

*Review Article***The Relationship between Art and Psychology****Kamali Nader<sup>1</sup> and Javdan Moosa\*<sup>2</sup>**

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**ABSTRACT**

Art is one of important means to develop creativity and establishment of inner innovative forces if reinforced appropriately many mental problems of human beings could be resolved. Psychology is the science studies human behaviors such as fear, motivation to depression, mental and psychological disorders. However, art works to give sense and value to concepts humans touch them and feel them. Therefore, art can be regarded as an efficient tool either for increasing children's and teenagers' self-esteem or as a means for treatment of psychological problems. The interceding relationship between psychologies an art is in perception and sense it gives to every day's happenings and phenomena. This giving meaning in art is observable through creation of art masterpieces and in psychology could be evident unconsciously in individual's personality. The Islamic education systems emphasizes on man's nature, self-purification and its original content regards art as one of the most crucial and stable training styles and achieve salvation. Thus, the mission of art and psychology principally is objective explanation, growth and perfectness for human communities and consequently education and smoothing their soul in dealing with nature and human creations like the individual himself.

**Key words:** art, psychology, art therapy**INTRODUCTION**

The subject of art has been considered for a long time by scholars and philosophers such as Aristotle and the professional relation of art works with psychology backs to thousands years ago to Catharsis times. Psychological application of art, though as it is used by Freud [1] for the first time. It was after a short time that art and psychoanalytical benefit from their mutual influences. In a few of his theses and hand writings, Freud directly pays attention to artist psychology and the psychological effects of art masterpieces on audiences. He defines art activities as a powerful instrument for psychoanalytic analysis of personality.

Years after, for solving emotional disorders in children, he used drawing-therapy. Freud describes the aim of art-therapy as making situation for selection and change of behaviors and believes that this creates opportunities for re-experiencing conflicts in order to resolve, analyzes or answer them [2].

Psychology in word means understanding the soul or mind [3]. Since soul or mind may not be perceived directly, to solve this problem psychology considers a special subject (behavior) can be studied objectively. Learning, memory, feeling and perception. Generally speaking, psychology is the study of objective behaviors of live beings scientifically in relation to the environment and evaluation of the reasons and quality of these behaviors.

What has made psychology interesting is in its answers to behavioral reasons. Behaviors like forgiveness, excitement, happiness, sorrow, emotions an motivation, psychology is responsible to study behavior objectively since it has less error in comparison with mental study and personal interoperation possess higher probability of error.

Furthermore, behavior involves all of peoples' observable activities. That is to say what people do [4]? Therefore, psychology is the practical science of study of behavior and mental processes investigated through scientific findings. A behavior refers to all of works and activities can be observable and measurable.

Psychology is a pioneer when considering man's natural needs and time is important in study of modern human complexities. To describe psychology differently, it is discovery of lies we tell ourselves and the

determination of what could be right borders. In this definition, the man is a creature should defeat himself at first. And finally when this complete honesty occurred psychology is born. Here psychology has a bond with self-knowledge.

In other party, art means expression of meaning, value and principles using special methods by artists in a way that resulted work possesses forms could be meaningful emotionally. This work influences human should, guides his behavior toward a certain direction and presents issues as principles and values.

James [3] describes art-therapy as doing creative activities by use of art, visual and audio materials and methods. Art-therapy aims to develop identity and personality and elicit sense of achievement in children through egocentric innovative tools. Art-therapy or art psychoanalytical involves attention to mental needs of patients such as need to freedom, self-expression and relaxation. Basically, it doesn't consider art details however; it judges art production not because of its art approach, for its psychoanalytical and treatment role [1].

Psychology of art is an interdisciplinary subject talks about perception, understanding, art characteristics and its productions. Psychology of art is specifically divided into structural and environmental psychology. The former refers to characteristics of mind at time of art production or communication with art work. While the latter concerns environmental conditions and the mutual impact they have on each other [5]. The common point of these two important and critical sciences in man's life is the perception and opinion of human being towards the world around him. Lipez's works in early 20<sup>th</sup> century played a significant role in extension of art psychology concept.

He tried to conceptually analyze meanings like empathy and sympathy that is a manifestation of individual's feelings to other peoples and creatures. Thus, this concept classified as one of important meanings in psychology of art.

Those who are interested in music, architecture, drawing, sculpturing and other art branches take the concept of perception psychologically serious .since art is perceptive and rooted in giving meaningful sense to incidents and phenomena, therefore the concept of art and psychology may have a close relationship with together[6]. For instance, art production is a meaningful activity the man's creativity power could be understood by.

Another sign to believe art and psychology relation is creativity which holds a special place in psychology and art together. In psychology creativity means innovation and new thinking can be the same as art. Modern psychology probably has high exposure to art. Beauty for instance comprehended by most of psychologists culturally and socially.

Most of psychology of art branches insists on priority of awareness. Some others though, emphasizes on the unconscious. People who were interested in psychology of art had a positive view towards art and its meaning. Wolflin did attempt to show architecture can be understood based on a pure psychological concept that is in opposition with historical view point. Veringer was the first who presented theories in explanation of expressionism art. Muller Frinfeld was the next in this area.

Many other artists such as Gabo, Kelly, Kandinsky, Alburdis and Kips developed this branch significantly [7]. Malraux found it interesting and wrote the book of "art psychology". Although this branch of study began in Germany, others like Kilo Bell and Read from England, France and America continued it. In America, Dewey had the most effect. He in 1934 published the Art as Experience that lead to great changes in education of all levels.

Barkan who was under the influence of Dewey published the Contributions to Art Education. In this book he discussed that art education to children prepare them to live in a democratic society [8].

The development of art psychology from 1950s to 1970s accompanied the development of art history. At the same time, Gestalts psychology, a holistic view point in psychology, helped the growth of art psychology. Arnheims' works especially his significant book "toward a Psychology of Art" played an undeniable role. Art therapy also was discussed in this work.

Bejed proposed selling of art works of psychology of art and make into consideration that art audiences holds what type of interests. Psychology of art faced with a serious challenge when compared to Freud's psychology. However, Jung [9] works had a positive view against art. He believed that unconscious and collective ego contents could be manifested through art and other expressions.

In 1970s, the psychology of art found a significant place at universities and artists were interested in psychology of arts debates. Housral, vingenshtain and Drida were seriously working in this domain.

In sociology of art concepts like social situation, economic status, audience and social status of artist are studied. In this sub branch of sociology, the concept of art means what social class or belief has inspired subject to the artist. It also measures which one of these classes is portrayed.

However, a small proportion of sociological debates consider psychology of arts. A few of researchers believe that only 5% of sociological literature allocated to sociology of art which more have the form of basics and introduction [10].

There are several important and argumentative problems and concepts in relation to art and artist role from one hand and society on the other hand. Here, some of concepts can show dominant spirit of sociology of art and artist. The induction forms the first. It is important from two aspects. Firstly, what channel affects art and artist and secondly, how and with what mechanisms the artist will be able to induce values to society.

Thus, they have raised many speaks about sociology of art. Of course, the induction might be categorized under another concept i.e. influence of community and culture on art and artist.

The influence could be damaging that remains negative and unwanted results. Thus, this proposes the relationship between art and artist with community and culture. It is one issues get noticed by sociology of art.

According to Marx [11], artist can only defend from his own class benefits and reflects ideas in the economic class. Sociology of art, however, has presented more exact and serious theories.

Another issue in sociology of art backs to quality of artist and politics relation. It concerns as a result macro cultural policies and try to direct the policies by different mechanisms such as festivals and professional awards.

Interaction of artists and élites from other disciplines has been discussed in sociology of art. Meanwhile, the artists are more known as consumers of other scientific products, though they themselves may provide a context to be discussed by others. As it could be seen in sociology, psychology history, management and political sciences.

To mention another topic which is noteworthy is the change art creates in social values and norms. For example, sociologists came to agreement that Pop music has raised adolescents differently and develop new values and norms. In Iran on the other hand, we hold a deep and rich art tradition. What is known as Iranian-Islamic art has inherited aesthetical elements both from Islamic teachings and natural environment.

To precisely analyze psychological and sociological aspects of this tradition, historical gaps get vital. Most of researchers declared that modern man in some characteristics of life is totally different with ancient man. Modern man has manipulated the nature, though the ancient was satisfied to only interpret it. The former added criticism to perception but the latter more respected perception rather criticism.

The modern man is pleasure seeker; however the ancient man considered world as a bridge to world hereafter. Finally, modern man explores modernity and future but the ancient man focused on traditions.

All of these points should be important at time of studying a historical tradition of art. If we would like to present a more exact evaluation of our art tradition and find a relative realistic image, these criteria are the guide.

Muslim Iranian for perception and understanding of this tradition has less difficulty since this tradition exists yet. But when western investigations on Iranian-Islamic art become important, we see that they have followed their mind in interoperation of the tradition. In other words, if sociology and psychology of art want to get closer to Islamic art developments these epistemological and anthropological gaps should be realized.

Art always is associated to beauty in a way that the concept of art completely brings aesthetics aspect to the mind. Beauty equals art. Therefore if we accept the fact that creation of world and heaven is nothing except God's art, it could be concluded that God is all beauty and creates nothing except beauty.

Human being perceives all of incidents and phenomena through his senses repeatedly. He receives everything with eyes and ears though; all of them are perceived realities not perception of facts principally.

Perception of fact in addition to five senses has to be processed by physical ears and eyes to understand deeply holy fact. Art is a kind of redemption that frees us from wanting i.e. some sort of pain and sorrow. Beethoven on role of art in education says "my art is a path to prosperity of miseries".

What can be interpreted from Quran verses is that to remove unpleasant negative problems is insufficient and should find way to resolve them. In age if technology, one of examples in application of art observed in application of visual and dramatic arts or an indirect art guide rather than addressee guide and direct speech. Thus, the mission of art consists of objective explanation, growth and perfection fir human community. On the other hand, psychology describes and explains human progress in different aspects and regards it multidimensional [12]. One of them is perception and aesthetic dimension.

Art is key to understand life. Nasser Khosro states that "art is man's ornament and man is ornament of cosmos." In Islamic educational system pays special attention to man's nature, education and purification of soul is crucial. It's the only way to salvation and if mixed with art will lead to more deep and sustainable results.

Art is ladder toward reality in condition laid on faith wall. Relationship of responsible art with morality is the same. Art should be responsible to moral values in order to get validated. Improvisation comprises one of art creativity tools and no artist creates a work without a level improvisation. In process of production of a work, the artist always follows known and automatized rules, skills and principles. In their perfect form, improvisation and storytelling are a level within which the artist like a receiver and sender takes verbally from objective origin state, color and tone of voice and immediately turn them back

A large portion of art is in relation to pen and speech known in psychology as verbal and literary intelligence [13]. Origin of this ability refers to multi intelligence. Higher values stated in art content of each school have been proposed by pen and speech, a branch of art.

When elicitation of a function or a belief and directing an idea by use of art methods in direction to transfer of a thought, feeling, school and ideology is the purpose, the pen and writing place in front stage and the pen as a bridge between owner of an idea with audiences, enters as carrier of the idea and opinion and an indication of feelings for peoples in community.

Basically, art and creation of artworks prevent human beings from social deviations and as a mental and psychological need pacify anxious hearts. An artist instructor by having these supplies and application of art among students will be amazingly able to absorb them since art holds giant abilities in diminishing mental problems even physical discomforts.

Art invites men to social life and before suffering from mental madness leaves significant effects on improvement of human life. Peoples' willingness towards different kinesthetic, verbal, expressive and fantasy arts and jobs not only will improve mental and psychological conditions but also play an important role in economic progress.

## MATERIALS AND METHODS

This is a type of descriptive and qualitative study classified among library studies which collect data from books, journals, and reliable researches.

## RESULTS

Collected data show that through history art was a useful tool for education, and strengthening morale and thought. According to present art results, holds a very close relationship with men's soul. This relation and impact have developed up to the point that an academic perceptual discipline i.e. psychology of art speaks about understanding and characteristics of art and artworks established. Specifically, structural and environmental psychology is two major branches.

The structural psychology considers characteristics of mind when communicate with an artwork, however, environmental psychology reflects environmental condition affect the artist soul or the impact of artist on the conditions. All of people are interested in music, architecture; painting, sculpturing and other art branches take the art concepts seriously. Another result is that art is a conceptual matter that indicates a cultural continuity since by understanding art this cultural continuity could be perceived consequently and interaction of art and psychology can give a special sense to art activities which man's creativity would be perceived at the end. Growth of psychology of art in recent decades accompanied growth of art history that the role of art in treatment of mental and psychological disorders is one of its signs.

Many psychologists and artist such as Freud, Wolfing, Vermeer, Frinfeld and Wilhelm lived from mid-19<sup>th</sup> century to mid-20<sup>th</sup> played a crucial role in establishment of psychology of art. They did endeavor to how art is potential to make a positive and effective relationship with psychology to improve man's inter-personal and intra personal relations.

## DISCUSSION

Art by several methods helps man's relaxation and creativity. Aesthetical quality of artworks can increase the individual's self-esteem and consciousness.

Investigations show that when individuals overwhelmed by pleasure, physiological factors like heartbeat, blood pressure and breathing get slow. Additionally, production of art prepares the chance for conformity of eyes and hands. By use of perceptive and analytical methods, art helps individual to express his/her nonverbal ideas through masterpieces and get relaxed.

Persons are busy in art creation should share their works with other till group members be able to discuss and analyze them. The consequence of group participation is creation of artwork which its psychological aspects are preferred to aesthetic power. Resulted artwork in this process could be as an opportunity for sharing motives, and analyses in visual perception and overgeneralization of paradoxes and emotions.

In addition to psychological and mental relaxation, art causes reduction and even treatment of behavioral and mental disorders. For instance, patients suffering from physical and emotional problems and unable to state fears and desires or speaks easily about their anxiety and complicated feelings may be the potential cases for creation of an artwork. Through this, they would be able to articulate their way of thought or feeling they have in subconscious.

Concepts like art, soul, love, beauty, relation, justice, perfection, and freedom in each realm of life has its own specific meaning. In other words, it is possible to find a specific meaning or level for each realm of life.

Therefore, it is time to say that the soul of art that inspires man's body may be at first stage the reason of movement or meaningfulness of material body, though, it is possible try to meet material needs of humans as sensuality does. This is also probable that divine soul shows divine art and focuses on mental needs as well.

In other words, in every state, art will be the reason to movement, meaningfulness and living of man's material life. Based on type of art and level of spiritual principles, the resulted meaning will address different periods of life.

Thus, enliven of material body through art and human fluctuate from a pure material life to a spiritual life that is connected to how much art inspired by spiritual principles. These principles will be in a broad spectrum of artificiality to reality.

We come to this result that art has a very close relationship with

Man's soul and it has progressed up to the point that a new branch in perceptive subjects i.e. psychology of art is established talks about perception and qualities of art and its production. Additionally, people always have the opportunity to express their feelings on an artwork,

For example, art therapy known as areas used for a treatment session. Psychology is application of art for revealing of hidden feelings and physical treatment, help to self-confidence and rehabilitation. Child psychologists

and family doctors most of the time use art therapy when for verbal expression of feelings children tolerate a pressure. So, psychology of art is a vital part in activities

Give happiness, enthusiasm and positive motivation to get rid of mental and physical tiredness. This issue doubtless will be a source of pleasure and relaxation in modern life.

According to findings of this study, we conclude that task- process training is effective in improving writing skills, spelling. However, the effect of task- process training method coupled with the motor skills of spelling is more impressive. Therefore, the research hypothesis was confirmed and those with reinforced motor skills had better improvements than those who have not received it. This means strengthening motor skills improves memory and enhances learning and academic achievement because scientists believe that the balanced ability of motor skills is basis of the next learning.

Therefore, it is necessary to reform movement difficulties' people. Therefore, it is concluded that teachers need to investigated both process problems of these children (perceptual skills, visual memory, auditory memory, visual perception, attention) and assess student's step by and chain training methods beside task-process training for increasing of their motor skills.

In this study some qualitative findings was also obtained one of the most important ones is that individual and remedial training can improve children's problems in terms of spelling disabilities. In the individual training plans, different training methods are used including combined sensory training, perceptual and motor skills, cognitive and Meta cognitive skills, visual memory, auditory memory and auditory perception, and rehabilitation models using multi-sensory improvement methods trained to children individually. Effectiveness of this method is confirmed by man studies.

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