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1.

(Musa &

Roach, 1973).

2

(ideal)'

가

가 (Stuart, 1983).

가

가

가

(body image)

가

(Wassner, 1982)

(Kim, 2000; Sankowsky, 1981)

(Jung, 2000)가

가

(Fisher, 1990).

가

*

2002 5 14

2002 7 29

2002 9 23

- 가 가 (drawing), (sculpting) (Jung, 1999).
- 2 8
- 16
- 2) (Body Image)
- (Schilder, 1953),
- (Norris, 1970).
- 가 (Wassner, 1982). Second Jourard (1953)가 (Body Cathexis Scale: BCS)
- (Jung, 1999)
- 3) (Self Esteem) 가 (Rosenberg, 1972), Rosenberg(1965) (Self-Esteem Questionnaire: SEQ) (1974)가 (Hwang & Shin, 2000; Lee, S. Y & Lee, K. H, 1999)
- 2.
- 가?
3. 가 Price(1990) (body-image care model) (Price, 1990) (altered body-image)
- 1) 가
- 2) 가
- 가
4. Price(1990)가 (body reality), (body ideal), (body presentation), (coping stratiges), (social support network), (environment) (self image) (triangle)
- 1) (Group Art Therapy) 가 (verbalization) (art making) 가 - (supportive therapy) (painting),

(body reality) (symbolic) , (external)

(body ideal) (self image) 가

(anorexia nervosa) 가

(body presentation) Price(1990) (Body-image care model)

가 <Figure 1>

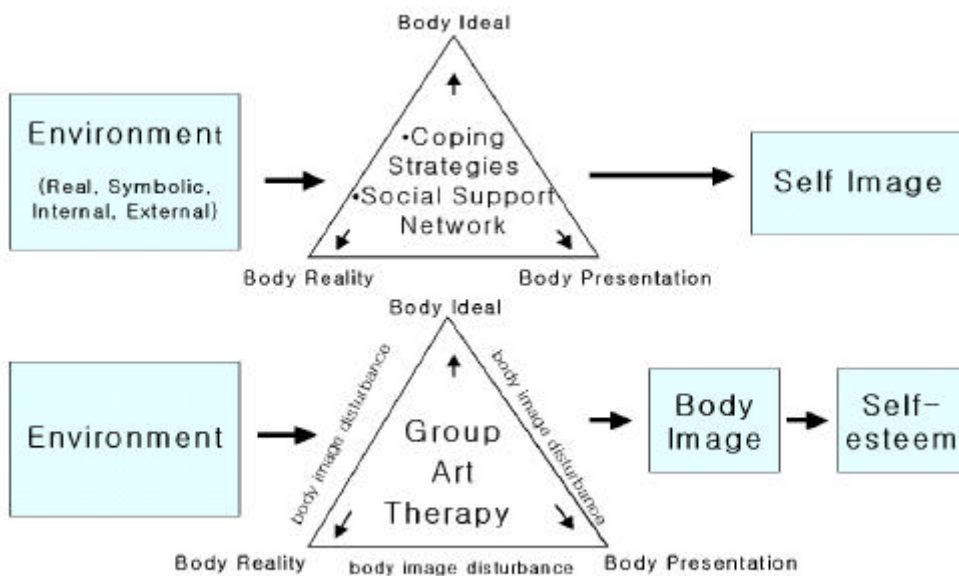
가 (coping strategies)

(palliative) 가

(Selye, 1980; Bailey & Clarke, 1989) 가 , (social support network)

(environment) 가

(real) , 가



<figure 1> Framework of the study

1.

(non-equivalent control group pre-post test design) 59 18 41 17 1/4

2.

1 K 17 41 가

가 3.

가

가

Liebmann(1986) 「Art therapy for groups」, (2000)

가

<Table 1>

<Table 1> Group art therapy

Phase	Theme	Session	Art projects	Content	Expected outcome
Initial Ph.	Introduc- tion & Group games	1	· Orientation · Introductions(verbal) · House-Tree-Person	-introduce aims, goals, & ground rules to the group -draw a house, a tree and a person	-to increase personal autonomy and motivation
		2	· Introductions (drawing)	-introduce yourself to the group on paper	-to encourage spontaneity and increase mutual understanding
		3	· Metaphorical Portraits: Individuals	-paint metaphorical portraits of self in the group(draw yourself as some kind of object)	-to encourage self expression and increase group cohesiveness
		4	· Portraits: Individuals	-paint realistic portraits of others in the group	-the same outcome as above session 3
Middle Ph.	Self-per ceptions	5	· Self-portraits: Realistic(paint)	-paint a realistic portrait of yourself making sure that details	-to express feelings, emotions, conflicts associated with self concept
		6	· Self-Boxes	-represent what is seen by others on the outside and what is private on the inside	-identify self-concept and increase insight, self-awareness, and reflection

<Table 1> Group art therapy(continued)

Phase	Theme	Session	Art projects	Content	Expected outcome
Middle Ph.	Self-perceptions	7	· Mask	-depict your good side and bad side; things you like and dislike about yourself or things you would like to keep or change	-the same outcome as above session 6
		8	· 3-D Self-portraits: Realistic(clay)	-make a relief clay portrait making sure that details	-the same outcome as above session 6
		9	· Life-size Self-portraits(Body Tracings): Realistic	-lay a large roll of paper on the floor, lie on it in a position you selects, while a partner traces around the entire body, then work on the life-size body image	-to perceive the inside and outward appearance of self
		10	· Self-portraits: Distorted Body Image	-draw a distorted body image	-to recognize the possibility of distorted body image
		11	· Childhood Memories: Etiology of negative body image	-draw your first or early memory which made a deep impression associated with negative body image	-bring up memories associated negative body image and explore etiology of it
		12	· Life-size Self-portraits(Body Tracings): Objective	-the same way as above session 9	-to perceive the inside and outward appearance of self
Terminal Ph.	Termination	13	· Sequential Drawing: Escape from negative body image	-divide a piece of paper into four squares and draw a story	-to explore ways toward active escape from negative body image
		14	· Life-size Self-portraits(Body-Tracings): Positive	-the same way as above session 9	-to reinforce positive body image
		15	· Portraits: Individuals	-paint realistic portraits of self in the group	-to perceive the self in the group
		16	· Gifts · Exhibition and Party	-draw or paint gifts you would like to give to each person in the group, and then give them	-to be the good finish for individual and group -to help therapeutic termination

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2 1 가
90 40-60
가
20-30 가
가
10-20

Science) PC+ 8.0

1)

2)

Chi-square test

3)

Mann-Whitney U test

4)

Mann-Whitney U test

1.

1)

<Table 2>

17

20.1

41

20.1

가

7.

BMI(Body Mass Index)

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<Table 2> Comparison of general characteristics between two group

variable	categories	Experimental G.(n= 17)		Control G. (n= 41)		X ²	p-value
		N (%)	M ± SD	N (%)	M ± SD		
age	19-20(years)	12 (70.4)		34 (82.9)		2.02	.37
	21-22	5 (29.4)	20.1 ± .87	6 (14.6)	20.1 ± .91		
	23-24	0 (0)		1 (2.4)			
BMI ¹⁾ (Body Mass Index) ¹⁾	- 18.5 (under weight)	2 (11.8)		8 (19.5)		1.669	.434
	18.5-23.0 (normal)	12 (70.6)	20.37 ± 2.1	30 (73.2)	20.3 ± 2.1		
	23.0- (over weight)	3 (17.6)		3 (7.3)			
religion	Protestant	5 (26.3)		19 (46.3)		3.00	.392
	Buddhism	2 (10.5)		2 (4.9)			
	Catholic	3 (15.8)		5 (12.2)			
	no religion	9 (47.4)		15 (36.6)			
parents	both of them	16 (94.1)		36 (87.8)		.53	.660
	only father	0 (0)		0 (0)			
	only mother	1 (5.9)		5 (12.2)			
order of birth	the only daughter	0 (0)		1 (2.4)		2.27	.69
	the first	9 (52.9)		17 (41.5)			
	the second	5 (29.4)		18 (43.9)			
	more than three	3 (17.7)		5 (12.2)			
economic status of family	average	13 (76.5)		34 (82.9)		.33	.57
	lower rank	4 (23.5)		7 (17.1)			
garde in studies	average	14 (82.4)		39 (95.1)		2.49	.12
	lower rank	3 (17.6)		2 (4.9)			
character	introspective	4 (23.5)		5 (12.2)		1.18	.55
	extroversive	1 (5.9)		3 (7.3)			
	mixed	12 (70.6)		33 (80.5)			
relationship with friends	a lot	3 (17.6)		14 (34.1)		3.58	.06
	much	7 (41.2)		14 (34.1)			
	some	2 (11.8)		12 (29.3)			
	a little	5 (29.4)		1 (2.4)			

<Table 2> Comparison of general characteristics between two group(continued)

variable	categories	Experimental G. (n= 17)		Control G. (n= 41)		X ²	p-value
		N (%)	M ± SD	N (%)	M ± SD		
atmosphere of family	very harmony	2 (11.8)		7 (17.1)		2.50	.48
	a little harmony	6 (35.3)		21 (51.2)			
	common	7 (41.2)		11 (26.8)			
child-rearing attitude of father	a little trouble	0 (0)		2 (4.9)		2.67	.62
	very democratic	3 (17.6)		8 (19.5)			
	a little democratic	3 (17.6)		6 (14.6)			
	common	7 (41.2)		10 (24.4)			
	a little stern	3 (17.6)		15 (36.6)		5.77	.22
	very stern	1 (5.9)		2 (4.9)			
child-rearing attitude of mother	very democratic	0 (0)		8 (19.5)			
	a little democratic	5 (29.4)		16 (39.0)			
	common	8 (47.1)		11 (26.8)			
	a little stern	3 (17.6)		4 (9.8)			
	very stern	1 (5.9)		2 (4.9)			

1) BMI : Weight (Kg)/ Height (m)²

, , , , 3.08, 3.10 가
(z = -.128, p = .898),
가 . 3.44, 3.57
Chi-square test (z = -1.010,
p = .312).
Chi-square test cell 가 5 .
20%

2. 가

1)
2)
가 가 1
Mann-Whitney U
test , Mann-Whitney U test

<Table 3> Comparison of the pretest body Image and self-esteem between two group

variable	Experimental G. (n= 17)	Control G. (n= 41)	z	p-value
	Mean ± SD	Mean ± SD		
Body Image	3.08 ± .38	3.10 ± .38	-.128	.898
Self-esteem	3.44 ± .063	3.57 ± .46	-1.010	.312

<Table 4> Comparison of the body image between two group

variable	Experimental G. (n= 17)	Control G. (n= 41)	z	p-value
	Mean ± SD	Mean ± SD		
pre-treatment	3.08 ± .38	3.10 ± .38	-.128	.898
post-treatment	3.47 ± .42	3.16 ± .35	-2.51	.000***
difference between pre and post test	.39 ± .31	0.06 ± .50	-2.15	.017*

*p<0.05, **p<0.01, ***p<0.001

<Figure 3> Changes in body image scores of Exp. & Cont. groups

<Table 4>, <Figure 3> .

가 3.08 3.47 .39

가 3.10 3.16 0.06 가

가 가 , 가

가 1 (z=-2.15, p= .017).

가 2

2) . (z= - 1.191, p= .086).

가 가 2

<Table 5> Comparison of the Self-esteem between two group

variable	Experimental G. (n= 17)	Control G. (= 41)	z	p-value
	Mean \pm SD	Mean \pm SD		
pre-treatment	3.44 \pm .63	3.57 \pm .46	- 1.010	.312
post-treatment	3.73 \pm .63	3.63 \pm .44	-0.677	.345
difference between pre and post test	.29 \pm .38	.07 \pm .63	- 1.191	.086

**p<

<Figure 4> Changes in self-esteem scores of Exp. & Cont. groups

가

(2000)

(Kim, 2000

가

)

5 10 가

가

Sankowsky(1981)가 가 가

(2000)

가

가

(Kim,

2000; Bae, 1999; Shin, 1996; Jung, 2000;

Jasmin & Trygstad, 1979, Kim2000)

2001 3 5 K

17

41

가

(art as therapy)

1. 가 1: ‘ 가

($z=-2.15$, $p=.017$).

2. 가 2 : ‘ 가

($z=-1.191$, $p=.086$).

가 가

가

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- Abstract -

Effects of Group Art Therapy Program on Body Image and Self-esteem in College Women

Chung, Kil-Soo *. Lee, Seoung-Eun *

Purpose: The purpose of the study was to determine the effects of the 8-week, 16-session group art therapy program on body image and self-esteem in college women.

Method: Data collected by self-reported questionnaires from 58 college women in Incheon who were selected by criteria of this study, from the 6 of March to 10 of May, 2002. The 11 experimental group participated in a 8-week

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group art therapy program. Descriptive statistics, homogeneity test, hypothesis, and reliability test were performed statistically by utilizing SPSS PC+ 8.0 program.

Result: 1. 'The experimental group showed significantly higher scores in body image than the comparison group. 2. No significant differences were found between two groups in

self-esteem.

Conclusion: The findings showed the possibility of applying group art therapy as an effective intervention for clients with negative body image to improve their body image.

Key words : Art therapy, Body image,
Self-esteem

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