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Winter 8-1-2019

**“Effect of Mandala Art Therapy on attention and functional social skill among intellectually disabled children in a selected special school of Udupi, Karnataka.”**

POOJA BAKSHI

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## "ABSTARACT

The study titled ""Effect of Mandala Art Therapy on attention and functional social skill among intellectually disabled children in a selected special school of Udupi, Karnataka."" was carried out by Ms. Pooja Bakshi, in partial fulfilment of the award of Masters Degree in Nursing, at Manipal College of Nursing Manipal.

Objectives of the study were to assess the attention and functional social skills of intellectually disabled children and to determine the effectiveness of Mandala Art Therapy on attention and functional social skill among intellectually disabled children.

A quantitative pre-experimental one group pre-test post-test research design was used in the study. The conceptual framework for the study was based on General System Model by Bertalanffy (1991). Non probability purposive sampling was used to select the sample. Socio-demographic proforma and Attention rating scale was found to be valid with CVI 0.95. Reliability of Attention rating scale was done by using Cronbach's alpha ( $r = 0.79$ ), suggesting the tool was reliable. Pilot study was conducted among 10 intellectually disabled children and found to be feasible. Data collection was done among 32 intellectually disabled children belonging to special school in Udupi. Prior to data collection, Participant Information Sheet (PIS) and the purpose of the study was explained to the LAR or primary caregiver of the children. On first day, tools on socio demographic proforma, attention, Single Letter Cancellation Test (SLCT) and functional social skill was administered. Then Mandala Art Therapy was given thrice per week for 4 weeks which was filling of colours in pre-drawn mandalas. At the end of four weeks, post test was taken.

Study results revealed that the majority of children were between the age group of 16-17 years i.e; 16 (50%). Among the children, 26 (81.3%) were Hindus. Most of them belonged to nuclear family i.e. 32 (100%) and 11 (34.4%) had one sibling. Most of them i.e; 18 (56.3) were reported of having moderate mental retardation. The most common comorbidities reported were lower extremities disability i.e; 3 (9.3%) , social adaptive functioning i.e; 8 (25%) and learning and social functioning disability i.e; 32 (100%). All of them were receiving behavioural training, parental counselling, structured remedial therapy, motivational counselling and study skill training.

The present study revealed that there was significant difference on attention, social skill and vocational skill ( $Z= 4.861$ ,  $p<0.05$ ;  $Z= 4.757$ ,  $p<0.05$  and  $Z= 4.755$ ,  $p<0.05$ ) and thus Mandala Art Therapy was effective in improving the attention and functional social skill.

It was concluded that regular engagement of children with intellectual disability in Mandala Art Therapy may improve the attention and functional social skill of children and thus helps in overall development of such children.

On the basis of the findings of the current study, recommendations were made for further research.