The efficacy of art therapy with painting approach on coping strategy (problem – centered, emotion – centered) of 7-8 aged children in Bojnourd City

Introduction: The negative effects of stressful events and difficult situations can be adjusted with using appropriate coping skills. Children to cope with their stress were use different strategies. The use of emotion-focused strategies, are associated with greater maladjustment. In contrast problem-centered strategies are known proactive approach to dealing with stress to lead to better compliance.

Object: This study examined the effectiveness of art therapy with painting approach on coping strategies of children 7 and 8 years old in Bojnourd City.

Method: A quasi-experimental study design with two experimental and control groups was used in this research. The study sample included all students 7 and 8 years old of Bojnourd City at 1390 – 91 school year. Of these number, 28 person were selected multi-stage cluster sampling method, then through random sampling were included into two control (n = 14) and experimental (n = 14) groups. The tool was used in the present study is researcher – made coping strategies questionnaire (emotion - focused, problem - focused) that required during the design and pre-tested by the researchers in this study and the validity and reliability is well (α= 0/83). To make this tool a questionnaire Children Coping Skills (SCSI) with Cronbach’s alpha 0/79 that made by Venger in 1990, and the Check list of coping skills for children (CCSC-R) with a Cronbach’s alpha 0/88 were made by Ayers & Sendler in 1999.

Finding: SPSS20 software was applied for analysis of collected data and paired-Sample T Test was conducted. The results showed a significant difference (p ≤ 0/01) between mean score of experiment and control group.

Conclusion: The applying of art therapy with painting approach is increase use of problem-centered coping strategies such as playing and reading poetry and reduce their use of emotion-focused strategies such as crying and clinging to parents in the experimental group than the control group. It seems that this method can serve as a useful therapy to enhance coping skills for children with stress.