

## Study on the Effectiveness and Satisfaction of Calligraphy Program

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### Abstract

*This is a single-group pre-post study conducted to determine the effect of a calligraphy program on nursing students' career decision-making self-efficacy and self-leadership. The data collected from 231 second-year nursing students were analyzed using SPSS WIN 25.0 to determine descriptive statistics, paired t-test to analyze the effect of calligraphy, and Pearson correlation coefficient to determine the relationship between career decision self-efficacy and self-leadership. After the program, both career decision self-efficacy ( $t=7.23, p<.001$ ) and self-leadership ( $t=6.81, p<.001$ ) improved. The analysis of career decision self-efficacy and self-leadership after the program showed a strong correlation ( $r=.849, p<.001$ ). The results of this study are significant in that they validate the effectiveness of a calligraphy program in promoting self-leadership and career decision-making self-efficacy among nursing students who do not have clear career goals. Students' overall satisfaction with the calligraphy program was 4/5 points, and they most highly evaluated the smooth interaction between fellow students through the program. At a time when the importance of cultural arts education is gradually increasing in social and educational fields around the world, calligraphy has the advantage of laying the foundation for the promotion of basic arts for the revitalization of cultural arts, so educational support is needed not only in terms of improving the quality of life and pursuing self-actualization of individuals with emotional expression and creative problem-solving skills, but also at the social level.*

**Keywords:** Calligraphy, Effectiveness, Satisfaction

## 1. INTRODUCTION

The word calligraphy, which is used in various ways today, means a beautiful typeface, and its etymology comes from the Greek words kallos, meaning beautiful, and graphy, meaning handwritten, meaning pictograms. In an emotional society, calligraphy is utilized in various visual media and serves as a tool for emotional communication with the public. In the midst of digital images created by computer graphics, calligraphy is gaining attention for its oriental beauty with human sensitivity and as a free and individual way of expression. Calligraphy is suitable for revealing one's personality and emotions as it allows free expression without any restrictions on tools or materials [1].

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Today's students are more accustomed to typing than they are to handwriting. Calligraphy reminds them of the joy of writing by hand and evokes an emotion that is missing from computerized print. Calligraphy instills a positive perception of our language and letters, and it can also increase awareness of form.

Compared to other majors, nursing students tend to enter college with a strong belief in the profession of nursing and a predetermined career choice and lack in-depth consideration of their career due to adjustment to the department and busy curriculum. However, while students may decide to become a nurse upon entering the university, they need to explore and decide on their own career paths as there are many options other than working in a hospital. Career decision-making self-efficacy is a belief in one's abilities related to one's career. Career decision self-efficacy is the confidence that one can successfully perform tasks related to one's career and refers to the confidence in one's own behavior, such as goal selection, job information, problem solving, and future planning. On the other hand, self-leadership is a concept that realizes the process of making the right career decisions and achieving goals. Self-leadership is an internal motivation to set goals, have autonomy, self-control, responsibility, and self-management, which is thought to have a positive impact on career decision self-efficacy.

Calligraphy, which gives human sensibility and aesthetic pleasure, has become a tool for expressing emotions and feelings that are relatively difficult to express, or for expressing and conveying emotions from a human and emotional perspective, providing nursing students with self-efficacy and skills such as problem solving and future planning. It is thought that it can bring positive changes to self-leadership, such as self-expectation and constructive thinking.

Field [2] suggests that any learning or participatory activity can increase self-efficacy or happiness. In this context, previous studies on various learning and activities related to self-efficacy and self-friendship include young adults' participation in positive psychology programs [3], adult women's yoga class activities [4], and the effects of adult physical activity on self-efficacy and happiness [5], but there are few studies on the effects of calligraphy activities on participants' career decision-making self-efficacy and self-friendship. Therefore, this study aims to investigate the effects of nursing students' calligraphy experience on their career decision-making self-efficacy and self-leadership.

## **2. METHOD**

### **2.1 Subject of the Study & Research Design**

The subjects of this study were students enrolled in the second year of the College of Nursing at K University who agreed to cooperate with the study, fully understood the purpose and method of this study, and gave written consent to participate in the survey. Participants in the program were recruited through the school's website, and those who agreed to participate in the study after the purpose of the study was explained were selected as subjects. A total of 275 people participated in the program, and data from 231 people were analyzed, excluding 42 people who did not respond to the survey. The pre- and post-surveys were administered one week before the program started and one week after it ended, and the questionnaires took 10-15 minutes to complete.

From April to June 2022, the calligraphy program was held once a week for 50 minutes per session, for a total of four sessions. The program was conducted by two professional instructors, one with the qualifications of an art psychotherapist and a colorist, and the other with the qualifications of a calligrapher, a calligraphy educator, a Chinese character educator, and a professional art instructor, who have been teaching calligraphy courses for many years. The detailed program is as follows: basic understanding of calligraphy, information on areas where calligraphy is used, basic principles of using calligraphy/simple calligraphy demonstration and indirect experience/basic level calligraphy short sentence writing training/calligraphy creating art.

### **2.2 Tool of the Study**

The general characteristics questionnaire of this study consisted of six items: age, gender, motivation for

choosing nursing, satisfaction with the nursing major, self-expression, and interpersonal relationship.

The career decision-making self-efficacy measure was an adaptation and validation of the Career Decision-making Self-efficacy Scale Short Form (CDMSES-SF)[6], a shortened version of the Career Decision-making Self-efficacy Scale (CDMSES) developed in 1983 [7]. The total number of questions is 25, with a 5-point scale ranging from 'very much so' to 'not at all so'. With a higher total score indicating higher career decision-making self-efficacy. In this study, Cronbach's  $\alpha$  was .93.

The self-leadership measure was a tool developed in 1992 [8], which was modified and supplemented by Kim [9]. It is a Likert scale ranging from 1 for 'not at all' to 5 for 'very much so', with higher scores indicating higher levels of self-leadership. In this study, Cronbach's  $\alpha$  was .89.

### 2.3 Data Collection & Analysis

The data collected will be used for research purposes only, and the right to discontinue participation at any time, even while filling out the questionnaire, was fully explained at the beginning of the study.

The data collected in this study were analyzed using the Statistical Package for the Social Science (SPSS) WIN 25.0 program. Frequencies, percentages, means, and standard deviations were calculated to examine the general characteristics of the participants. To examine the effects of calligraphy on nursing students' career decision self-efficacy and self-leadership, paired t-test was used to test the hypotheses. Pearson correlation coefficient was used to analyze the relationship between nursing students' career decision self-efficacy and self-leadership after applying calligraphy.

## 3. RESULT

### 3.1 General Characteristics of Study Respondents

The subjects included 33 male (14.3%) and 198 female (85.7%), and their average age was 20 years old.

### 3.2 Career Decision Self-Efficacy and Self-Leadership Before and After Calligraphy Program

Career decision self-efficacy ( $t=7.23$ ,  $p<.001$ ) and self-leadership ( $t=6.81$ ,  $p<.001$ ) both improved after the program (Table 1).

**Table 1. Career Decision Self-Efficacy and Self-Leadership before and after Calligraphy Program**

Variable	Pre-test	Post-test	t	p
	M $\pm$ SD	M $\pm$ SD		
Career decision self-efficacy	3.82 $\pm$ 0.64	4.07 $\pm$ 0.68	7.23	<.001
Self-leadership	3.82 $\pm$ 0.58	4.06 $\pm$ 0.66	6.81	<.001

### 3.3 Correlations for Career Decision Self-Efficacy and Self-Leadership

As a result of analyzing the correlation between self-leadership and career decision self-efficacy of nursing students who experienced calligraphy program in this study, there was a positive correlation that has statistically signification (Table 2).

**Table 2. Correlations for Career Decision Self-Efficacy and Self-Leadership** (N=231)

Variables	Career decision self-efficacy	Self-leadership
	r(p)	
Career decision self-efficacy	1	

Self-leadership	.849**	1
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\*\*p<0.001

### 3.4 Satisfaction with Program

The satisfaction level of the program is shown in the table 3.

**Table 3. Satisfaction with Program**

(N=231)

Category	M±SD
Usefulness of the program topic	4.02±0.63
Systematic program progress	3.99±0.82
Smooth interaction between fellow students through the program	4.04±0.86
Improving my self-direction capabilities	3.97±0.81
Appropriate program duration	3.89±0.56
Beneficial for improving expertise in major field	3.84±0.63
Recommend the program to your friends	3.94±0.65
Total	4.00±0.50

## 4. DISCUSSION & CONCLUSION

It can be said that nursing students enter the professional world in a situation where the profession of nursing is predetermined upon entering the nursing department, and they lack in-depth consideration of their career preparation. A study reported that the more nursing students believe that their career path is predetermined, the higher their employment stress, so it is necessary to provide specific career education and counseling during university life and strengthen career preparation behaviors for nursing students' successful employment and adaptation to various fields after graduation [10]. In this study, it was confirmed that career decision self-efficacy and self-leadership were improved after applying the calligraphy program. The results of this study are in line with previous studies [11, 12] that showed positive effects of group art therapy on improving career decision self-efficacy and problem-solving skills in college students and studies [13-16] that showed positive effects of group art therapy on self-resilience, career decision self-efficacy, and career maturity in college students. By relating the results of this study to previous studies, it can be analyzed that calligraphy, which is inherently human and aesthetically pleasing, can be a tool for expressing and communicating emotions and feelings that are relatively difficult to express in a human and emotional way, and can make positive changes in nursing students' self-efficacy such as problem solving and future planning, and self-leadership such as self-expectation, positive experiences, and constructive thinking. There was a strong correlation between career decision self-efficacy and self-leadership. The results of this study are consistent with those of a study that examined the effects of a group art program on nursing students' career decision self-efficacy and self-leadership [17, 18] and a study that found that self-leadership positively influenced the career decision self-efficacy of college students majoring in taekwondo [19, 20].

Students' overall satisfaction with the calligraphy program was 4/5 points, and they most highly evaluated the smooth interaction between fellow students through the program. When asked whether the program helped improve expertise in their major field, the score was the lowest.

The findings of this study are significant in that they validate the effectiveness of a calligraphy program in promoting self-leadership and career decision self-efficacy among nursing students who do not have clear career goals. At a time when the importance of cultural and artistic education is gradually increasing in social and educational fields around the world, calligraphy has the advantage of laying the foundation for the promotion of basic arts for cultural and artistic revitalization, so it is necessary to provide educational support not only in terms of improving the quality of life and pursuing self-actualization of individuals with emotional expression and creative problem-solving skills, but also at the social level.

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