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## A study to assess the effectiveness of clay therapy on reducing level of anxiety among the orphan children at selected orphanages

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### Abstract

**Introduction:** Children are a blessing from the Lord. They are like clay in the potter's hand. Blend them with Godly love and care, they become a vessel that stays strong and perfect, purge them with toil and dust they may break and crumble. They build the nation sound and strong, because today's children are responsible citizens of tomorrow. Today's society is complex and ever changing. As children grow, they learn each day, of how to live tomorrow watching the grace and disgrace that surround them. The more you blend your child with confidence the lesser he tumbles and the better he becomes.

**Objectives of the study were to:** Assess the perceived level of anxiety before administering clay therapy among orphan's children in selected orphanages

**Methods and Materials:** The study were in this study quantitative an evaluative research approach use Pre - experimental research design In this study, an experimental quantitative evaluative research approach research design was adopted to assess the orphan children, the population selected for this study from selected orphanage of Jabalpur, the conceptual framework used in the study was based on von betalanffy general system model, the Simple non purposive sampling method was adopted for selecting the subject, the sample included 60 orphan children for reducing level of anxiety, the finding showed that the mean of data was analyzed by descriptive and inferential statistical The purpose of this study was to examine the effectiveness of clay therapy on decreasing anxiety of orphaned children living in family-like centers of orphanage. One week prior to final examinations, participants were randomly assigned to either an expressive clay-making group. The State-trait anxiety inventory was administered before and after participation. Expressive clay making activities included clay models, there is a significant difference between the post test levels of anxiety among orphans children in experimental group there is a significant association in the level of anxiety among orphan children with the selected socio-demographic variables in experimental group. Modified perceived level of anxiety scale was adopted for this study Complementary and alternative medicine (CAM) provides clinical benefits to hospitalized patients, including decreased pain and improved quality of life. Twenty-nine percent of hospitalized (169 of 591) reported employing a clay, therapy, or music therapy. Of those hospices, 74% employed a massage therapy, 18% a music therapy, and 31% on clay therapy, and 42% expected the therapy to attend interdisciplinary staff meetings, indicating a significant role for these therapy on the patient's care team. In the 18 analyses, larger Forty-four percent of hospitalized in the Mountain/Pacific region reported employing a CAM therapist vs. 17% in the South Central region Before the performances began, a Mindful Behavioural Cognitive therapist taught breathing and imagery techniques to the actors, so that they could incorporate them into interactive experiences for the children (Sextou & Monk, 2013). When the actors performed at the children's bedsides, they worked these techniques into their story lines in order to have the children participate in these mindfulness-based activities. In this way, they were able to help the children escape from the hospital environment through imagery, and increase their relaxation levels through mindful breathing (Sextou & Monk, 2013). Children reported that the performance helped them calm down and forget about being in the hospital

Finding reveals that the association between anxiety level with selected demographic variable in pre score, variable is statistically tested by applying chi - square test the variable age was found Their hobbies are interested Duration of stay in orphanages were significant and only

**Results:** The present study showed that there is at the level of significant (0.05) pre-test score of. This study aimed to evaluate the effectiveness of clay therapy in reducing of anxiety among the orphan children.

From the study findings it was concluded that there were significant differences between pre and post anxiety level of subjects. The reducing in the anxiety level was because of the intervention clay therapy (cartoons and human's models) provided to the subjects. The analysis of data and review of literature points towards the following conclusion.

**Keywords:** Reducing anxiety, clay therapy, orphans, child

### Introduction

Children are a blessing from the Lord. They are like clay in the potter's hand. Blend them with godly love and care, they become a vessel that stays strong and perfect, purge them with toil and dust they may break and crumble. They build the nation sound and strong, because today's children are responsible citizens of tomorrow. Today's society is complex and ever

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changing. As children grow, they learn each day, of how to live tomorrow watching the grace and disgrace that surround them. The more you blend your child with confidence the lesser he tumbles and the better he becomes. clay therapy is a clay based approach to addressing clinical issues with various populations. (Knill, Barba, & Fuchs, 1995; Mc Kniff, 1981; Rogers, 1993) incorporates elements from the individual creative clay modalities of visual clay-making, music, dance/movement, poetry and drama in therapeutic work with individuals, families, groups and communities. This multimodal approach to formulate the interventions sets expressive clay therapy apart from the other creative arts therapies. Some additional tenets of clay therapy include the following: an emphasis on process not product, intermodal exchange, and the use of artistic and aesthetic responses in the giving and receiving feedback from participants (Malchiodi, 2003) <sup>[9]</sup>. Expressive clay therapists are employed in various clinical settings and can to work under a variety of theoretical models of traditional psychotherapy.

#### Objectives of the study were to

1. Assess the perceived level of anxiety before administering clay therapy among orphans children in selected orphanages
2. Assess the perceived level of anxiety after administering clay therapy among orphans children in selected orphanages
3. Evaluate the effectiveness of clay therapy on anxiety among orphans children in selected orphanages
4. Determine the association between perceived level of anxiety and selected demographic variables among orphans children in selected orphanages

#### Hypothesis of the study were

P value <0.05 (level of significance)

**H1:** There will be significant difference in the mean pre-and post perceived level of anxiety after administering clay therapy among orphan's children

**H2:** There will be significant association between pre-perceived level of anxiety among orphans children with selected demographic variables

#### Method of data collection

**After obtaining permission from concerned authority, researcher will take and informed consent from sample and will collect data.**

**Phase 1:** Assess the level of anxiety through modified

perceived level of anxiety scale.

**Phase 2:** clay therapy will be given to orphans children ages 6-12 years.

**Phase 3:** After one week post- test will be administered to evaluate the effectiveness of clay therapy on anxiety.

“Data collection is the gathering of information needed to address a research problem”.

#### 3.20 Plans for data analysis

The data obtained from 10 orphans children was analyzed by using the descriptive statistics and inferential statistics.

**Statistical analysis:** The data obtained was analyzed by using descriptive and inferential statistics.

#### Descriptive statistics

1. Frequency and percentages distribution was used to analyze the demographic variable.
2. Mean and standard deviation was used to compare the level of anxiety among orphans children residing in orphanages.

#### Inferential statistics

1. Paired 't' test will be used to compare pre and post level of orphan children after giving clay therapy making cartoon models for statistical analysis of independent sample.
2. The data will be presented in the form of table and graph.

#### Ethical consideration towards sample related to study

The present study was accepted by the institutional research committee; prior permission was taken from management of the respective orphanages.

Investigation gave appropriate explanation to the chief of orphanages. subject was selected from orphanages. Orphanages in-charge and director were informed about the objectives of study. The subjects were assured that the confidentiality of the information given by them will be maintained and information will be used only for the purpose of the study. The data obtained from 60 orphan's children was analyzed by using the descriptive statistics and inferential statistics.

#### Analysis of orphan's children according to demographic characteristics.

**Table 1:** Frequency and percentage distribution of orphans children according to their Age.

Demographic characteristics		Frequency	Percentage
1	Age (in year )		
	From 6-till 8year	18	30.0
	after 8-till 10year	18	30.0
	after 10- till 12year	24	40.0

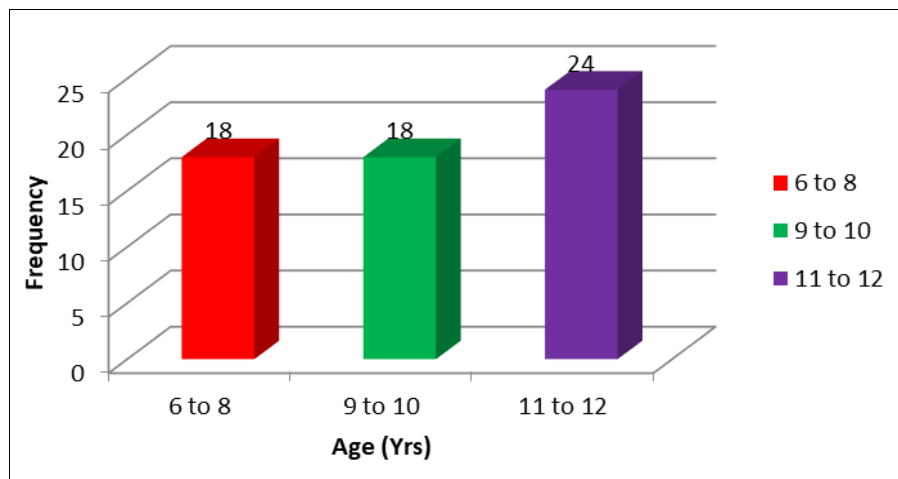


Fig 1: Age of the children

#### Cylindrical diagram showing distribution of orphans children according to their Age.

The data in the table No. 4.1 & Figure No.4.1 shows that most of the orphans children were in the age group of 8-12 Yrs. 24(40%), major age group, were 8-10 yrs 18(30%) and

6-8 years were 18 (30%).

#### Effectiveness of clay therapy on anxiety among the orphans children in selected orphanages.

Table 2: Mean Anxiety score, Mean difference, Standard deviation & t value

Group	Mean Anxiety score		Mean difference	Standard deviation		t value
	Before administering clay therapy	After administering clay therapy		Before administering clay therapy	After administering clay therapy	
Orphans Childrens	55.16	20.88	34.66	18.38	19.02	17.88*

$t_{59} = 2.02, p < 0.05$  \* Significant

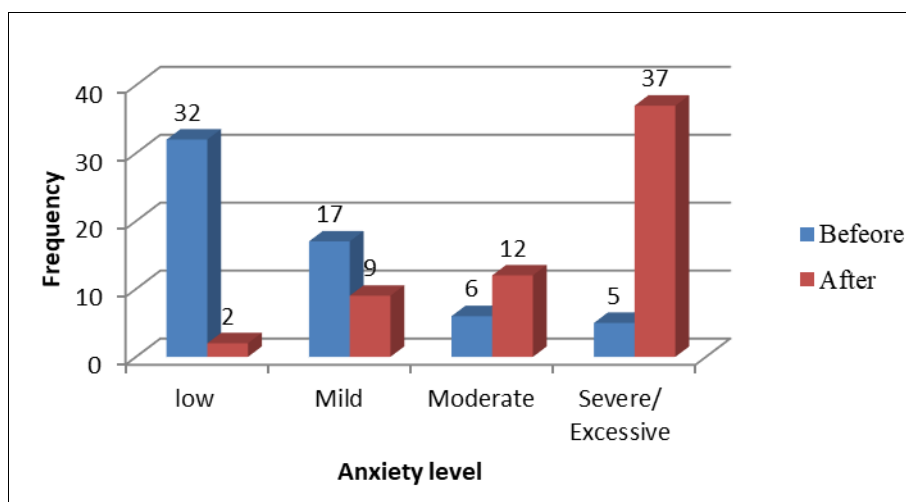


Fig 2: Effectiveness of anxiety level

#### Bar diagram showing distribution of orphans children according to level of anxiety before and after administering clay therapy.

Data in table no.4.12 & Figure No. 4.12 shows that the mean Anxiety score (55.16) before administering clay therapy was higher than the Anxiety score (20.88) after administering clay therapy. The computed 't' value ( $t_{59} = 17.88$ ) was higher than the table value ( $t_{59} = 2.02$ ) at 0.05

#### Conclusion

The findings show that mean pre mean anxiety level (55.16) was higher than the mean post (20.88). The pre score (SD=18.38) was more than post score (SD = 19.02) and SD

differences was (1.22). After applying the paired 't'- value calculated ( $t = 17.88$ ), greater than Table value 't' 2.0267  $p < 0.05$ ) computed with mean differences (13.2) in pre anxiety score and post anxiety score, this reveals that on the conventional criteria, this differences was considered to be statistically significant. Clay therapy was effective for reducing anxiety among orphan children.

#### Summary

This study aimed to evaluate the effectiveness of clay therapy in reducing of anxiety among the orphan children. From the study findings it was concluded that there were significant differences between pre and post anxiety level of

subjects. The reducing in the anxiety level was because of the intervention clay therapy (making cartoon models) provided to the subjects. The analysis of data and review of literature points towards the following conclusion. After the detailed analysis of the study, we can draw the following conclusion. All orphans children have reducing anxiety. The chi-square test was used to see the association between the variables, the mean standard deviation and P-test used to calculate the anxiety score of orphans children.

### **Conflict of Interest**

Not available

### **Financial Support**

Not available

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#### **How to Cite This Article**

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