



The Effect of Art Therapy in Reduction anxiety by creating Pre-Drawn Mendala, Mandala with Zentangle, Unstructured Mandala and Free Form Mandala

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ABSTRACT:

Art therapy is fluctuating, and many more techniques of art therapy are being introduced in the field of interventions for many psychological issues. Likewise, the mandala art therapy technique is worldwide appreciated for reducing anxiety and negative self-talk. Most of the authentic research work on mandala art therapy supports that mandala techniques produced meditative effect on participants which let them to calm and relax their mind and body resulting in reduced psychological issue. The goal of this investigation was to develop effective intervention Art Therapy that reduces anxiety, negative self-talk and enhancing mindfulness among Pakistani young adults ($M = 17.36$, $SD = .52$) of Pakistan. Sixty participants were divided into four groups. The present study is quantitative. On random sampling Pre-Post experimental research design was used wherein pre and post assessments were conducted. Participants included college students from private and public institutions. Responses were collected on state trait anxiety inventory, mindfulness and negative self-talk questionnaires. Analysis were conducted using SPSS 23. Results shown that the complexity and structure of mandala schemas described the participants into contemplative state that relaxed and helped them to forget their daily life issues and helped them reducing anxiety and negative thoughts about them.

Keywords: Art Therapy; State Trait Anxiety; Negative Self-Talk; Mindfulness

Introduction

Anxiety has been worst enemy of humans and from many years, it is widely present in all persons, no matter he is child or grown up adult. Anxiety is not only common in human persons, but it caused so many other illnesses and disorders. As children we liked to draw the paintings, doing colors, liked crayons, in fact we were at the first step to express the inner anxiety which we wanted to take out. It was the first ever imaginations to express the inner self and suffering of the soul. From pasts so many hundred years back drawings in circular forms of early people referred to the mandala, in Sanskrit it was known as the "sacred circle." The history of mandala is very pure it was known as sacred circle, used for so many gestures like spiritual wellbeing, geometric and symbol. Mandala was referred to the power source, or generating power for human soul. Eastern world adopted mandala for meditative use and healing of soul, purpose for many centuries. Buddha demonstrated mandala as the wheel of time.

According to their culture Tibetan Buddhist Kalachakra, is the most effective mandala, symbolizes the universe and working of universe. Circular forms are also being present in the history of Europeans the circular forms were common part of their drawings, church pictures and spiritual meditative techniques. This concept was most common in many countries of Europe especially in France, Spain and Greece. Spiritual seekers have consistently created mandalas to bring forth the sacred through images and have evoked the circle in ritual and art making for the purpose of transcendence, mindfulness, and wellness.

Art therapy is a type of therapeutic technique rooted in the idea that creative expression can foster healing and mental well-being. Art therapy integrates psychotherapeutic techniques with the creative process to improve mental health and well-being. The experience of anxiety is normal to all people and, for some, can prompt issues, for example, fears, freeze issue, or summed up uneasiness issue. In reality, anxiety issue is the most widely recognized class of every mental issue (Kessler *et al.*, 1994), and Twenge (2000) tension levels have expanded altogether ended the end of 50% of the twentieth century.

The present examination analyzed a technique for diminishing uneasiness called "shading treatment" (Belchamber, 1997). Belchamber prescribes that people shading mandalas, which are symmetrical assumes that have for some time been utilized as thoughtful protests in profound conventions (Jung, 1959; Cornell University Program of Computer Graphics, 2002). Shading the symmetrical type of the mandala with its rehashing examples and intricacy purportedly draws people into a state like contemplation.

The utilization of the mandala as a helpful device was first upheld via Carl Jung, who recommended that the demonstration of drawing mandalas had a quieting and mending impact on its maker while in the meantime encouraging clairvoyant combination and individual significance throughout everyday life (Jung, 1973), which fills in as the method of reasoning for utilizing them for horrible divulgence undertakings. The mandala capacities as an emblematic portrayal of candidly loaded and clashing material, yet in the meantime gives a feeling of request and coordination to this material. In this way, drawing a mandala is like a composed exposure in that it gives intellectual association to complex enthusiastic encounters.

An ongoing report by Curry and Kasser (2005) assessed the viability of mandala attracting the diminishment of tension. Tension levels were estimated when a nervousness acceptance work out, and after one of three shading conditions (freestyle, mandala-drawing, or plaid-frame). Declines in tension were experienced for those in the mandala and plaid-shape conditions. In spite of the fact that these outcomes indicate potential, the outline of the examination utilized pre-drawn mandala frames and pre-drawn plaid designs, so the outcomes could be deciphered in different routes. Our investigation looked to test in a controlled way, the mental and physical medical advantages of mandala drawing inside an injury populace. In picking an exploration plan and strategy that would be adequate. The implicit words within our heads, the ones that make up our unending inside string of private considerations, feelings and states of mind, shape how we consider everything around us. Furthermore, when those words are negative, threat emerges, making a variety of mental issues that work to strengthen themselves until the point when they are installed profound inside our brains.

Negative musings influence you rationally, as well as physically. The individuals who concentrated for the most part on the negative results detailed having lower confidence, bring down smugness and higher cases of mental injury, both quickly after the occasion happened and after two months when they were tried by and by. In the event that you feel yourself sinking into those musings amid the day, assess yourself and make sense of how to put a positive turn on them.

An accommodating arrangement is to transform those considerations into humour. Enabling yourself to chuckle at cynicism and to downplay a negative circumstance will incredibly change your point of view. You could likewise take a stab at adjusting a superior way of life, both physically and rationally: Start eating more beneficial and practicing three times each week, and just encircle yourself with individuals who are certain and strong. Stress originates from antagonistic individuals throughout your life who don't completely put stock in you. In this way, dispose of them.

Mindfulness is the psychological procedure of pointing out one's encounters happening right now, which can be produced through the act of contemplation and other preparing. The expression "care" relates with the Pali expression *sati*, which is a huge component of Buddhist customs. In Buddhist lessons, care is used to create self-learning and shrewdness that continuously prompt what is depicted as illumination or the total opportunity from anguish.

The State Trait Anxiety Inventory is a test/survey given to grown-ups that shows how solid a man's sentiments of uneasiness are. It is offered and deciphered in twelve dialects: English, Chinese, Danish, Dutch, Finnish, French, Italian, Norwegian, Portuguese, Spanish, Swedish, and Thai. It was produced to give both short and solid scales in light of a man's responses to get to state and attribute tension.

The STAI tests two distinct kinds of tension, state and quality nervousness. State anxiety (S-anxiety) can be defined as fear, nervousness, discomfort, etc. and the arousal of the autonomic nervous system induced by different situations that are perceived as dangerous. This type of anxiety refers more to how a person is feeling at the time of a perceived threat and is considered temporary. Trait anxiety (T-anxiety) can be defined as feelings of stress, worry, discomfort, etc., and so forth that one encounters on an everyday premise.

Method

Method

Participants and the Procedure

Sixty of the participants were divided into four groups on complete random sampling. Participants of group A (structured pre-drawn mandala) fifteen members in total came to a class room at class time. First of all, participants were provided with stationary material which included colors, pencil, crayons and markers. The informed consent form was signed by principal. After completing the informed consent, the participants were given Negative Self Talk Scale and after this State Trait Anxiety inventory (Grossman, 1981), were given to the participants that was improved from Spielberger, Gorsuch, and Lushenes (1970). Two sample items i.e., I feel Anxious and I am relaxed. After this, mindfulness scale was given. Participants went through story writing after filling up of scales. 10 minutes' time was given to them to write the story. Story must be traumatic, explaining any traumatic event of life they have been gone through. After story completion participants were given same scale to fill them again. Participants were asked to fill the scales according to the situation they have written and express in scales how they are feeling after memorizing traumatic event. After completion of scales participants were asked to color the mandala design. They were given the time of 10 minutes again to complete Pre-drawn mandala design. After completion they were again given the same scales to fill them again. In this series Test 1 then story then test 2 then coloring and then test 3 was done. Same sequence was done with group B (Mandala with zen-tangle pattern), group C (Unstructured Mandala) and group D (free form Mandala). In group D blank pages were given to the participants and were asked to draw whatever they want. Participants were thanked for being part of research and then data was analyzed by the help of SPSS.

Instrument

State-Trait Anxiety Inventory (STAI)

The State-Trait Anxiety Inventory (STAI) is a commonly used measure of trait and state anxiety (Spielberger, Gorsuch, Lushene, Vagg, & Jacobs, 1983). Form Y, its most popular version, has 20 items for assessing trait anxiety and 20 for state anxiety. Higher scores indicate greater anxiety. The STAI is appropriate for those who have at least a sixth-grade reading level.

MAAS

The trait MAAS scale consisting of 15-items has been used to assess a core factor of mindfulness, i.e., a sympathetic mind condition in which attention informed by a sensitive awareness of what is occurring in the present, simply observes what is taking place and its internal consistency levels (Cronbach’s alphas) generally range from .80 to .90.

Negative Effectivity Self-Statement Questionnaire

Another scale by Ronan *et al.* (1994) namely Negative Affectivity Self-Statement Questionnaire (NASSQ 11-15) 5 point Likert scale rating “1= not at all” to “5 = all the time” in the past week was also used to collect data on such items. This scale is used as a means that allow children the ability to report the content of their self-statements. This scale includes predetermined statements compiled with the lists of self-reported statements from anxious, depressed, and undiagnosed children when asked to recall the “thought that popped into (their) head” when imagining themselves in various situations. This self-report rating scale includes 39 prescribed “thoughts” that children are instructed to determine the frequency these thoughts.

Results and Findings

Table 1

One- way analysis of variance for anxiety, negative self-talk and mindfulness in time 1 (T1)

Variable	Mandala n=16		Zentangle n=16		Unstructured n=16		Free form n=16		F	P
	M	SD	M	SD	M	SD	M	SD		
NST1	82.9	13.7	97.2	20.2	82.9	13.7	97.2	20.2	3.439	0.023
AX1	45.3	6.1	50.9	5.7	45.5	6.1	50.9	5.7	4.016	0.012
AXB1	46.7	7.0	50.2	6.5	46.7	7.0	50.2	6.5	1.347	0.269
MS1	52.7	13.0	46.5	7.6	52.7	13.0	46.5	7.6	1.680	0.182

Table 2

One- way analysis of variance for anxiety, negative self-talk and mindfulness in time 2 (T2)

Variable	Mandala n=16		Blank n=16		Unstructured n=16		Zentangle n=16		F	p
	M	SD	M	SD	M	SD	M	SD		
NST2	79.6	18.8	99.0	20.9	79.6	18.4	99.6	20.9	5.106	0.003
AX2	45.9	4.7	52.7	7.9	45.9	4.7	52.7	7.3	5.351	0.003
AXB2	49.0	10.7	52.2	6.5	49.0	10.7	52.2	6.5	.672	0.573
MS2	56.9	19.6	45.0	8.16	56.9	19.6	45.0	8.16	3.157	0.032

Table 3

One- way analysis of variance for anxiety, negative self-talk and mindfulness in time 3 (T3)

Variable	Mandala n=16		Blank n=16		Unstructured n=16		Zentangle n=16		F	P
	M	SD	M	SD	M	SD	M	SD		
NST3	68.6	18.0	92.4	30.2	68.7	18.01	92.4	21.9	4.542	0.006
AX3	42.7	8.6	47.8	9.2	42.7	8.6	47.8	9.2	1.587	0.203
AXB3	44.6	11.1	49.0	10.1	44.6	11.1	49.0	10.1	.856	0.469
MS3	48.6	6.3	47.06	10.6	48.26	6.3	47.06	10.64	.093	0.963

These tables show one-way analysis of variance for anxiety, negative self-talk and mindfulness in time 1 (T1), time 2 (T2) and time 3 (T3). It can be seen in the tables that State anxiety, trait anxiety, negative self-talk and mindfulness are significant in all four mandala groups taking into consideration the three time serials.

Discussion

The findings are consistent with the hypotenuses, according to which mandala interventions are really effective in reducing anxiety then from free form coloring This study consisted of about four groups with four mandala interventions (pre drawn, Zentangle, unstructured mandala and Free form mandala). Three different types of variables were studied Negative self-talk, state trait anxiety and mindfulness. It was assumed that the anxiety and negative self-talk will decrease after mandala intervention and there will be a signification change in Negative self-talk and anxiety. Likewise, it was assumed that mindfulness will increase after mandala interventions and mindfulness will have significant negative relation with anxiety and self-talk. After completion of questionnaires four different mandala interventions were applied in four groups. After ten minutes again questionnaires were given to be complete by Participants. Extraneous variables were controlled so that no disruption made during experiments. Results shown that the complexity and arrangement of mandala schemas motivated the participants into reflective state that relaxed and helped them to forget the routine issues and helped them reducing anxiety and negative thoughts about them. It is proved by mean of scores on anxiety and negative self-talk scales, there means were dramatically increased after writing a traumatic story of traumatic event happened in their life. As traumatic event triggered the anxiety, after the traumatic event writing mandala interventions were applied which significantly reduced the anxiety and negative self-talk. This also enhanced the mindfulness. So the hypothesis of the study as results proved that there is significant improvement in reducing anxiety through mendala interventions.

Conclusion

First, our sample consisted of undergraduate students from a school; such as sample of course thus not provide the representative sample of people in general or of people who individuals varying in age education and mental health status is warranted to determine the generalizability of this findings. Second we relied on self-report measures of anxiety which are subjects to various flaws and response biases. Third, Participants colored previously prepared mandala and played designs whether then creating their own which would be more typical of most art therapy interventions future studies could test the possible anxiety-reducing effects of creating rather than coloring mandalas (or paid designs). Pending applications in future studies, mandala (or plaid) coloring might be put into practice as a treatment for people how experience difficulties with anxiety the fact that the group who colored mandalas significantly decrease their anxiety levels below base line baseline suggests that coloring that design maybe useful for helping individuals how chronically experienced anxiety.

Authors' Contributions

Conceptualization, A.M., D.S.K. and M.A.; data curation: A.M.; methodology: A.M., D.S.K and M.A.; supervisor: M. A. writing – original draft: A.M. writing – review and editing: A.M. and J.M.A. All authors have read and agreed to the published version of the manuscript.

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Institutional Review Board Statement

The study was approved by the institutional Ethical Review Board of the Foundation University Islamabad, Pakistan. The study was conducted involving human participants.

Informed Consent Statement

Informed consent was obtained from all subjects involved in the study.

Data Availability Statement

The data that supported the findings of this study are available upon request from the corresponding author.

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Declared none.

Declaration of Interest

The author declares that there was no clash of interest.

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