

***“ AN EXPERIMENTAL STUDY TO ACCESS THE
EFFECTIVENESS OF ART THERAPY UPON STRESS AMONG
PREGNANT WOMEN IN A SELECTED COMMUNITY,
BENGALURU , KARNATAKA.”***

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Research Project Work Submitted to
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CERTIFICATE

**THIS IS TO CERTIFY THAT THE PROJECT WORK ENTITLED
HAS BEEN SUCCESSFULLY CARRIED OUT BY,**

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**SUBMITTED AS PARTIAL FULFILMENT OF
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ABSTRACT

PROBLEM STATEMENT :

“ AN EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF ART THERAPY UPON STRESS AMONG PREGNANT WOMEN IN A SELECTED COMMUNITY, BANGALORE ,”

INTRODUCTION :

Stress in pregnancy may lead to high blood pressure during pregnancy. This can put a pregnant woman at risk of serious high blood pressure condition generally termed as, pre-eclampsia. Pre-term birth and having a low-birth weight infant are another conditions. Thus every pregnant women should have the knowledge about stress during their pregnancy state and several methods on how to avoid stress during the pregnancy state in order to be healthy.

OBJECTIVES :

1. To assess the effectiveness of art therapy among pregnant women in a selected community.
2. To assess the amount of stress among pregnant women.
3. To compare the values of pretest and post test among pregnant women.

METHODOLOGY :

compare Samples were collected using a convenient sampling. A total number of 30 samples were selected and categorized to experimental and control group. A pre-test post test design was used to collect the stress factor and was determined using frequency and percentage.

RESULTS :

Through this study we came to the conclusion that the maximum samples or the pregnant women had somewhat recovered from their increasing level of stress by the interventions of art therapy that was provided to them for fifteen days and also the mean value of the pretest and the post test score is 20.01 and 14.4, respectively.

CONCLUSION :

Environmental study to assess the effectiveness of art therapy upon stress among pregnant women in a selected community.

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