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**P1470****THE EFFECT OF EXPRESSIVE ART THERAPY ON FLOW STATE AND THE PSYCHOLOGICAL WELL-BEING OF UNIVERSITY STUDENTS**

E09. Health and clinical intervention - Positivity and well-being

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Differentiating structure of family, economic problems, transformation of social values, increasing needs of human being, waning social relations and complicated problems increased the level of demand for psychotherapy in daily life. In this regard, new pursuits of psychotherapeutic approaches are released. Classical approaches in psychotherapy sometimes be insufficient to cure trauma, autism and such kind of psychological disorders. In this manner, it is better to manage therapeutic process via mediators. Therapist should be rigorous when he works with clients who have PTSD. Working with traumatized person looks like walking in the field fullfilled with mines, so the therapist must be very careful. Traumatized person can be dissociative suddenly when he talks about his trauma. Cognitive Behavioral therapy goes over the conversation between client and therapist, and it sometimes fails. Thus, new pursuits in psychotherapy have released. Expressive art therapy is one of the new forms of therapies in Turkey. According to American Art Therapy Association (1969): “Art Therapy is a mental health profession in which clients, facilitated by the Art Therapist, use art media, the creative process, and the resulting artwork to explore their feelings, reconcile emotional conflicts, foster self-awareness, manage behavior and addictions, develop social skills, improve reality orientation, reduce anxiety, and increase self-esteem”. Art therapy is a way of expression for a who have difficulty to express their feelings with words. Art therapy aims to help to provide emotional wellbeing, to increase level of personal insight, to bolster personal development as similarly as the other therapuetic approaches aims to do. Art therapy can be applied on children, adults, families and groups (Malchiodi, 1998). Art therapy gives person opportunity to discover person’s unique intuition, imagination via focusing on “here and now” and to get rid off crude rationalism, prejudices, blockages of words (Silverstone, 2009). It is less threatening to work via artistic constituent and it makes easy to express emotional blockages. Puig et al. (2006) has indicated a research about the effects of art therapy on psychological well-being, spirituality, emotional expression on 39 people who have lung cancer. Participants were surprised about the increased level of psychological well-being and they consider disease as an opportunity for a personal growth. The results of this research show that art therapy has positive effect on psychological well being via decreasing the level of anxiety, depression, anger, bewilderment and hostility (Puig et. al.,2006). Another research shows that art therapy has a positive effect on well-being of Turkish adolescents at significant level (Oğuz and Duran, 2006). Flow is a mental state in which internal and external attention increases, perception of time disappears, and person focuses on his occupation via being isolated from the environment. Person should have to carry out occupation and enjoy it in order to experience flow state. Thus, person should have to focus on special purpose occupation utterly, and to lose self-consciousness via transformation of the perception of time (Csikszentmihalyi, 2005). Nakamura and Csikszentmihályi(1990) identify six characteristics of flow experience as follows: 1) a loss of reflective self-consciousness; 2) a sense of personal control or agency over the situation or activity; 3) intense and focused concentration on the present moment; 4) a distortion of temporal experience, one's subjective experience of time is altered; 5) experience of the activity as intrinsically rewarding, also referred to as autotelic



experience; 6) merging of action and awareness. Lee (2013) conducted research on Korean refugee children who have adjustment problems in USA. The results show that children have insight into the difficulties of life, enhance coping mechanisms toward possible risk factors who experienced flow state in art therapy sessions. They stated that being hero in a game gave them opportunity to experience feeling of power. It is observed that the duration of participants' attention is strangled out and they experienced the feeling of conversion of time. In a brief, experience of flow state gave opportunity to improve insight into coping with the adaptation problems in relation with migration (Lee, 2013). Chilton (2013) conducted a research in which participants build temples in order to express love and humanity. Those temples are composed with natural matters like metal cans, feather etc. Therapy sessions started with soft music and meditation. At the end of the sessions, participants indicated that they experienced flow state when they were painting metals with bright colours in accompany with soft music. Psychological well-being has six components which are self-acceptance, personal growth, purpose in life, environmental master, autonomy, and positive relations with others respectively (Ryff ve Kyess, 1995). Person should struggle in order to reach freedom of action and realize his unique abilities. According to the this six-faceted model person should consider himself and previous experiences positively, feel ongoing personel development, openness to new experiences, believe purpose in life, have positive relations with others, find appropriate environment for his psychological well-being, make decisions autonomously (Chen ve ark., 2012). Ryan ve Huta (2009) have proved that well being is related with healty functions and this cannot be defined as mere happiness. According to this study through happiness it cannot be determined neither well being nor psychopathology. A healthy psychological development and well being should include awareness, autonomy, competence and social relatedness that are also related with happiness. This study seeks to examine the effect of expressive art therapy on flow state and psychological well being. In this regard, two different scales were applied on 42 freshman students at one Foundation University in Istanbul by using pre-test post-test methods. Three art therapy sessions are implied on experimental group students, but control group students didn't attend the art therapy sessions. Two scales which were proved by tests of validity and reliability to test independent and dependent variables hypothesized for this research were used. Psychological Well-Being Scale (PWBS) and Dispositional Flow Scale-2 (DFS-2) and Flow State Scale-2 (FS-2) were the two Likert-type scales applied on the experimental group and control group to measure level of psychological well-being and the level of flow state respectively. Besides possible effects of demographic variables which are gender, age, department of education, level of perceived income, place of residence, state of living with/out family, type of family, and job on flow state and psychological well being are examined. The results show that there is a significant difference between the pre-test results and post-test results of experiment group students in the level of flow state ( $Z=-2,352$ ;  $P=.019$ ;  $P<.05$ ). Similarly, Chilton (2013) and Lee (2013) found positive significant relationship between art therapy and the level of flow state. On the other hand, there is a significant difference between the control group students and experiment group students withregarding thelevel of pre-test results of flow state and ( $U=133,00$ ;  $P=.028$ ;  $P<.05$ ). However there is not significant difference between the control group students' and experiment group students' the pre-test results of dispositional flow state scale ( $U=376,00$ ;  $P=.057$ ;  $P>.05$ ). There is a significant difference between the control group students and experiment group students withregarding thelevel of post-test results of flow state ( $U=186,50$ ;  $P=.392$ ;  $P>.05$ ). There is not significant difference between the control group students' and experiment group students' the post-test results of dispositional flow state scale( $U=197,00$ ;  $P=.554$ ;  $P>.05$ ). However, there is a significant difference pretest results and posttest results of experiment group students withregarding the scores of psychological wellbeing scale(13)= 134,041;  $P=.000$ ;  $P<.05$ ). This result corresponds with the results of previous researches about the positive effects of art therapy on psychological well-being (Oğuz & Duran, 2006), (Puig et. al., 2006). Interestingly, There is a significantbetween control group students and experiment group students withregarding the pre-test scores of the psychological well being scale( $U=118,00$ ;  $P=.010$ ;  $P<.05$ ). There is not any significant difference between control group students and experiment group students withregarding the post-test scores of the psychological well being scale ( $U=188,00$ ;  $P=.414$ ;