

Design a Creative Environment to Promote Mental Health and Develop Fine Arts Student's Skills

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Abstract:

Fine arts represent an ideal environment for developing students' creativity skills, which contributes to improving their abilities in various aspects of life. Students' lives and the prosperity of fine arts colleges are significantly impacted by mental health. Thus, the study suggests methods for enhancing the mental health of students to examine how the creative atmosphere benefits fine arts students' mental health and boosts their academic performance, the research employs a descriptive-analytical approach. The problem of the research is the lack of a creative environment for fine arts students that enhances their mental health and encourages creativity and innovation, which affects their creativity. Besides, the research sets out methodologies and rules for the fine arts education environment that are not considered appropriate for the environment of the new educational system. Hence, studying in a comfortable environment for students' artistic activities allows for the development of student's creativity within the educational process in art colleges. Therefore, the research is based on how to establish a creative, stimulating atmosphere in the educational environment to support the promotion of mental health for fine arts students and introduce a new vision for the role of universities by focusing on the mental health of fine arts students. In conclusion, the research concluded that there are also many important factors in promoting the mental health of fine arts students, including the role of the classroom environment, the role of teachers, and strengthening the education sector to raise the academic performance of fine arts students and improve productivity.

Keywords:

Creative Environment Design, Mental Health, Fine Arts, Interior Design, Students Skills.

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1. INTRODUCTION

Artistic activities promote self-awareness, personal growth, well-being, and expression. [1] [2] The research investigates how mental health affects fine arts students and helps them develop their artistic abilities and creativity to create artwork. [3] Mental health works to increase the creativity of students. [4]

Different teaching techniques can enhance students' academic learning in the fine arts through creative environments. [5] Hence, it is necessary to support processes that enhance the mental health of students. [1] Mental health has a positive impact on students' academic performance. [4]

2. Research Problem

Fine arts classes have an uncomfortable, disorganized atmosphere that is not conducive to student activity.

It prevents students from developing their creativity during their education in art colleges.

Furthermore, it will harm the mental health of students, and they cannot work in an effective environment to create and design in their art classes.

3. Research Aims

The study aims to suggest strategies for creating a

creative environment that enhances the psychological health of students in colleges of fine arts.

In addition, revealing the impact on the mental health of students at the College of Fine Arts and increasing their creative production.

4. Research Importance

The creation of a creative environment encourages innovation, and the study helps to improve the mental health of fine arts students. Furthermore, the study explores how incorporating art-related activities into the classroom might stimulate students' creativity.

Hence, the significance of art in education and daily life, and the application of art approaches in fine arts colleges.

5. Research Hypotheses

The study assumes that the mental health of fine arts students improves by creating a suitable environment for students to design their artwork to foster their innovation.

The design of artwork spaces can affect on performance of students and their productivity.

6. Research Limits

The study is limited to researching the mental issues of fine arts students and the effect of design

classes on comfort for students.

7. Research Methodology

The descriptive analytical method was used by describing and analyzing the factors that work to enhance the mental health of fine arts students.

8. A Theoretical Framework for Research

8.1 The Role of Mental Health in Developing Fine Arts Students Skills

Introducing art contributes to enhancing students' learning abilities by improving language skills. Studying the arts of design and drawing positively affects the student's linguistic abilities. Besides, improving cognitive abilities is applied through studying the visual arts, which helps develop creativity, thinking, and imagination skills. [6]



Figure. (1) Illustrates the art tools as a life in education. [7]

8.2 Design Artistic Environment

The creative environment could remove the stresses from students to a peaceful, calm to feel beauty and generate emotions. Art can be an effective tool to enhance mental health.

Art is a hobby that helps students control stress levels. It makes it possible for students to express their feelings, which heightens their awareness. [8] Therefore, the creative atmosphere can be designed to improve relationships with others, lessen stress and anxiety, and significantly improve mental health.



Figure. (2) Illustrates the interior design of art classes. [9]

It is considered a way to improve students' mental health. [8] There are many benefits to art, such as:

The psychological value of art is creating artistic works that uplift the spirit and relieve anxiety and tension. Furthermore, individuals employed in

diverse artistic fields experience a sense of fulfillment and self-worth derived from their capacity for creation, as evidenced by their artistic work. [6] The potential of art to enhance individuals' quality of life is a symbol of its social and cultural significance, and engaging in artistic activities fosters social cohesiveness and develops bonds throughout society. The ability of art to establish values in student's minds, such as the freedom to express thoughts and tolerance, gives it its cultural relevance. [6] Students can communicate their ideas and emotions through the arts. [1] By improving students' skills and fostering a supportive learning environment, creating a creative environment enhances students' mental health.



Figure. (3) Illustrates the creative fine arts class design. [10]

8.3 The Role of Universities and Teachers in enhancing the Mental Health of students.

In addition to serving as learning and testing facilities, universities help students grow and get a basic understanding of life to create a pleasant and prosperous future. Fostering creative thinking and allowing emotions to be freely expressed are the psychological advantages of teaching enjoyment and creativity. It helps students relax and focus properly while escaping the stresses of everyday life. [8]

In addition to achieving a new approach to education that supports well-being and the field of mental health, universities had to find ways of creating a supportive environment. [1]

Projects	Programs
Workshops	Training
Trips	Thinking
Creativity	Exhibitions
Competitions	Activities

Figure. (4) Presents creative activities that can be implemented in a fine arts classroom.[11]



Figure. (5,6) Illustrates the interior of creative art studios for students. [12]

8.4 The Relationship of Mental Health and Creativity in the Fields of Arts

Mental health helps students increase productivity and academic performance and create innovative artwork. It works to focus the individual's attention and develop students' motivation for achievement. In addition; the teacher plays a significant part in inspiring students and fostering their creativity. It supports students in overcoming obstacles, achieving their goals, and learning skills more effectively. [4]



Figure. (7,8) Illustrates the interior spaces of fine arts classes. [13]

8.5 Strategies to Enhance the Mental Health of Fine Arts Students

Teachers are provided with the opportunity by giving them access to and support from their full range of students. [8] [14] Teachers' duty has always been to "communicate" knowledge to students about a variety of subjects that will help them succeed academically when they enter the work system. [1]

8.6 Enhancing the Education Sector to Improve Fine Arts Students' Academic Performance

The study explores the methods to improve students' academic performance, it is intended to extend the global education sector and motivate educators to demonstrate their academic knowledge, abilities, and skills. The implementation of effective teaching tactics is ensured by the abilities of educators. Teachers and universities both play a crucial part in helping students' mental health. The regular exchanges between students and teachers have an unparalleled power. [1]

8.7 The Interior Design of the Creative Art Environment

For students to work more effectively, a creative environment's interior design is crucial. When creating items in the art studio, designers have a lot to think about. For example:



Figure. (9,10) The interior design of art classes in a comfortable environment. [15]

8.7.1 Storage

Many tools and materials are needed in the creative spaces of art students, and these items must be stored carefully.

8.7.2 Artistic tables

In art classrooms, large tables are necessary because they provide students with plenty of workspace to finish their projects.

8.7.3 Display Space

Allowing students to view their work is one of the best methods to motivate them to engage in art projects. A variety of exhibition spaces can be used to enhance your art classroom. One versatility offered by display walls is their ability to show two-dimensional as well as three-dimensional media.

8.7.4 Light

It's critical to think about lighting options in art classrooms. A room that receives a lot of natural light can assist students in several ways and improve the quality of their work. Furthermore, it can offer enhanced transparency, giving students a better view of the things, models, and concepts that they are sketching or sculpting.

Incorporating accent lighting can also result in directed and customized lighting, which is beneficial for instructing students on shading techniques.

8.7.5 Ventilation

The space needs enough ventilation alternatives if you use materials and methods in your art lessons that release fumes and dust all over the place. To ventilate the vapors, the designer must consider where these materials are located throughout the space and concentrate ventilation solutions on these areas.

8.8 Ideas for Creative Art Environment Design

Designers need to design creative art classes that contain plenty of creative atmospheres for students to enhance their design abilities.



Figure. (11) the artistic environment that motivates students to work better. [9]



Figure. (12) Creation imaginative atmosphere in the art studio for students. [9]

Art workspaces and studios are important because they establish the student's mood, which is crucial while creating artwork. Designers can design classrooms into attractive artistic environments for students, they need to get inspiration and unique design concepts. The integration of artworks into the walls of the studio design can bring the impression of an artistic workshop thanks to the vivid and creative wall colors. [9]



Figure. (13) The interior design of artwork space. [16]



Figure. (14,15) The artistic environment encourages students to work freely. [17]

9. Results

- The education sector and academic environment play an important role in raising the academic and psychological efficiency of students.
- Teachers have a crucial role in promoting the mental health of fine arts students.
- Establishing a structured learning environment that promotes creativity and improves academic performance.
- Arts classroom interior design aims to establish a learning atmosphere that fosters creativity.

10. Recommendations

- The fine arts students create outstanding artwork, ideas, and social solutions. Therefore, the psychological well-being of these students needs to be taken into consideration.
- It is essential to establish and equip fine arts classrooms with creative elements to attract students and fulfill their educational needs.

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