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## RESEARCH ARTICLE

## EFFECTIVENESS OF CREAATIVE ART ON SELF ESTEEM AMONG PHYSICALLY CHALLANGED CHILDREN.

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**Abstract**

Children growth and development is continuous process. The developmental progression of self esteem through once life span has beautifully explained in psychosocial theory by Eric Erikson "A study to evaluate the effectiveness of creative art on self esteem among physically disabled children in special school at Mysore" 60 samples were selected experimental and control group, using non probability purposive sampling technique. The sample of the study comprised children studying special school (Deaf and Dum) with the age group of 10-14 years, those who are fulfilling the inclusion criteria. Data collection was done by using self esteem inventory scale to assess the self esteem among special school children. In the analysis Experimental group' paired "t" test computed between mean pretest and post test level of self esteem was significant at 0.05 level. Calculated "t" value 23.74 greater than "t" Table value<sub>t<sub>29</sub></sub>=2.05. Creative art can provide the children easier way to express the self esteem themselves as they are more naturally, artistic and creative, as a parents respect the children's activities and encourage in positive ways especially physically challenged children.

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**Introduction:-**

A life cycle unfolds its various stages as it progress. Early stages of self esteem starts from childhood period, parents are experiencing different type of expectation and experience during children growth and developmental period

Self esteem is the real magic stocks that can be change the future of children's life. A child's self esteem affects every areas of child's life, choosing friends, academic performances at school, choosing the job even selecting life partners. Low self esteem influences feeling of inadequate, guilt, shyness, inhibition of social independency, withdrawal from society and interpersonal problems.

**Objectives:-**

To assess the pre test level of self esteem among physically disabled children in selected special school experimental group and control group

To evaluate the effectiveness of creative art on level of self esteem among physically disabled children experimental group

To find the association between the pre test level self esteem score with selected demographic variables in experimental group and control group

## Methods and Material:-

**Research Approach:** Educative and evaluate approach.

**Research Design:** Quasi Experimental design.

**Research Setting:** Experimental Putteramma School for deaf and Dum at Mysore & Control group Mercy school for deaf and Dum at Mysore.

**Sampling technique:** Non Probability Purposive sampling technique.

**Sample Size:** Experimental group 30 and control group 30

60 samples were selected using non probability purposive sampling technique. The sample of the study comprised children studying special school (Deaf and Dum) with the age group of 10-14 years, those who are fulfilling the inclusion criteria. Data collection was done by using cooper self esteem inventory rating scale to assess the self esteem among special school children.

Tool containing section A Demographic data and section B containing 28 questions which is measured by cooper self esteem inventory rating scale, Creative art include craft work in which students work with paper threads, scissors and glue, training given by the investigator for the period of two weeks.

## Result and Findings:-

**Table: 1** Difference between pre test and posttest level of self esteem among physically disable children in experimental group  
N=30

Experimental Group	mean	Standard Division	Mean Difference	Unpaired "t" Test
Pretest	38.47	6.96	22.53	23.74 S*
Posttest	61	6.75		

Df: 29,  $t_t = 2.05, t_t < t_c$ , S\* = Significant

The above table 1 represents' that paired "t" test computed between mean pretest and post test level of self esteem was significant at 0.05 level. Calculated "t" value 23.74 greater than "t" Table value  $t_{29} = 2.05$ , Hence  $H_1$  accepted.

**Table: 2** Difference between pre test and posttest level of self esteem among physically disable children in control group  
N=30

Control Group	mean	Standard Division	Mean Difference	Unpaired "t" Test
Pretest	39.17	6.75	0.06	1.43 NS
Posttest	39.23	6.55		

Df: 29,  $t_t = 2.001, t_t > t_c$ , NS = Non Significant

The above table 2 represents' that paired "t" test computed between mean pretest and post test level of self esteem was non significant at 0.05 level. Calculated "t" value 1.43 less than "t" Table value  $t_{29} = 2.05$ , Hence  $H_2$  Non accepted.

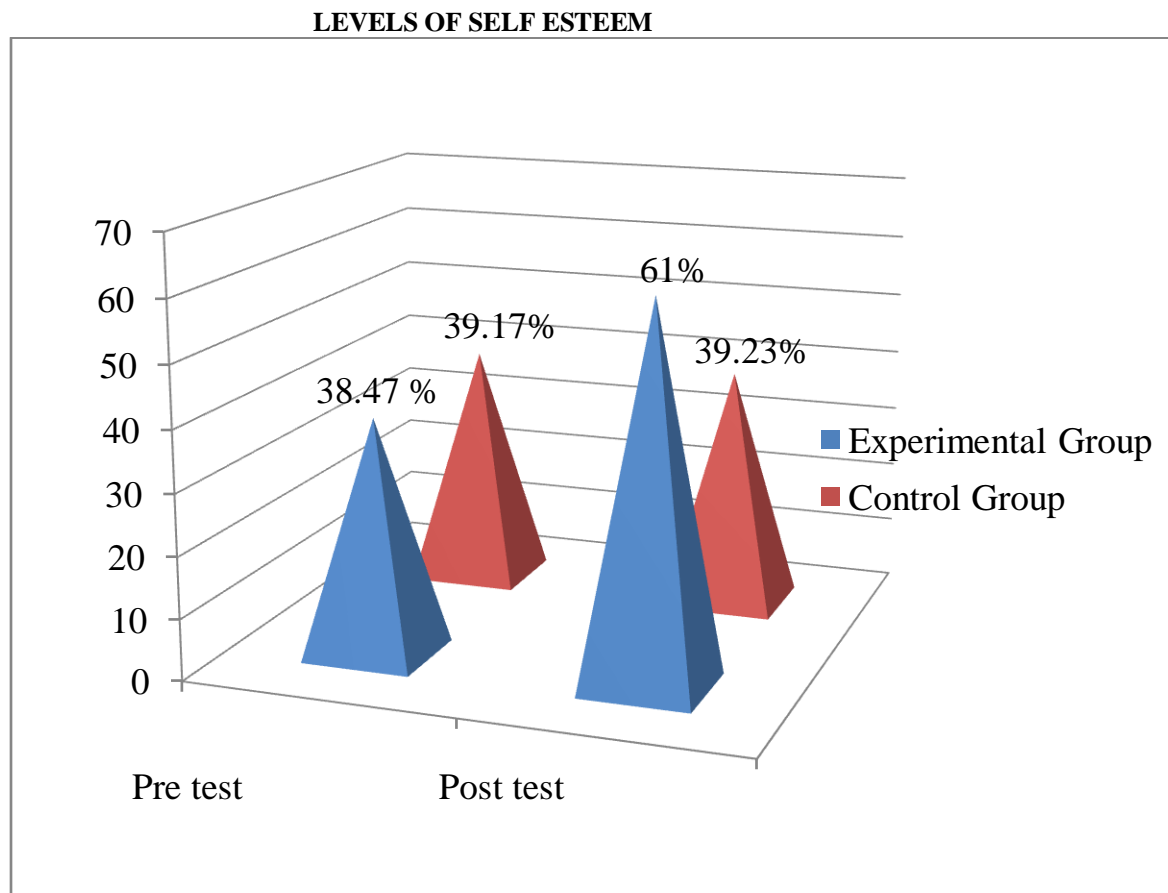
**Table: 3** Difference between posttest level of self esteem among physically disable children in experimental group and control group  
N=60

Group	mean	Standard Division	Mean Difference	Unpaired "t" Test
Experimental	61	6.75	21.77	12.67 S*
Control	39.23	6.55		

Df :58,  $t_t = 2.001, t_t < t_c$ , S\* = Significant

In the study table 3 represents the mean score level on self esteem was 61 in post test experimental group which is significantly higher than 39.23 in posttest in control group and computed value of 't<sub>c</sub>' 12.67 is more than table value (2.001) at df :58 which is statistically significant at 0.05 level. The creative art session was effective on self esteem among physically disabled children and realize the quality of life.

There was no significant association between pre test level of the score and selected demographic variables in both groups such as age, sex, religion, standard, family, sibling, birth order, friends, education & occupation of father, education mother except occupation of mother in experimental group.



### Conclusion:-

The study provided the researcher with deeper insight and empathy to the need of the physically disabled children. It was evident from the study that physically disabled children (deaf and dumb) had poor self esteem and sessions on creative art was effective in improving their self esteem, which also enhance their ability to face the challenges in their life. Creative art is cost effective means improving self esteem among children. Creative art can provide the children easier way to express the self esteem themselves as they are more naturally, artistic and creative, as a parents respect the children's activities and encourage in positive ways especially physically challenged children.

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