

## **Current Issues of ART, Artistic Creativity and the Use of ART Therapy**

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### **Abstract**

This article covers issues such as the importance of art therapy in obtaining negative states of personality development, correction of psychophysiological - psychosomatic disorders with several areas of corrective work with art tools, exposure to cognitive emotional areas by art - therapeutic methods, development of socio-pedagogical and aesthetic needs through integrative functions, expansion of the general and artistic-aesthetic worldview.

**Keywords:** art therapy, upbringing, psychological correction, creative ability, personality, aesthetic skills, aggression, emotional disorders, violence, perception, labor, professional activity, technology.

### **INTRODUCTION**

Today, the state of mental health of children and adolescents is one of the important tasks not only for parents, but also for the pedagogical community. In the process of Art therapy, the individual acquires a valuable experience of positive changes. Gradually, there will be deep self-knowledge, self-acceptance, harmonization of development, personal growth. Communication, which is important in this process, is used as the basis of effective interaction. Simple tips it should be remembered that art therapy is a creative process. Art therapy is a method of psychotherapeutic influence that is carried out with the help of art and creativity. For the first time, the concept was used by the British artist Adrian Hill<sup>1</sup>. He was passionate about painting since childhood and graduated from the College of painting. Even during the first World War, he was engaged in painting at the front. Works written in those years are held at the "Imperial War Museum" in London. Adrian Hill, who came from the front, got a job as a teacher at the school of art. In 1938, Hill was forced to stay at the sanitarium. There he was treated for tuberculosis. The artist drew all his free time, which was very much. Some time later, he realized that this process had a positive effect on his health. Hill quickly recovered as a result. The following year, group art therapy sessions were organized at the sanatorium. Patients felt better, emotional and psychological problems moved to the background. A few years later, Edward Adamson, another British artist, set about developing art therapy. His work in this area has been widely acclaimed. In those years, creativity as a method of therapy was studied by the American psychologist, teacher and artist Margaret Naumburg.

Through art, individuals of different ages can develop their mental abilities, gain symbolic information, and learn a variety of tools. Artistic activity is also an important way for children

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<sup>1</sup> Adrian Keith Graham Hill (24 March 1895 – 1977) British painter, writer, art therapist, teacher

and adults to express their feelings, allowing them to develop their thought processes. In addition students learn appropriate ways to communicate with peers, parents, and school staff. They form friendships and learn the basics of teamwork. They learn to use each other's skills for a greater purpose. Art influences social and emotional development.

## **DISCUSSION AND RESULTS.**

Research in the development of students ' cognitive activities through art integration and art therapy offers a link between social and emotional development and art. Some studies show that students in schools and higher education institutions who are integral to the academic program have shown better results regarding the use of art therapy technologies in art classes. This study explores the expansion factors of art therapy through art integration in improving the cognitive efficiency of learners. The findings suggest that school arts programs may have less impact on student achievement than previous studies have suggested. Moreover, the absence of art Therapy Science in the areas of Fine Arts and engineering graphics in higher education institutions is a sad situation.

As long as humanity was able to think logically using Art therapy methods, we thought about thinking. Of course what does this allow us to learn and what is happening physiologically, psychologically and educationally? As a modern society, we have been trying to understand "how the brain works" for more than a hundred years. The interest in the formalization of perception over the past thirty years has interested both practitioners and researchers. In turn, such studies have a positive effect. The scientific achievements of students engaged in art are clear evidence of this. The purpose of this study is to explore the relationship between art engagement and the characteristics associated with the influence of learners on learning. Art has a positive effect on the central nervous system<sup>2</sup>. In recent times, several areas of corrective work have stood out with the means of art, such as:

- correction of psychophysiological-psychosomatic disorders;
- psychotherapeutic-influence on cognitive and emotional spheres, regulatory, communicative functions;
- development of socio-pedagogical-aesthetic needs;
- broadening the general and artistic - aesthetic horizons;
- activation of the creativity potential of the individual.

Art-therapy is a set of measures that allow you to understand the causes of aggressive behavior, as well as suggest ways to stabilize the emotional state. Aggressive human behavior is not the norm - it is a common disorder among children, adolescents, requiring mandatory monitoring and Correction. The causes of the appearance and manifestation of aggression in a person can be influenced by several factors:

- the upbringing style of the individual, that is, the manifestation of excessive or insufficient care for him from childhood;
- extreme sensitivity to violent demonstrations seen from youth;
- instability of the socio-economic situation;
- individual characteristics of a person-low level of volatility, active inhibition;
- socio-cultural status of the family.

As a rule, the greatest influence on the development of aggressive behavior is carried out by the family environment and upbringing. These include emotional attitudes, the type of behavior approved by parents, the presence or absence of certain limits of what is allowed. In addition, the

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<sup>2</sup>Art has a positive effect on the central nervous system. This idea was confirmed by famous psychiatrists A.L. Grosman and V. Raykov.

usual attitudes towards the actions of the individual, etc. Corrective work as a rule, even the immediate environment of the individual - parents, family members, psychologists, art therapists, educators-participate in corrective work. If the reason for the person's bad behavior is copying the behavior of their parents, then they should also undergo therapy, in which:

- their attitude changes from negative to positive;
- learning to change the nature of relationships;
- expanding adult behavioral repertoire.

The task of specialists is to find methods of activity that allow you to move away from any negative emotions and relieve tension. Art therapy, on the other hand, is much more widely used for different age categories. The work of correcting aggression is especially effective through art therapy. Because art therapy is based on the use of visual aids, many people who have difficulty controlling their emotions find comfort in using professional labor, as well as interesting types of professional activities. In addition, isotherapy also involves the use of various drawing techniques, the movement of the activity of the fingers, palms, feet positively affects the feelings of the individual.

It is natural that, for any reason, anger, restlessness and negativity can appear in the soul, but a mature, socially healthy person does not manifest them in actions that violate the boundaries of other people established in childhood. In particular, the problem of violation of educational norms and rules, the environment of nearby aggression and negativism provokes an aggressive-negative attitude.

## CONCLUSIONS AND SUGGESTIONS

Today, active popularizers of obscene words in the media space are bloggers with a thousand audience, who use not only themselves, but also their guests - influential politicians, journalists, musicians, etc. In addition, regardless of the internet, gender and social status, they find it embarrassing to use non-regulatory Latinos on forums in posts and comments. Usually adolescents and older people are often victims of aggressive behavior. Aggression in young people and adolescents can be provoked by a poor assessment, a negative attitude by the teacher, violence or a struggle to attract the attention of representatives of the opposite sex. By completing the study, we can draw the following conclusions: the socio-economic crises that have been followed in recent years by the constant destruction of spiritual values and the interruption of social ties have become the basis for the socio-psychological adaptation of society. Based on the data of psychocorrection, the results of the first study are worth noting the limitations of the destructive perception of the phenomenon of aggression, as well as the effective result of the use of kehg from art therapy technologies in methods of reducing it.

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