



# THE PSYCHOCORRECTIVE ROLE OF ART THERAPY IN REDUCING FEAR OF THE DENTIST IN CHILDREN

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## Introduction

In recent years, art therapy has become an increasingly popular method of treatment and rehabilitation in various fields of medicine, including dentistry. Art therapy is a special type of therapy based on the use of artistic materials and methods to achieve the psychological and physical well-being of the patient. In dentistry, art therapy can be used to reduce stress and anxiety in patients associated with visiting the dentist, as well as to assist in rehabilitation after various procedures. One way to use art therapy in dentistry is to create drawings or other artwork before or during a dental visit. This can help patients focus on the creative process and distract them from their worries before the procedure. Studies show that art therapy can significantly improve the psychological state of patients before visiting the dentist and help them cope with pain and discomfort after procedures. In addition, art therapy contributes to improved communication between the dentist and the patient, which increases the effectiveness of the treatment. The ongoing pandemic has also contributed to an increase in stress levels across all segments of the population. However, there is a category of people particularly vulnerable to stress and its negative consequences – these are children, adolescents, and young adults. For them, stress poses a particular danger due to their lack of knowledge and experience in coping with stress, and their psychological defense mechanisms are not yet sufficiently developed. It is known that not just severe stress, but prolonged, chronic stress poses the greatest danger. This is linked to the danger of chronic school stress for students, and the importance of its timely prevention and effective correction of consequences. School stress can lead to maladaptive states in children, expressed as passivity, self-doubt, and a feeling of personal inadequacy.

## Aim of the research

Analysis and Correction of Emotional Stress in the Younger Generation

## RESEARCH OBJECTIVES



Diagnostics

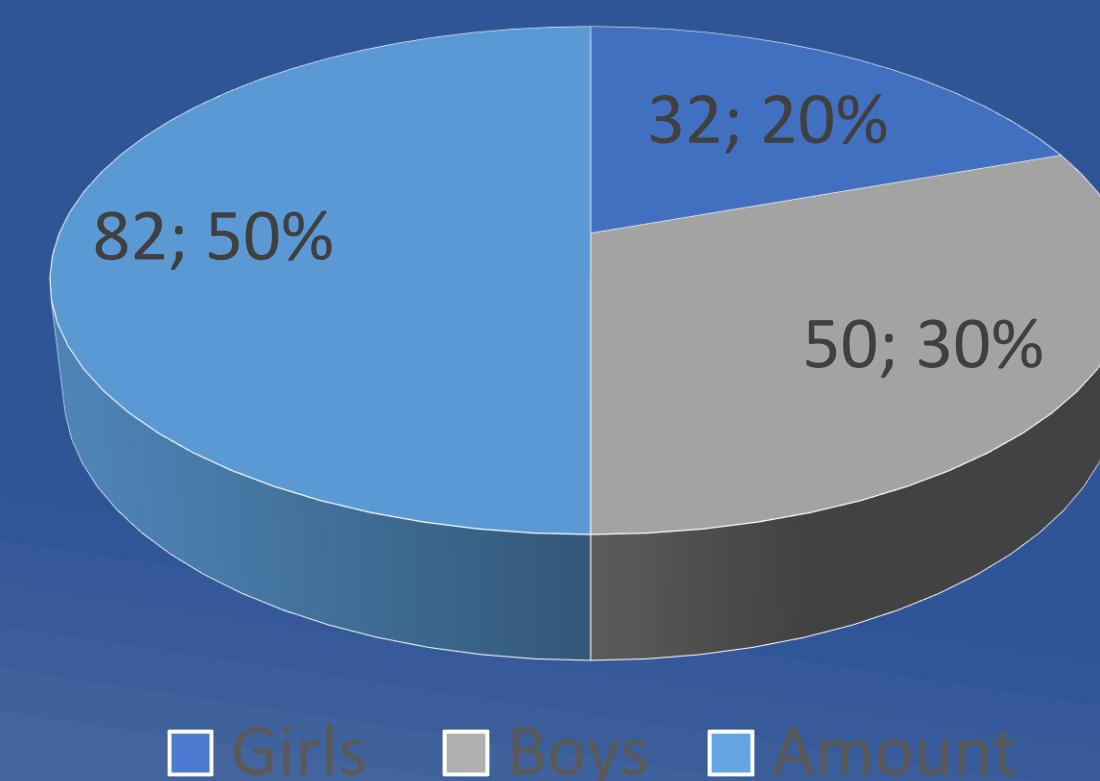


Psychological Correction



Development and Pleasuree

## RESEARCH DESIGN



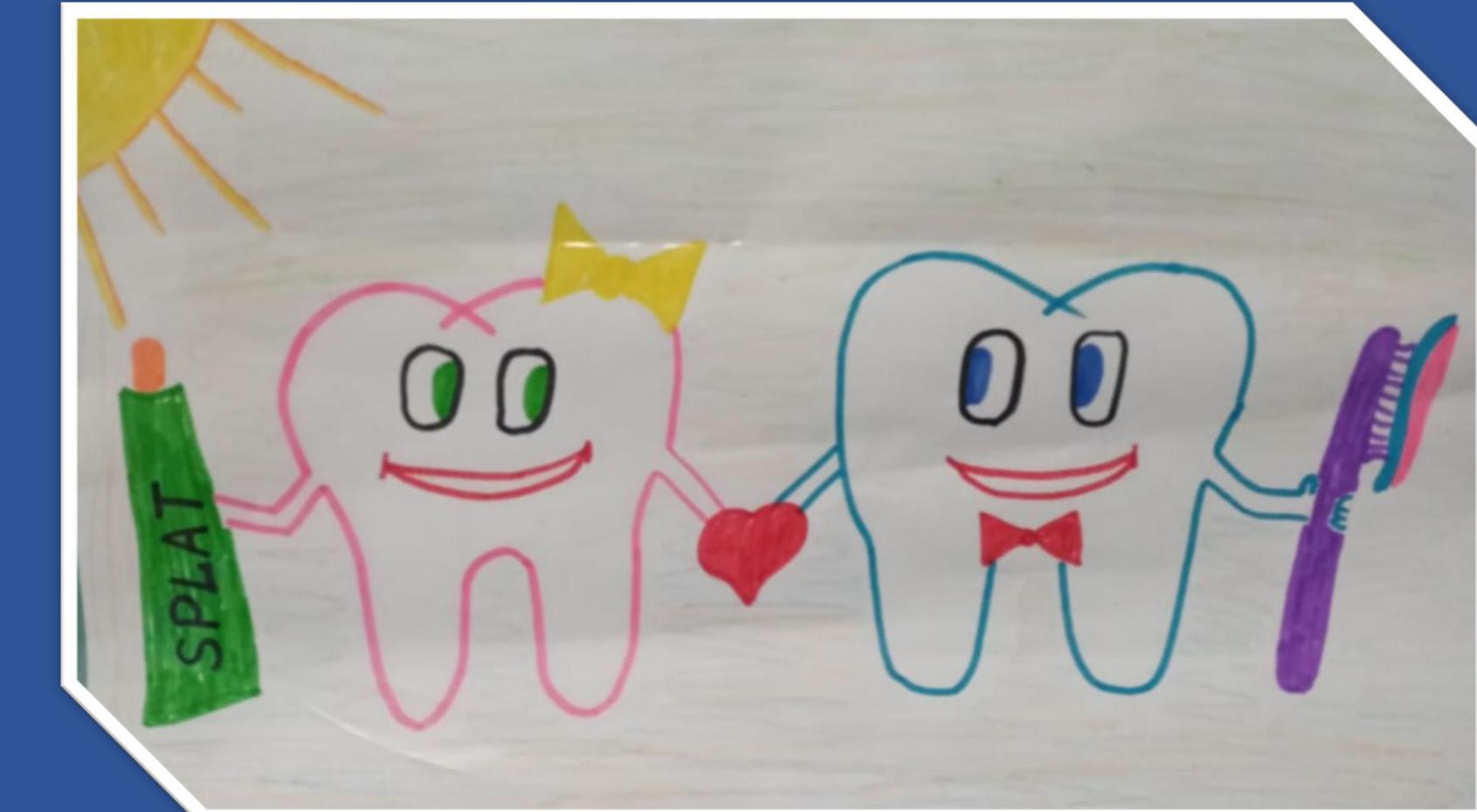
## RESEARCH METHODS

Scientific literature review

Questionnaire/Survey (or Questioning)

Analysis of psychotherapeutic publications

Interpretation of results



## Conclusion

In conclusion, it should be stated that, given the importance of this problem and the danger of its consequences, mastering methods of preventing and reducing school anxiety should be one of the requirements for the training of future educational personnel. Art therapy is an effective method for reducing stress and anxiety in patients of dental clinics. It helps to improve communication between the dentist and the patient, as well as to create a more pleasant atmosphere during treatment. The use of art therapy in dentistry can significantly improve the quality of service and patient satisfaction. The development of this field in dentistry can lead to a reduction in patient stress and an increase in the success of treatment procedures. Awareness and coping with one's emotions often become a problem for many. Art therapy allows the use of creativity for the awareness, experiencing, and expression of one's emotions and feelings.