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The Effect of Mendala Interventions on Reduction Anxiety, and Mindfulness

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Abstract: *For the purpose of treating a wide variety of psychological issues, art therapy techniques are currently being developed. In a similar vein, the utilisation of mandala art therapy is increasingly acknowledged for its capacity to reduce anxiety and promote mindfulness. The findings of research conducted on mandala art therapy indicate that the utilisation of mandala techniques had a meditative impact on the participants. This allowed them to relax and calm both their bodies and their minds, which ultimately resulted in a reduction in psychological disorders. Within the scope of this study, mandala interventions were implemented on a group of young adults hailing from Pakistan. A decrease in anxiety is indicated by a drop in the mean scores of the variables, with the exception of mindfulness, which displayed a decrease in mean scores. On the other hand, the mandala interventions led to an increase in the amount of mindfulness that was experienced. The findings of this study can be applied to any organisation that deals with issues related to mental health. A coping method that is recommended for anxiety and mindfulness is the use of mandala therapy.*

Introduction

For a long time, anxiety has been considered the deadliest enemy of people and affects everyone, regardless of age. Not only is anxiety prevalent in people, but it also contributes to a wide range of other diseases and conditions. When we were a child, we enjoyed using crayons, coloring, and painting.

Carl Gustav Jung is honoured by presenting the eastern idea of the mandala to Western patterns and trusted this image spoke to the aggregate identity of the Self. Jung noticed that when a mandala picture all of a sudden turned up in dreams or drawings, it was typically a sign of development toward another self-learning. He watched that his patients frequently precipitously made circle illustrations and had his own particular significant individual involvement with mandala pictures.

Art therapist Joan Kellogg spent a lot of her life building up an arrangement of understanding the knowledge of the mandala, which she called the "Great Round." In her hypothesis about examples, structures, and hues in mandalas, Kellogg coordinates parts of Jung's revelations and her own exploration that spread over quite a few years.

Specifically, she placed that our appreciation for specific shapes and arrangements found in mandalas passes on our current physical, passionate, and profound condition at the time. Kellogg additionally built up a progression of cards, each with an alternate mandala configuration speaking to character qualities, relational connections, desires, and the oblivious, consistently changing inside the existence cycle of the Great Round of the Mandala.

According to Jung, mandalas symbolize "a safe asylum of inward compromise and wholeness." They can possibly call forward something all inclusive inside, maybe even the

notorious prototype Self. Also, in the meantime, they give us an affair of wholeness in the midst of the tumult of regular day to day existence, making the "sacrosanct hover" one of the exceptionally coolest workmanship treatment intercessions for both relieving the spirit and meeting oneself.

The present examination analyzed a technique for diminishing uneasiness called "shading treatment" (Belchamber, 1997). Shading the symmetrical type of the mandala with its rehashing examples and intricacy purportedly draws people into a state like contemplation.

Art therapy is a type of therapeutic technique rooted in the idea that creative expression can foster healing and mental well-being. Art therapy integrates psychotherapeutic techniques with the creative process to improve mental health and well-being. The American Art Therapy Association describes art therapy as "a mental health profession that uses the creative process of art making to improve and enhance the physical, mental and emotional well-being of individuals of all ages.

It is predicated on the idea that the creative process that is engaged in artistic self-expression assists individuals in resolving conflicts and difficulties, developing interpersonal skills, managing behaviour, reducing stress, increasing self-esteem and self-awareness, and achieving insight. The way in which we think about everything that is going on around us is influenced by the words that are not explicitly spoken in our minds, the words that are part of our never-ending inner string of private thoughts, emotions, and states of spirit. Furthermore, when such words are seen to be negative, a sense of threat arises, which results in a number of mental difficulties that seek to strengthen themselves until they are ingrained deeply inside our minds.

The psychological process of focusing on the experiences that are occurring in the present moment is known as mindfulness, and it can be developed through introspection and other forms of practice. "Care" has a connection to the Pali term "sati," which is central to Buddhist traditions. Buddhism uses care to cultivate shrewdness and self-learning that continually prompt what is portrayed as illumination, or the complete freedom from suffering

Clinical psychology and psychiatry since the 1970s have built up various restorative applications in light of care for helping individuals who are encountering an assortment of mental conditions. For instance, care rehearse is being utilized to decrease melancholy side effects, to lessen pressure, tension, and in the treatment of medication habit. The act of care likewise seems to furnish various remedial advantages to individuals with psychosis, and may likewise be a preventive methodology to end the advancement of psychological wellness issues. Clinical investigations have archived both physical and emotional wellness advantages of care in various patient classes and additionally in solid grown-ups and youngsters.

Projects in light of Kabat-Zinn's and comparative models have been generally embraced in schools, jails, doctor's facilities, veterans' focuses, and different situations, and care programs have been connected for extra results, for example, for sound maturing, weight administration, athletic execution, for youngsters with uncommon necessities, and as mediation amid the prenatal period. The need for all the more astounding examination in this field has additionally been recognized –, for example, the requirement for more randomized controlled investigations, for giving more methodological subtle elements in detailed investigations and for the utilization of bigger example sizes.

Method

Participants and Procedure

Sixty participants using complete random sampling were split up into four groups. At the scheduled time, fifteen participants from group A (organized pre-drawn mandala) entered the

classroom. Participants were first given stationary supplies. The head of the institution signed the informed consent form. The participants completed the informed permission form, then received the State Trait Anxiety Inventory (Goolkasian, n.d.), which was derived from the Spielberger, Gorsuch, and Lushenes (1970) evaluation. A mindfulness scale was then administered.

After completing out the scales, participants wrote stories. They were given ten minutes to write the story. The narrative must be traumatic in order to explain any traumatic experiences they may have had. Participants were given the same scale to complete once the story was finished. After memorization of a distressing occurrence, participants were asked to describe on scales how they were feeling by filling in the appropriate situations.

Participants were instructed to color the mandala design after finishing the scales. Once more, they had ten minutes to finish the pre-drawn mandala pattern. They were given the identical scales to fill out once again after finishing. In this series, test 1, story, test 2, and coloring come first. Group B (a Mandala featuring a zentangle pattern), Group C (an unstructured Mandala), and Group D (a free-form Mandala) underwent the same procedure. Participants in group D were given blank pages and asked to draw anything they wanted. After thanking participants for their participation in the study, SPSS was used to evaluate the data.

Objectives

- To investigate the effectiveness of mandala in reducing anxiety.
- To investigate the effectiveness of mandala coloring over enhancing mindfulness.
- To help young adolescents with dealing anxiety.

Hypothesis

- There is significant reduction in anxiety after pre-drawn mandala design.
- Mandala designs will play significant role in enhancing mindfulness.
- There will be a significant change in different changes in reducing anxiety by different mandala designs.

Instrument

State-Trait Anxiety Inventory (STAI)

State-Trait Anxiety Inventory (STAI) (Spielberger, Gorsuch, Lushene, Vagg, & Jacobs, 1983) was used. Its most widely used form, contains 20 items to measure trait anxiety and another 20 items to measure state anxiety. Greater anxiety is indicated by higher scores. Charles D. Spielman is credited with developing the State-Trait Anxiety Inventory (STAI) in 1983. This instrument is widely recognised as a renowned psychological assessment tool that is used to measure anxiety in adults and older adolescents. The anxiety inventory differentiates between two distinct aspects of anxiety, namely the state and the trait varieties. symptoms of apprehension, anxiousness, and heightened arousal are frequently associated with state anxiety, which is a transient emotional condition that varies based on the individual context or scenario. State anxiety is characterised by being characterised by these symptoms. It is possible for it to shift from one moment to the next in reaction to various pressures or situations.

On the other hand, trait anxiety encompasses a consistent and long-lasting attribute that is possessed by an individual. It is a reflection of a person's propensity to experience anxiety over a period of time and in a variety of different circumstances. According to research, individuals who have a high level of trait anxiety are more prone to view a wider variety of events as potentially dangerous and to react with larger levels of state anxiety. Within the STAI, there are distinct scales for both state and trait anxiety, and each of these scales typically consists of twenty items. For the section on state anxiety, participants are asked to rate their responses based on how they are currently experiencing,

and for the piece on trait anxiety, they are asked to rate their responses based on how they typically or generally feel. In clinical contexts, the instrument is frequently utilised to evaluate the levels of anxiety exhibited by patients. Additionally, it is utilised in research settings to study the links that exist between anxiety and other psychological or physiological aspects. In light of the fact that it makes a precise distinction between current anxiety and trait anxiety, the STAI is an extremely helpful resource for researchers, therapists, and psychologists who are interested in comprehending the immediate and long-term components of anxiety.

MAAS

MAAS is a 15-item scale simply observes what is happening in the present moment while being guided by a sensitive awareness of what is happening. Cronbach's alphas frequently range between.80 and.90.

Results

Table 1

Reliability analysis of variables with in groups

Scale	α values		
STAI-A			
Pre-Drawn	.508	.758	.877
Zentangle	.899	.859	.754
Unstructured	.892	.757	.712
Free form	.896	.734	.852
STAI-B			
Pre-Drawn	.632	.857	.862
Zentangle	.855	.756	.854
Unstructured	.632	.762	.752
Free form	.875	.753	.763
MAAS			
Pre-Drawn	.836	.755	.852
Zentangle	.966	.856	.756
Unstructured	.836	.746	.712
Free form	970	.857	.735

The table shows the results of reliability analysis done for each scale, considering the three time serials. The results show that the scales show an overall high reliability of the scales for different time serials of different groups of mandala. Few exceptions are seen for trait anxiety subscale (STAI-B) for pre-drawn mandala type, which shows very low reliability. In the case of Zentangle and trait anxiety subscale, moderate reliability is seen. Overall results are seen to be good so the scales used in the study are appropriate.

Table 2

Pearson Product Correlation between state anxiety, trait anxiety and mindfulness Scale (N=60).

Variables	1	2	3	4	5	6	7	8	9	10	11	12
AX1	.	1	.494**	-.150	.381**	.559**	.106	-.067	.324*	.349**	.146	-242
AXB1			1	.012	.669**	.419**	.249	-.044	.505**	.172	.255*	.027
MS1				1	-.154	-.045	.277*	.083	-.321*	-.337**	-.456**	-.075
AX2						1	.344**	-.107	.342**	.347**	.159	.131
AXB2							1	.121	.130	.085	.051	.211
MS2								1	-.221	-.069	-.057	.052
AX3										1	.680**	.304*
AXB3											1	.378**
MS3												1

Note: AX = state anxiety , AXB = trait anxiety , MS = Mindfulness Scale
*$p < .05$, **$p < .01$

This table shows the overall correlation of state anxiety, trait anxiety and mindfulness. This table shows that mindfulness is negatively correlated to anxiety if anxiety decreases the mindfulness increases.

Table 3

Between subject test keeping state trait anxiety dependent variable

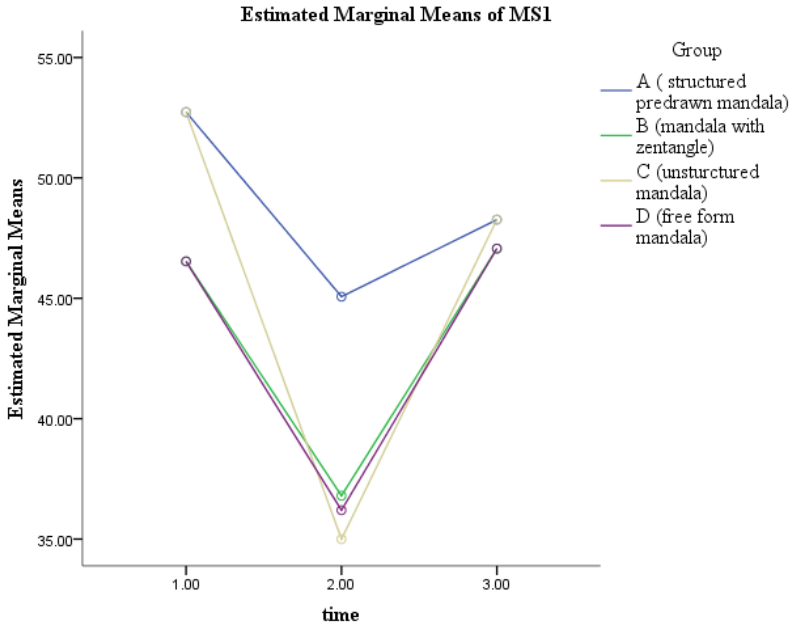
Note: AX1 = State anxiety

DV	Source		Sum of Squares	df	Mean Square	F	Sig.	R Squared
AX1	intercept	Hypothesis	417605.000	1	417605.000	837.107	.001	.998
		Error	997.733	2	498.867			
	group	Hypothesis	739.756	3	246.585	.428	.740	.176
		Error	3456.044	6	576.007			
	time	Hypothesis	997.733	2	498.867	.866	.467	.224
		Error	3456.044	6	576.007			
	Group *time	Hypothesis	3456.044	6	576.007	6.669	.000	.192
		Error	14509.467	168	86.366			

The tables show that time and group have a significant effect on the change in state anxiety (p< 0.00) and (p< 0.005) respectively. Interaction between time and group has a non-significant effect on changing state anxiety.

Figure 1

Estimated marginal means of MSI



This graph shows that the mean squares of mindfulness decreased from test one in test two and in test three they raised. This shows that in traumatic event story writing decreased the mindfulness. The mandala art therapy technique increased the mindfulness.

Conclusion

Limitation and Applications

Firstly, the sample was limited to university students, which are not representative sample of the broader population. Secondly, future research should examine if making mandalas, as opposed to coloring them, can reduce anxiety if participants color pre-made and played designs—a more normal approach for most art therapy sessions. Depending on the results of further research, mandala coloring may be utilized as a kind of treatment for people who suffer from anxiety.

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