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A Study To Assess The Impact Of The Color Mind Test On Fostering Attention Span Among Elementary School Children.

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ABSTRACT

Introduction: Max Lüscher, a PhD from the University of Basel, introduced his color test in 1947 and later published it as his 1949 thesis, Color as a Psychological Tool for Assessment.Color perception supports visual recall, recognition, and scene identification. The Color Mind Test evaluates cognitive speed, attention, and reaction time using color challenges. Average attention spans dropped from 12 seconds in 2000 to 8 seconds in 2015. In children, attention span increases with age, aided by engaging tasks and visual aids, while distractions like noise and devices hinder focus. **Objectives:** a). To assess the pre- test and post - test level of attention span among elementary school children. b). To assess the effectiveness of color mind test on attention span among elementary school children. c). To associate the post-test level of attention span among elementary school demographic variables. **Materials and methods:** a pre experiment alone group pre-test and post-test with non-probability purposive sampling techniques, was conducted among 30 school children located in Chennai. The intervention was done from 10 to 11 am (first slot) and from 11 to 12 pm (second slot) around 15 students per class thus within two hours completed 30 students of our samples. Informed consent was obtained from the students only after detailed explanations about the procedure. The baseline data of demographic variables performa and level of attention span was obtained. children who satisfied the inclusion requirements were chosen using purposeful sampling techniques. 30 children age range from 7 to 9 years were selected. The intervention of color mind test was done by shows the colors of different picture and identification of color of the picture irrespectively. The questionnaires are issued to the participants and were used to evaluate the level of attention span. Following the collection of pre-test data, children participated in a colour mind test using visual aids (chart) as group for a period of 15 minutes. The

pre-test data was gathered and combined the collected data. After a week, the post-test was gathered using the similar questionnaire. The tools were left unchanged. Therefore, the post test data were obtained and gathered. **Results :** The study data collected was analysed using descriptive and inferential statistics. In this study, the significant percentage of the children had inadequate level of attention span in the pre-test 27(90 %) in mild and in moderate 3(10%). In post-test in 11(36.6%) moderate, 19(63.3%) complete after the color mind test. Therefore it shows that the impact on the color mind test towards the level of attention span was improvement and it is beneficial among the elementary school children. The finding show that the pre-test attention span scores 32.3±4.38 whereas in post-test after the color mind test intervention scored higher 76.24± 2.66) compare the pre-test. This shows the effectiveness of color mind test on fostering attention span among elementary school children with t value of 72.36 at p=0.005 level. Hence the hypothesis stating that there is a significant difference between pre-test and post-test level on attention span among elementary school children. The table 5 shows the association of mean differed score regarding attention span with selected demographic variables. The table shows that demographic variable Type of family (χ^2=7.688 d.f=2 p = 0.021), Education status of the father (χ^2=7.42 d.f=0.8 p = 0.025), Hobbies (χ^2=8.288 d.f=2 p = 0.023) had a statistically significant association with post level attention span among elementary school children at p<0.05 level. The attention span is all about the difficulty maintaining focus for more than a few seconds on any given task or activity.This study described that the color-based stimulate or influence cognitive functions such as attention. Therefore outcome of the study on level of attention span among the children is expected less now a days but introducing the color mind test we have founds that the level of attention span was increased.Moving forward continued efforts are needed to sustain and expand the level of attention span among children through color mind test. This must be done with a collaborative mind of the teachers, parent, healthcare providers and other supportive services.

keywords :colour mind test, attention

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PHOTOGRAPHY


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