

Research Paper

Effectiveness of Pet Animal Videos on Youth with State Anxiety

Ms. Gunjan Choughule^{1*}

ABSTRACT

Researchers have found animals can have overall positive effect on health and improved mood quality. Clients who find a connection between them and pet animals have higher chances of effectiveness. Most of studies in this field are qualitative studies as pretest and posttest are mandatory to check the effectiveness of the intervention. Humans find pet animals as a non-judgmental object. Some studies have suggested that watching cute animal videos can lift your mood up and help build your resilience to stress. Cute animal videos, in any case, aren't as liable to worry you. A few investigations have alluded to the advantages of reviewing pictures of cute animals, and these advantages may really be more expansive than one might suspect. 27 high anxiety scorers were selected amongst 100 with the help of state trait anxiety inventory. Again, the same test was conducted on those 27 participants as pretest. For the intervention, a 4 minutes 50 seconds video of pet animals was shown to them one by one. Later on, some questions regarding the video were asked as post task questions and also a buffer time to avoid practice effect of state trait anxiety scale. Again, in the end, state trait anxiety inventory was given for post-test. After scoring both the pre-test score and post-test score, it was seen that data was normally distributed and the hypothesis was inline.

Keywords: *Pet Animal Videos, Youth, State Anxiety*

The bond between human beings and animals has been used to enhance physical and emotional wellbeing since 1600s as studies says, but it wasn't until child psychologist Dr. Boris Levinson published his study of 'The dog as a Co therapist' in 1962, that it became a part of psychotherapy. The field of human animal bond research is passionate to study the health benefits of pets and human- animal interaction. Positive interaction reflects in changes of physiological variables of both human and animals, consisting of a reduction of subjective psychological stress i.e., fear, anxiety, and remarkable increase of oxytocin levels in brain. Interactions with animals can help people manage their long-term mental health condition. Some studies have shown that pets are facilitators of getting to know people, friendship formation and social support networks.

The Human Animal Bond Research Institute (HABRI) is dedicated to their work to increase our knowledge of the health benefits of pets. Since last four years, HABRI has invested millions, all aimed at exploring health benefits of human animal interaction in three broad categories: child health and development, healthy aging and mental health and wellness.

¹M.A. Child Psychologist, India

*Corresponding Author

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While getting a pet, seeking pet therapy, or finding ways to spend more time with your companion animal are good ways to support mental health.

Researchers have found animals can have overall positive effect on health and improved mood quality. Clients who find a connection between them and pet animals have higher chances of effectiveness. Most of studies in this field are qualitative studies as pretest and posttest are mandatory to check the effectiveness of the intervention. Humans find pet animals as a non-judgmental object.

In the world full of stressful social media scrolls/ posts, there is also a completely different category of social content: pictures and videos of cute animals. Light-hearted, Heart-warming, silly or funny at times, such content is sometimes seen to be lacking substance or considered a time waster- but there might be more to it. Some studies have suggested that watching cute animal videos can lift your mood up and help build your resilience to stress. Cute animal videos, in any case, aren't as liable to worry you. A few investigations have alluded to the advantages of reviewing pictures of cute animals, and these advantages may really be more expansive than one might suspect.

While no single study gives a total picture, a gathering of studies appears to show a connection between cute animal videos and less pressure—and perhaps more noteworthy fulfillment with numerous everyday issues. Researchers are trying to figure out which positive influence enlistment methods work the best. Instances of potential disposition boosting exercises incorporate appreciation journaling, imagining beneficial things happening to us, cherishing benevolence reflections, and that's only the tip of the iceberg. For the first part of this research, I gave the State Trait Anxiety Inventory to 100 people aging from 15 years to 24 years, who majority pet lovers and are not any such medication that will affect my research. Out of these 100, 27 people got selected for next part of the research as samples. In the part two, there were 4 sections namely, 1) Pre-test, 2) Intervention (Pet animal Video), 3) Post- Task Questions and 4) Post – test. After the collection, scoring was done, and results were seen in remarkable position.

Statement of the problem – To see if pet animal video helps in reducing state anxiety amongst youth.

Objective

To create awareness about one's mental health and make them feel that pet animals can also help them in improving their mental condition.

Significance of the study- The intervention video will help the participants in overcoming the state anxiety and can create/ recollect their memories about pets and can make themselves feel good.

LITERATURE REVIEWS

One study analyzed grown-up ladies, going from 27 to 55 years, inside their own homes with either their own pet dog in a similar room, a dear companion in a similar room, or neither as the control gathering (Allen, Blascovich, Tomaka, and Kelsey, 1991). The consequences of this examination shown that during the presentation of a stressful errand, the presence of pet dogs offered a nonevaluative social help framework contrasted with the individuals who were with a nearby companion when they finished the undertaking. The presence of pets may initiate good sentiments that are not evoked by one's dear companions

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during a stressful assignment (Allen et al., 1991). Rather than simply zeroing in on ladies, another examination analyzed wedded couples, with a mean age of 41, where half possessed a solitary pet and the other half had no pets (Allen et al., 2002). Couples with pets had altogether lower pulse and circulatory strain during gauge, and quicker recuperation following stress (Allen et al., 2002). Individuals see pets as significant pieces of their lives. Allen et al. (2002) expressed that due to these recognitions there are critical cardiovascular and conduct benefits. Moreover, research has analyzed treatment dog proprietors (Barker et al., 2010). The two gatherings of members in this examination included treatment dog proprietors with their own dog and treatment dog proprietors with a new dog. Barker et al. (2010) found a pattern of unwinding related to cooperating with any treatment dog. They additionally saw that the dog proprietors with their own dog had seen less stress and uneasiness compared with the dog proprietors cooperating with new dog. This investigation shows the advantages of your own pet dog contrasted with new dog.

A recent report (2016) investigated the part of pets in the informal communities of individuals dealing with a drawn-out psychological well-being issue and discovered that pets give a conviction that all is good and schedule that offered passionate and social help. Studies have additionally demonstrated that pets are facilitators of becoming more acquainted with individuals, fellowship arrangement and social encouraging groups of people.

A recent review shows evidence that family pet ownership may aid children's well-being, learning and social development, but too few studies have followed children over time in pet and non-pet households. Studies of dog-assisted interventions show stress-reduction, which in turn may explain why therapy for mental health in young people and adults was more effective with a dog than without. Social inclusion is hinted at but not measured directly, yet dog-assisted therapy might be helpful in this regard.

In a study, forty children between the ages of 8 and 18 years, who were admitted to a hospital pediatric unit, were randomly assigned to an animal-assisted intervention (AAI) or an active control condition (working on an age-appropriate jigsaw puzzle). Ratings of pain and anxiety were taken both pre- and post-condition. The attachment Questionnaire and Family Life Space Diagram (FLSD) also were administered, and information on medications taken was recorded. A significant post-condition difference was found between groups for anxiety, with the AAI group having lower anxiety scores.

Work of Tatiane Ichitani & Maria Claudia Cunha aimed at verifying the effects of animal-assisted activity (AAA) on the expression and quality of self-reported pain in hospitalized children and adolescents, while considering the subjects' subjectivity. The participants were 17 hospitalized children/adolescents of both genders, aged 7 years and older, who complained of pain. Two therapy dogs were selected for the intervention according to the criteria of international protocols. The participants were asked an open question ("How would you describe your pain?"). After the question, an AAA session, which lasted between 5 and 10 min, was held with random activities spontaneously chosen by the subject. The open question was asked again at the end of the session, without the presence of the dog. Positive effects were observed in this population regarding a decrease in self-reported pain.

In a study, all the research published between 2000-2015 were investigated and were contrasted and creature types, intercessions, and results. Studies were incorporated whenever utilized remedially for kids and young people (≤ 21 years) with or in danger for a

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psychological wellness issue; utilized irregular task or a shortlist examination/control gathering; and included kid explicit result information. Of 1,535 investigations, 24 met consideration rules. Results: Of 24 examinations recognized, practically half were randomized controlled preliminaries, with 9 of 11 distributed in the previous two years. The biggest gathering tends to equine treatments for chemical imbalance. End: Findings are commonly encouraging for beneficial outcomes related with equine treatments for chemical imbalance and canine treatments for youth injury. The AAT research base is thin; a more engaged exploration plan is illustrated.

Past examinations have investigated the helpful impacts of animal helped treatment with patients experiencing nervousness, a significant test for experts thinking about patients with scholarly inability. The presence of mental comorbidities, for example, wretchedness or uneasiness inside this populace is two to multiple times higher than in everybody. Finding new treatment choices for such uneasiness issues is significant. The point of this observational investigation was to investigate whether the degree of uneasiness diminished when a dog was available during treatment for individuals with learning inability. This was an observational examination which included 53 grown-up patients with gentle learning incapacities (26 men) normal age, 36.5 ± 11.2 years. The State-Trait Anxiety Inventory (STAI) was finished by members with the advisor, when two 30-min restorative meetings, one within the sight of a canine and the other with just the specialist. The STAI score essentially diminished after the meeting with the canine, which was not the situation after the meeting without the canine). After the creature helped meeting, the STAI score was altogether lower ($Z = -4.654$; $p < 0.0001$), which was not the situation for the meeting without the canine ($Z = -1.054$; $p = 0.295$). There was a noteworthy distinction in nervousness among people.

In a study that was aimed to decide if first-year college students' collaboration with a canine would positively affect their state of mind and uneasiness. An example of 35 first-year understudies, matured 18-19 years, was somewhat arbitrarily allotted to a condition for five minutes wherein the member either cooperated with a canine ($n = 19$) or viewed an educational video that included canines ($n = 16$). Prior to the trial therapy, understudies finished the Pet Attitude Scale, Positive and Negative Affect Schedule-Expanded Form, State-Trait Anxiety Inventory, and the Perceived Stress Reactivity Scale to assess their creature inclinations, temperament, tension, and stress. After the trial therapy, members again finished the Positive and Negative Affect Schedule-Expanded Form and State-Trait Anxiety Inventory to evaluate for potential changes in mind-set and uneasiness. Results showed that the individuals who legitimately interfaced with the canine announced increments in sure temperament, yet the individuals who just watched canines didn't. All members, paying little mind to condition, experienced decreases in negative temperament and tension across time. Along these lines, there are all the earmarks of being a few advantages to connecting with canines, explicitly with respect to upgrades in certain mind-set. Further examinations, particularly those with bigger example sizes and that occur during seasons of raised pressure are required to even more completely analyze the potential for constructive outcomes of canine associations on understudies.

A survey of the writing about tension uncovers it to be the most widely recognized mental issue in youngsters and youths. Uneasiness detrimentally affects kid advancement in various limits including scholastics, peer connections, and long-haul impacts whenever left untreated (Nail et al., 2015; Siegel, La Greca and Harrison, 2009; Van Ameringen, Mancini and Farvolden, 2001). Most kids who get treatment for uneasiness recuperate from their

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indications and keep up results for quite a long time after the culmination of treatment (Schoenfield and Mather, 2009). As of late, the utilization of creature helped mediations in different remedial settings has picked up notoriety for its one-of-a-kind capacity to help diminish customer uneasiness (Bert et al., 2016). The American Academy of Pediatrics (2011) found that "70-80% of schoolchildren who need psychological well-being administrations get that care in the school setting" (p. e1359). The motivation behind this precise audit was to see how the presence of a treatment canine lessens levels of human tension and to examine how the discoveries can be deciphered and applied in a school setting. The accompanying writing survey will address uneasiness in kids and teenagers, the adverse impacts it has on different parts of their lives, and the developing utilization of Animal-Assisted Interventions as a treatment approach for nervousness.

A survey showed proof that family pet proprietorship may help kids' prosperity, learning and social turn of events, yet too couple of studies have followed youngsters after some time in pet and non-pet families. Investigations of canine helped intercessions show pressure decrease, which thus may clarify why treatment for emotional wellness in youngsters and grown-ups was more powerful with a canine than without. Social consideration is alluded to however not estimated straightforwardly, yet canine helped treatment may be useful in such manner.

A study led by James McNulty of Florida State University found that cute animal photos could be used to improve marital satisfaction. Toward the beginning of the investigation, the specialists asked 144 couples who had been hitched for under 5 years to finish conjugal fulfillment overviews. At that point, the specialists isolated the couples into gatherings and had each gathering view a flood of pictures three times each week for about a month and a half. The couples in the exploratory gathering saw a surge of pictures that incorporated their accomplice matched with pictures related with positive influences, for example, visuals of adorable creatures or positive words like "great." The other gathering saw photos of their accomplices combined with nonpartisan items like catches. Following a month and a half, the gathering who had been seeing the pictures including charming creature pictures matched with their life partners had more sure programmed reactions to their mates. Furthermore, they showed more fulfillment with their relationships and enhancements of a more significant level than those in the benchmark groups.

A study by Japanese researcher Hiroshi Nittono found that participants who viewed pictures of puppies, Grumpy Cat videos, or watched panda cams experienced a boost in certain performance tasks. In the investigation, subjects played out a few errands that necessary aptitude and fixation (counting playing the prepackaged game, "Activity") when survey pictures of infant creatures, grown-up creatures, and unbiased things like food. The individuals who saw the charming creature pictures performed fundamentally in a way that is better than the other two gatherings. Scientists ascribed the expanded execution to a couple of elements including the way that review the recordings seemed to help members slender their core interest.

A study conducted at Leeds University in England, in partnership with Western Australia Tourism, discovered that watching recordings of charming creatures positively affected the pulses and circulatory strain of anxious watchers, and decreased nervousness. Purposefully coordinated to agree with the colder time of year test period, 19 volunteers demonstrated a 30-minute montage of recordings and pictures of charming creatures. Most of the volunteers were college understudies who were planned to take a test only an hour and a half

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subsequent to survey the montage. The excess volunteers were scholastic care staff who had told the analysts they were encountering pressure at work. Members' pulse and circulatory strain were estimated when the meeting was held, and the larger part wore a pulse screen all through the term of the review. They were likewise asked to self-report their uneasiness levels as per the State-Trait Anxiety Inventory before the survey. This empowered specialists to decide if their specific nervousness was incited by the test or was a hidden character quality.

METHODOLOGY

Hypothesis:

Null hypothesis: Pet Animal Video will have no effect on youth dealing with state anxiety.

Alternate hypothesis: Pet Animal Video will have a remarkable effect of youth dealing with state anxiety.

IV: Pet Animal Video (Intervention)

DV: Level of Anxiety (Low, Moderate, High)

Research design: Exploratory design

Subject and data collection tool:

Sample – youth having from state anxiety.

size – 100 participants out of which 30 will be selected for scoring high on anxiety.

Sampling – random sampling

Data collection – to check anxiety scores State Trait Anxiety Inventory (STAI) will be given. STAI will be given in the form of google form. In part two of this research, there are 4 sections as below.

1. Pre-test: In this section, participants had to fill in the STAI again to check their pretest scores.
2. Intervention: In this section, participants were asked to watch a pet animal video of duration 4 minutes 52 seconds.
3. Post Task Questions: For avoiding practice effect, after watching the video, participant was asked to answer some questions regarding the video including, did they recollect any memory or how to handle pets, etc.
4. Post-test: STAI was given to participants again to check if the video helped them to lower their anxiety or not.

Statistical analysis used

SPSS software was used to analyze the data. In SPSS the following functions were used, 1) descriptive statistics, 2) correlation, 3) test of normality, and 4) paired sample T- Test.

Primary data collection of 100 participants was done with the help of google forms on which the questionnaire of State Trait Anxiety Inventory was added. Amongst the 100, 27 high scorers of anxiety were chosen for further research procedure. They were exposed to 4 tasks i.e. 1) pretest, 2) intervention, 3) post task questions and lastly 4) post-test. Scoring was done manually and for descriptive statistics and data analysis SPSS was used. The results and discussion are added in the next chapter.

RESULTS AND DISCUSSION

The data of 27 participants was collected and analyzed in SPSS to check the descriptive statistics and normality of the data. Paired sample T-Test and correlation was done on the data received.

Descriptive

		Statistic	Std. Error
final post test	Mean	34.30	1.538
	95% Confidence Interval for Lower Bound		31.14
	Mean Upper Bound		37.46
	5% Trimmed Mean	34.00	
	Median	32.00	
	Variance	63.832	
	Std. Deviation	7.989	
	Minimum	23	
	Maximum	51	
	Range	28	
	Interquartile Range	12	
	Skewness	.653	.448
	Kurtosis	-.465	.872

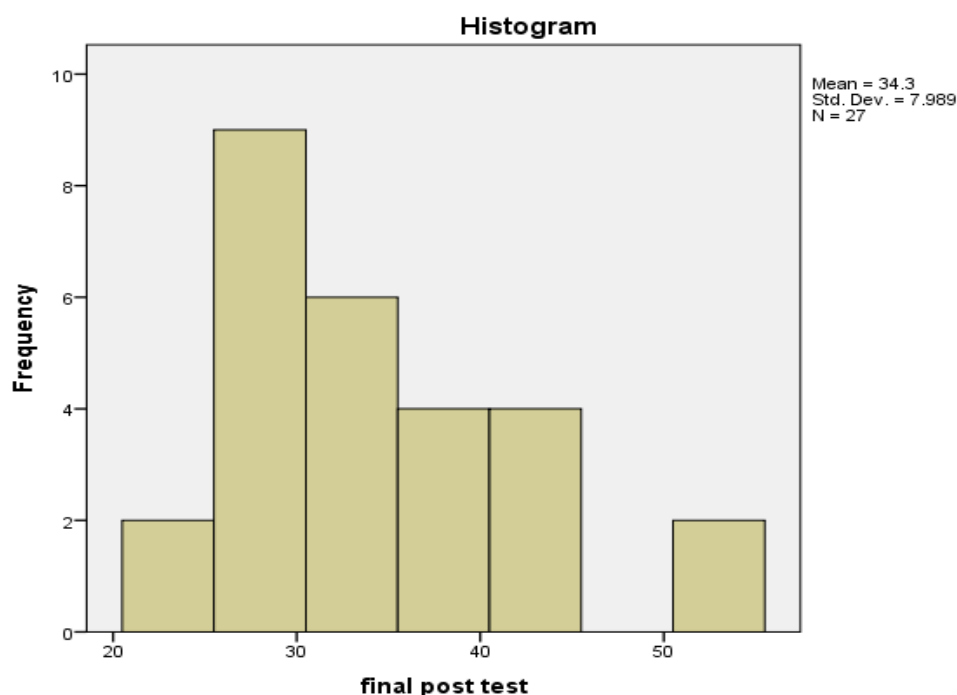
The data is normally distributed, with mean 34.30, std. deviation 7.989, and range of 28.

Tests of Normality

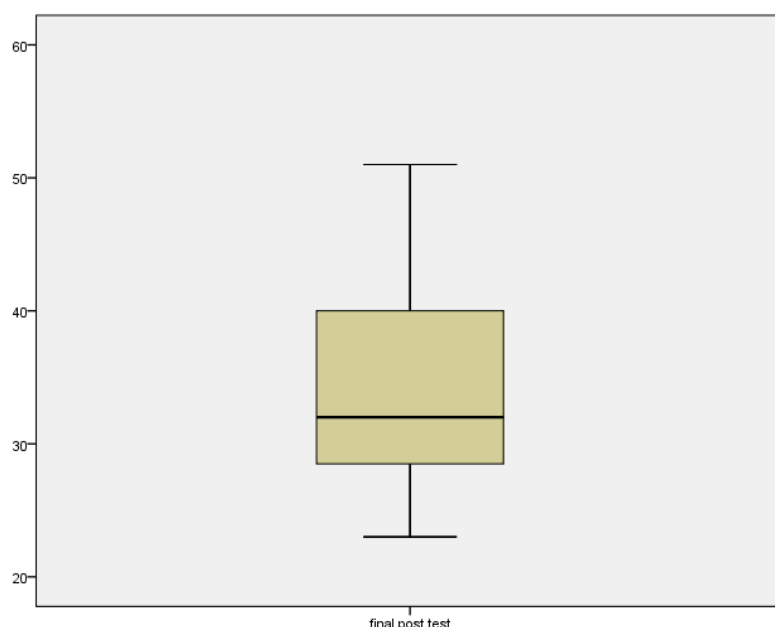
	Kolmogorov-Smirnova			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
final post test	.157	27	.086	.932	27	.078

a. Lilliefors Significance Correction

Histogram:



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Paired Sample Correlation results:

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	final pretest & final post test	27	.160	.424

Correlations:

Correlations

		final pretest	final post test
final pretest	Pearson Correlation	1	.160
	Sig. (2-tailed)		.424
	N	27	27
final post test	Pearson Correlation	.160	1
	Sig. (2-tailed)	.424	
	N	27	27

According to the above results, the hypothesis is in line with the research. It was seen that the intervention video helped everyone in some or the other way in overcoming the state anxiety. In the 3rd section of the research, some post task questions were asked to participants. Their responses also helped in finding the conclusion of this study.

Everyone had a good experience with the whole study. Most of them correctly guessed the purpose of the study i.e., lowering anxiety, some also felt that it was for calming their mind and making them feel good. Some reported that it was to see the attachment towards pets. Everyone finds the video heartwarming and it helped almost everyone to reduce their anxiety. Everyone was happy and had a good vibe while watching the video. Almost all find a connection with memories while watching the video. All agreed that pet animals can help in improving mental conditions. Every participant had a different view on how animals help in coping with anxiety. Those answers are mentioned in the excel sheet. Most of the participants don't have any pet but are very willing too. Carefully and gently handling them

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is the key to keep in mind while dealing with pet animals. Almost all the participants agreed with suggesting this technique for improving their mental health condition.

Below, I have added the final scores data for reference of scores. As you can see there is a change in the post test scores after the intervention.

Hence, alternate hypothesis was accepted, and null hypothesis was rejected.

final pretest	final post test
43	26
58	35
69	27
44	29
58	44
58	23
46	45
56	29
54	37
51	51
62	31
34	33
59	51
53	30
72	33
43	31
56	27
44	40
56	27
51	30
60	32
62	41
49	45
38	28
59	40
65	38
30	23

CONCLUSION

According to all the data analysis, feedback from participants and overall results, the expected outcome was in line with the hypothesis. So, the alternative hypothesis was accepted and null hypothesis was rejected. All the participants were actively engaged in the experiment.

This research has some limitations to perform. First one is if anyone is not aware of language English then self-reporting cannot take place as the state trait anxiety inventory is a self-report test. If the participant is not pet friendly, then the intervention might not help them. Sometimes watching a video can be a hectic thing after a long day of work or exhausting nature of workplace, as that can contribute in damaging or harming the eye

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sights. If participants find any attachment or memories that are linked with pets, they find the intervention more helpful.

For the suggestion, I'd like to add, if this research was conducted manually/ physically rather than virtually it would have been more effective. More research should be done on this topic as there is very limited research regarding this.

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Conflict of Interest

The author(s) declared no conflict of interest.

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