

Project Title : Deep art in the human mind and emotions

Author : Miss Kanyanut Wongtaworn

Art English course

Major in Painting

Faculty of Fine and Applied Arts

Suan Sunandha Rajabhat University

Academic year 2024

Abstract

This research is a qualitative research with the objective of studying and collecting issues about emotional states, sensitivity, vulnerability, depression, impact on the deep human mind and to create works of art related to the communication of emotions through liberation in art to lead to mental healing.

By studying from the article Educational research related to depression or depression and sensitivity Human anxiety in adolescents Researchers have used the concept of emotional expression art combined with surrealism and fantasy. To want to convey emotions, concepts, human feelings and links lead to effective artistic creation.

The expected result of this research and creation is to have knowledge about depression and understand the mental and emotional state of patients with depression and know how to convey the expression of emotions through works of art as a symbol of liberation, venting emotions, comforting as a fellow human being.

Keywords : Human depths / sensitivity and vulnerability / liberation

Introduction

"Depression" is a silent threat that is more common in today's stressful society and is as worrying as physical illness. According to the World Health Organization, there will be 1 person who is facing depression, which is a small number. Depression is classified as a "disease" caused by physical disorders. When it is, it can be treated and diagnosed by a doctor to identify the cause and lead to correct treatment as well as other diseases.

(Praram9 Hospital, 2021: online)

Depression or Major depressive disorder is a type of psychiatric disorder. It is a symptom of mood disorder. Which is caused by the imbalance of 3 types of neurotransmitters in the brain, namely serotonin (serotonin), norepinephrine (norepinephrine) and dopamine (dopamine), affecting daily life, both in terms of emotions, thoughts and behaviors, which this disease should be treated correctly and appropriately like other diseases as well. Depression is a state of melancholy that occurs continuously, a feeling of indifference, ignoring things, affecting the ability to work every day, which causes many mental symptoms. Normal living may be difficult or feel that life is worthless. Although depression is an emotional and emotional disorder, research has found that this condition also shows symptoms of physical pain such as body pain and abdominal pain. (Praram9 Hospital, 2021: online)

Feeling tired from depression is one of the most common symptoms. It comes in the form of a feeling of lethargy. Feeling that the energy level is very low, which is felt to occur more often than normal exhaustion. This symptom will cause a feeling of despair, difficulty concentrating, and having an irritability. However, fatigue may be caused by infection and viruses, meaning that we may not know exactly whether the fatigue we feel is related to depression or not. But there is a way to know whether the feeling of fatigue that occurs is related to depression or not is to observe whether the fatigue that is felt is accompanied by emotional symptoms such as sadness, happiness, or hopelessness. Because the above symptoms are symptoms that indicate depression. (Dr. Lanchansak Akhayakorn, 2024 : online)

There are many types of depression

1. General depression shows symptoms of boredom, discouragement and extreme sadness for more than 2 weeks.

Cause: There is a severe traumatic event, loss or disappointment, long-term accumulated stress, there may be mental symptoms such as paranoia and deafness, changes with age, especially the elderly, often complaining and picky.

2. Chronic depression is less severe than the first case, but it continues for at least 2 years and usually longer than 5 years.

Cause: Suffering for a long time Even though it can be managed to a certain extent But the patient will feel unhappy for many years. Ending up suffering from obvious depression.

3. Bipolar disorder depression, mood disorder, depression, alternating with abnormal cheerfulness (Mania) in 1 year, there may be this symptom many times. Affecting decisions such as extravagant spending or making wrong decisions and may suicidal thoughts

Research in the year Prof. 2015 found that people with depression will tolerate less pain. In addition, there was a study in 2010 that found that patients with depression were more affected by pain than people who were not depressed.

Currently, the idea of the cause of depression is still unknown. Because the symptoms are related to mental disorders, many factors may have an impact. Both from the heredity that family members have suffered from depression before, mental development and including biological factors such as changes in the level of chemicals in the brain, some hormonal changes. Unbalanced hormone levels may be a trigger for depression, etc.

(Prof. Dr. Manoch handsome family, 2015-2024 : online)

People with depression will feel severe bored in almost everything in life. Tired of continuing to live Very severe sadness can cause you to think that you are wrong, worthless and want to commit suicide. Death is like a solution to a short-term problem. In order not to face the next problem, the thoughts of people who will commit suicide often do not see a solution to the problem. Life is gloomy and hopeless, even though the truth is not like that.

Symptoms of depression often start from a little and then more quickly. Can be noticed without difficulty.

1. The mood is not as fun as before, not happy, bored, discouraged, irritable and sad.
2. Losing interest in things, tired of what I've done and having fun, happy, don't want to do anything, don't want to meet anyone.
3. Loss of appetite, weight loss a lot (some people eat a lot to relieve stress, causing weight gain)
4. Insomnia, sleep, wake up or wake up 2-3 hours earlier and can't sleep (some people sleep more because they don't want to do anything. Try to sleep but don't sleep)
5. Tired, exhausted, no strength, don't want to do anything.

6. Slow thinking, slow movement, not confident in yourself, not daring to think, hesitating to make difficult decisions.
7. Concentration, memory loss, can't focus on work, easy to forget, memory loss.
8. Think of yourself as worthless, make mistakes, do not do well, think about yourself badly.
9. Thinking about dying and trying to commit suicide.

Depression can occur together with other mental symptoms such as anxiety disorder, panic disorder, social phobia, etc.

- Anxiety disorder (Anxiety Disorders) Anxiety symptoms are symptoms caused by stress. Bringing about tachycardia, tight muscles The anxiety disorder is 2 times more likely to occur in women than men. In addition, research also indicates that people with depression will often experience anxiety disorders. The patient's anxiety disorder will not be able to control anxiety symptoms and stress.
- Panic Disorder (Panic Disorder) Panic is a type of anxiety disorder that often occurs with depression. The person with panic disorder will have a shock or extreme fear like a heart attack or fainting. These symptoms often occur when the patient is acutely concerned about something.
- Social phobia (Phobic Disorder) Panic is also a type of anxiety disorder. The cause of fear may have a hidden reason or none at all. When the patient is in a state of fear, it will cause tachycardia, nausea, and sweating. Social phobia is a kind of mental symptom that the patient will feel afraid when they have to be surrounded by strangers. The symptoms that occur are the same as anxiety disorder. (PrimoCare MEDICAL, 2022: online)

Depression is a disease that can be cured. The key is acceptance and admission to treatment. The doctor may start treatment with counseling. Doing psychotherapy to help guide you to change your mind or adapt to the problem and giving anti-depressants. Patients who enter treatment should continue treatment along with understanding themselves and the disease. These will be factors that lead to recovery from the disease itself. (Asst. Dr. Kitikarn Thanaudom : online)

In conclusion, depression is not a disease with any strange faults. But a kind of psychiatric disease with mood disorders Caused by the unbalanced work of neurotransmitters of the brain, causing more perception or feeling sad than the general public. Which affects daily life and can cause suicide rates Can be cured by psychiatrists and psychological therapists If there are symptoms that indicate or fall into depression, you should be treated immediately.



<https://www.rama.mahidol.ac.th>

<https://www.bangkokhospitalrayong.com/depressive-disorder/>

Research tools

Information from the hospital's website, detailed articles, research related to depression, depression or other related diseases from psychiatry, Faculty of Medicine and hospitals.

Objectives of the study

1. To study about human sensitivity and depression in people.
2. To reflect the sensitivity of feelings, emotions, sensitivity, depression by conveying liberation through the creation of art to comfort Show understanding of sadness and to heal the mind.

The result to be obtained

1. Have researched about depression and diseases that may be related as well.
2. Know the factors related to depression.
3. Have a deep understanding of the complex and sensitive details of depression.
4. This study is a basic knowledge to be applied to benefit and develop further as a guideline for creating artistic works on topics related to mental and emotional issues.

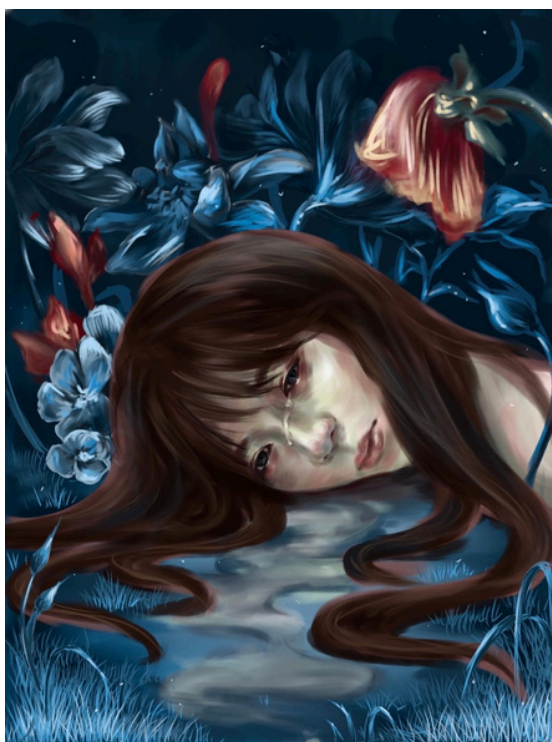
Creative process and operation method

1. Collect preliminary information, set ideas, and make sketches. By placing elements focusing on the head of a person who is crying to convey the concept of depression, obsessive thinking, or the characteristics of depressed patients who are often sad and crying.



Sketch 1

(© Kanyanut Wongtaworn 22/07/2024)



Sketch 2

(© Kanyanut Wongtaworn 24/07/2024)

2. Equipment used materials

- Acrylic colors
- Oil colors brands : Marie's, Winsor & Newton, Van Gogh
- Painting Knife
- Brush



(© Kanyanut Wongtaworn 05/08/2024)

3. Operation procedure

- Start sketching on a canvas : 90 x 120 cm.



(© Kanyanut Wongtaworn 05/08/2024)

- Paint the background primer with acrylic paint mixed with diluted water.



(© Kanyanut Wongtaworn 05/08/2024)

- Apply the background color with oil paint using blue tones to express sadness.
- And use the technique of scraping with a painting knife to create a surface to express emotion, sensitivity and breakage.



(© Kanyanut Wongtaworn 08/08/2024)

- Color the face and weigh the shadow of the hair roughly.



(© Kanyanut Wongtaworn 14/08/2024)

- Apply the base color of the hair and keep the details of the hair and the skin of the person again.



(© Kanyanut Wongtaworn 14/08/2024)



(© Kanyanut Wongtaworn 15/08/2024)

- Color the flower by bringing red to represent conflict and draw a sad mood that represents change or entering a plummet. Which flowers are like the mood of people who will change from brightness (red) > sadness (blue) and collect light and shadow again.



(© Kanyanut Wongtaworn 21/08/2024)

- Last step/edit the latest work

Keep the details of the light in all the work, both hair and human skin. The hair that is the brightest and scattered is like our bad thoughts that surround us.



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Related artists

Francis Bacon

British artists in the Second World War era created works in the cult of emotional expression or expressionism. The work often represents reality with images of human faces and people who are distorted and violent emotions. The artist often reflects the bad side of society, politics or sexuality through his work by studying the movement of people from photos and movies. At first, he started from oil painting in the form of cubism and surrealism. But because the work was not accepted as it should He developed the style of work into his own unique work.

Francis Bacon was born on October 28. In 1909, in a British family in Dublin, Ireland, Bacon studied at The Dean Close School in Cheltenham, England. Living at home was full of cold. In childhood, Bacon had chronic asthma and Bacon was homosexual, so he was kicked out of the house in the year. Prof. 1926 After that, he traveled to Paris, France, which is a place that made him interested in visiting the art gallery. Bacon began to paint his first work Crucifixion 1933, which was inspired by Pablo Picasso in the fascism genre. Later, Bacon began to work on surrealism (Surrealism), but in the year. In the years 1940 and 1950s, they created the form of expressionism by borrowing the movement of the person from movies and photographs, most often as a single person in an empty room. In a cage or with a black background, using dark tones, using rough brushstrokes, every work of Bacon will emphasize the experience of all the torment and alienation throughout the world that he has experienced. The main concept of Bacon's creation is violence and death. Causing him to be dubbed a painter in the cult of emotional power. (Expressionism)

Year Prof. 1973 Bacon became the first British contemporary art painter to hold a large exhibition at the Metropolitan Museum (The Metropolitan Museum of Art) in New York. His work has always been exhibited internationally during the last year of his life. Francis Bacon died on April 28. Prof. 1992 in Madrid, Spain at the age of 82. (Wikipedia, 2022 : online)

In conclusion, this artist has created works in expressionism with a conceptual perspective that reflects distorted feelings. Intense emotions Reflecting the concept of society, politics or sexuality through the use of dark tones Rough brushstrokes.



Francis Bacon

Source : <https://www.paul-mellon-centre.ac.uk/archives-and-library/artist-subject-guides/francis-bacon>



Two Figures (1953)

Source : <https://www.thepeople.co/culture/art/51878>

TRAN NGUYEN

TRAN NGUYEN is a Georgia-based award-winning illustrator & fine artist. Born in Can Tho, Vietnam and raised in the States, she received a BFA in Illustration from Savannah College of Art and Design. Having deep interest in therapeutic imagery, her work frequently depicts milieus of adversity in which we deal with day to day.

Nguyen's paintings are created with a soft, delicate quality using colored pencil and acrylic on paper. She's most known for her paintings of whimsical women and their melancholic landscapes, which often possess an air of fantasy and surrealism. She creates illustrations for published media such as magazines, books, wine & beer packaging, animation, advertising, and mural work. Her clients include VH1, Tiger Beer, World Wildlife Fund, and she has showcased with galleries across the world.

In summary, this artist is interested in reflecting emotions, stories, and the environment to heal the mind from the hardships encountered through fantasy and surreal concepts with acrylic paints and soft pencils.



Source : <https://www.commartarts.com/features/tran-nguyen>



"In the dead of night"- "Gaia Reborn" Exhibition, 2019.

Source : <https://thinkspaceprojects.com/artists/tran-nguyen/>

Analyze creative works

Experimental research on the art project on the topic of "Deep art in the human mind-emotions" this time is the creation of a painting with the concept of human emotions, pain, depression. By releasing emotions, depression through fantasy, surrealism, and emotional expression, but still some realism in details, it is considered a form of mental therapy through art. Which has a consistent approach similar to receiving medical treatment that requires a story, venting depression with a psychological therapist or psychiatrist to understand the disease and find a treatment.

As a result of the creation of this artwork, the researcher wanted to use the form of a real person to be the highlight of the work that would convey emotions. By choosing a woman who looks like a bent her head and crying, her face looks dull, like herself who used to be in a depression and the media represents young people who are sad or distressed. The nature of bowing crying that looks like an expression of howling that every time you feel sad, they often cry quietly in your own corner. The researcher is interested in the English idiom sentence that says "I Feel Blue", which the color here does not talk about blue but is talking about sadness. Therefore, choose to use a cool tone to convey emotions. Light to dark weights are used to want to express depressive emotions with different levels of violence. Researchers want to create works with the use of lines and colors, which can be seen by floating hair scattered around the body as bad thoughts or bad feeling. However, the researcher wants to express the sad emotional medium to be more plunging, so the technique of using a painting knife to scrape the color on the canvas frame to express the emotions that are mixed with the sketch. Metaphysical and plummeting feelings

Researchers use symbols to represent people's stories, which are flowers. Flowers are comparable to human emotions and mental state. The beauty and blooming petals are like the image of the brightness that people show. But flowers are very delicate when there is a sudden change of seasons or being attacked by the environment or even people can wither and die. Like people who, when difficulties are faced or words that hurt the mind, it can have a severe impact on the mind as well. In addition, red is used to insert some flowers to express the emotions, vibrations of the mind that are changing into depression or turning blue.

Summary

The conclusion from this art creation research is prepared in the topic "Art deep into the human mind" to express sensitivity, depression, to liberation, mental healing to be able to go through and accept this pain more through the form of surrealism, fantasy and emotional expression. With blue tones with a word play in English that conveys sadness, a flower that is like the human mind that gradually withers and changes color. The creation of this concept therefore aims to release the emotion of sadness and realize that depression is part of our identity.

Suggestions

1. The use of the technique of coloring with a trowel creates good emotional expression results in a different direction than painting with a brush.
2. Using a trowel creates a better surface and can be used in the future.
3. It may be necessary to study techniques and find more prototypes from artists to apply to create works.

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