

Art Education and Psychological Well-being among Students: A Conceptual Study

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Abstract

In the current social context, teenagers are increasingly influenced by art. Art is not just an exam subject, but also an educational method that has an impact on students' lives and minds. This study is a conceptual research. This study explores the conceptual manifestation of the relative impact of art education on students from multiple perspectives, including the influence of art education on students' academic performance, the role of art education in cultivating students' unity and cooperation, the comprehensive impact of art education on college students' social skills, and the promotion of students' growth through art teaching. A conceptual framework was constructed based on these factors. This conceptual study explores the positive impact of arts education on students through a combination of external and internal factors, ultimately contributing to improving their aesthetic and cultural literacy.

Keywords

Art Courses; Art Education; Internal Factor; External Factors.

1. Introduction

The progress of modern science and technology will bring unprecedented visual impact of science and technology to human beings, but at the same time, people will lose the pursuit of the original artistic beauty, especially students (Holochwest, 2021). Art courses can enhance students' aesthetics. Long-term boring study will make students produce study pressure. The increase of students' pressure will cause psychological changes and even distortions. Arts education will invigorate a stressful learning environment. Through art education, students can get a more comprehensive and healthy development. This conceptual study explores the impact of arts education on students. This study deals with both external and internal factors. The external factors mainly include the influence of art courses on students' performance and the shaping of students' emotions. Internal factors include the improvement of students' thinking, students' psychological feedback, and art courses' psychological treatment of students.

2. Literature Review and Conceptual Framework

2.1. Literature Review

The following is a literature review, which will better assist the research.

External factors. This includes art education and social emotion, art education and academic achievement.

Art education and academic achievements. In China, more students get into universities through art courses(Kelemen & Shamri-Zeevi, 2022). Art education can provide students with a more open way of thinking. For example, drawing will enhance students' imagination, which is a way to promote students' language ability. Because language is connected by images in the brain. Art education is very important in the field of education. Art education also has a profound impact on the development of social modernization (Hardiman, 2019).

According to research, art learning has a positive impact on adolescents' cognitive level, behavioral ability and social ability. Students who studied the arts were about 50 percent less likely to use marijuana than students who did not study the arts. Students who have studied the arts also score higher on academic tests than their peers who have not studied the arts (Elpus K, 2013). Art course is an expression of art education, which can promote students' creativity. Especially at a young age, children who learn through art courses are significantly more creative and expressive (Alam, 2022). Art education can broaden students' horizons and allow them to analyze problems from other perspectives. It can even increase interest in other courses and reduce dropout rates. Art education can also improve students' social ability and group cooperation ability (Roegel H., 2013).

An academic study from the University of Missouri found that students who receive an arts education have a positive impact on their academic performance and future goals.

Through art courses, students can adjust their learning habits and gain more recognition, which will promote students' discipline, writing ability and compassion (Desai, 2020).

In a study of high school students in four different provinces in Canada, more than 100,000 high school students observed and recorded the effects of music lessons on students' other academic performance. Studies have shown that after attending music training, students' academic performance begins to improve and they have obvious academic advantages (Guhn, M., 2020). Music can improve students' memory ability. Students usually use fingers when manipulating Musical Instruments, and the change of fingers can improve the flexibility of the brain (Zuk&J., 2014).

Art education and social emotions. Art education can enhance students' social emotions. Social emotion is the emotion experienced and expressed by a person through long-term social interaction. Art education can enhance A person's social emotional apparatus (Cui & Wang, 2022). Schools expect students not only to learn, but also to learn to survive. Students only learning mathematics, physics, chemistry and other knowledge can not meet the needs of today's society. Art education is a means for students to develop in all aspects and can also be a spice in boring learning. Art classes also increase a student's social circle. Through art courses, students can increase interaction with each other and enhance their ability to create social emotions.

Art education can also build students' self-discipline, patience and resilience. Painting takes a long time to master the technique of fixed space. Ballet requires controlling the whole body, overcoming the pain of muscle stretching, and stage fear. Playing the piano requires stability because a performance lasts for hours. Students gain knowledge through art education and express themselves through art performances, ultimately enhancing their sense of self-identity. Art education can enable students to break through themselves and tap their potential through art courses (Hasanova, 2021). Art education is also a channel for students to reflect on themselves and improve themselves. In the process of organizing and rehearsing art activities, students can show themselves and get opinions through their own works, and ultimately improve their artistic abilities. Students present themselves to the audience through the presentation of their work, including themselves and their thoughts at the time of creation. Art education can enrich students' lives and create more possibilities for their future. Through art learning, students can learn self-reflection, self-observation and self-evaluation earlier (Farrington C., 2019). Art courses stimulate students' thinking creativity by inputting knowledge into their brains. Students constantly use their brains to create art, which can improve academic performance and also improve self-confidence (Fatimah S, 2023).

Art and culture are closely linked. The creation of some works of art is associated with various aspects of life, such as politics, economy, religion, historical events, etc. Students can indirectly learn politics, economics, history and more through art courses. For this reason, students who

have been exposed to art education after a period of art course learning will have higher academic performance than other students in school. This is precisely the positive impact of art learning on students' development (Winsler, 2020).

Internal factor. This includes Arts Education and Creativity, Art activities and psychology.

Arts Education and Creativity. Art education will enable students to develop in all aspects. Art education is a comprehensive way of education. For example, students draw animals by observing them in zoos. Students observe animals belongs to nature education, but drawing animals is art education. Art education is combined with nature education to promote and enhance students' abilities (Mahgoub & Ahmed, 2022).

Art activities and psychology. Art therapy has been shown to promote mental health and resilience in many areas, especially in adolescents around the age of 15. In November 2010, the British Association of Art Therapists conducted an art therapy for about 800 adolescents and children, and the results proved that the experiment can promote children's mental health (Leary, 2020).

Many studies have shown that art can have a positive effect on the healthy growth of students. The presence of art can enhance their sense of self-efficacy, security and shape their ability to cope with emergencies (Fancourt, 2019). Art education is not medicine, it can not directly solve the students' psychological problems, but it can alleviate the students' inner unhappiness. Participation in art courses has a positive effect on students' emotional improvement, and students can regulate their negative emotions through art (Garnett, 2019). Arts education can also enhance students' tolerance and self-confidence towards society. Learning art has a positive impact on adolescent students' self-cognition (Zarobe L, 2017).

2.2. Conceptual Framework

This conceptual study focuses on the impact of arts education on students (Bowen, 2022). Art education can improve students in many ways. Art education can link students to mental illness and negative emotions (Kaimal, 2020). The positive effects of art education on students' psychology were discussed through literature review (Alam, 2022). This study discusses from multiple aspects and perspectives, including the impact of art education on academic achievement (Walton, 2020), the role of art education on solidarity and cooperation (Porto, 2020), the impact of art education on social ability (Agusta, 2021), and the promotion of art teaching on student growth (Mahgoub, 2020). By 2022). Further consideration of students' emotional changes after receiving art education (Sajnani, 2020). This paper combines the problem with the literature theory and constructs a conceptual framework.

This conceptual study focuses on the links between the arts curriculum and students. Art courses mainly include music, painting, crafts, drama and so on. Although these art courses have little connection with traditional courses, studies and surveys have found that the learning of art courses is directly proportional to the change in student achievement. Art education can affect students' social emotions. The penetration of art education into psychology has been noted, and students' self-awareness and interpersonal skills will be improved through art education (Abrahams, 2019).

In terms of the impact of art education on students, art education can make students more creative. The purpose of art education is to improve students' all-round ability. By taking students on a tour of art works, watching art videos and watching the creative process of art masters, students can combine theoretical knowledge with practical ability, thereby cultivating students' creativity. Students gain satisfaction through artistic expression and artistic creation (Mirzahamdamovna, 2021).

Art education not only improves students' creativity, but also promotes students' psychological construction. In order to gain the respect of students and the recognition of teachers, students are often under a lot of pressure. Art courses can clear these negative emotions of students,

release themselves and feel the beauty of art. Students can learn to vent and release emotions and relieve various kinds of pressure through art. Enhance interpersonal skills and gain a better attitude through artistic communication (Gonzalez, 2020).

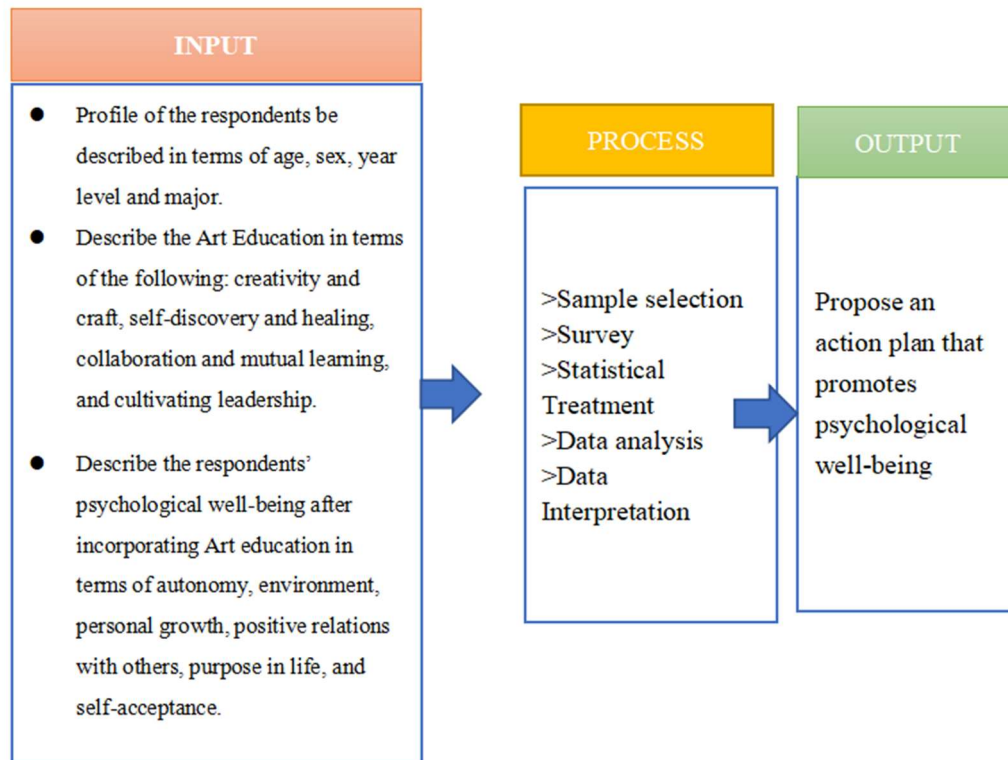


Figure 1. Conceptual Framework

3. Conclusion

This conceptual study aims to explore the importance of art education in depth. Advance the positive impact of arts education on students through research and development. Through the dissemination of art education in the classroom, it can enhance students' aesthetic ability, enhance students' aesthetic sense and improve students' cultural accomplishment. Art can empower students to create a better life. Through the study of beauty, students can understand the beauty of art and discover the existence of beauty. This requires the efforts of schools, society, parents and individuals. Proper instruction in the classroom is crucial. The results of this conceptual study will benefit,

Art education promotes student autonomy. After learning art, students learn to control their inner state independently and stabilize their emotions. The autonomy of students also indicates that they can not blindly follow the flow, not be dominated by external forces, follow their own internal thoughts, treat things with their own unique insights, students can think about things independently and form their own values (Suditu, 2021).

Through art education, students learn to collaborate and learn from each other. Teachers achieve collaborative learning by working with students to create art. Students can gain more benefits from other aspects while acquiring art knowledge.

This conceptual study discusses the promotion of leadership through artistic activities. Students have the exercise of leadership and command ability in group art activities. In group activities, a student leader is required to plan and assign tasks and make each member appear in a suitable position. The main purpose of leadership training is to cultivate students' comprehensive ability, social ability, and improve students' survival skills.

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