. Physical illness and depression in older adults: A handbook of theory, research, and practice. Williams, GM.; Shaffer, DR.; Parmelee, PA., editors. New York: Kluwer Academic; 2000. p. 11-29. Burman B, Margolin G. Analysis of the association between marital relationships and health problems: An interactional perspective. *Psychological Bulletin* 1992;112:39–63. [PubMed: 1529039]
10. Cassel J. The contribution of the social environment to host resistance. *American Journal of Epidemiology* 1976;104:107–123. [PubMed: 782233]

12. Erel O, Burman B. Interrelatedness of marital relations and parent-child relations: A meta-analytic review.
13. Psychological Bulletin 1995;118:108–132. [PubMed: 7644602]
14. Fincham FD, Beach SRH, Harold GT, Osborne LN. Marital satisfaction and depression: Different causal relationships for men and women? Psychological Science 1997;8:351–357.
15. George LK, Lynch SM. Race differences in depressive symptoms: A dynamic perspective on stress exposure and vulnerability. Journal of Health and Social Behavior 2003;44:353–369. [PubMed: 14582313]
16. Goldman N. Marriage selection and mortality patterns: Inferences and fallacies. Demography 1993;30:189–208. [PubMed: 8500636]
17. Gollob, HF.; Reichardt, CS. Interpreting and estimating indirect effects assuming time lags really matter.
18. In: Collins, LM.; Horn, JL., editors. Best methods for the analysis of change: Recent advances, unanswered questions, future directions. Washington, DC: American Psychological Association; 1991. p. 243-259.