

**EFFECTIVENESS OF UNSTRUCTURED COLOURING ACTIVITY AND
MANDALA COLOURING FOR EVALUATING ANXIETY AS
STATE ANXIETY IN CHILDREN**

BY

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ABSTRACT

The present study aimed to evaluate the effectiveness of unstructured and Mandala (structured) colouring the levels of evaluation anxiety as state anxiety among school going children by use of unstructured colouring activity and Mandala colouring. It was hypothesized that unstructured and structured colouring activity will reduce state anxiety in children. Moreover, it was also hypothesized that there will be difference in the state anxiety levels of children in Mandala (structured) colouring activity group as compared to children in unstructured colouring activity group. Mandala techniques have long been used in the west to decrease the anxiety symptoms and have proven to be effective however; this technique needs to be worked upon in the east. The sample included 20 school children ages 5 to 6.5 years 10 children in each group. The average age of the participants was 6 years. Total of 20 participants were randomly assigned to either structured Mandala (n =10) or free colouring group (n=10), and completed a standardized anxiety measure to assess anxiety before and after colouring. Both the groups were given modified short State-Trait Anxiety Inventory (STAI) Spielberger, (2010). As pre-test and post-test, to evaluate the anxiety levels amongst the participants. The results showed an overall reduction in levels of test anxiety which was analysed with independent and paired t test.