



The Effect of Art Therapy in Reduction of School Anxiety of First Grade Students in Yazd

Sajede Rezaei Sadrabadi¹, Seyed Morteza Yusefi¹, Asiye Rezayinasab Sadrabad^{2*}, Alireza Bakhshayesh³

¹ Yazd Educational Organization, Yazd, Iran.

² Tehran Educational Organization, Tehran, Iran.

³ Department of Psychology and Education, Yazd University, Yazd, Iran.

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Abstract

The therapeutic value of kids' artistic activities has always attracted experts and medics' attention. It has a lot of usages in obtaining peace of mind and health in children. Art therapy is a new and organized way in solving social and mental problems and disorders that can lead to improvement, especially in children. School anxiety can be seen and reduced, in artistic activities, as a sign of alert to the unwanted stimulus. The current study is an experimental study with pre and post modeling. The statistic society is all first grade girls in Yazd and 30 were chosen by accessible sampling. The experimental model was done in 20 sessions and included: painting therapy, drama therapy, sand therapy, film therapy, and storytelling. The post testing was done one month after the last session. The results show that art therapy techniques are effective on reducing the girls' school anxiety and result in reduction and stability of school anxiety after 6 months. Regarding the fact that art therapy techniques are listed under non-medic therapies, they can substitute medic therapies. Regarding the results of the present study, using these methods can have a stable effect on reduction of kids' school anxiety.

Keywords: Art Therapy, School Anxiety, Girls.

***Corresponding Author:** Asiye Rezayinasab Sadrabad

Email: s.m.rezaei@hotmail.com