Poster Presentation   **Research**

The Study of Effectiveness of Some Art Therapy Techniques in Reducing Anxiety of Fifth Grade Students of Yazd

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Abstract

Art is a tool for children to enjoy life. Rhythmic activities, narration, and using attractive educational methods are devices to express feelings, problems, thoughts and beliefs. Art therapy methods create unique opportunities to express and challenge feelings and lead to improvement of mental health and personal promotion indirectly. Regarding the fact that art therapy methods are seen in most psychological viewpoints, we tried to use some of them in reducing primary boys in fifth grade of elementary schools anxiety. The current study is an experimental study with pre and post testing. The statistic society is all boys in fifth grade of elementary schools in Yazd and 28 are chosen through accessible sampling that had anxiety with Katel anxiety test. The experimental model was done in 20 sessions and included: painting therapy, theatre therapy, film therapy, sand therapy and narration. The post test was done one month after the last session. Findings showed that there is a meaningful difference in pre and post testing. A reduction of 39.28 percent in anxiety was seen compared to the first session. Free expression of art by kid Art therapy, as a medic method, is the best predictor of unconscious personalities. Art therapy helps us get aware of kids' imagination, feelings and unsaid words in the simplest way. Anxiety, as an unwanted psychological mood, can disorganize kids' mental and physical health and art therapy can be lessened anxiety.

Keywords: Art Therapy, Anxiety, Elementary Schools, Boys.

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