

Investigation of Stress Relief for Hong Kong Undergraduate Students Through Papercut Art

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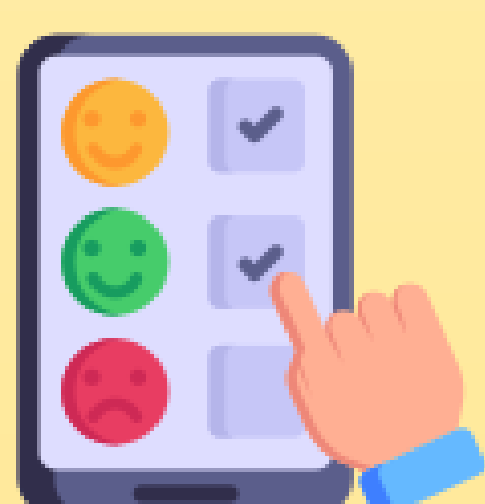
Background

There has been a growing concern worldwide about **academic stress**, **anxiety** and **depression**, as well as **suicide cases** among undergraduate students. Art therapy is a useful therapy to reduce stress. It is a creative process in gaining self-awareness and self-reflection. In addition to relieve tension, papercutting promotes emotional exchange to lessen stress. In this study, papercut art is used as a form of art therapy to investigate the **impacts of stress relief** and **health conditions** in undergraduate students.



Objectives

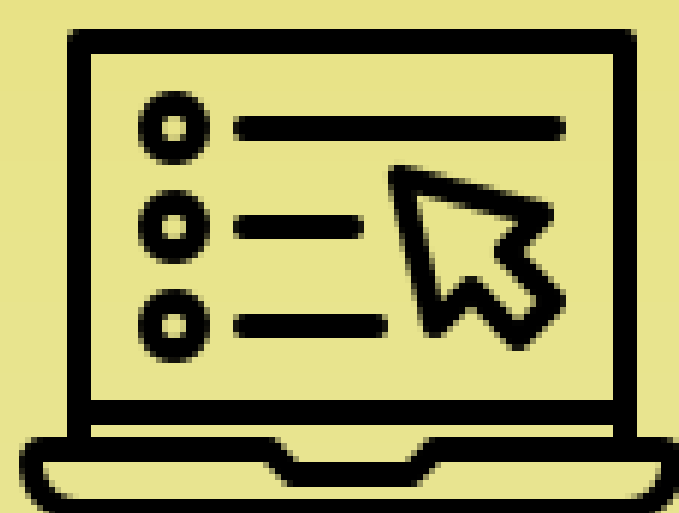
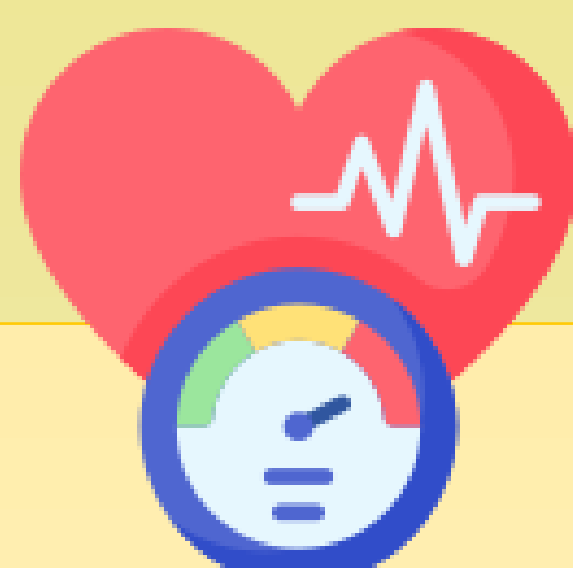
- To find out the **stress levels** of Hong Kong undergraduate students by using the **Perceived Stress Scale (PSS)**
- To evaluate the **impact of art therapy** via papercut art and **awareness of stress management**, as well as the **health status** of Hong Kong undergraduate students using an **online questionnaire**



Methodology

- Research method: **Randomised Controlled Trial (RCT)**
- Time frame: 14/3/2023-16/4/2023
- Recruit **16 undergraduate students** who are **aged 18 to 25**
- Divide them into **2 groups (8 students/group)**
- Microsoft Excel: Paired T-test, mean, and SD

Intervention group	Control group
<ul style="list-style-type: none"> ✓ PSS survey ✓ Online questionnaire ✓ 4 papercut sessions with physical measurements (blood pressure + resting heart rate) 	<ul style="list-style-type: none"> ✓ PSS survey ✓ Online questionnaire



- 4 papercut patterns in total e.g. flower, rabbit, the Chinese character "Fu" and butterfly
- Experience 1 pattern for each papercut session

Findings

Before the first papercut session versus after the fourth papercut session for the **intervention group**:

Physical measurement	Systolic blood pressure	Diastolic blood pressure	Resting heart rate
p-value	0.0002	0.0001	3.58E

PSS results for both groups:

Pre- & post- PSS	Control group	Intervention group
p-value	0.2132	0.0367

- ◆ The control group revealed a significant difference in resting heart rate among physical measurement.
- ◆ The intervention group showed a significant difference in pre- and post-PSS results.

Conclusion

Undergraduate students:

- More aware of their **health conditions** e.g. physical or mental **symptoms** triggered by stress
- Significantly improve their **physical measurements** after papercut sessions
- ★ Art therapy used as a form of papercut art is useful and conducive to undergraduate students

