

Psychological Well-Being of Women Prison Inmates Through Hand Textile Crafts

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Abstract

Purpose of the study: The aim of this paper is to study the impact of hand textile crafts on the well-being of women inmates in an Indian prison.

Research methodology: The paper begins with gathering secondary data to evaluate the impact of practicing textile crafts on women participants' mental wellbeing. A group of 25-30 women prison inmates from Bhondsi Prison, Haryana, was selected and trained in three different hand textile crafts. A training module was designed and administered, and resultant data was analysed. World Health Organization Quality of Life Scale (WHOQOL- BREF), and Depression, Anxiety and Stress (DASS) scale were used for identifying mental well-being. ANOVA and T tests were conducted to analyze the data.

Findings: The preliminary DASS findings indicate reduced anxiety and depression levels, and a collective sense of self after participants engaged in textile craft making (crochet, embroidery, and yarn craft). Further research and discussions are ongoing to evaluate the efficacy of the module with respect to various factors.

Originality: Prior studies have shown positive correlation between psychological well-being and creative craftsmanship, especially in women. The milieu of prison was chosen firstly since there is no prior extensive work in this area in India, and secondly, testing efficacy of training modules on the psychological well-being of women in a regulated environment is a novel approach.

Keywords: well-being, health, textile crafting and fashion, life satisfaction, women creators.

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