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INFLUENCES OF ART ON MENTAL HEALTH

Art is one of the most influential aspects of people's lives. It helps to understand yourself and look at different situations on other sides, it develops people's imagination and gives vent to creativity.

In a scale sense, art displays condition entire eras, their ideals and values. Architecture, fine art, music, dancing, literature and other parts of art can tell how people feel, what they wanted to convey and what wanted to hide. It is well-known that almost all famous figures on the basis of whose creativity were built canons for entire epochs had problems with mental health. For people with mental diseases art is the ability to show the world their feelings and special vision on everything, It helped a lot of artists to formulate everything that was going on in their mind and implement it in a physical form. Art is not only about masterpieces that were made, It is also about new discoveries in itself, moreover, a lot of people had changed after they tried to create something creative.

According to many people they think art is not for everyone, most of them think that it is only for gifted persons. However, it is not true, because art is used in other branches such as art therapy on psychotherapeutic sessions. The main point of these sessions is reflection, fighting fears, opening in yourself new emotions, reducing stress and finding the will to act.

Science that explores the influence of mental health is called the psychology of art. In-depth studying helps to learn more about the human brain and society reactions to art. The creator of psychoanalysis Sigmund Freud adheres to the theory

that people most want to feel pleasure and this is what their brain is guided by when they create art. The other group of scientists assumes that art is a way to release different types of emotions.

Art influences on people from childhood thus setting certain ideals and vision of the world, it opens in people empathy and other new emotions which sometimes can be destructive and changes a person's life forever. In this way, it forms people's own personality and all its components - feelings, memory, imagination which is a base for even more difficult psychological processes. Especially, Art develops emotional memory which helps to remember sharp emotions related with not only events and even certain objects. In addition, art almost directly interacts with hormones such as cortisol and dopamine. There was carried out scientific research with a group of people which came to Sanctuary of the Virgin Mary in Vicoforte and after spending time there was taken a saliva sample from each person of the group. After the test scientists came to the conclusion that after visiting Sanctuary people felt stress relief because of the small amount of stress hormone cortisol in their saliva.

In conclusion, Art influences on humans in different ways. This is the whole complex of creating and developing mental health, thanks to which the human brain evolves not only at the intellectual level but also at the emotional level. It changes humans mentally and socially, teaches them to right feel and understand feelings and interact with other people.

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