

Research Paper

Impact of Art Therapy on Non-Verbal Intelligence Quotient and Attention Age among children's in Cleft Lip and Cleft Palate Patient at Smile Train CLC BMJH

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ABSTRACT

The Psychologist in this study wanted to know the impact of Art Therapy in group of cleft lip/palate children's who attended Art Therapy Camp at Smile Train- Cleft Leadership Centre BMJH. The data was collected pre and post camp using Draw a Man tool to access non-verbal intelligence quotient and Knox Cube tool to access Attention Age. The researcher has a set sample size of 15 cleft patients who are undergoing treatment in Smile Train Cleft Leadership Centre BMJH. The results indicate there is an impact of Art Therapy in level of Non-Verbal Intelligence Quotient and in level of Attention. It proves art therapy affects the Attention and Intelligence Quotient significantly. The researcher in this study proves that there is a significant difference in level of Non-Verbal IQ and Attention post Art Therapy. Art therapy enriches the life of the cleft child through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship.

Keywords: *Art Therapy, Cleft, Non-Verbal Intelligence Quotient, Attention*

ART THERAPY
The utilization of imaginative strategies to treat mental problems and improve emotional wellness is known as Art Therapy treatment. Art Therapy treatment is a method established in the possibility that imaginative articulation can cultivate mending and mental prosperity.

Individuals have been depending on artistic expressions for correspondence, self-articulation, and mending for millennia. However, workmanship treatment didn't begin to turn into a proper program until the 1940s.

Specialists noticed that people living with psychological maladjustment frequently put themselves out there in drawings and different craftsmanship, which drove numerous to investigate the utilization of workmanship as a recuperating procedure. From that point forward, Art Therapy has turned into a significant piece of the restorative field and is utilized in a few evaluation and treatment procedures. (Moon, 2001)

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The objective of workmanship treatment is to use the inventive strategy to assist individuals with investigating self-articulation and, in doing as such, track down better approaches to acquire individual understanding and foster new adapting abilities.

The creation or enthusiasm for Art Therapy is utilized to assist individuals with investigating feelings, foster mindfulness, adapt to pressure, support confidence, and work on interactive abilities.

Procedures utilized in workmanship treatment can include: Collage, Coloring, Doodling and scribbling, Drawing, Finger painting, Painting, Photography, Sculpting, Working with clay, Texture Play, Messy Play etc. (Kendra Cherry, 2022)

As clients make Art Work, they might examine what they have caused and how it causes them to feel. Through investigating their craft, individuals can search for subjects and clashes that might be influencing their contemplations, feelings, and ways of behaving.

Benefits of Art Therapy: As per a recent report distributed in the Diary of the American Art Therapy Treatment Affiliation, under an hour of imaginative action can lessen your pressure and decidedly affect your emotional well-being, paying little heed to creative experience or talent.

A few circumstances where craftsmanship Art Therapy may be used include: Grown-ups encountering extreme pressure, Kids encountering conduct or social issues at the everyday schedule home, Kids or grown-ups who have encountered a horrendous mishap, Kids with learning incapacities, People living with a mind injury, Individuals encountering emotional well-being problems. (Botton, 2013)

CLEFT PALATE AND CLEFT LIP

What is cleft lip and palate? Congenital fissure and sense of taste are birth deformities of the lip and mouth, otherwise called orofacial clefts. (Jesse A. Taylor)

There is a Psychological study done on cleft palate children with or without cleft lip by Kinetic Family Drawing to explain how congenital fissure youngsters regardless of congenital fissure see their family, we applied the Kinetic Family Drawing (KFD) procedure to 60 congenital fissure kids (regardless of congenital fissure). The youngsters were matured 7-9 years (in the 1-3 grade of primary school) and went to the Division of Oral Medical procedure, Nagoya College Emergency clinic, somewhere in the range of 1990 and 1997. Significant discoveries were: (1) Compared with normal children, cleft lip and palate boys and cleft palate only girls drew their self-images significantly more often in region D (lower right) and in region A (upper left), respectively. (2) Cleft palate children with or without cleft lip felt anxiety and fear toward their family, rarely viewing their homes as a restful place; this suggested insecurity. Uniquely dynamic relations were also suggested in their homes. (3) Cleft palate children with or without cleft lip often perceived their father or mother as persons easily acceptable in society. Rather remote psychological distance between parents and cleft palate children with or without cleft lip was suggested (Masayo Kasuya f1, 2000)

A study was administered to find out the Self-Image Perception of 171 Children and Adolescents with Cleft Lip and Palate from 22 Countries, CL/CP are among the most well-

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known innate disfigurements of the head and neck. They are related with numerous issues, physical and mental. We portray 171 youngsters and teenagers with CL/CP from 22 nations who were approached to attract their countenances a mental self-view discernment drawing 2 hours before medical procedure to fix their disfigurements. The point of the review was to investigate whether youngsters and teenagers with CL and CP saw themselves as distorted whenever offered the chance to draw their countenances before a medical procedure to fix their disfigurements. None of the 171 patients with CL/CP drew their deformation when requested to draw their appearances; the reasons are not satisfactory. The kids might have needed to make up for their handicap with the productive utilization of imagination as they expected the medical procedure to fix their CL/CP. An extra speculation is that the kids wanted to draw a picture that they knew addressed their folks longings (Alaa A Abd-Elsayed, 2013)

The interpretation of co-working Artwork with parents of children with cleft lip and palate. Cleft Lip and Cleft Palate (CLP) youngsters are plainly recognizable from different kids because of clear oral or facial deformities. CLP youngsters will generally be disappointed with their appearance, have low degrees of confidence, and hold misshaped insights about their own face when contrasted with bunches who have gone through less noticeable medical procedures.

Family craftsmanship treatment ought to be acquainted with this gathering of kids to have them gain confidence and positive discernments about themselves. Objective of the study is to interpret the meaning of pieces of artwork created by CLP and craniofacial deformed children via collaboration with their families in the form of family art therapy. The results reveal CLP children and their families were able to freely create their artwork through family art therapy.

There was suitable development among the CLP children exposed to this type of treatment, and the children realized that an imperfect physical appearance does not need to be a barrier to living a normal life (Samretdee H, 2019)

ATTENTION

The act or state of applying the mind to something. Attention is the significant capacity to control restricted computational assets deftly. It has been concentrated on related to numerous different points in neuroscience and brain science including mindfulness, cautiousness, saliency, chief control, and learning (Lindsay, 2020)

NON VERBAL INTELLIGENCE QUOTIENT

Nonverbal insight portrays thinking abilities and critical abilities to think that don't generally need verbal language creation and understanding. This sort of knowledge includes controlling or critical thinking about visual data and may change in how much incorporated, theoretical, or calculated thinking and coordinated movements that are expected to get done with a responsibility. Nonverbal knowledge is frequently firmly connected with the Exhibition level of intelligence space of scholarly capacity tests that assesses nonverbal capacities, a space which is much of the time saw in contrast with the Verbal level of intelligence area (Ph.D., 2013)

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METHOD

Research Objectives

- To study the impact of Art Therapy in Cleft Lip/Cleft Palate Patient
- To study the impact of Art Therapy on Non-Verbal Intelligence Quotient in Cleft Lip/Cleft Palate Patient
- To study the impact of Art Therapy on Attention in Cleft Lip/Cleft Palate Patient

Hypothesis

- **Ho1** There is no difference in level of Attention level on Cleft Lip/Cleft Palate Patient after Art Therapy
- **Ha1** There is a difference in level of Attention level on Cleft Lip/Cleft Palate Patient after Art Therapy
- **Ho2** There is no difference in level of Intelligence Quotient on Cleft Lip/Cleft Palate Patient after Art Therapy
- **Ha2** There is a difference in level of Intelligence Quotient on Cleft Lip/Cleft Palate Patient after Art Therapy

Research Design

The research paradigm used was experimental analysis

Sample

The test was administered on 15 cleft lip/cleft palate sample size

Data Analysis

The statistical analysis used by the researcher was t-test

DATA ANALYSIS AND DISCUSSION

Ho1 Art therapy does not significantly affect the attention of Cleft Lip/Cleft Palate Patient

Variable	N	Mean	Std. Deviation	t	Sig
Attention - Pre test	15	3.27	2.764	3.327	0.005*
Attention - Post test	15	5.80	3.529		

The t value is 3.327 with a corresponding p value 0.005 which indicates that the art therapy affects the attention level significantly. The mean and SD value of pre (m=3.27, SD=2.76) and post test (m=5.80, SD3.52) shows a positive effect of art therapy on attention of Cleft Lip/Cleft Palate Patient.

Ho2 Art therapy does not significantly affect the level of intelligence of Cleft Lip/Cleft Palate Patient

Variable	N	Mean	Std. Deviation	t	Sig
IQ - Pre test	15	58.00	36.585	3.595	0.003*
IQ - Post test	15	77.27	41.098		

The t value is 3.595 with a corresponding p value 0.005 which indicates that the art therapy affects the non verbal intellectual functioning significantly. The mean and SD value of pre (m=58.00, SD=36.585) and post test (m=77.27, SD=41.098) shows a positive effect of art therapy on non verbal intellectual functioning of cleft patients. Hence the null hypothesis

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stated “Art therapy does not significantly affect the level of non verbal intellectual functioning of Cleft Lip/Cleft Palate Patient” is rejected and alternative hypothesis is accepted.

SUMMARY AND CONCLUSION

The objective was to study the Impact of Art Therapy on Non-Verbal Intelligence Quotient and Attention Age among children's in Cleft Lip and Cleft Palate Patient. The researcher has a set sample size of 15 cleft patients for pilot study who are undergoing treatment in Smile Train Cleft Leadership Centre BMJH. The researcher in this study proves that there is a significant difference in level of Non-Verbal IQ and Attention post Art Therapy.

Art therapy enriches the life of the cleft child through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship.

The limitations of the study was the sample size which can be increased in future study.

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Conflict of Interest

The author(s) declared no conflict of interest.

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