

# A Study to Assess the Effectiveness of Massage Therapy & Story Telling on Selected Behaviour among Autistic Children Special School, K. K. Nagar, Chennai

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**ABSTRACT:** *Massage has been practice as a healing therapy. Regular sensory integration & safe nurturing touch are beneficial in reducing touch aversion, inattentiveness, & withdrawal. The study was conducted by adapting a randomized control trial research design. 60 autistic children who have fulfilled the inclusion criteria were selected using simple random sampling technique. In experimental group I, 15 minutes of massage therapy was given, similarly in experimental group II 15 minutes of storytelling was done & pre and post assessment level of autistic behaviour was obtained for both the groups by using DR. Robert Gikohn autistic behaviour check list. Analysis revealed that the autistic children in the experimental group I showed a significant decrease in the level of autistic behaviour at  $p < 0.00$  level when compared to the experimental group II. Administration of massage therapy in the enhances the reduction of level of autistic behaviour.*

**Keynote:** *Autistic children 1, random sampling technique 2, Analysis4, enhances5*

## 1. INTRODUCTION

Autism in children was first described in medical literature in 1943 by Leokanner a psychiatrist at Johns Hopkins University. 1The use of massage dates back to 4000 years. In Chinese medical literature & continues to be an important aspect of Chinese medicine today. Storytelling is another important way of seeking the attention of children. This is also applicable in training autistic children.

## 2. OBJECTIVES

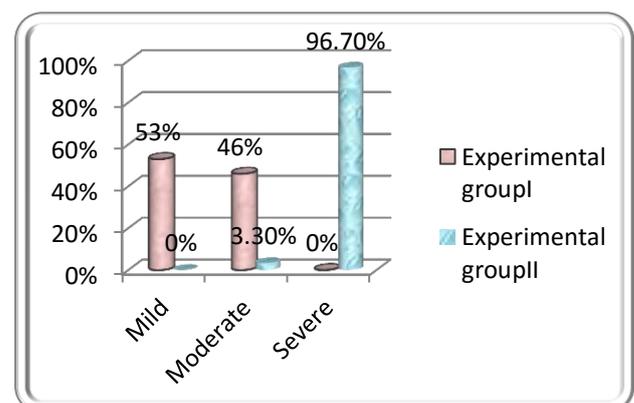
1. To assess the pre assessment level of autistic behaviour In experimental group I & II
2. To determine effectiveness of massage therapy & story telling on selected behaviour among autistic behaviour in experimental group I & II
3. To compare the pre & post assessment levels of autistic behaviour in experimental group I & II.
4. To associate the post assessment level of autistic behaviour in experimental group I & II with selected demographic variables.

## 3. METHODOLOGY

Evaluate research approach randomized control trial research design was used to find the effectiveness of massage therapy & story telling on selected behaviour among autistic behaviour in experimental group I & II. The dependent variable is autistic behaviour. The demographic variables were age, sex, age at diagnosis, type of family, child's order of birth, age of the mother at conception, health status of baby at birth, & family history. The largest population comprised of all school children with autism aged between 6 to 12 years. Simple random sampling technique was used to evaluate the effectiveness in special school Chennai.

## 4. RESULTS

The assessment shows that majority 30 (100%) of children had severe level of autistic behaviour in the preassessment before massage therapy in experimental group I. Similarly majority 30 (100%) of children in experimental group II had severe level of autistic behaviour in the preassessment before storytelling. 2The analysis shows that in experimental group I, after massage therapy majority of children with autism nearly 16 (53.3%) had mild level of autistic behaviour and 14 (46.7%) of children had moderate levels of autistic behaviour. In experimental group II after storytelling sessions majority of children with autism 29(96.7%) had severe level of autistic behaviour and only 1(3.3%) child had moderate level of autistic behaviour.



Comparison of pre and post test assessment level of autistic behaviour among children in experimental group

I & II levels of autistic behaviour after massage therapy with demographic variables.

	Massage therapy Experimental group I		Storytelling Experimental group II	
	Pretest	Posttest	Pretest	Posttest
Mean	124.3	55.4	124.86	123.00
Mean difference	68.9		0.5	
Standard Deviation	21.71	17.65	12.82	0.79
"t" Value	16.88		0.79	
P value	<0.001		>0.001	

The above table shows there was a decrease in mean value and standard deviation, t value of 16.88 was found to be significant at  $p < 0.001$  level. In the experimental group II there was a decrease in mean value and standard deviation, t value of 0.79 was found to be significant at  $p < 0.001$  level. The analysis revealed that there was no significant association between posttest assessments.

## 5. CONCLUSION

From the study the investigator has been able to understand that massage therapy has an effect on vagal tone & thereby brings psychological changes that influence autistic behaviour. Storytelling though a good medium of teaching behaviour however has no psychological effect hence it was decided to demonstrate the massage therapy to all the parents and teachers in the special school.

## 6. REFERENCES

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