



Impact of Artistic Expression on Happiness and Emotional Intelligence in Young Adults

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Abstract

Artistic expression is the creation of art in different forms, such as visual art, which includes drawing, sketching, painting and so on. It is a means for people to express their feelings, thoughts, and experiences through their preferred media. The research aimed to study the impact of artistic expression on happiness and emotional intelligence in young adults. A sample of 150 young adults who engage in arts as a hobby and who don't engage in arts as a hobby were selected through the purposive sampling method for this study. The study was done through the two independent paired t-test to see the impact of artistic expression on happiness and emotional intelligence in which 50 individuals engage in arts as a hobby and 50 individuals don't engage in arts as a hobby. Data was collected using the tools Subjective Happiness Scale developed by (Lyubomirsky & Lepper), and Schutte Self-Report Emotional Intelligence Test developed by (Schutte and her colleagues). The

findings of the study showed for happiness, there is a significant difference in people who engage in art as a hobby and people who don't engage in art as a hobby in the context of artistic expression in which people who engage in art as a hobby scored higher. For Emotional Intelligence, there is no significant difference in people who engage in art as a hobby and people who don't engage in art as a hobby in the context of artistic expression.

Keywords: Artistic Expression, Happiness, Emotional Intelligence, Young Adult

INTRODUCTION

Artistic expression comprises many different types of art, including visual art, which allows people to express their thoughts, feelings, and experiences via mediums such as painting and sketching. It provides a forum for unfettered expression outside standard linguistic limits, allowing artists to convey their most profound feelings and viewpoints. The advent of digital technologies has transformed artistic expression, opening up new paths and chances for creative development.

Happiness, frequently characterized as a feeling of joy and fulfillment, has piqued the curiosity of philosophers and psychologists alike. Aristotle, for example, divided happiness into hedonism and eudaimonia, emphasizing distinct approaches to its pursuit. Positive emotions are essential for increasing life satisfaction and resilience, as evidenced by theories such as Maslow's Hierarchy of Needs and Positive Psychology, which emphasize the value of psychological well-being. While genetic and environmental variables impact happiness levels, psychological characteristics such as optimism and resilience play an important role. Low happiness is connected

to poor consequences, whereas high happiness is associated with improved general well-being and social ties. Practicing appreciation, developing meaningful connections, and participating in activities that correspond with personal beliefs are all strategies for increasing happiness.

Emotional intelligence refers to the capacity to recognize, interpret, and control emotions successfully, especially in social situations. Scholars identify four major aspects: emotional awareness, reasoning with emotions, understanding emotions, and managing emotions. Daniel Goleman, a renowned psychologist, highlighted five key components; self-awareness, self-regulation, social awareness, relationship management, and motivation. Low emotional intelligence is related with difficulties regulating emotions and interpersonal dynamics, whereas high emotional intelligence is connected with better well-being, healthier relationships, and more achievement in a variety of disciplines.

For young adults, creative expression has a big and varied impact on happiness and emotional intelligence. A range of creative mediums, such as painting, drawing, and sketching, allow young people to explore and express their emotions, thoughts, and experiences. Happiness, or the ability to feel joy, happiness, and fulfillment, is essential in the lives of young adults. Artistic expression offers a unique avenue for creating pleasure among young adults and is a creative way to improve emotional well-being. Emotional intelligence (EI) is an important aspect of young people's well-being, which encompasses their emotional, social, and psychological health. Artistic expression, which promotes joy, creativity, and connection, has been shown to improve young adults' emotional intelligence.

REVIEW OF LITERATURE

Armas et al. (2023) explored the perspectives of well-being among young Latino Americans through a participatory research study conducted by Latina adolescents and adult allies. They conducted interviews with 19 people, ages 19 to 24, from Colorado, Washington state, and New Jersey, using art-based methodologies. Results show difficulties in defining well-being and connect it to costly Western medical procedures. They linked structural fears such as racism and capitalism to mental health problems, highlighting the significance of intergenerational dialogues and the entitlement to happiness and healing for overall wellbeing.

Durairaj and Mathew (2023) examined the effects of expressive arts on students' emotional intelligence (EI) in higher education. It was carried out at the social work department of a Kerala college and involved 164 students, 122 of whom participated in expressive arts and 42 of whom did not. The research discovered a substantial difference in the two groups' emotional intelligence (EI) scores using Schutt's Self-Report Emotional Intelligence Test. It highlighted how crucial it is to incorporate expressive arts into college courses to improve students' emotional well-being, scholastic achievement, and general growth.

Kadagidze (2023) examined how emotional intelligence and creative expression might improve online teaching. Drawing on a global study of over 200 instructors, it emphasized the effectiveness of creative techniques in engaging pupils and improving understanding. It provides specialized solutions for online English education and emphasized the necessity of training and tools to assist educators in effectively incorporating artistic aspects. By addressing difficulties and utilizing artistic expression, teachers may build compelling online learning environments that promote student achievement.

Bulkina and Vasilyeva (2022) examined the connection between ordinary creativity and subjective well-being in old life. Significant favorable relationships were discovered between subjective creativity levels, creative activities, and well-being. Individuals who self-rated as "creative" and participated in creative activities reported greater levels of well-being. These results provide information about how artistic activity might enhance older individuals' psycho-emotional states.

Jue (2022) examined the relationship between Korean art therapy graduate students' subjective well-being and their artistic activities. The study discovered beneficial relationships between art practice and subjective well-being after analyzing data from 158 people. Creating art was found to be more important for wellbeing than having a favorable opinion of it. These results highlight the role that art practice plays in helping art therapy students feel happier on a psychological level.

Ahmed, Sayed and El-Ghadban (2021) examined the impact of video games, painting, and storytelling on the enjoyment and relaxation of 200 children receiving chemotherapy in quasi-experimental research. The youngsters in the video game group had far greater levels of enjoyment, according to the results, while the narrative group had the highest levels of relaxation. This implies that include these activities in regular care might improve the wellbeing of kids receiving chemotherapy.

METHOD

Aim

To investigate the impact of artistic expression on happiness and emotional intelligence in young adults.

Research Objectives

- To examine and compare the levels of emotional intelligence and reported happiness in young adults who actively engage in artistic expression as a hobby.
- To examine and compare the levels of emotional intelligence and reported happiness in young adults who don't engage in artistic expression as a hobby.

Hypothesis

- There will be a significant difference between people who engage in art as a hobby and those who don't based on emotional intelligence.
- There will be a significant difference between people who engage in art as a hobby and those who don't based on happiness.

Variables

Dependent Variable: Happiness and Emotional Intelligence

Independent Variable: Artistic Expression

Sample

Participants were recruited using purposive sampling. Inclusion criteria include being aged between 18-25 years and engaging in art as a hobby and not engaging in art as a hobby. The data from 150 participants was recorded.

Tools

The following standardised tools were used to fulfil the study objectives; Subjective Happiness Scale by Lyubomirsky and Lepper (1999).

Statistical Technique

The study's goal is to examine and compare how artistic expression impacts the happiness, as well as the emotional intelligence in people who engage in art as a hobby and those who don't engage in art as a hobby.

RESULT

Table 1

T-test between engaging and not engaging in arts as a hobby across study variables

	Mean	SD	T	Sig. (two tailed)	Result
HAPPINESS					
not engaging	17.68	4.31	2.83	.00	S
engaging	18.54	3.73			
EMOTIONAL INTELLIGENCE					
not engaging	118.16	12.19	1.69	.09	NS
engaging	122.04	15.56			

NS-Not significant, S-Significant

Table 1 displays the t data for engaging in arts as a hobby and its impact on Happiness and emotional intelligence. Participants in arts as a hobby had a substantially higher mean happiness score of 19.54 compared to 17.68 for non-participants, demonstrating that ($t = 2.83$, $p < .001$).

The comparison of Emotional Intelligence across the two groups shows a trend, with people engaging in arts having somewhat higher mean scores (122.04) than non-participants (118.16). However, this difference is not statistically significant ($t = 1.69$, $p > .05$).

DISCUSSION

The aim of the study was to investigate the impact of artistic expression on happiness and emotional intelligence. Two independent sample t-test was used for the study.

The result of the study depicts the t statistics for engaging and not engaging in arts as a hobby on Happiness and Emotional Intelligence. There is a considerable variation in happiness levels between the two groups. According to the findings, those who engage in arts as a hobby are happier. Specifically, people who engage in the arts have a mean happiness score of 19.54, compared to a mean score of 17.68 for those who do not participate in creative activities. This difference in mean happiness scores is statistically significant, as evidenced by a t-value of 2.83 and a significance level (Sig) of .00. As a result, the findings imply that participating in the arts as a hobby is related with higher levels of happiness.

The comparison of Emotional Intelligence between the two groups indicates a distinct trend. Individuals who participate in arts as a pastime had somewhat higher mean emotional intelligence scores (122.04) than those who do not (118.16), but the difference is not significant. The t-value of 1.69 and a significance level (Sig.) of .09 suggest that the observed difference in emotional intelligence scores between the two groups is insufficient to be deemed statistically significant. Thus, the study implies that engaging in arts as a hobby has no substantial impact on emotional intelligence.

CONCLUSION

This study helps us understand how artistic expression impacts the happiness, as well as the emotional intelligence in people who engage in art as a hobby and those who don't engage in art as a hobby.

Findings of the study suggested that there is no significant difference in the emotional intelligence of people who engage in arts as a hobby and people who don't engage in art as a hobby which indicates both people who engage in art as a hobby and those who don't engage in arts as a hobby may have some amount of emotional intelligence, though it is not particularly high.

For happiness, the results showed that there is a significant difference in the happiness of people who engage in art as a hobby and people who don't engage in art as a hobby in which people who engage in art as a hobby scored higher which indicates that engaging in arts as a hobby gives people a sense of joy, fulfilment, and contentment.

This study leaves a lot of scope for further research such as researching how artistic expression impacts happiness and emotional intelligence in male and female people who engage in art as a hobby and those who don't engage in art as a hobby and finding the relationship between happiness and emotional intelligence.

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