

Assessment Of Resilience And Anxiety Among Adolescents Using Person In The Rain Technique; Covid 19 Perspective

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ABSTRACT

The study was centered during Covid-19 breakout . It aimed at understanding whether Art therapy would help the young minds deal with the current situation with optimism or not. Art therapy including the Person in the Rain Technique was used to understand the level of stress and resilience the young adults were going through. For the pre test and post test CYRM-R (The child and youth resilience measure) , SCARED (Screen for Child Anxiety Related disorders) tests were used. Sample undertaken was 25 males and 25 females were included. It was found that before therapy the anxiety level was high among adolescents . With the help of the person in the rain technique a similar pattern was observed in most of the images that is self-exploration . Participants were trying to understand themselves as well as their situation or surroundings. Lack of self understanding was observed . After sessions there was a considerable shift among the participants . Further research could consider , on a larger scale , the effect of art therapy in school set up among young adults in India .

Key-words: Art therapy , young adults , anxiety , resilience.

Introduction-

Children are the most important assets of any country for overall development. Schools are one of the settings outside the home where children can acquire new knowledge and skills to grow into productive and capable citizens, who can involve, support and help their communities to grow and prosper. A Health Promoting School is a setting where education and health programmes for “health promoting”, environment which in turn “promotes learning”.

Schools can help promote the health of the staff, families and community members as well as the health of the **Art Therapy- A brief know how**

Art therapy involves image making as a means of expression of emotions and a mode of communicating one’s feelings.

Art therapy supports the belief that all individuals have the capacity to express themselves

creatively . The use of vibrant art materials stir emotions of an individual who then expresses them through drawings / craft / clay in a creative manner and does not expect to be judged or commented upon.

American Art Therapy Association (AATA) describes art therapy in short as well as broader perspective as: “ It is an integrative mental health and human services profession that enriches the lives of the individuals , families and communities through active art-making , creative process , applied psychological theory and human experience within a psychotherapeutic relationship”.

Adolescence Stage-

WHO defines adolescence both in terms of age (between 10 and 19 years) and in terms of phases of life marked by these students. Much is known today about the relationship between education and health. People everywhere can use this knowledge to help create Health- Promoting Schools. In almost every community school is a setting where people learn and work, care for and respect each other. It is a setting where students and staff spend a great deal of their greatest impact because they influence students at such important stages in their lives- childhood and adolescence, by creating schools that are health promoting, school leaders all over the world can foster health actively as they promote learning.

are approximately 1.5 billion young people between the age of 10 and 24 years worldwide. Globally, life skills based school health interventions have found impact and success in positive and adaptive behaviour of adolescents, equipping them with strategies to handle and resist high risk behaviours (World Health Organization - Life Skills Education in Schools Framework – 2001) .

Adolescence : The Challenges

Adolescence as a stage of development is of special interest to the area of health promotion. The physical challenges during the period are the most visible and striking markers of this stage. However, these physical challenges represent just a fraction of the developmental processes that adolescents experience. Their developing brains bring new cognitive abilities that enhance their ability to reason and think abstractly. They develop emotionally, establishing a new sense of who they are and who they want to become. Their social development involves relating in new ways both to peers and adults. They

begin to experiment with new behaviours as they transition from childhood to adulthood. In understanding adolescents , it is important to view their development in reference to physical, cognitive, emotional, social and behavioural dimensions. Of course, no adolescent can truly be understood in separate parts- an adolescent is a “package deal”. Change in one area of development typically leads to, or occurs in **Systematic Review-**

For this research literature from the past 15 years has been reviewed. People experience various changes throughout their lives and the year 2020 has certainly proven it. During this time period everyone had to undergo a lot of changes in respect to their job or environment. The lives of children have changed in respect of their school

which involves online studies or lack of social contact with friends.

Studies have used projective techniques like art therapy in order to understand and analyse the relationship of children with their respective environments. Art therapy is derived from a Latin word "arte" meaning craft and a Greek word "therapeuein" meaning treatment. It can also be called as treatment through art. It provides a great way to promote development in children. Hence it is believed that it should be widely used in education and with people or patients of different age groups (Hoffman 2016).

There were many studies conducted on effectiveness of art therapy as an intervention for children and adults. One such qualitative study was conducted with a sample of 5 children in a long-term art therapy intervention comprising of 50 sessions. The therapist took interviews and analysed their art work after every session. During the study both the therapist and children were able to feel positive

conjunction with, change in other areas. Furthermore, no adolescent can be fully understood outside the context of his or her family, neighbourhood, school, workplace, or community or without considering such factors as gender, race, sexual orientation, disability or chronic illness, and religious beliefs. Art therapy serves as a medium for the youth to heal from the challenges posed by the stage of adolescence.

changes like contentment and thereby reported the positive changes (Ball 2002). Gersch, Goncalves S.J conducted a study with a sample of 5 ten-year old children having issues related to their families, sadness and various other types of stress-inducing variables. The art-based intervention was practiced in a school setting for a year. Focus-group interview was conducted with all the students. They reported that the sessions helped them to feel good and cope with their problems. Another study was done with 84 undergraduate students who were exposed to an anxiety-provoking situation. They were then asked to colour a mandala, or a complex pattern/ they freely coloured. The activity was completed in 20 minutes. Once the activity was done they were asked to complete the State Anxiety Inventory. It was concluded that colouring mandalas and complex patterns helped in reducing the level of anxiousness to a great extent. Whereas free colouring did not show the same results (Curry, Kasser 2005).

A school-based study was conducted so as to understand if art plays an important role in the counselling process and if it helps in enhancing the cognitive process (Allen, Lavin 1977). A study concluded that art therapy helped in building up the self-esteem among adolescents. Though the mentioned studies stated and proved

that art intervention does help in making positive changes among children the researchers were not able to give the elaborate description of the same. Studies have argued that such an intervention can help adolescents in search of their self and like to express themselves through it because it is less confrontational. Children like to use symbols as it is less exposing than talking to someone about their problems. Doing art work or using graphics helps them to secretly express themselves and makes them feel safe. (Fang 2019, Shirley). Children are very curious and creative which can be perfect for doing art therapy. It is believed that the art made by children is completely natural like a reflex action and during the therapy they are able to understand and accept their own feelings and that of others (Szuman). Halprin pointed out that by using art interventions one can also divert

their focus from their health conditions . An eight week intervention was conducted with grade five students for enhancing their socio-emotional development . They were given lessons on skills like awareness of emotions , talking skills etc. By the time the intervention was completed it was concluded that children's confidence increased while expressing themselves and felt contented with the class environment (Lenka 2012).

There were some studies specifically conducted on to understand how specific art techniques help in enhancing an individual's resilience and adjustment level . One of such studies aimed at testing how well person in the rain technique as a tool can help in assessing one's ability to adjust with stress. Tools used for the study included the technique , Adjustment scale and Resilience scale on a sample of 285 people. Results showed that there was a difference in scores among upper and lower groups in terms of army life adjustment. It also found that the group with high level of resilience had higher scores in the technique than the lower resilience group. The study contributed by exploring the applicability of the technique through a 2-way examination (Jue .J 2019). Verinis et.al used the technique for understanding as well as concluding on the best treatment for people who suffered from mental illnesses like anxiety issues . They also tried to associate the aspects of the art work to the amount of stress the person experiences and the defenses used by him/her. It was argued that projective tests are very useful in moving beyond the barriers laid out by the person and can give the therapist an inside view of the client's situation (Ross 1997).

Another study aimed at understanding the relationship between Person in the rain and Resource Inventory for Stress and Perceived Stress scale and the sample size was 40 patients who were diagnosed with substance use. The drawings were scored and analysed by 3 raters to check for stress and protective indicators. The scores on the assessment positively correlated with the scores on the self-directedness and confidence scale (Willis L.R et.al 2010). The same technique was used with a sample of 58 students with an age range of 8-10 year olds from three different areas of US that were the great plain , rocky mountain and pacific northwest. A projective technique was used to gather information about a client that might otherwise be repressed

. The analysis involved looking for signs that showed how many defenses the person was using and the level of stress he/she is undergoing. It was a pilot study done to validate the 45 technique as a tool . The aim was to understand whether the location of residence had an influence on the person or not . It was concluded that some responses to it are influenced by the location of residence. It was suggested that further studies should be done at the same time the tool can be used as an assessment (Graves A, Jones L et.al 2013). Hence the study's aim is to explore how well the youth have or haven't adjusted with the sudden changes in their lives by using the technique

Methodology–

Research design:

Variables:

Independent variables: Art Therapy

Dependent variable : Resilience and Anxiety

Sample and participants: 50

Locale: The tools were administered with women of Delhi NCR, Noida .

S.no	participants	Male students	Female students	Total number of
1		25	25	50

Research questions -Does person in the rain technique help in expressing the

Tools-

For resilience- cyrm-r (the child and youth resilience measure).(10-23years)

Procedure –

Adolescents were selected from Delhi ,Noida (India) as the sample for the study and the google form containing the informed consent and the questionnaires on resilience and anxiety were sent to them . After the consent was taken four sessions were conducted emotions of adolescents during covid- 19 ?

For anxiety – scared (Screen for Child Anxiety Related disorders. (14-20 years)

with the students wherein art therapy was conducted after a rapport was formed with them online .

Session 1 included a basic rapport formation and the participants were introduced to Art therapy and its importance . It also included the administration of psychometric tests .

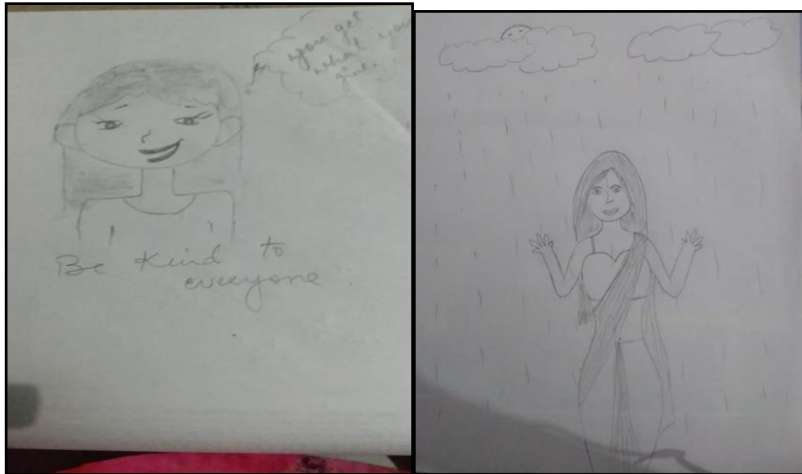
Session 2 involved administration of “Person in the rain technique ” on the participants followed by a discussion on the images made .

Results -

Following are images drawn by some of the participants during the session .

Session 3 involved administration of psychometric tests again .

Session 4 involved closure and discussion over the previous sessions.



Pre test scores –

TABLE 1 – MEAN SCORES OF MALES AND FEMALES BEFORE THERAPY

Variables	N	Gender	Mean
Anxiety	25	Female	68.27
	25	Male	51.62
Resilience	25	Female	42
	25	Male	57

Post test scores –

TABLE 2 – MEAN SCORES OF MALES AND FEMALES AFTER THERAPY

Variables	N	Gender	Mean
Anxiety	25	Female	40.2
	25	Male	48
Resilience	25	Female	47
	25	Male	55

Discussion-

People experience various changes throughout their lives and the year 2020 has certainly proven it. During this time period everyone had to undergo a lot of changes in respect to their job or environment. The lives of children have changed in respect of their school which involves online studies or lack of social contact with friends.

Studies have used projective techniques like art therapy in order to understand and analyse the relationship of children with their respective environments. Art therapy is derived from a Latin word “arte” meaning craft and a Greek word “therapeuein” meaning treatment. It can also be called as treatment through art. It provides a great way to promote development in children. Hence it is believed that it should be widely used in education and with people or patients of different age groups (Hoffman 2016).

The study’s aim was to understand that does Draw-a-person-in-the-rain (DAPR) help in expressing the emotions of adolescents during covid- 19. Art therapy was used as a projective technique to gather information about people that might otherwise be repressed. It was observed that before therapy the anxiety level was high among adolescents. With the help of the technique a similar pattern was observed in most of the images that is self-exploration. Participants were trying to understand themselves as well as their situation or surroundings. Lack of self understanding was observed.

After Art therapy there was a considerable shift among the participants. One of the participants quoted “ I felt the initial session was very helpful as I am someone who gets very anxious amongst new people or in an unfamiliar setting. ” It was observed that many defences were common among the participants. For example shielding self or not facing the situation emotions on paper which is not only cathartic but stimulating to them as well.

It was concluded that some responses to it are influenced by the location of residence. It was suggested that further

Implications for research -

- The work described here is limited to my experience of running an art therapy group in a specific context and therefore any hypotheses offered are only in relation to a lesser sample size. The group was also time limited as it ran for only 4 weeks. Further research can be conducted with a larger sample size involving a school set up.

studies should be done at the same time the tool can be used as an assessment (Graves A, Jones L et.al 2013). Especially in India more work can be done with the youth so that they can benefit more from a creative approach.

- Future studies can be done including the second and third wave of Covid-19's impact on the youth of India.
- This research was limited to few sessions so a thorough art therapy programme can be used for future researches.
- Sample size can be increased to have a better understanding of how Art therapy works

Acknowledgements-

I would like to thank the young students of India studying in higher grade institutions from Noida and Delhi who allowed me to be in their presence and use their material here. I would like to thank my guide, Dr Mamata Mahapatra for her guidance and support throughout the study.

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