



## **Applying Psychology to Study Creativity: Shown Through Painting Exhibition: Rejecting Old Through Art**

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**Abstract.** This study aims to determine what is in the creator's creation: motives, impulses, thought processes and influences that direct painters to realize creativity. This study uses a qualitative descriptive research method. The source of data in this research is in the form of the painting exhibition 'Menolak Tua through Karya'. The data in this study is that the anatomy of creativity has been studied by several leading psychologists, among others: the pursuit to provide a more empirical basis in the visual arts. The steps for collecting data and the research process were carried out as follows: (1) describing all of the paintings on display; (2) identifying the work; (3) codifying data; (4) the data is analyzed by applying psychology to apply creativity which includes innovation and creativity, intelligence and creativity, motivation and creativity; (5) conclude the research results. The results of this study show that in this painting exhibition there is a psychological application in creativity.

**Keywords:** Application of psychology, creativity, fine arts, analysis



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### **Introduction**

The study of the beauty of art is often referred to as the philosophy of art (Fokt 2015). Aesthetics is the beauty of nature and art. Aesthetic pleasure in art is a field in the philosophy of art and ontology in art. It is a human aesthetic process in capturing the aesthetics of art. Art aesthetics is the basic nature of a work of art. Humans perceive these aesthetic signals as a working series of tastes. Art displays beauty as it is and can be captured by humans. The process of capturing the aesthetic is a philosophical process. The philosophy here is presupposed on long processes in humans. In playing the role, besides feeling there is a fantasy from humans as creatures who have an aesthetic sense, with different levels (Smith 2019).

Creativity is the same subject for every creative individual. Creativity is defined by the way you want it (Kapoor and Prayogshala 2014). Creativity is what you define. Then, how can one say whether one is very creative or not? Since there is no complete agreement among professionals in any given discipline, creativity is a very ambiguous term, which cannot and should not be defined identically for all individuals. The concept of creativity is what it is, because it is unique to each person. It is an exclusive experience, theory, idea, and ideology for everyone. If a person is able to maintain his personality, without closing their mind to the thoughts that arise, then the goal of redefining creativity will be achieved. The main concept of applying psychology in creativity is applying creativity which includes innovation and creativity, intelligence and creativity, motivation and creativity.

The application of psychology in art consists of: 1) Creativity, 2) Relationships, 3) Perspectives, 4) Mental Processes, 5) Proposed Influences, 6) Mental Illness, 7) Creativity Techniques (Graham 1997).

## Method

The research method used is descriptive research. By analyzing the journal, namely analyzing and paying attention to the main essence of the research that has been achieved then combining it with the idea of the analyzer. The method as a tool, has the function of making the problem simple, so the problem will be easy to understand and solve. Deduction, induction, sampling, comparison, classification, description, interpretation and explanation, qualitative and quantitative and others. That is a method commonly used in the social sciences and humanities. Bogdan and Taylor define qualitative methodology as a research procedure that produces descriptive data, in the form of words, both spoken and written from individuals and behavior that can be observed. Based on this explanation, the method used in this study is a qualitative descriptive research method (Sugiyono 2014).

The source of the data in this research is a collection of descriptions of paintings in the book *Self Healing with Painting* by the artist Dr. Mudafiatun Isriyah, M.Pd. On March 25-28 2022, the painting exhibition of two families from the family of Bp. Sutrisno and the family of Bp. Soemardjo. The data in this study are words or sentences contained in the book. The steps for data collection and the research process were carried out as follows: (1) reading the entire contents of the data source, namely the book *Self Healing with Painting* by Dr. Mudafiatun Isriyah, M.Pd; (2) identify research data; (3) codifying research data to facilitate the process of data analysis; (4) the data in this study were analyzed using the perspective of art therapy, especially in psychology and the arts, which includes exploration and discovery, art therapy, (5) concludes the results of the study.

## Results and Discussions

### Painting art

Tapestry art by Biranul Anas. In this study, the author reveals one of the fiber arts, namely Tapestry. By nature, tapestry has different characteristics from other works of art. From the nature of the material, tapestry uses fiber as the main material which is soft and flexible with the intuition of taste, expression, color and psychological elements so that it creates beauty (Agditya Dwigantara 2011).



**Figura 1.** The painting “Banana Tree” (Sutrisno, 2022)

The painter's 'BANANA TREE' as a therapeutic modality creates opportunities to express thoughts and emotions that they may not be able to share. Expressionist 'Banana' is a 125" x 175" oil painting. Painting helps heal the mind and soul of the painter. The painter Sutrisno was able to create an inclusive environment where children from all walks of life from PAUD to high school were involved in art. He founded the 'Cla Sanggar' so that others can experience peace of mind. He believes art comes in many ways with the right environment, tools, and support, anyone can create.

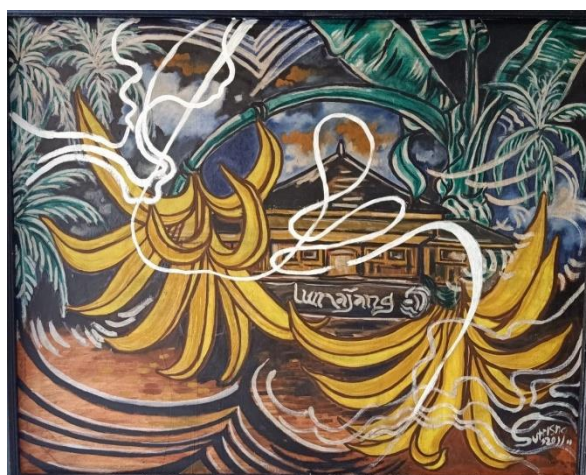
Drawing therapy is a form of psychotherapy that uses art media to communicate, this therapy can minimize the patient's interaction with his own world by releasing feelings, thoughts, or emotions, providing motivation, joy and diverting attention from the hustle and bustle experienced.



**Figure 2.** Painting of Jonggring Saloko Now Smile Again (Sutrisno, 2022)

The meaning of the Mount Meru Painting is that there is an environment of branched trees symbolizing the lafadz of Allah, that in fact we all belong to Allah, to Allah we pray. Description of the painting: the Mount Meru APG incident on December 3, 1921 devastated 5 sub-districts and there were casualties. A series of photos documenting the incident appeared on various social media. It is from the documentation on social media that the painter develops his ideas. The colors of his paintings are inspired by blue, gray and green, expressing a peaceful attitude, empathizing with the victims of the grieving nature. The painting contains the creation of a wooden tree that upholds and protects in the middle of Mount Meru and is colored black.

According to Arnheim contributed new thinking about the process of creation. He argues that in creating artists strive to solve problems by mobilizing all their awareness and intellectual abilities. Solving this problem involves visual thinking, and the results achieved are directed by consideration of form and a strong desire to express a distinctive meaning (Bai 2020). Each choice of shape, line and color, becomes a symbol to translate his desire into visual form. Here the position of art as a bridging existential phenomenon that unites ritual, imagination and the dream world in a way that no other activity can. To represent the outward appearance, with the inner significance of the painter, so that it can be said to be a symbolic form of human feelings.

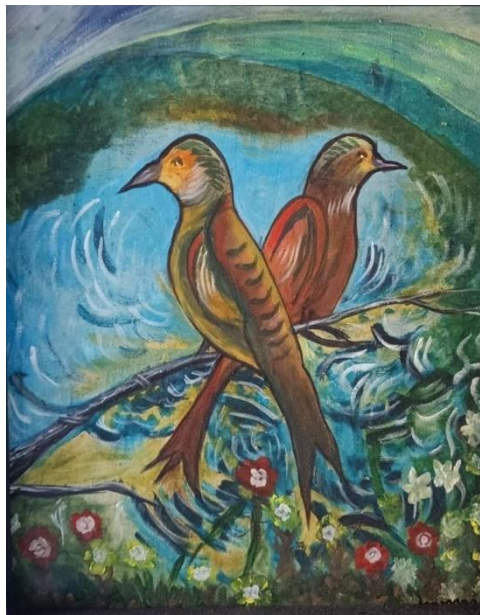


**Figure 3** Lumajang Painting Banana City (Sutrisno, 2020)

The meaning of the painting 'Lumajang Kota Pisang' is an image of a pavilion with a banana symbol. According to Arnheim contributed new thinking about the process of creation. He argues that in creating artists strive to solve problems by mobilizing all their awareness and intellectual abilities. Solving this problem involves visual thinking, and the results achieved are directed by consideration of form and a strong desire to express a distinctive meaning.

Painting art therapy is used to resolve emotional conflicts by channeling non-verbal feelings and emotions. Each choice of shape, line and color as a healing therapy medium for problems through several stages:

1. Exploration preparation (Preparation), the exploration phase of the problem.
2. Incubation (Incubation); subconscious / pre conscious formulated towards a problem solving.
3. The emergence of inspiration (Illumination); the stage where ideas and solutions emerge suddenly and begin to appear clear.
4. Testing (Verification); stage of testing and refinement of ideas. In this stage, the conscious and logical mind takes over and works consciously with the input of ideas from previous unconscious processes. (Graham Wallas ,1926 in (Rusdi 2018).



**Figure 4.** Painting of a Pair of Birds (Isriyah, 2022)

The meaning in this painting, the creator expresses the emotions experienced indirectly in individuals who will express or describe themselves in awe, beauty, interest in birds so that self-expression is a process where individuals express thoughts and feelings experienced (Pöllänen 2011). Appropriate self-expression is carried out by individuals where individuals are able to communicate the conflicts they have experienced and express their emotions and thoughts so that individuals will not experience psychological problems (Shah, Kansal, and Chugh 2021).

Self-expression by expressing emotions and thoughts can help individuals improve their inner well-being, and vice versa if individuals are not able to express their emotions and thoughts, they experience psychological problems and are unable to improve their inner well-being (Jang and Elfenbein 2015). Krause's research (2007) explains that self-expression is able to help individuals overcome depression and improve quality of life with a sense of gratitude, as long as expressing their emotions and thoughts, individuals understand the conflicts they are experiencing (Bono, Emmons, and Mccullough 2012).

In terms of the flow of Naturalism is a flow that loves and worships nature with all its contents. Adherents of this school try to describe the state of nature, especially from an interesting aspect, so that Naturalism paintings are always themed on the beauty of nature and its contents. Historically, the art of painting is strongly associated with the image. Prehistoric remains show that since thousands of years ago, human ancestors had begun to make drawings on cave walls to portray important parts of life. A painting or drawing can be made using only simple materials such as charcoal, chalk, or other materials. One of the well-known prehistoric drawing techniques used by cave people is by sticking their hands on the cave walls, then spraying them with chewed leaves or colored mineral stones. The result is colorful handprints on the cave walls that can still be seen today. This convenience allowed drawing (and subsequently painting) to develop more rapidly than other fine arts branches such as sculpture and ceramics. Like pictures, most paintings are made on a flat surface such as a wall, floor, paper or canvas. In modern art education in Indonesia, this trait is also known as *dwi-matra* (two dimensions, flat dimensions). Objects that often appear in ancient works are humans, animals, and other natural objects such as trees, hills,

mountains, rivers and the sea. The shape of the object in the picture is not always the same as the original. This is called an image and it is greatly influenced by the painter's understanding of the object. For example, a picture of a banana is made with unusually large proportions compared to the size of a real banana. This image is influenced by the painter's understanding that bananas are the most impressive part of the fruit group.

At one point, there were certain people in a prehistoric society who spent more time drawing than looking for food. They begin to become adept at drawing and begin to discover that certain shapes and arrangements, when arranged in such a way, will appear more attractive to the eye than usual. They begin to find some sense of beauty in their activities and continue to do so until they become more and more skilled. They were the first artists on earth and that's when the activities of drawing and painting began to tend to become artistic activities.

## Conclusions

Based on the results and discussion of the application of psychology to study creativity in painting, it can be concluded, first, exploration and discovery. In the banana tree painting, it represents the universe as a drawing therapy tool. One form of psychotherapy that uses art media to communicate the soul with plants, this therapy can minimize the patient's interaction with his own world by releasing feelings, thoughts, or emotions, providing motivation, joy and diverting attention from the hustle and bustle experienced.

Second, as a form of metaphorical expression that tries to compare trees with written forms. Mount Meru is surrounded by branched trees symbolizing the lafadz of Allah, that in fact we all belong to Allah, to Him we pray. Description of the painting. The colors of his paintings are inspired by blue, gray and green, expressing a peaceful attitude, empathizing with the victims of the grieving nature. The painting contains the creation of a wooden tree that upholds and protects in the middle of Mount Meru and is colored black.

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Third, the development of the value of beauty. For individuals, painting is an activity that needs to be continuously pursued so that individuals become accustomed to it, represent emotions, and touch feelings. In painting, there is an interwoven value of beauty. It seems that the use of accents can enrich the values of beauty so that it becomes an attraction for participants because the paintings are beautiful.

Fourth, the cultivation of multicultural insight. In lines such as habituation of the menorah on paper or canvas strengthens multicultural insight so that it can support the growth and development of painting.

Fifth. Cultivating the habit of painting. For example, in the habit of painting on paper or canvas, the availability of painting materials. Efforts to get used to painting in individuals must be nurtured so that children become a generation that is intelligent and has broad insight.

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