

## THE EFFECTIVENESS OF ARTS IN MENTAL HEALTH RECOVERY

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### Abstract

Arts play can help people with mental disabilities or illness. The aim of this research is to evaluate the effectiveness of arts in mental health recovery. This paper will contribute to the mental health development and how medical institution use art intervention in recovering mental health related problems.

**Keywords:** *arts, mental health, effectiveness, art intervention, medical institution*

### INTRODUCTION

Arts have been characterized as a profession of mental health therapy in the past. However, more research has to be done on art therapy in link with wellbeing and integrative medication field. Research has shown the connections between art and the brain. Art based methodologies can help people recover from anxiety, injury recollections, Alzheimer and dementia, lessening in pain and fatigue perception, and also to enhance personal satisfaction, particularly for the individuals who endured by mental disabilities or sickness. More research are needed to prove that art therapy helps people with emotional instability or in determining the interpersonal issues.

Art therapy allows patients a sheltered space to express themselves in their own particular manner. Taking part in art activities can help in recovery as it help the patients to focus, loosen up and express what needs to be expressed. Compared to other trainings that most mental health professionals performed training in arts therapy is different. It includes a different approach to deal with inquiry of expressions and certainty. The majority of the artistic people convey a unique passionate reaction to their work with mental health service users.

Margaret Naumburg who is an educator and psychiatric therapist was the first person to define art therapy as a separate form of psychotherapy back in the 1940's. She was one of the first people to experience psychoanalysis in the United States. Many hospitals and mental health facilities began by the middle of 20th century, including art therapy programs after examining how this form of therapy could promote emotional, developmental, and cognitive growth in people with mental health disability or illness. The discipline then becomes an important tool for assessment, communication, and treatment for those who suffered mental health disability or illness.

## ISSUES

Studies conducted on the effectiveness of arts in recovering mental health often have mixed results, making it difficult to generalize the roles of arts in improving mental illness. Though there were evidences that arts therapy assisted patients with mental health problems the role of this therapy plays in improving the health and well-being of individuals yet seems less rigorous. Art therapy therefore can enhance the awareness of public especially the family who takes care of suffered from mental illness.

## RESEARCH QUESTIONS

Based on the research issues, the research questions are:

- What is the effectiveness of art therapy in mental health recovery?
- What is the purpose of the study on the use of arts in mental health recovery?

## RESEARCH OBJECTIVES

This paper aims to evaluate the effectiveness of arts in mental health recovery. The research objectives are:

- To explore the effectiveness of art therapy in mental health recovery.
- To identify the purpose of the study on the use of arts in mental health recovery.

## LITERATURE REVIEW AND PROPOSED FRAMEWORK

Lipe, et. al. (2010) explored the impact of arts intercession program in a psychological well-being group. It is conjectured that arts have a part in enhancing the capacity to oversee self-care and individuals' sentiments of prosperity. The primary aim of this study was to observe the viability of arts programs to individuals who have been determined to have dysfunctional behavior. Individuals who participated in the research gathered at a Clubhouse. A model for serving this individuals were then developed with the cooperation between a clinician-based music treatment program and a practitioner-based art in healthcare program. The sample comprised of 45 people from the Clubhouse. It was anticipated that the arts intercession program could offer chances to individuals involved who suffer from mental illness to express their feelings and to help them in daily situations. It was also demonstrated that art therapy programs helped in motivating mental health patients, relieving their negative symptoms and enhance their inspiration. In addition the outcomes demonstrated that art therapy program helped the members enhance their skills in different situations. For example, sense of belonging, creativity, self-expression, focus, administrative stress, fun and the capacity to manage self-care and even relaxation and upgrades in general personal satisfaction. A model was then in this study. In respect of this discovery, it was demonstrated that arts have a part in enhancing individual sentiments in promoting well-being and the capacity to manage self-care.

Choi and Jeon (2013) stated that using the past memory treatment and medium of collage in group therapy improved the personal satisfaction. It also improved the quality of life and reduce the level of depression in women at high risk for dementia. The after effects of this exploration demonstrated the cognitive functions. Those who participated in the reminiscence group using art therapy and collage differ in cognition from those in the control group. Recalling back the past memory shows more noteworthy changes in personal satisfaction and recalling back past memories for members who were presented with art therapy, compared to the control group.

Sagan (2012) likewise expressed that art therapy was seen as something that hold out a quality that was not credited to talking therapy. The outcomes conducted demonstrates that the members who were self-select themselves for the art practice unmistakably had a thoughts about arts, held the arts in high-regard, and appending a high importance quality to its practice. Art practice empowered the statements of difficult and continuing emotions in a type of verbal or literary. Every member experienced a difficult past, for example, injury, viciousness, substance misuse, vagrancy and destitution. The relationship of self-investigation, strong narrative, and externalization of these through art practice appeared to offer a method for mending and rebuilding efforts. Be that as it may, the trouble of the individual experience with art practive and the symbolic meaning attached to it was discovered.

Petruta-Maria, C. (2014) likewise highlight that music has obvious power particularly on youngsters with inabilities. Music not just can help in building up individuals' sentimental, spiritually life and individuals' capacity to know their well-being. From the exploration, it is best that music therapy ought to start sooner after being diagnosed to make the best utilization of therapeutic treatment. The expressive art therapy techniques help in the improvement and administration of all personalities of youngsters with extraordinary needs that add to their social integration.

The variables are shown in the theoretical framework as shown in Figure 1. The variables are expressive arts therapy, music therapy and arts intervention programs. It demonstrates that by utilizing either music therapy or expressive art therapy structure in art intervention program can help in emotional wellness recuperation. Taking into account this structure, it demonstrates the part of arts in recovering emotional instability.

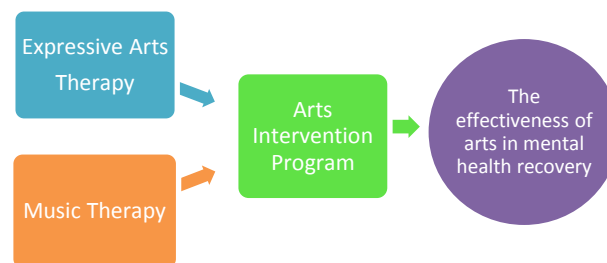


Figure 1. Theoretical Framework.

## CONCLUSIONS

In conclusion, arts play an imperative part in recovering psychological well-being of patients. The utilization of arts is a viable tools in recovering emotional sickness and enhances individuals' psychological wellness. Past examination demonstrated that the viability of utilizing arts as a part of psychological well-being recovering process where every studies demonstrates a critical change in the level of patients emotional well-being. Other than that, art intervention program likewise have a major part in the groups while it help the group to see better the issue endured by individuals who have emotional sickness. The art intervention program likewise help in advancing the attention to art therapy to the society. The utilization of arts additionally can be practice nonstop to keep up the level of individual emotional wellness. Other than that, the creative art can advance positive change in various ways. These are a key part of the move towards a recovery approach in psychological well-being.

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