



**College of Art Education
Graduate Studies and Research
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**The Effectiveness of an Artistic Activities
Program to Improve the Quality of
Psychological Life in the Light of the Vision 2030
for a sample of Children with Tumors: An
Empirical Study**

presented by researcher

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2022

The summary

Mental health and the opportunities we feel to express our emotions and our thoughts, as we are affected by some audio and visual stimuli, as well as the opportunity to express our feelings.

Helps them express ideas Helps them express their ideas
Helps them express their ideas Helps them participate with
them and share their work Respect and help adults.

A child or teen with cancer can express their feelings about the troubled course of their disease and its treatment through the practice of the arts. It allows the patient to treat and treat episodes of cancer in a creative and dynamic manner, this creating a stronger sense of self and improving the quality of life.

The orientation of the 2030 Future and Skills Project launched by the Organization for Economic Co-operation and Development (OECD) to integrate the arts into education and health to make people's lives oriented towards mental health, happiness, optimism, and a positive outlook on people's lives, all of which leads to an improvement in their quality of life and an emphasis on the arts as an essential area in achieving psychosocial care and create a healthy community.

Where the idea of a healthy community is linked to the concept of (autogenesis), a phrase coined by Aaron

Antonowsky, a medical sociologist, to denote the health resulting from the process of recovery, convalescence, and focus on self capabilities rather than disability, to reach a healthy approach, stressing that the arts are one of the Individual and societal assets to achieve, build and maintain a healthy society (Siriya, others 2019,P31).

Emphasizing that the arts are creativity and the ideal space for imagination and expression, and the arts are also communication and forms of communication with the other, and the various fields of arts also contribute to solving problems, the ability to adapt, and work well with others.

Physical diseases may have many psychological reactions, so if a particular individual acknowledges that he is sick, then there are behavioral changes that must have occurred in him, and because the disease world is affected by the disease, and the surrounding material conditions such as: the need for rest and relief of pain, and if the disease is chronic. Compatibility with him may be difficult.

With the expansion of the number of chronic diseases that affect children, which were considered limited to adults and the elderly, it has expanded to include children and young people, such as cancer, and a group of related diseases such as psychological stress, depression, and anxiety (Youssef, 2003, P14).

Over many decades, psychology's attention focused on psychological problems and disorders as a diagnostic and therapeutic study, but with the end of the twentieth century and the beginning of the third millennium, psychologists' attention began to focus on the strengths of personality, to invest them in the interest of the individual's quality of life and the development of societies, within the framework of what Positive psychology is defined as the scientific study of positive emotions, positive personality traits, and positive institutions that enable an individual to experience well-being, happiness, or general human well-being (Alex2001,P16).

Paying attention to concepts such as mental illness and factors leading to disorder, concepts such as well-being, satisfaction with life, inner peace, self-esteem, optimism, and courage. To this are concepts with positive connotations that give you confidence in the chances of quality of life, transcending merely the sufficiency of normality and freedom from pathological symptoms (Seligman 2005 p. 7).

The problem of the study:

Cancer is considered one of the health problems that threaten the life of the individual and human societies in general, especially the developing countries. Lifestyle and fear of death, in addition to physical changes in the physical

form or change in the perception of oneself, the transformation of social status, financial and occupational considerations, in addition to its psychological effects, and psychological quality of life is one of the basic requirements at the present time to achieve positive mental health, With oncology patients, especially children, in order to support contemporary concepts of Vision 2030, and to achieve psychological and social compatibility, which requires that the individual enjoy a sufficient amount of mental health, and the arts have undoubtedly become an important role in the mental health of the individual, giving him an opportunity to vent what is inside and feeling With satisfaction, and from this point of view and after referring to the literature and reviewing the studies and research that showed the lack of studies, especially the Arabic ones that link (artistic activities and psychological quality of life), the research problem was determined in the following:

Study aims:

Revealing the relationship between the application of the technical activities program and improving the quality of psychological life in a sample of children with tumors in the light of the 2030 vision.

Study hypotheses:

1. There are statistically significant differences between the mean scores of the control group and the experimental

group on the psychological quality of life scale in the pre-test, in favor of the control group.

2. There are statistically significant differences between the average scores of the experimental group on the psychological quality of life scale before and after the application of the technical activities program in favor of the post-measurement.

3. There are statistically significant differences on the psychological quality of life scale between the mean scores of the experimental group and the control group in favor of the experimental group in the post measurement.

Importance of Study:

- Detecting the impact of artistic activities on children with tumors, which would expand treatment protocols to achieve an optimal level of quality of life.
- Create awareness about various health related issues and problems underlying the disease, so that possible measures can be taken in advance to improve the quality of life of cancer patients.
- The study provides a tool for measuring the quality of psychological life in children with tumors.
 - Studying the psychological quality of life for oncology patients, an in-depth study that helps in building treatment

and counseling programs for this category based on the results obtained.

Study terms:

The concept of quality of life related to health:

The definition of health-related quality of life by the World Health Organization (1947) as a state of psychological, physical and social well-being and not just the absence of disease or disability (Zatout 2014.P3).

Psychological quality of life:

According to Carroll, Rafe and others, psychological quality of life is represented in (a positive sense of well-being, and psychological quality of life is linked to both a general sense of happiness and psychological reassurance) (Ruff, Estal, 2006.P95).

Procedurally defined: the feeling of contentment and psychological happiness and a sense of well-being under the circumstances that the individual lives.

The quality of psychological life of children with tumors:
Known procedurally: the feeling of children with tumors of satisfaction and happiness with his life, that is, it is an emotional state that makes the child see itself capable of satisfying his various needs through the available capabilities and capabilities in the light of the surrounding circumstances.

The Fine Art Activities Program: The researcher procedurally defined a set of organized sessions that include some color artistic activities such as (drawing, photography, weaving, stereo expression, printing and artistic works) presented during a period of time to improve the psychological quality of life for children with tumors.

Limitations of Study:

Objective limits: Designing a program of artistic activities that contributes to improving the quality of psychological life for children with tumors.

Spatial limits: This study was applied at the Oncology Institute in Fayoum Governorate.

Time limits: The procedures of the current study were applied in the period from (10/5/2022) to (10/8/2022), with two sessions per week, which were 24 sessions, presented individually and some collectively, according to the type of activity and it takes Each session (45 to 60 minutes), taking into account a rest period during a session.

Research Methodology:

The research follows the experimental method (semi-experimental design) with two groups when applying the practical aspect and the experience of the study. It also followed the clinical method, which is concerned with

studying the history of the disease and the case study in a description that shows the development and tracking of symptoms that the researcher observes on the study sample.

Study sample:

The study consisted of (8) children from the Cancer Institute in Fayoum Governorate who suffer from low psychological quality of life and whose ages ranged between (6–10) years.

Study Tools:

- a. Preparing a measure of psychological quality of life (prepared by the researcher).
- B. Preparing a program of technical activities.
- c. Preparing a data collection form for the study sample (case study), which includes preliminary introductory information about the case, information about the case and growth rates, information about the child's problem and illness, information about the economic and social level of the family, and information about the child's behavior (prepared by the researcher).

Statistical processing methods:

- 1– Entering the data into the statistical analysis program and reviewing it to ensure its validity and accuracy.

- 2- Cronbach's alpha coefficient, to calculate the stability coefficient.
- 3- The statistical analysis of the data was done using the Statistical Package for Social Sciences, 25th Edition (vr.25).
- 4- The study used nonparametric inferential analysis methods (non-parametric tests); To verify the hypotheses of the study; This is due to the lack of conditions for the use of parametric tests in the study data; Due to the small size of the sample, the non-parametric tests are as follows:
 - a. Using the Mann-Whitney test as a nonparametric alternative to the independent samples T-test; To validate the hypotheses and reveal the differences between the control group and the experimental group.
 - B. Using the Wilcoxon Signed Ranks Test as a parametric alternative to the Paired Samples T-Test; To verify the validity of the hypotheses and to reveal the differences between the mean scores of the pre-test and the post-test.
 - c. The Spearman correlation coefficient was used to measure the correlations between variables the study.

Results:

- There are statistically significant differences in the averages of the experimental group and the experimental group.

- There are statistically significant differences in the mean scores of the experimental group on the quality-of-life scale for the post-measurement.
- There are no statistically significant differences on the quality-of-life scale, the averages of the experimental group, between the post and follow-up application.