# Article information:

Effects of Art Therapy on Anger and Self-esteem in Aggressive Children - ScienceDirect  
<https://www.sciencedirect.com/science/article/pii/S1877042814000172>

# Article summary:

1. Art therapy can be an effective intervention to reduce anger and increase self-esteem in aggressive children aged 7 to 11 years old.

2. A study showed that after 10 weeks of art therapy, the art therapy group had a significant reduction in anger and improvement in self-esteem compared to the control group.

3. Art therapy combines innate characteristics of art with concepts of psychology approaches such as cognitive-behavioral therapy, making it a considerable intervention for children.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article "Effects of Art Therapy on Anger and Self-esteem in Aggressive Children" presents a study that aimed to investigate the effectiveness of art therapy as an intervention for reducing anger and increasing self-esteem in aggressive children aged 7 to 11 years old. The study found that after ten weeks of art therapy, the experimental group showed significant reductions in anger and improvements in self-esteem compared to the control group.

The article provides a detailed description of the methodology used in the study, including how participants were allocated to either the control or experimental group randomly. The article also reports on the measures used to assess anger and self-esteem at the beginning and end of the ten-week intervention.

One potential bias in this study is that it only focuses on one type of therapy, namely art therapy. While this approach may be effective for some children, it may not work for others who may benefit from other types of interventions such as cognitive-behavioral therapy or medication. Additionally, there is no discussion about potential risks associated with art therapy or any limitations of this approach.

Another limitation is that the study only included thirty participants, which may not be representative of all aggressive children. Furthermore, there is no information provided about how participants were recruited or whether they had any pre-existing conditions that could have affected their response to art therapy.

The article does not provide any counterarguments or alternative perspectives on using art therapy as an intervention for aggressive children. It also does not discuss any potential drawbacks or limitations associated with using this approach.

Overall, while this study provides some evidence supporting the use of art therapy as an intervention for reducing anger and improving self-esteem in aggressive children, it has several limitations that should be considered when interpreting its findings. Further research is needed to determine whether these results can be replicated with larger samples and different populations.

# Topics for further research:

* Limitations of art therapy as an intervention for aggressive children
* Cognitive-behavioral therapy for aggressive children
* Risks associated with art therapy for children
* Alternative interventions for reducing anger in children
* Pre-existing conditions that may affect response to art therapy
* Effectiveness of art therapy for different populations of aggressive children

# Report location:

<https://www.fullpicture.app/item/823864ca13a215add7ae89fddfee5832>