



Original Research Article

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**A STUDY TO ASSESS THE EFFECTIVENESS OF COUNSELING, CREATIVE
VISUALIZATION THERAPY ON KNOWLEDGE REGARDING DEPRESSION,
CHILDREN'S SUBJECTIVE WELLBEING AND QUALITY OF LIFE AMONG
MOTHERS WITH TROUBLED MARRIAGE LIFE VISITING IN A
COUNSELING CENTER OF INDORE M.P.**

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Abstract

in this pre experimental design, sample consisted of 20 mothers, selected by non probability purposive sampling technique. self structure knowledge questionnaire was used for assessing the knowledge of mothers with troubled marriage life. pre test was conducted by using the same structured knowledge questionnaire and after 15 days post test was conducted using the same structured questionnaire for assessing the effectiveness of counselling, creative visualization therapy on depression, children's subjective wellbeing and quality of life mean percentage of the knowledge score of post test 28.25 was higher than pre test 21.02 the 't' value for total pre test and post test was 17.52 the data was analyzed in terms of descriptive and inferential statistics.

Introduction

The relationship between engagement with the creative arts and health outcomes, specifically the health effects of music engagement, visual arts therapy, movement-based creative expression, and expressive writing. Although there is evidence that art-based interventions are effective in reducing adverse physiological and psychological outcomes, the extent to which these This important perspective is echoed in the

organization's 1946 preamble, wherein health is defined as a state of complete physical, mental, and social well-being rather than merely the absence of disease or infirmity.

Implied in this definition is the tie to health outcomes or changes in health as a result of an action; in the present case, the connection between artistic engagement and the psychosocial and biological manifestations of that connection. More specifically, there is evidence that engagement with artistic activities, either as an observer of the creative efforts of others or as an initiator of one's own creative efforts, can enhance one's moods, emotions, and other psychological states as well as have a salient impact on important physiological parameters.²

We reviewed research in the area of art and healing in an effort to determine the creative therapies most often employed. Four primary therapies emerged: music engagement, visual arts therapy, movement-based creative expression, and expressive writing. In these forms of expression, arts modalities and creative. We further believe that certain social and environmental factors are converging to thrust the central questions related to better understanding the relationship between art and health into the spotlight of expanded and vigorous attention. Globalization, bringing with it the need to embrace the broad cultural diversity around how personal and societal philosophies interoperate, will put a premium on finding more effective ways to create and share meaning and meaningfulness. This need for meaning and relevance in daily experience has long been recognized as one of the fundamental driving forces in artistic creation and engagement.

Objectives

- To determine the level of knowledge regarding Depression, Children's Subjective Wellbeing And Quality Of Life
- To assess the effectiveness of Counseling, Creative Visualization Therapy regarding Depression, Children's Subjective Wellbeing And Quality Of Life
- To find out the association between pre-test knowledge score of Mothers with Troubled Marriage Life Visiting 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 with Troubled Marriage Life Visiting regarding Depression, Children's Subjective Wellbeing And Quality Of Life
- H₂: There will be significant association between mean pre -test knowledge score of with Troubled Marriage Life Visiting 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

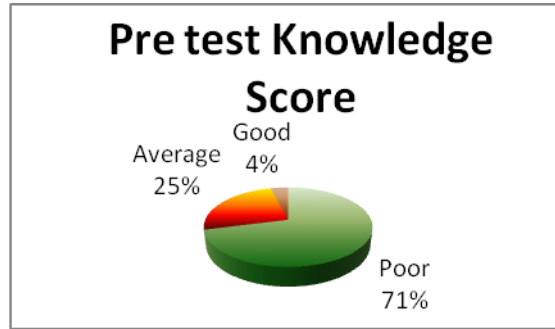
A pre experimental research design was considered appropriate for the study "to assess the effectiveness of Counseling, Creative Visualization Therapy regarding Depression, Children's Subjective Wellbeing And Quality Of Life. One group pre test and post test design was used. In order to measure the content 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 0.89 for knowledge which is statically reliable for the present study.

Result

The data for study was calculated in the month of June 2019 collection was analyzed by using descriptive & inferential statistics.

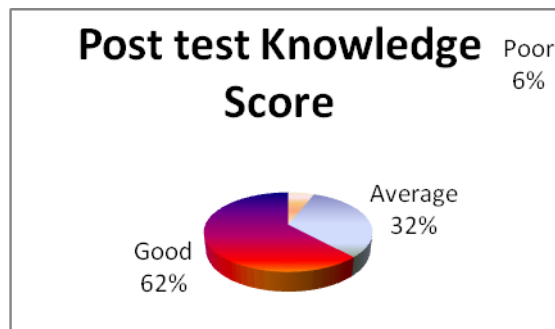
Pre test Knowledge score

S.No.	Category	%
1.	Poor	71%
2.	Average	25%
3.	Good	4%

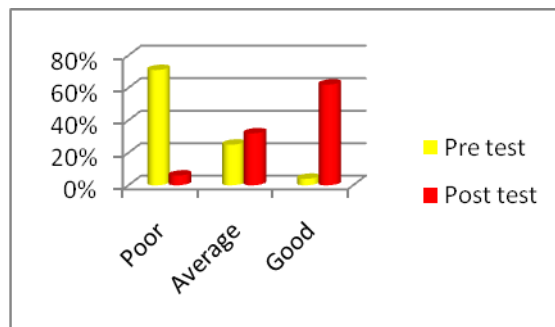


Post test Knowledge Score

S.No.	Category	%
1.	Poor	6%
2.	Average	32%
3.	Good	62%



Comparison of pre test and post test knowledge score



The knowledge score of post test 28.25 was higher than pre test 21.02 the 't' value for total pre test and post test was 17.52 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 ItI=23.19**. 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.

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