

## The effectiveness of an art therapy-training program in developing self-confidence for orphans

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### **Abstract:**

**Research objectives:** The current research aims to: 1. Identify the effectiveness of an art therapy program in developing self-confidence among orphans in Al-Ahsa Governorate. 2. Prepare an art therapy program to develop self-confidence among orphans in the intermediate stage. 3. Identify the differences between the control group and the experimental group in self-confidence immediately after applying the program.

**Research problem:** The orphan feels helpless when facing psychological pressures, which leads to a lack of self-confidence. This is what the researcher noticed by visiting associations and centers concerned with orphan affairs, where he found that they are in dire need of developing self-confidence because they suffer from a lack of confidence that may pose a risk to their social and academic future. The individual's ability to rely on himself, his sound judgment of situations and things, and confronting the problems that confront him, and reaching solutions to them, is an indicator of the emergence of self-confidence in this individual (Saba'neh, 1999 AD) Abu Shamala (2002) states that children acquire their compatibility from the environment surrounding them, especially the healthy family environment. Rather, the first years that the child spends in his family have an impact on the child and his psychological health in his childhood and when he grows up, and any rift in the family, especially the death of one of the parents, will affect the compatibility of the children. The researcher believes, through his field experience in the field of art therapy and building specialized programs in this field, that specialized artistic activities are among the best safe psychological methods for healing from behavioral disorders, which lead to enhancing self-confidence. This prompts us to define the research problem in the following question: What is the effectiveness of a training program in art therapy in developing self-confidence for orphans?

**Importance of the research:** The theoretical importance lies in what the research will add in terms of new knowledge related to the psychology of orphans, self-confidence, and intervention through art therapy in a way and practices that are popular with this age group, and an addition to the studies in this field provided by the researcher, which represents an addition to psychological knowledge and art therapy in this important field that is being addressed in Saudi society for the first time (within the limits of the researcher's knowledge).

The practical importance also lies in the benefit of those responsible for associations and orphan centers from the recommendations and results of the research in knowing the level of self-confidence and methods of strengthening it among orphans. Teachers and those interested in the educational field can also benefit from identifying the causes of low self-confidence and how to avoid these causes, and benefit from preparing similar art therapy programs to develop self-confidence in other age groups.

**Research hypotheses:** 1- There is a statistically significant difference at the level ( $\alpha \leq 0.05$ ) between the average ranks of the scores of the children of the experimental group of orphans in the pre- and post-application of the self-confidence scale - in favor of the post-application. 2- There is a statistically significant difference at the level ( $\alpha \leq 0.05$ ) between the average ranks of the scores of the children of the experimental and control groups of orphans in the post-application of the self-confidence scale - in favor of the experimental group.

**Research methodology:** The research is based on the experimental approach with the aim of studying a training program in art therapy in developing self-confidence for orphans at Al-Rayahin Association in Al-Ahsa Governorate, by subjecting two equivalent groups to a pre-test, then applying the art therapy training program to the experimental group only and without the control group, then subjecting both groups to a post-test to measure the effect of the treatment program as an independent variable in knowing the level of self-confidence as a dependent variable.

**Summary of results:** 1. There is a statistically significant difference between the average ranks of the children of the experimental group of orphans in the pre- and post-application of the self-confidence scale - in favor of post-performance. 2. The strength of the relationship reached when using the binary correlation coefficient for ranks = 0.978, which means that the verification rate is 98%. 3. There is a statistically significant difference between the average ranks of the scores of the orphans in the control group who did not receive the art therapy program and live their lives in a traditional way and the orphans in the experimental group who received and participated in the training program. 4. There are statistically significant differences in the illustrated self-confidence scale (with its four dimensions: emotional participation, self-awareness, decision-making, and social skills) among kindergarten children in the pre- and post-measurements in favor of the post-measurement.

**Keywords :**

Training program, art therapy, visual arts, orphans.

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