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RESEARCH ARTICLE

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SIGNIFICANCE OF ART THERAPY IN THE 21ST CENTURY

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ABSTRACT

Our research paper attempts to signify the importance, need and growth of Art Therapy as a form of therapy used as a way to deal with mental illnesses and psychological problems throughout the world in the 21st century. We have reviewed multiple articles, interviews and research papers which signify the importance of art therapy and have also included graphs and figures to show scientific data of the usage and effects of art therapy in mentally ill patients. Our major findings suggest that art therapy is indeed a growing and effective for, of therapy which gives a fresh and unique way to deal with patients ailing with different mental and psychological issues.

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INTRODUCTION

When verbal communication is impossible or extremely difficult, such as with preschoolers, children with special needs, or adults who have trouble communicating, art therapy is especially necessary. Children and adults who can speak but who communicate better through art can also utilize it. It is possible to employ art therapy as a stand-alone therapeutic intervention or as a supporting component in a larger framework of therapeutic procedures performed on a patient. Why does art have a healing effect? This is a big topic, and to address it, we must make place for a question that is much bigger: why do we create art? Why is it necessary to invest time and effort in something like this? And why is there no known society without art in this world? Perhaps the reason we create art is to communicate our innermost feelings, thoughts, conflicts, and other feelings in the most profound way possible. Yes, we have words, but they do not fully express everything. We require a more sensory based, less abstract, and truer to our feelings form of expression. Unlike words, we have experiences. We need art because it is a sensory experience that requires the use of our senses and cognitive skills. Making art helps us learn more about ourselves because every piece of art we produce reflects our unique personalities. It is a component of who we are that, if we look for it with a keen eye, we may use to probe the depths of our soul. The goal of the art therapist today is to support us in our creative process by understanding what and how we are making, getting to know us better, and assisting us in overcoming some

challenges in life. The process rather than the finished work is crucial in art therapy. Notwithstanding the end product's visual appeal, its true value lies in how accurately it captures who we are and how we are feeling at a given time.

LITERATURE REVIEW

Title: Arts Therapies for Anxiety, Depression, and Quality of Life in Breast Cancer Patients: A Systematic Review and Meta-Analysis

Introduction: Breast cancer is a serious medical condition that can impair a patient's quality of life. Cancer patients have benefited from the usage of arts therapies like music therapy, art therapy, dance therapy, and drama therapy. The purpose of this systematic review and meta-analysis was to determine whether art therapies can help breast cancer patients feel less depressed and anxious while also enhancing their quality of life.

Methods: The Cochrane Library, PsycINFO, and PubMed electronic databases were all thoroughly searched by the authors. They included randomised controlled trials that looked at how arts therapies affected breast cancer patients' levels of anxiety, depression, and quality of life. The data were pooled using a random-effects model, and the standardised mean difference (SMD) and 95% confidence intervals were obtained (CI).

Results: The authors found 16 studies with 1,064 individuals in total. The meta-analysis found that arts therapy significantly improved quality of life for breast cancer patients and decreased anxiety and depression (SMD = -0.52, 95% CI [-0.78, -0.26], p 0.001) and depression (SMD = -0.54, 95% CI [-0.81, -0.27], p 0.001). Several arts therapies, including music therapy, art therapy, and dance therapy, had similar results.

Conclusion: The findings of this comprehensive review and meta-analysis imply that arts therapy can help breast cancer patients feel less anxious and depressed while also enhancing their quality of life. Arts therapy can be utilised in conjunction with other medical procedures to help breast cancer patients maintain their mental health and well-being. The authors point out that additional high-quality research is required to verify these results and study the probable processes underlying the benefits of arts therapy for people with breast cancer.

Objectives of the research paper

- To highlight the importance and significance of Art therapy as a form of therapy in the 21st century.
- To show the growth of art therapy and its increasing need in the present day.

Methods and Materials used: We decided to use secondary data for this research work since the goals of the paper call for both scientific evidence and art therapists' reported experiences. To acquire the necessary data, we analysed and assessed a variety of reports, research papers, articles, and interviews with art therapists linked to the growth, significance, and growing need for art therapy.

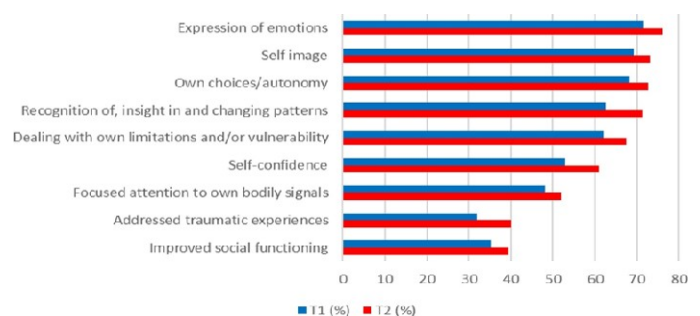
Major Findings in the research: A non-profit organisation called Art Circle, which advocates using art as a tool for healing and wellbeing, published another piece. The article highlights the advantages of art therapy and how it can be used in the twenty-first century to advance mental health. Art therapy is described as "a sort of therapy that involves artistic expression to improve physical, mental, and emotional well-being" in the article by Art Circle. They point out that the foundation of art therapy is the notion that the creative process may be therapeutic and that making art can aid in the expression and comprehension of one's thoughts and emotions. The many advantages of art therapy are also emphasised by Art Circle, including better communication, reduced stress, elevated mood, and increased self-awareness. They point out that art therapy can benefit people of all ages and socioeconomic statuses and be used to treat a variety of mental health concerns, including trauma, bereavement, and anxiety and despair. The significance of trained art therapists in the art therapy process is emphasised throughout the text. They point out that art therapists are qualified to assist individuals in using art to express themselves and process their feelings in a secure and encouraging setting. Gülcanİmşek, Gamze Yldz, and Nurdan Arslan wrote "The Effectiveness of Art Therapy in the Treatment of Trauma-Related Disorders: A Systematic Review." The article summarises the body of research on art therapy's application to the management of trauma-related diseases. They point out that clients can benefit from art therapy by learning how to control their emotions, lessen the signs of anxiety and depression, and enhance their sense of self. They also contend that art therapy can help patients feel more in control of their experiences and can enhance their capacity to handle stress and challenging emotions.

Another definition of art therapy is "a type of psychotherapy that use artistic mediums and creative methods to assist individuals in exploring and expressing their feelings and resolving psychological difficulties." According to numerous articles, creating art may be therapeutic in and of itself because it gives people a secure and encouraging space to express themselves. They also note that the art therapist plays a key role in guiding the process, helping clients explore their emotions and experiences through the art-making process. It has been mentioned that art therapy can be used to lessen stress and anxiety, enhance mood, and increase self-awareness. It has

also been mentioned that therapy can be beneficial for people with physical health conditions, such as chronic pain, by giving them a way to express and cope with their experiences. Along with this, art therapy can assist people in exploring and expressing their emotions in a non-verbal fashion, which can be greatly beneficial for people who might find it challenging to vocally express themselves. We have discovered that art therapy can be utilised to enhance mental health by giving a way to communicate and process feelings in a nonverbal manner, while still differentiating how art therapy affects both the body and mind, along with promoting physical health by providing a way to reduce stress and improve immune function.

In an article by Soocial, we can see some of the scientific benefits and facts of art therapy:

- Art therapy instantly lowered cortisol levels in 75% of art therapy patients.
- Art therapy lessened anxiety levels and improved the quality of life of children with asthma.
- On average, 50 minutes of art therapy session is beneficial among people hospitalized for surgery or medical ailment.



The above graph displays frequencies of specified benefits of art therapy with 528 participants.

Based on investigation by Frontiers, with a mean of 3.70 (SD = 0.99) on T2 (T1: 50.3%; T2: 56.4%), most patients felt that they got quite a lot of benefits from art therapy in general. Just 2.2% (T1) and 1.5% (T2) of patients, respectively, said they saw no advantages overall. At T1 and T2, 25.2% and 31.8% of patients, respectively, reported advantages related to emotional functioning. The percentages were lower for everyday and social functioning (daily functioning, T1: 14.3% and T2: 16.5%; social functioning, T1: 12.1% and T2: 16.9%). After three months of art therapy, the reported overall benefits increased, according to the findings of the GLM repeated measures $F(1,527) = 13.05, p 0.001$. (refer below table).

	T1 mean (SD)	T2 mean (SD)	Df* T1, T2	F	Sig.	Partial eta squared η^2
Benefit – overall	3.56 (1.04)	3.70 (0.99)	1, 527	13.05	0.00	0.024
Daily functioning	2.57 (1)	2.57 (1.02)	1, 526	0.008	0.93	0.000
Emotional functioning	2.88 (1.06)	3.00 (1.06)	1, 526	6.262	0.01	0.012
Social functioning	2.50 (0.97)	2.60 (0.99)	1, 527	5.73	0.02	0.011

*Greenhouse-Geisser was used to adjust the degrees of freedom.

According to their study's findings, people with Parkinson's disease (PD) reported receiving a lot of benefit from art therapy. This can be seen most clearly in how they learn to communicate their feelings, reinforce and stabilise their self-image, learn to make their own decisions and increase their autonomy, and identify, understand, and alter their own thought, emotional, and behaviour patterns. A key objective of treatment, in their view, should be teaching patients how to deal with their own limits and/or vulnerabilities. Patients initially regard art therapy as applicable to these target regions, and with time,

this perception becomes increasingly stronger. 80% of the social teachers surveyed use art therapy to address the issues listed below: reducing children's stress (40%); understanding a child's internal state (12%); eliminating aggression (23%); resolving negative phenomena (8%); establishing contact with a child (11%); and as a supplemental technique (6%). Another study by The European Proceedings of Social and Behavioral Sciences found that 80% of the social teachers interviewed used art therapy to address the following issues: relieving children's stress (40%); understanding a child's internal state (12%); removing aggression (23%); correcting negative phenomena (8%); establishing contact with a child (11%); and as a supplementary method (6%).

CONCLUSION

Through our research paper, we conclude by stating the fact that art therapy is indeed a growing form of therapy and its importance has been felt in the present day. Multiple art therapists have been found with successful results on patients. With the review of multiple articles, research papers, interviews and other published sources, we were able to discover the significance of art therapy and its effects and benefits on patients.

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