

A Survey of Pet Therapy

Walaiphan Srisub¹, Puenfar Prempojwathana², Rasintha Seelame³

¹ Joseph Upatham School 2 Moo 6, Takham, Sampran, Nakornpathom 73110

¹Assumption College Thonburi 92 Assumption Rd, Khwaeng Bang Phai, Khet Bang Khae, Krung Thep Maha Nakhon 10160

³ Phanatpittayakarn School 52 Moo 6, Kut ngong, Phanat Nikhom, Chonburi 20210

DOI: <https://doi.org/10.5281/zenodo.8246107>

Published Date: 14-August-2023

Abstract: Nowadays, people always have a lot things to do. Certain the stress and lead to psychological conditions such as depression is once of it. There are also teenagers, to elderly people. Due to the impact of the stress and psychological conductions. Sometimes there are always many things that are needed to do something at that particular time. Sometimes it makes you less stressed and sometimes it's a hurdle at work. There are many questions in the past, with many questions. However, every stress has time to relax, which for relaxation has a variety of ways 1 in the question that. This will require a total of 125 responses from people of various ages to complete a survey to have a stress-relieving question about their pet needs. We will find those who want to be with animals. Up to 72.8 percent of 99.2 percent recalled pets were treatable, so most of them would have been expected with pets. And they then pets can treat stress.

Keywords: pet, therapy, love, sad, heal.

1. INTRODUCTION

In recent years, there has been an increased interest in using pet therapy as an alternative treatment for various health conditions. Pet therapy, or therapy that involves using trained animals to respond to patients in hospitals, is usually performed with safe and trained animals such as cats, dogs, horses, or other animals. Introduction to animal-assisted therapy has demonstrated promising results in improving the overall physical and mental well-being of patients. Studies have found that interacting with animals can reduce anxiety, depression, and loneliness, particularly in patients with chronic illnesses such as cancer, Alzheimer's, and post-traumatic stress disorder. In addition, animal-assisted therapy has been found to help lower blood pressure and heart rate, leading to improved overall physical health. Pet therapy is not only beneficial for patients, but also for medical personnel involved in patient care. It has been found to reduce stress and fatigue among medical staff, leading to improved job satisfaction and employee retention rates.

2. HYPOTHESIS

The hypothesis for pet therapy is that interacting with animals in a therapeutic environment can have a positive effect on individuals mental health and well-being. This may include reducing symptoms of anxiety and depression, improving mood, and promoting social connection and engagement. It is believed that the presence of animals can stimulate the release of endorphins and oxytocin in the brain, which can create a sense of calm and happiness. Additionally, interacting with animals may provide a sense of purpose and fulfillment, as well as distract individuals from negative thoughts and feelings. Ultimately, the hypothesis is that incorporating pets into therapy can be a valuable tool for promoting emotional and mental wellness.

3. METHODOLOGY

This is a non-experimental study, which is research in which no variables are controlled by manipulation. We obtained data through a Google form we created ourselves. It is therefore the primary data. Our study consists of qualitative data. This research will examine information gathered from individuals ranging in age from 6 to over 60. There were 125 people in

attendance. To analyze the findings on the topic of "Pet Therapy," it is necessary to examine the information provided by survey respondents. 1. Please describe how you feel when you are with your pet 2. How much do you miss your pet when you are sad? 3. Do you want to pet an animal? 4. How close are you and your pet? 5. Do you believe that pets make us happy? 6. What do you think can help you get rid of stress if you are extremely stressed? 7. Would you prefer pet therapy if you were depressed? 8. Do you think pets, such as dogs and cats, can do therapy? 9. Would you adopt a pet? 10. Do you enjoy spending time with your pets?

4. RESULTS

The current number of respondents to the "Pet Therapy" questionnaire is 125, with 85 females representing 68 %, 32 males representing 25.6 %, and 8 LGBTQ+ individuals representing 6.4%. For those aged 6 to 12 years, one person responded, which corresponds to 0.8%; for those aged 12 to 20 years, 114 people responded, which corresponds to 91.2%; and for those aged 20 to 60 years, 9.2% of those older than 60 years responded.

Table 1.

GENDER	NUMBER OF PEOPLE	Percentage
Male	32	25.6
Female	85	68
LGBTQ+	8	6.4

Table 2.

AGE	NUMBER OF PEOPLE	PERCENTAGE
6-12	1	0.8
12-20	114	91.2
20-60	9	7.2
60+	1	0.8

Table 3. Clarify your emotions when you stay with your pet ?

CHOICE	NUMBER OF PEOPLE	PERCENTAGE
Represent the most happy	91	72.8
Means very happy	19	15.2
Means moderately happy	13	10.4
Means less happy	2	1.6
Means least happy	0	0

From the first question , "Clarify your emotions when you stay with your pet ?" knowing that from 125 answer Represent the most happy 91 answerd amounts to 72.8% Means very happy 19 answered amounts to 15.2% Means moderately happy 13 answered amounts to 10.4% Means less happy 2 answered amounts to 1.6% and no one have Means least happy

Table 4. When you sadness you missed your pet?

CHOICE	NUMBER OF PEOPLE	PERCENTAGE
Represent the most missing pet	35	81
Means very happy	40	32
Means moderately happy	29	23.2
Means less happy	14	11.2
Means least happy	7	5.6

In the second question, "When you sadness you missed your pet?" knowing that from 125 people answer Represent the most missing pet 35 answered amounts to 28% Means very happy 40 answered amounts to 32% Means moderately happy 29 answered amounts to 23.2% Means less happy 14 answered amounts to 11.2% Means least happy 7 answered amounts to 5.6%

Table 5. Do you want to pet an animal ?

CHOICE	NUMBER OF PEOPLE	PERCENTAGE
Want pet	78	62.4
Not want pet	47	37.6

From questions three "Do you want to pet an animal ?" A 78 people want pet amounts to 62.4 percentage and 47 people not want pet amounts to 37.6 percentage

Table 6. How binding are you to your pet?

CHOICE	NUMBER OF PEOPLE	PERCENTAGE
Represent the most binding	79	63.2
Means very binding	26	20.8
Means moderately binding	9	7.2
Means less binding	7	5.6
Means least binding	4	3.2

In the fourth question, "How binding are you to your pet?" knowing that from 125 people answer Represent the most binding 79 answered amounts to 63.2% Means very binding 26 answered amounts to 20.8% Means moderately binding 9 answered amounts to 7.2% Means less binding 7 answered amounts to 5.6% Means least binding 4 answered amounts to 3.2%

Table 7. Do you believe that pets make us happy?

CHOICE	NUMBER OF PEOPLE	PERCENTAGE
Believe	125	100
Not believe	0	0

In the fifth question, "Do you believe that pets make us happy?" knowing that from 125 people answer Believe 125 answered amounts to 100% and no one not believe.

Table 8. If one day you are very stressed, what do you think can help you to get rid of stress?

CHOICE	NUMBER OF PEOPLE	PERCENTAGE
Sleep	20	16
Listen to music	24	19.2
Friends	19	15.2
Pet	58	46.4
Games	4	3.2

In the sixth question, "If one day you are very stressed, what do you think can help you to get rid of stress?" knowing that from 125 people answer Sleep 20 answered amounts to 16% Listen to music 24 answered amounts to 19.2% Friends 19 answered amounts to 15.2% Pet 58 answered amounts to 46.4% and Games 4 3.2 %

Table 9. Do you think that if you suffer from depression Would you choose a pet therapy approach?

CHOICE	NUMBER OF PEOPLE	PERCENTAGE
Yes	102	81.6
no	23	18.4

In the seventh question, "Do you think that if you suffer from depression Would you choose a pet therapy approach?" knowing that from 125 people answered Yes for 102 people amounts to 81.6% and 23 answers for No amounts to 18.4%

Table 10. Do you believe that pets e.g.dogs and cats can do the therapy?

CHOICE	NUMBER OF PEOPLE	PERCENTAGE
Believe	124	99.2
Not believe	1	0.8

In the eighth question, "Do you believe that pets e.g. dogs and cats can do the therapy?" knowing that from 125 people. 124 people answered Believe amounts to 99.2% and only 1 person answered Not to believe. It's amounts to 0.8%

Table 11. If you can choose whether or not you will have a pet. You will choose to adopt or not to adopt.?

ANSWER	NUMBER OF PEOPLE	PERCENTAGE
Adopt	115	92
Not adopt	10	8

From questions nine "If you can choose whether or not you will have a pet. You will choose to adopt or not to adopt.?" People choose to adopt or not to adopt. adopt 115 answer 92% Not to adopt 10 people 8%

Table 12. Do you enjoy spending time with your pets?

ANSWER	NUMBER OF PEOPLE	PERCENTAGE
Represent the most binding	72	57.6
Means very enjoy	36	28.8
Means moderately enjoy	12	9.6
Means less enjoy	5	4
Means least enjoy	0	0

"Do you enjoy spending time with your pets?" is the tenth and final question in table 10. 72 responses represent the strongest bond which is 57.6%. For very enjoyable, 36 answers were gathered, or 28.8%. For moderately enjoyable, 12 responses were collected, representing 9.6%. For less enjoy, 5 answers were collected, which corresponds to a response rate of 4%, and for the least enjoyment, there was no response.

5. DISCUSSION

A pet therapy study with 125 participants believes in the treatment of pets for people with depression and stress, pet making humans happy, commitment to pets, the need for raising animals, and the overall certainty that pets can actually cure human stress by simply being close or playing, rubbing their heads, and talking to them.

6. CONCLUSION

According to a Pet Therapy study of 125 participants using a questionnaire survey, the majority of people said they felt happy when they stayed with their pet and that they were attached to their pet. Everyone who responded agreed that pets can make us happy, yet a small fraction (0.8%) thought they couldn't provide therapy. For 72 people (57.6%), spending time with their pet was pleasurable. As a result, one of the exciting rehabilitation choices is pet therapy. Having pets necessitates additional responsibility.

REFERENCES

- [1] Thelwell, Emily LR. "Paws for thought: A controlled study investigating the benefits of interacting with a house-trained dog on university students mood and anxiety." *Animals* 9.10 (2019): 846.
- [2] Tavella, V.J. (2020,July 10). What to know about animal therapy. *Medical News today*. <https://www.medicalnewstoday.com/articles/animal-therapy>
- [3] Nitayaporn.m. (2019,May 13). Pets Therapy. Department of Mental Health. <https://dmh.go.th/policy/webpolicy.asp>