

A Preliminary Study of Painting as a Balancing Influence on Body and Mind

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Abstract

In contemporary society, people face pressure from work, family, society, etc., which may have a negative impact on physical and mental health. How to adjust your psychology, relieve stress, and maintain physical and mental balance is a very important issue. This study aims to explore the effects of drawing, as an artistic activity, on regulating physical and mental balance. This study adopted methods such as document analysis, expert interviews, and FSQCA qualitative research analysis. The literature analysis covers theories and research on painting, psychology, etc.; expert interviews invite 15 experts in the fields of art and culture to conduct interviews; the research results are analyzed through qualitative research analysis and fuzzy set theory. Research results: Painting is beneficial to balancing the body and mind, activating the inner mind, regulating and balancing the body and mind; painting provides an outlet for emotions, expresses inner feelings and reduces emotional depression; painting helps visualize the soul, recognize and understand oneself, and enhance self-confidence and meaning. Painting is art and healing, and is good for physical and mental health. This article studies the impact of painting, provides research on painting education, art therapy, physical and mental health, and the direction of sustainable development.

Keywords: Painting Research, Artistic Influence, Balance Adjustment, Physical and Mental Health

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Introduction: Research Significance and Motivation

With the rapid changes in modern society and environment, most people are facing pressure from work, family, society, etc., and long-term stress may lead to negative impacts on body, mind, emotions, health, etc., so how to positively adjust inner emotions and relieve stress? Relieving stress to maintain inner physical and mental balance is a very important issue in the future. For this reason, this study hopes to use artistic painting as a positive influence to balance and soothe the body and mind.

This study uses painting as an influence in regulating physical and mental balance. The research method was based on literature analysis, expert interviews, FSQCA qualitative research analysis and other methods. In the literature analysis, theories and research from art, psychology, philosophy, etc. were used; in the expert interviews, 15 experts in art and cross-field fields were invited to conduct interview questionnaires; and then through qualitative research analysis, the research results were analyzed.

The artistic creation process creates experiences, understands psychological trauma, and establishes cognitive and existential meaning (Appleton, 2001). Art can heal trauma, and practicing self-care through art is a good way to regain a sense of self-efficacy (Kim, 2023). Jungian psychology deals with emotions through painting creation, connecting consciousness and subconsciousness. Art is self-exploration and healing, understanding, interpretation, and expression to balance the body, mind, and soul (Xu Minling, 2021). The flow of consciousness in painting creation unleashes creativity and potential, repairs the mind and heals emotions, is beneficial to physical and mental balance and promotes health.

Research shows that painting can be beneficial to balancing the body and mind, activating the individual's inner mind, and thus regulating and balancing the body and mind; painting provides a way to relieve emotions, expressing inner feelings can relieve inner emotional depression; painting can transform the inner mind into image visualization, and deeply Understand and understand oneself, strengthen self-confidence and sense of value. Painting is both art and a healing process, which can benefit an individual's physical and mental health. This study conducts in-depth research on the impact of painting, which can provide good directions for future sustainable development of research on painting education, art therapy, and physical and mental health.

Literature Discussion and Analysis

Art psychology expert Rodulf Arnhim proposed that art can help understand oneself and the world, and express the essence of things through artistic forms; creativity promotes recovery, and creativity processes non-verbal memory, suppresses confusion and restores hope (Corrado et al., 2022). The painting process visualizes the imagination in the mind and is a process of imagination, perception, intuition, and creation (Edwards, 2005). The process of painting creation helps to realize and express emotions, unleash individual creative potential, promote health and promote physical and mental balance. Art Tool Healing provides a safe space to process non-verbal trauma and facilitate communication through visual images. (Schnitzer et al., 2022). Art helps with psychological healing. As a tool for emotional expression and visual communication, art is a flexible way to express emotions and communicate.

Maslow, a psychologist in the 20th century, proposed that human beings have the need for self-realization, the expression of creativity and the realization of inner potential (Liu Siliang, 1998); American psychologist Carl R. Rogers proposed that "creativity is the only way to coexist in an ever-changing world." "Method", art releases the soul and achieves freedom. The essence of philosophical existentialism is that artistic creation is self-aware, producing creative action, expression, and awareness, becoming a cyclical relationship (Moom, 2011: 46). Korean art therapists study the interrelationship and harmonious effect of creativity (Kim, 2023) as shown in Figure 1; the circular diagram presents the core of the creative dimension, extending cognition, symbolism, emotion, perception, etc. Painting creation expresses self-creation, individual awareness and cognition, emotional expression and symbolism, imagination and creation, action and expression, opening up the senses and consciousness, creating continuous awareness and kinetic energy, and visual expression.

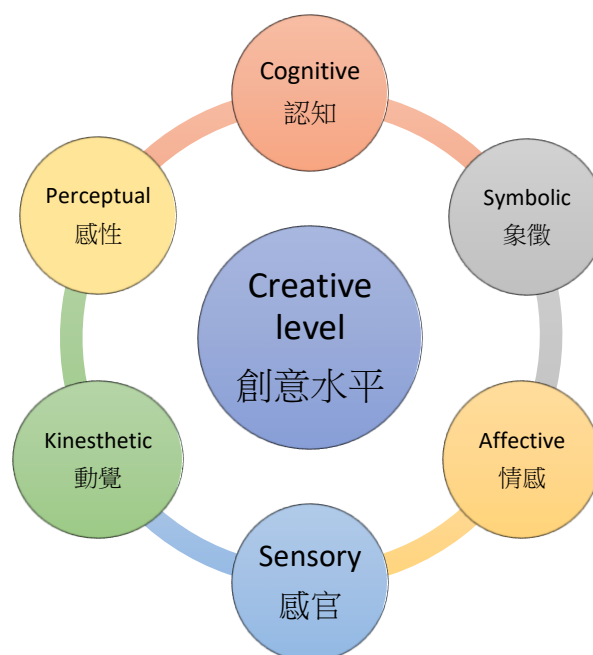


Figure 1: Hierarchical structure of expressive artistic therapy of mandala painting
(Source: Kim et al., 2020)

Neuroscientist Siegel explains that emotional responses are coordinated and balanced with the integrated functions of the prefrontal cortex of the brain relative to conscious awareness and cognition, and the creative process is close to meditation (Siegel, 2011); artistic creation can activate brain nerves and heal inner emotional trauma (Frances O'Brien, 2008); art promotes positive effects and helps activate perception (Reynolds et al., 2011); art helps regulate emotions, strengthen communication and expression skills, and the creative process maintains flexibility and change (Chilvers et al., 2021). Creation can strengthen self-healing; use art as a good way to heal the body and mind. Creation activates imagination and strengthens the mind. Creativity and painting images dialogue for psychological treatment and healing, so as to achieve physical and mental health and spiritual soothing and balance (McNiff, 1992); painting The process enters into conscious awareness and cognition, resulting in coordination and balance of body and mind, indicating that art can help relieve stress, heal, and soothe physical and mental emotions.

Art as therapy, art has healing potential, and creativity promotes mental recovery (Saavedra et al., 2017); art's non-verbal communication method is helpful for psychological recovery

(Gantt & Tinnin, 2009), and artistic creation is beneficial for communication and mental recovery, creative painting has become a good way to heal the soul and contribute to psychological recovery and peace. Art heals inner emotional memories, self-awareness, increases happiness, and creates a more positive self (Schnitzer et al., 2021); art therapy heals the body and mind and meets social needs (Anand, 2016). Art creation contributes to psychological healing, promoting awareness and expression, emotional flow, and a positive experience that balances the body and mind. Future cross-disciplinary research will turn to art for resolution, recovery, and psychological empowerment (Leavy, 2009). The process of painting creation goes through awareness and perception, imagination and creation, visual expression of the soul, and creativity helps balance the body and mind. In the future, there will be more cross-disciplinary research on the value of art and academic contributions.

Research Methods

In the research, painting is used as a way to balance the body and mind. The research methods include document analysis, expert interview questionnaire method, and FSQCA research analysis method. Research on the impact of painting as a balance between body and mind, experience creation and visual expression; this study invites experts from art, design, humanities, psychology and other fields to participate in the research questionnaire of expert interviews. The experts participating in the study are aged 45-70 years old, a total of 15 experts participated and were invited to fill in the research questions of the research questionnaire. After studying the data from the interview questionnaire, we used FSQVA qualitative analysis to get the results, and interpreted the conclusions of the research analysis results. The research conclusion is that participating in painting can contribute to emotional perception and physical and mental health.

This study first uses literature analysis to study relevant theories, including art, cross-field, psychology and other related research theories, including 1. The process of painting visualizes the mind as a flexible way to express emotions and convey perceptions; 2. Painting opens up imagination and Creativity, painting is the process of exploring possibilities and creating experiences; 3. Inner awareness and self-understanding, painting helps conscious awareness and cognition, and brings coordination and balance to the body and mind; 4. Creation is spiritual healing, visualizing and inner perception Dialogue to achieve physical and mental healing and balance.

The question grouping items in the expert interview questionnaire were designed based on the essential spirit of painting art, including beauty (aesthetics), emotion (psychology), and inspiration (creativity) as grouping attributes. Five extended question directions were designed in each to create a painting. The relationship between beauty (aesthetics), the related impact of the painting process on psychology (emotion), and the relationship and research on inspiration (creativity) when painting. Based on the research questionnaire design and response data, it was compiled and analyzed using FSQCA qualitative research. The results are used to explore and interpret the related effects of painting. Analysis of the research results can show that painting can bring positive effects on emotions and perception.

Research Results and Analysis

Study the design of group questions in the interview questionnaire, study the essence and core spirit of painting art, use beauty (aesthetics), emotion (psychology), and inspiration (creativity) as group attributes, and design five questionnaire items in each group attribute,

the relationship between the beauty (aesthetics) of painting creation, the related impact of the painting process on psychology (emotion), and the relationship and research of inspiration (creativity) when painting. Based on the research questionnaire design and response data, the FSQCA quality was compiled and This study analyzes the research results to explore and interpret the related effects of painting. The analysis of the research results can show that painting can bring positive effects on emotions and perception.

Experts who participated in the expert interview questionnaire included experts in art, design, psychology, etc.; from the perspective of creation and perception of the painting process, 41.2% agreed and 58.8 strongly agreed; in the process of painting, 43.8% strongly agreed and inspired creation and opened the creative experience mode. Agree, 50% agree; painting activates the brain and unleashes creativity, enhancing and activating the inner spirit, 70.6% of experts agree, 23.5% strongly agree; 47.1% agree and 47.1% strongly agree that the uniqueness of artistic creation has a creative spirit; painting unleashes imagination It helps to unlock mental potential and creativity, with 52.9% agreeing and 41.2% strongly agreeing. Painting can freely express emotions and visualize the mind to relieve emotions and stress. 17.6% agreed and 82.4% strongly agreed. Painting can recognize and understand the inner self, increase self-confidence and strengthen psychological quality. 25.6% agreed and 76.5% strongly agreed.

Painting helps visualize emotions to regulate the body and mind, with 17.6% of experts agreeing and 82.4% strongly agreeing. Painting expresses emotions and achieves creative freedom, with 47.1% of experts agreeing and 52.9% strongly agreeing; painting enables self-awareness and self-understanding, with 64.7% agreeing and 29.4% strongly agreeing; painting can produce beauty and pleasure, and creation has healing effects, with 17.6% of experts Agree, as many as 82.4% of experts strongly agree; 58.8% of experts agree that long-term participation in painting creation improves aesthetic education and enriches life, and 41.2% strongly agree. Painting presents the inner mind and creative experience. 41.2% of experts agreed and 58.8% of experts strongly agreed. On the influence of creation and art education, 82.4% of experts agreed and 11.8% of experts strongly agreed. On the impact of continuous painting and teaching, 17.6% of experts agreed and 82.4% of experts strongly agreed.

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Analysis of Necessary Conditions

Outcome variable: Inspiration

Conditions tested:
      Consistency   Coverage
Focus  0.969697    0.927536

Analysis of Necessary Conditions

Outcome variable: Continued

Conditions tested:
      Consistency   Coverage
Focus  0.944444    0.985507
Inspiration 0.888889  0.969697

Variable      Mean      Std. Dev.   Minimum   Maximum   N Cases   Missing
Focus          4.6      0.4898979   4          5         15        0
Inspiration    4.4      0.6110101   3          5         15        0
Activation     4.2      0.5416026   3          5         15        0
Creative       4.4      0.6110101   3          5         15        0
Potential      4.4      0.6110101   3          5         15        0
Emotions       4.8      0.4          4          5         15        0
Strengthen    4.266667 0.4422166   4          5         15        0
Regulate       4.8      0.4          4          5         15        0
Freedom       4.466667 0.4988877   4          5         15        0
Confidence    4.266667 0.5734884   3          5         15        0
Healthy       4.8      0.4          4          5         15        0
Aesthetics    4.466667 0.4988877   4          5         15        0
Join          3.666667 0.6992059   3          5         15        0
Continued     4.8      0.4          4          5         15        0
    
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Figure 2: Research data using FSQCA table
(Source: Huang, Y.C, 2024)

From the previous interview data chart analysis, we know that experts agree that painting has a positive impact on the body and mind; and through FSQCA analysis, we know that Emotions, Regulate, Healthy, and Continued are 4.8, showing a high recognition impact factor; and Join is 3.666667, which means painting It requires cognition and participation. Activation is 4.2 and Confidence is 4.266667, which are slightly significant influencing factors. The above data analysis shows that painting has a significant impact on emotion, regulation, health, and sustainability. As shown in Figure 3, the process of painting creation involves awareness and perception, going through the process of imagination and creation, and visual image expression. Creativity is beneficial to helping balance the body and mind. In the future, it is worthy of cross-domain research on the impact and academic contribution of art.



Figure 3: Painting experience process chart
(Source: Huang, Y. C, 2024)

Conclusion

Observing the rapidly changing contemporary society, modern people have many different pressures. Art can enrich and beautify life. The purpose of this study is to use painting to regulate and balance physical and mental stress. Painting can help maintain physical and mental health, and maintain emotional balance and flexibility in life, an issue worthy of continued research and concern in the future. The study explored the impact of painting as an art activity on which long-term participation can gradually regulate physical and mental balance. The research uses methods such as document analysis, expert interviews, and FSQCA qualitative research analysis. The expert interview research method invited 15 experts in the fields of art and culture to participate; qualitative research analysis was also used to collect interview data to analyze the research results.

The design of the research questionnaire is based on the essence and core spirit of the art of painting, with beauty (aesthetics), emotion (psychology), and inspiration (creativity) as research extensions. The question design in the interview questionnaire is studied to explore the connection between the beauty (aesthetics) of painting creation. The relationship and research on the psychological (emotional) impact of the painting process and the use of inspiration (creativity) when painting are based on expert research questionnaire design and response data. After compilation, FSQCA qualitative research analysis and research results are used to explore and interpret painting. The analysis of the research results shows that in expert interviews, most experts support and affirm the positive influence of painting, which helps regulate and balance the body and mind.

Research and analysis results show that: painting can be beneficial to balancing the body and mind, activating the individual's inner mind, and regulating and balancing the inner body and mind; painting provides an outlet for inner emotions, expresses feelings and reduces emotional depression; painting visualizes the mind's vision, can deeply understand and understand the self, and enhance Individual self-confidence and existential meaning. Painting

is art and a form of healing. Long-term participation is beneficial to physical and mental health. This study continues to study the impact of painting, and provides future research on painting education, art therapy, physical and mental health, and the significance of continued development.

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Art enriches and beautifies life. The researcher has devoted himself to art creation all year round. He has been engaged in art projects and teaching for more than ten years. He understands that art can keep the body, mind and soul flexible and balanced, and that art can help the world become a better place. Therefore, he has paid attention to this issue for many years. Research will continue in the future.

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