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INFLUENCE OF ART ON MENTAL STATE OF MIND

Purpose and objectives. The aim of the research is to find out the influence of art on the psychological state of a person and ways to improve the spiritual state. The task of the research is to analyze the psychological aspect of art, the influence of colors on the psychological state of people and finding methods to improve the spiritual state. **Object of study.** The object of the research is the process of influence of art on people and its consequences.

Methods and techniques. The work uses a visual-analytical method and a method of systematic analysis of the impact of art on people. **Scientific novelty and practical value of results.** The novelty and relevance of the study is that as a result of certain circumstances, such as a pandemic, an individual can receive psychological help / support without sedatives, but through their own creativity.

Research results. According to Yu. M. Lotman, art reproduces a fundamentally new level of reality, which differs from it by a certain increase in freedom. Freedom is brought into those spheres which in reality do not have it. The unalterable becomes the alternative. It makes possible not only the forbidden, but also the impossible. Therefore, in relation to reality, art acts as an area of freedom [1].

Art is a branch of human culture in which its generalized meanings are expressed through signs through specific images of the world. It is usually divided into literature, fine arts, decorative and applied arts, stage, music and architecture. The social essence of art is that the artistic development of society is due to the natural historical process, ie its development reveals the characteristic patterns associated with certain periods of human culture. The division of society into classes, which led to the reflection in

art of aesthetic ideals, sympathies, preferences of different social groups, is the third important natural stage in the development of art. Aesthetic ideas and needs of the ruling class become the dominant aesthetic ideas which does not reduce the value of different layers of art, but, on the contrary, contributes to the development of its historical forms.

The social essence of art is manifested in the specifics of its purpose and subject. The purpose of art, all its types, forms and genres is to improve the person and society in which this person lives. Art is a social technique of feeling, an instrument of society, through which it attracts to the circle of social life is the most intimate and personal aspects of our creation. It would be correct to say that feeling does not become social, but on the contrary, it becomes personal when each of us experiences a work of art, becomes personal, without ceasing to remain social. Therefore, the subject of art is the real reality, which is the life of man. Art is a form of reflection of social life, a form of social consciousness [1; 2].

One of the main tools of art is the imagination. The creative imagination is of considerable interest as an ability that plays an important role in all spheres of human activity and is an integral part of it. There are many interesting considerations about the participation of fantasy in art. Creative imagination is also involved in the spiritual formation of personality. A person's active life begins in the game, and it is in it that fantasy creates a special new world in which the child feels like a complete master and thanks to which he, playing, gets the opportunity to understand the simplest relationships in the surrounding reality. Creative imagination must find a spiritual way out of human actions.

Art therapy is a way to improve a person's psychological state with the help of art.

It is a specialized form of psychotherapy based on art, first of all, fine and creative activity. Art therapy is a method of psychotherapy used for treatment and

psychocorrection with the help of artistic techniques such as drawing, modeling, music, photography, movies, books, acting and more [2; 3].

Types of art therapy are: Animation therapy is a modern technology of social rehabilitation for the purpose of changing behavior, interpersonal and collective relations, the purpose of which is to establish warm, trusting relations, learning and mastering positive thinking skills. Art synthesis therapy is a complex method of group psychotherapy that uses the synthesis of arts. It is considered as an independent direction in medical - corrective work, where the mastery of techniques of different arts is combined with knowledge of psychopathology and is the subject to psychotherapy of arts, psychopathology. Fairy tale therapy - playing and analysis of fairy tales. It is a therapy with an environment, especially a fairy-tale atmosphere, in which the potential of a person can be manifested, a dream can materialize: and the main thing in it is a feeling of security and the aroma of mystery. Kinotherapy is one of the areas of art therapy, in other words, the therapy of the soul with art. The film is a metaphor where you can see a reflection of a certain life situation. To help the patient, the plot of the film should be similar to the life situation in which the person found himself, and offer a way out of it. Isotherapy is the use of techniques of graphics, painting. This is a lesson with children, which is based on various methods of fine arts. It is one of the most common methods of art therapy. Bibliotherapy is the treatment of a person with a word, a book. She studies the peculiarities of the reader's perception during the illness and develops methods of psychological correction with the help of specially selected literature. Origami has a powerful potential for comprehensive human development: his logical and figurative thinking, memory, concentration, ability to communicate, aesthetic taste, intelligence in general [3].

Conclusions. Art can help to get rid of phobias, help with schizophrenia, help a person to change life, become trusting and open and create a stable relationship. It helps in the formation of personality and adaptation to the environment.

RESOURCES

1. Art as a component of spiritual life. Functions and social nature of art. – Mode of access: 2011 <https://ru.osvita.ua/vnz/reports/culture/11163/>
2. Human creativity and its psychological aspect. – Mode of access: 2010 <https://ru.osvita.ua/vnz/reports/journalism/25424/>
3. Razdobudko L.V. Art therapy is an art against disease. – Mode of access: <http://library.vnmu.edu.ua/wp-content/uploads/2015/09/art-2f.pdf>