



PAINTING AS A CURATIVE TOOL FOR PSYCHOLOGICAL DISABILITY

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Abstract: Emotional disability is a dangerous situation if not quickly addressed. It can affect the whole of human health thereby posing threat to life. This Qualitative research focuses attention on the health benefits of art particularly painting on human health especially emotion related issues. It uses painting as the case study. Painting is a branch of art in which both lines and colours are forms of artistic communication. However, sometimes this communication goes beyond aesthetics to the point of feelings and emotions which can positively or negatively affect human health. This study looks into how art can be used to serve as healing instruments in human health and how it has been used in human healthcare to cure psychological ailments in both children and adults. Due to its use of colours, creative painting has the ability not only to appeal to human sense of sight, but also to trigger emotions that comfort feelings thereby enhancing good health which eventually promote healthy community. The research also examines two basic means through which Visual art can be used generally to help humans by engaging in art as hobby, occupation or purposely as curative means of healing and surrounding ourselves with paintings and art works at homes, offices and our environment. The Methodology applied for this study are review of literature and observation of practice. The authors suggest suggest regular investigations into this subject matter on order to further ignite interest in researching the possibilities of interdisciplinary relationship between arts and human healthcare

Keywords: Curative, Painting, Visual Art, Therapy, Mental health.

Introduction

A lot is being uncovered today through different sober minded tests and practice about the healing force of visual art particularly painting. Visual art which for the purpose of this paper will also be called visual craftsmanship or workmanship comprises of any structures that are fundamentally visual in nature, like Painting, Textile Designs, Graphic art, Earthenware production Sculpture, Photography and Filmmaking.

As a result of modern advancement new developments have been brought into art as well as a few different fields of human undertakings like architectural design, sciences, innovation or technology, medicine and others. These advancements have brought forth harmony between disciplinary connections and joint efforts. A genuine model is the collaboration among art and health care related disciplines in area of treatment of emotional and psychological wellness. It has now been laid out that artistic exercises have heaps of advantages for psychological well-being. Today, researchers are continually uncovering empowering confirmations which support the way that connecting with imaginative or creative exercises like painting, drawing, sculpting and crafts are gainful to human emotional wellness and prosperity by and large (Renée, 2021). Many examinations which affirmed that art creativity diminishes pressure, increases positive feelings, reduce burdensome side effects, diminishes stresses or tensions and is equipped for further developing strong immune system in man. A few different examinations have likewise upheld the above discoveries as obvious, in this manner carving out opportunity for imaginative exercises is related with higher enacted Positive Affect (PA) during the hour of such creative activities. (Brenne, 2019). Positive Affect (PA) depicts the degree to which people experience good temperaments, joy, feeling better, bliss and confidence. Painting as a vehicle of creative articulation utilizes principally colours as way of expression. The utilization of art to treat related mental problems and improve emotional well-being is known as art therapy treatment which is a strategy established in the possibility that artistic creativity can cultivate healing and mental prosperity. Visual craftsmanship has been known for communication, self-articulation, and healing for millennia. In any case, research has laid out that art asca curative tool began to become proper program during the 1940s (Kendra, 2021)

It was seen by clinical Specialists that individuals living with mental issues frequently put themselves out there in drawings, paintings and different craftsmanships, which drove many to investigate the utilization of art therapy as a curative methodology. In this way, from that point forward, art has turned into a significant piece of the remedial field and is utilized in a few evaluation and treatment methods. (Kendra, 2021). According to art in healthcare, the impacts of art start from the colours given to the building of the medical center to use of imaginative painting as curative channel. Common Types of painting are Life or figure painting, Still Life painting, Nature painting and Landscape or Ocean scape or Seascape and Imaginative painting. Life painting is the painting of people particularly when they are postured for that reason. Figure painting is the painting of people for the most part either from a model, moving figures, pictures or from Imaginative mind. Portrait of picture painting either in full or half size are under figure painting. Still life compositions then again are artistic creations of man-made objects like vehicle, fan, furniture, cooking wares, textures, and so forth. (Makanju, 2006) Nature painting is the painting of things made by God particularly, plants, blossoms, trees, rocks, bones, birds and creatures. Landscape or Seascape works of art involve land or waterways and the things on it or around it. In addition, there are also, imaginative or innovative painting which is painting done simply from a man's creative mind without direct reference to life items or figures. Abstract painting on the other hand is purposeful twisting of normal structures or shapes in a work of art, drawing or Sculpture (Brenne, 2019)

Painting been an old artistic practice comes all the more normally to imaginative right-mind individuals, but individuals with left-cerebrum known as insightful left-brainers can likewise invigorate their innovativeness also by additionally working on painting. (Makanju, 2006, Novice's School, 2017)



Figure 1: Landscape
Unknown Artist

Photograph: Dreamstime.com, 2022,



Figure 2: Multiple figures
Dele Obaro

Photograph: Pinteresti, 2022.



Figure 3: Single figure
Unknown Artist

Photograph: saatch art, 2022



Figure 4: Nature Painting.
Unknown artist

Photograph: www.google.com, 2022.



Figure 5: Abstract painting
Unknown Artist , FPI, 2022

Photograph: Author, 2022

The human culture, Nigeria inclusive has been encountering wellbeing related issues for a long time. With the quick rising populace around the world that has reliably expanded from 1 billion of every 1800 to around 7.9 billion out of 2020 and with the projection that the populace will hit 9.7 billion out of 2050 wellbeing related issues will likewise increase. (Joined's Countries, 2019) For instance Nigeria which right now rank Nigeria as the sixth most crowded country on the planet with around 219 million populace is projected to hit 440 million populace by 2050 (USAID, 2020, US Enumeration Department, 2021). Nigeria is presently supposed to be helpless against different infections like intestinal sickness, stroke, street mishaps, HIV/Helps, tuberculosis, among others that have been guaranteeing lives throughout the long term.

(Menizibeya, 2011, Macrotrends.net, 2021) Other than direct actual afflictions, close to home and mental perishes are likewise expanding due to such countless social, financial and conjugal issues. Consequently the requirement for substitute wellbeing cure which painting gives is an inviting thought. (Joshua, 2019)

Thusly, this paper presents painting either as a calling, job and enrichment as an elective method for tackling worldwide medical problems particularly the ones connecting with emotional and psychological well-being. Over this exploration, a great deal of related academic writings were checked on, studio exercises on painting were observed and the impacts of colours and taken part in painting abilities on human feelings were similarly concentrated on through different related psychotherapy reports.

Brenne, (2019), Helen, (2019), Hutter, (2020), and others inspected the brain research impacts of art therapy by and large on human wellbeing. Nonetheless, the greater part of them didn't examine painting straightforwardly as a helpful means. However, Raynes, (1981) and Mhf, (2021) composed on the advantages of drawing and painting human feelings.

The goal of this exploration is to divulge the clinical or medical advantages of visual art particularly painting and to persuade specialists to dig further into the conceivable outcomes of shared connection between curative art, health-care services and human wellbeing.

Hypothetical Structure that upholds curative art investigated in this examination is according to an existential viewpoint which views at artistic activity as a "gutsy confirmation of life in face of the void or demise". As per existentialism from this attestation of life comes the recuperating medication of creation. Consequently, the need to create arose (Garai ,2001)xxxxxx

This practice-based study is scholarly explaining the benefits of painting or art generally to human health. It also encourages anyone who engaged in painting either as a professional practice or as a part-time, or as collector or dealer or as a lover of art who just enjoys decorating his immediate environment with paintings to see and apply the therapeutic aspect of painting. In view of the ongoing explanations, it is imperative therefore to enrich this research with at least one painting therapy activity.

Materials for painting: It should be established that the methods of painting comes in two basic forms. The liquid based approach and the dry technique. The liquid based approach involves the use of fluids as solvent for the paint. This fluid may be water, oil or egg yolks which must be mixed with the paint to create the desired flow. While dry approach involves the use the painting or drawing medium alone.

Painting Tools: Sable brushes, hard brushes, pallet, pallet knives, and container for holding brushes and for washing, painting easel, drawing board and donkey chairs. Other materials include paper, canvas and painting board

Methodology

This training based study is insightful making sense of the advantages of painting or visual art generally by and large to human wellbeing. It likewise supports anybody who participated in painting either as an expert practice or as a parttime, or as gatherer or vendor or as an admirer of art therapy who simply appreciates enlivening his prompt climate with painting to see and apply the restorative part of art. Considering the continuous clarifications, it is basic accordingly to advance this exploration with something like one work of art treatment action.

Materials for painting: It ought to be laid out that the strategies for painting comes in two fundamental structures. The fluid based approach and the dry procedure. The fluid based approach includes the utilization of liquids as dissolvable for the paint. This liquid might be water, oil or egg yolks which should be blended in with the paint to make the ideal stream. While dry methodology includes the utilization the art material or medium alone.

Painting Devices: Sable brushes, hard brushes, pallet knife, colour pallet, holder for holding brushes and for washing, painting easel, paper, canvas and painting board

Table 1: Painting media and their solvents

Liquid Based Paints	Solvent	Dry Materials	Solvent
Poster Colour	Water	Oil Pastel	None
Gouache	Water	Chalk Pastel	None
Water Colour	Water	Coloured Pencil	None
Acrylic Paint	Water	Wax Pencil	None
Oil paint	Turpentine	Ball Pen	None
Tempera	Egg yoke		
Coloured Ink	Water		

With regards to painting for remedial reason, no hard guidelines are observed. The individual who needs to paint may not actually be a craftsman. The standards and components of art may not be applied. What is of most extreme significance

here is interest. In any case, the sort of brush or pencil strokes and utilization of colours will uncover the overarching feeling of the artist.



Plate 1: Colour Psychology: Warm and Cool Colours.
 Courtesy: Icon Visual Marketing, 2022

Note: Colours are also referred to as hues or tones.

Warm tones are Red, Orange and Yellow While Cool Tones incorporate Blue, Green and Purple and Essential tones are Red, Yellow and Blue

Various types of Curative Art Exercises for Different Feelings and Emotions.

The use of Visual art as curative means includes two methodologies. Nondirected and Coordinated approach. A nondirected approach is malleable, and less organized than a coordinated methodology. For instance, one could draw, paint, colour, or sculpt without rules. A coordinated methodology is more organized as in one picks an art therapy exercise that connects with specific sentiments and feelings. With one or the other approach, ones sentiments are communicated, or the feelings of anxiety decline. The advantages of curative art are given in the two methodologies. The following are a few instances of art therapy exercises connected with sentiments and feelings that could be drilled. These activities can be utilized for feelings or emotion listed below

Feelings

Paint or draw your feelings. Ponder how you are feeling and put that inclination into paper, but you see it by painting or drawing

Make an inclination wheel. You will require heaps of variety for this movement! Name every feeling with a variety that fits for you.

Make a postcard that you don't need to ship off anybody. This exercise will assist with delivering outrage in a manner that never must be introduced to another person

Sensation of Bliss or Happiness

Make a montage connected with a statement that addresses you. Composition is an image made by staying different pictures onto a surface.

Turn words that make a big difference to you and transform it into a visual that is rousing.

Make a wild drawing, painting or some other innovation. This exercise will get your inventive energies pumping and will probably be wild and amusing!

Draw creatures you love. Certain individuals consider creatures to be wellspring of adoration and bliss. Draw the ones that you love the most might be your own pet incorporate

Draw, variety, or paint your concept of the ideal day or amazing home. This action will assist you with making a visual of spaces and things that vibe protected and warm to you.

Unwinding or relaxation

Paint or variety while paying attention to music. At the point when workmanship and music are coordinated, our cerebrums and bodies can unwind.

Make a mandala. You can either print one off or draw your own - this is a thoughtful image that is unwinding to check out and work with.

Draw something extremely enormous! Get out the enormous bits of paper or a major cardboard box and get your body rolling.

Pick colors that are unwinding and quieting to you and just utilize those. Some of the time specific tones brings various affections for us. Pick ones that address you actually.

Draw, paint, or shape outside. The sights, sounds, and environment of the outside, when matched with workmanship, are exceptionally unwinding.

Injury and Misfortune or loss and trauma

Make a montage of your concerns or tensions. Put whatever concerns you in your life in writing.

Paint somebody you have lost. Assuming that you have lost somebody near you, recall that person and make a drawing of that unique individual near you once more. Draw their picture the manner in which you see that person to you.

Be free as you reproduce the person in question

The above are only couple of instances of Artistic or painting exercises that can be drilled as helpful activity. There are a few there other composition practices which and individual could rehearse.

Results

From the above art works out, it tends to be seen that both painting and drawing are firmly sewn and have corrective capacity to recuperate close to home diseases. Curative art is a wide discipline which incorporates painting and drawing. In any case, while painting the component of drawing particularly lines are utilized. Drawing is a type of workmanship through which contemplations and sentiments are communicated using lines making a trip from one heading to the next portraying a piece in total agreement. The two are interlaced with a dainty line between them. Albeit every one of them can be utilized is the utilized freely, with the end goal of craftsmanship treatment, this study considers painting as more proper on the grounds that tones are involved. Workmanship treatment is a simple, reasonable, and valuable method for communicating sentiments, diminish pressure, and help us to remember the cheerful things ahead we can place troublesome sentiments into something visual and significant. At the point when we draw, colours, or paint, our brain become dynamic and are better at aiding us out with any future stressors.

Discussion

Such a lot of exercises are occurring universally including Nigeria by different concerned Organizations to utilize substitute means like curative art to lessen and fix psychological well-being and emotional related sicknesses. These gatherings include Clinical experts, Artists, Performers, Scholars, Producers, Social Laborers, Artists, Chairmen of organization, Specialists, Clinicians, Teachers, Policymakers, Business visionaries and Psychological well-being and Health advocates (Mhf, 2021). Example include Art in Medicine, Nigeria, Worldwide Art in Medication Partnership, Worldwide Mind Wellbeing Establishments. As indicated by Pablo Picasso a famous artist, 'curative art washes from the spirit the residue of regular daily existence' (Mhf, 2021) As explained earlier, as a result of the joint effort between art and clinical sciences, today many individuals internationally use Visual art as a solution to manage pressure, injury and misery.

Curative art is likewise used to discover a sense of harmony and importance in individuals' lives. Painting, in any case, isn't restricted to being only a creative undertaking, yet additionally appreciates numerous medical advantages. Painting is a powerful restorative and quieting solution for mental and actual wellbeing. Visual art by and large as an inventive instrument uses the cerebrum which is the personnel of reasoning. The painter, whether expert, beginner or even inquisitive playing kids are really glad when they see individuals valuing their works. This likewise gives them feeling of satisfaction and delight in their convenient work. The self image or confidence of such individuals is supported consequently, they cheerfully endeavor to a more elevated level of imagination. In this manner their inclination is settled giving way to a sound living and solid society. Rehearsing and mastering imaginative abilities particularly painting at one's own speed empowers imaginative advancements which are valuable to emotional wellness in this time of pressure.

The followings are medical advantages of painting to human wellbeing particularly emotion and mental issues.

Painting Works on Fearlessness and Gives You Good Mindset: The same way you feel when your persistent effort brings result, finishing a composition effectively causes you to feel blissful and gives you an incredible inclination that boots your confidence. Getting positive remark and input from your partners will likewise give increment to your identity confirmation that follows making your very own work. At the point when you make craftsmanship, you become used to tastefully imagining your general surroundings which causes you to see the value in the excellence in and of life. You get to cherish the surface of a tree's husk or the fur of a canine, of different features and shadow showing on exposed white level surfaces. Embracing the magnificence that encompasses you improves your positive perspective on the world and has conceivable outcomes to try and diminish the risk of psychological instability.

Painting Improves Relaxation and Serves as Pressure Alleviation: Painting without a doubt is restorative since it assists the psyche with focusing on the item been painted alone at that specific time. As consideration is focused towards the painting, weight on the psyche is diminished and this thus loosens up the body. Thus, this unwinding diminishes muscle pressure, touchiness, joint torment, migraines, and other related actual illnesses. This impact on the body and brain is contrasted with contemplation.

Painting Supports Innovativeness: Painting like different parts of Visual art supports inventiveness particularly with the utilization of varieties and tones. Anything the procedure is, be it unique, authenticity, impressionism, expressionism or innovation, painting is a method for creative correspondence. Conceptual craftsmanship gives space for absolute opportunity of articulation in which the specialists isn't confined by any customary guidelines to make his piece. The delight of workmanship lies in advancement, creation and entertainment of something with one's own hand, and unique thing that "uncovers one's most profound articulations and inspirations" (www.arttherapy.com,2022)

Painting additionally Works with Decisive Reasoning Abilities:

The course of choice of which brush to utilize or paints to mix in order to make the specific colour for your Stress settles on you a choice as individual and as a basic scholar too. Critical thinking advances the presentation of the psyche and can ease pressure.

Utilization of Cool Colours

Painting fosters the Spirit of Diligence: For the most part, a few advanced thoughts and developments have chances of being severely executed. While a work of art neglects to turn out the manner in which an artist imagined it, he determined to tackle the issues ensuring the artistic piece becomes what he imagined. This present circumstance of experimentation once in a while may keep going for quite a while. It is, certainly fabricating a more proficient and decided mind.

Painting Further develops Attention and Concentration: From the second one chooses to paint, a ton of exercises which needs focus start. Such primer movement incorporates choice of what to paint, is it still life, scene or blossom, what tones to utilize, and so on. Furthermore, the second legitimate composition starts, the 'craftsman' should focus regarding the matter been painted or working on the subtleties in the object of painting. As the canvas advances, your consideration will be on providing the work with the kind of completing that fulfill your brain. (Raynes, 1981).



Figure 7:The Blue Landscape
Dele Obaro, 2021.
Courtesy: Dele Obaro 2021



Figure 8: Painting for Depression.
Unknown artist
Courtesy: Global Healing Exchange, 2022

Conclusion and Recommendation

Visual art is a suitable invention through which the face, wellbeing and prosperity of people can be gotten to the next level. Also, the study uncovered the way that art can accomplish the wellbeing upgrade on many individuals through looking at works of art; particularly assuming the fine art is painting. The study also revealed the proposition that artworks should be more considered as channel of gifting or surprising our loved ones. Throughout the research, it was additionally settled that painting has a stimulating approach to causing somebody to feel far better and could bring out shock from the beneficiary of such fine art (Helen, 2019) this is likewise appropriate to an artist whose work gives him joy after it is finished.

The study investigated the significance of Visual art as means of enhancing human wellness, particularly as a remedial and feeling supporting tool. It additionally further settled the proficiency of painting as a device for wellbeing upgrade and for a nation like Nigeria that is as of now possibly approaching overpopulation, there is a need to carry out, as quick as possible conceivable, each compelling options that can help improve or upgrade the strength of her over 210 million residents; and based on this review, works of art, are not only a viable health supporting tools; participation in the activities of artistic works can also heal some ailments especially emotional and mental related ones. Many literatures were reviewed and practical exercises were suggested.

It recommends that getting engaged in artistic activities not just as course of study in educational institutions or as a unit under the Visual art alone, but people should be encouraged to go into therapeutic art as a hobby or profession. Educational institutions at all levels should foster the establishment of Curative Art or Art Therapy Clubs not only for students but for adults too. Obviously, if this recommendations are taken serious by concerned authorities, psychological and mental health ailments which is becoming more common in our societies globally will diminish

Further Exploration: Visual Art for the most part has different projects which could be utilized as helpful means to treat profound medical problems. The topic of Curative art or Art in Health-care particularly has not been offered a lot of academic consideration, specialists, scientists and researchers are thusly urged to investigate this point further.

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