

ART EDUCATION FOR MENTAL HEALTH ISSUES OF STUDENTS

by:

Ruth Ann M. Verdera

Teacher II, Mariveles National High School- Cabcaben

Arts education to address student mental health. Arts education is widely recognized for its ability to enhance creativity and self-expression, but its impact on student mental health cannot be underestimated. A time when mental health issues are becoming more common among students makes arts education in the curriculum a valuable way to address these issues. Art gives a special medium through which students can explore their feelings, decrease stress, and build strength.

One of the best-known qualities of art education is that it works as treatment. Making craftsmanship permits a student to specific feelings they may not be able to put into words. The student knows how to externalize and encourage inner thoughts and feelings through painting, drawing or sculpture, which proves valuable in relation to anxiety, depression, or trauma. This process of externalization helps relieve emotional burden and thus provides a sense of relief and clarity.

In addition, art education advances attention and concentration. Inventiveness requires concentration and drenching within the dynamic movement, which gets to be a kind of reflection. This careful angle of art makes a difference decrease symptoms of stress and uneasiness by occupying thoughts from stresses and making conditions for development. By this moment, the students are more focus, that will help them in to achieve important development in their mental health.

Art has the implicit to enhance the sense of achievement and elevate tone-confidence as well. Finishing a creative assignment is satisfying for students as they're suitable to see the palpable issues of their hard work and creativity, leading to a sense of

commission. Students with low self-esteem usually seek belonging and appraisal from their family, teachers and peers for their effort in order to boost their self-confidence.

Collaborative arts education environments with group work and art clubs promote social skills and foster the development of positive relationships among students. Communication and understanding can be strongly enhanced by joining in art projects and having teamwork on various art-related activities. For students who feel misunderstood, alone or isolated by their friends, it is really important. Creating a strong or secure relationship and strong supporting body can help individuals with mental health issues improve their well-being.

To conclude, art education can bring a multitude of benefits in handling mental health issues among the students. It gives therapeutic benefits, improve self-esteem, increases energy, develop a good communication skill, and help build a strong relationship with others. Today, more educational institutions are acknowledging the importance of art education for its role in our mental health. Schools can help give students a supportive atmosphere, to improve their holistic well-being, to help them overcome challenges that life may bring, and prepare them for their future achievements.

References:

Mrs. Maryam Saif's (March 2024) Impact of Arts Education on Psychological wellbeing among Undergraduate Students