

# ***Impact of Ceramic Art Therapy on the Psychological Health of Socially Disadvantaged Groups***

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**Abstract:** With the progress of society, there is an increasing concern for mental health issues, especially regarding the mental well-being of socially disadvantaged groups. Due to various factors, socially disadvantaged groups are more susceptible to psychological stress and distress, thereby requiring more attention and assistance. As an emerging therapeutic approach, ceramic art therapy has gradually gained widespread attention from scholars and psychotherapists. The core objective of this study is to delve into the impact of ceramic art therapy on the mental health of socially disadvantaged groups, to provide valuable insights to enhance the mental well-being of these vulnerable populations.

**Keywords:** Ceramics, Art therapy, Socially disadvantaged groups, Mental health

## **1. Introduction**

In the fast-paced development of society, individuals face multiple pressures from various sources such as family and work. The high frequency of stress significantly impacts the health levels of individuals. While modern medical technology has, to a certain extent, treated physical ailments, individual health encompasses not only the relief of physical pain but also includes mental well-being [1]. Socially vulnerable groups comprise not only the impoverished, disabled individuals, and those with mental health issues but also older adults, children, adolescents, and women whose health is affected by psychological factors. Ceramic art therapy serves as a method of self-awareness through creative activities, not only guiding individuals to understand an object but also facilitating the visual representation of objects. In this regard, ceramic art therapy can play a healing role in addressing the psychological issues of socially vulnerable groups.

## **2. Introduction to the Concept and Development of Ceramic Art Therapy**

### **2.1. Concept and Development of Ceramic Art Therapy**

Ceramic art therapy is a unique form of psychotherapy that utilizes ceramic materials as a medium. Through the process of creating ceramic artworks, individuals are provided with valuable opportunities to express their inner emotions and experiences, thereby improving their psychological well-being. Its development can be traced back to the mid-20th century when artists and psychologists began to recognize the profound impact of the creative process of ceramic art on individual

psychology.

## **2.2. Importance of Ceramic Art Therapy for Socially Vulnerable Groups**

As an innovative psychological therapy, ceramic art therapy has irreplaceable advantages and significant effects. With the increasing emphasis on mental health, ceramic art therapy has played a positive role in numerous vulnerable groups. It not only provides spiritual solace and social opportunities for older adults [2] but also contributes to the development of creativity and social skills in children and adolescents. For individuals with mental illnesses, ceramic art therapy effectively releases inner emotions, improving their emotional state and quality of life [3]. Moreover, it significantly enhances the mental health levels of women.

## **3. Theoretical Basis of Ceramic Art Therapy**

### **3.1. Definition and Mechanism of Ceramic Art Therapy**

Ceramic art therapy involves using ceramic art as a form of treatment for psychological issues. Through the creation of ceramic artworks, individuals transform clay into beautiful ceramic pieces, releasing inner emotions and stress [4]. For marginalized groups in society, such as older adults, children, women, physically disabled individuals, and those with mental illnesses, interacting with ceramic art provides an outlet for problem-solving. Through self-expression and exploration, individuals discover their potential and talents, completing the therapeutic process. In the rapid development of the socio-economic landscape, ceramic art therapy is a meaningful therapeutic approach that should be promoted and applied more widely, benefiting more individuals.

### **3.2. Characteristics and Advantages of Ceramic Art Therapy**

As an emerging psychological therapy method, ceramic art therapy has demonstrated unique characteristics and advantages in the field of psychotherapy. It can be applied independently or in combination with other psychological therapy methods to enhance the overall effectiveness, providing a more comprehensive solution to the psychological health issues of socially vulnerable groups. Ceramic art therapy is an innovative and comprehensive therapeutic method that uses psychotherapy as a framework. Through this therapy, individuals can creatively use various senses, including visual (observing colors and shapes), tactile (feeling the texture of clay and ceramics), and auditory (utilizing tools during the creative process). This multisensory participation helps individuals express their inner world more comprehensively [5]. The materiality of ceramic artworks allows individuals to witness their creative achievements firsthand, providing a symbolic power to better cope with emotions and experiences.

Ceramic art therapy ensures a high level of safety and non-judgment, creating a space for individuals to freely express themselves and release pent-up emotions. Additionally, it is a creative form of expression that brings new perspectives and ways of thinking to individuals. This therapeutic method is applicable to individuals of all ages and backgrounds, regardless of whether they have artistic backgrounds or experience. It offers individuals a valuable opportunity to benefit from ceramic art creation, promoting self-growth and psychological well-being.

### **3.3. Integration of Ceramic Art Therapy with Psychotherapy**

Many familiar therapeutic methods, such as Cognitive-Behavioral Therapy, Psychoanalytic Therapy, Humanistic Therapy, and Group Therapy, can be effectively combined with ceramic art therapy for enhanced results.

Cognitive-Behavioral Therapy, as the name suggests, focuses on understanding our thoughts and

behaviors better. In ceramic art therapy, we can explore our thought patterns and behavioral habits by observing and shaping ceramic materials. Through the artistic creation process, we not only find enjoyment in art but also gain a clearer understanding of ourselves, facilitating the change of undesirable thoughts and behaviors [6]. Psychoanalytic Therapy, which delves into our subconscious secrets and needs, can be expressed through ceramic art therapy. By expressing emotions and needs from the subconscious, individuals can better understand themselves, fostering a harmonious coexistence between consciousness and the subconscious. Humanistic Therapy emphasizes our values and potential. In ceramic art therapy, creating unique artworks allows individuals to discover and uncover their potential, boosting self-awareness and confidence to face life's challenges. Group Therapy, focusing on interaction and support among individuals, can be practiced in ceramic art therapy by collaborating on creations, sharing artworks and experiences. This not only improves social skills but also provides emotional support. In summary, ceramic art therapy is a versatile therapeutic method that can be combined with many other therapeutic approaches. Whether one seeks self-awareness, behavior change, exploration of potential, or emotional support, ceramic art therapy can fulfill these needs.

## **4. Research Methods**

This paper employs a questionnaire survey method to understand the psychological health status of vulnerable groups.

### **4.1. Principles and Elements of Questionnaire Design**

Designing a questionnaire for vulnerable groups requires careful consideration of several principles: Respect for Cultural Background and Specific Needs: Ensure concise and direct question formulation, avoiding wording that may cause misunderstanding.

Protection of Personal Information: Avoid direct inquiries that may lead to the disclosure of personal identity, respecting the privacy rights of respondents.

Comprehensive Coverage: Questions should cover various aspects, including emotions, stress, interpersonal relationships, to obtain a more comprehensive perspective for accurate data support.

Additionally, adapting question settings to the cultural level and comprehension ability of the target group is crucial. Avoid overly complex or abstract expressions to prevent impacting the understanding and response of respondents. A brief introduction at the beginning of the questionnaire explaining the purpose and significance of the survey helps participants understand the value of their participation. Questions should be carefully designed to cover relevant themes, ensuring collected data meets research requirements. Express gratitude at the end of the questionnaire, indicating the purpose and use of the survey to inform respondents about the value of the information they provided.

### **4.2. Specific Considerations for Vulnerable Groups**

When designing a questionnaire for vulnerable groups, focus on the following aspects:

Language Clarity: Use simple and understandable language to ensure respondents comprehend the questions accurately.

Cultural Relevance: Design the questionnaire closely related to the cultural background of the vulnerable group to better understand their genuine thoughts and feelings.

Open-Ended Questions: Include open-ended questions to encourage respondents to express their opinions and feelings freely, collecting more useful information.

Careful Wording and Context: Demonstrate care and respect for vulnerable groups in wording and context to avoid causing psychological burdens.

### 4.3. Implementation and Data Analysis

During the questionnaire survey, ensure the representativeness and diversity of the sample for valuable research results. Random or stratified sampling methods can achieve this goal, covering various demographics. In the data analysis phase, apart from basic statistical methods like mean, median, and mode, advanced techniques such as t-tests and analysis of variance can provide deeper insights into the stories behind the data, understanding the psychological and behavioral characteristics of the respondents more effectively.

## 5. Research Results

Through the questionnaire survey, we gained a profound understanding of the psychological health status of vulnerable groups. During the survey, we predominantly utilized offline questionnaires to ensure data accuracy. To guarantee data precision and credibility, strict screening and quality control measures were applied to the surveyed subjects, mitigating potential biases.

In the statistical analysis phase, we conducted a comprehensive statistical analysis of the collected data. The results indicate that the average psychological health status of vulnerable groups is generally lower compared to other demographics. They endure various pressures and challenges such as poverty, unemployment, and physical illnesses, leading to significant psychological burdens. These challenges adversely affect their emotions, cognition, and behavior. Vulnerable individuals are prone to emotional issues like anxiety and depression, face limitations in cognitive abilities, and exhibit deviations and negative habits in behavior. Furthermore, gender, age, and regional differences were identified in the psychological health issues of vulnerable groups. For instance, females, elderly individuals, and those in rural areas are more susceptible to psychological health problems.

Simultaneously, we discovered a close correlation between the psychological health issues of vulnerable groups and their life, work, and health conditions. Factors such as age-related physiological and social phenomena exert a substantial impact on their psychological well-being. In conclusion, through this survey, we understand that the average psychological health status of vulnerable groups is generally poorer compared to other demographics, necessitating increased attention and support. Governments and various sectors of society should take action, implementing effective measures to enhance their quality of life and health, thereby promoting their overall well-being.

## 6. Discussion

### 6.1. Relationship and Differences between Ceramic Art Therapy and Other Psychotherapies

Ceramic art therapy differs significantly from conventional psychotherapy. Firstly, their theoretical foundations and implementation methods diverge. Ceramic art therapy is not merely a simple artistic activity; it is a comprehensive therapeutic approach. Through ceramic art creation, individuals express emotions and release stress, leading to healing effects. In contrast, conventional psychotherapy primarily relies on verbal communication to explore patients' emotions and experiences. The therapeutic goals and methods of the two approaches differ. Ceramic art therapy emphasizes individual creativity and expression through non-verbal communication. The process of creating ceramic art allows individuals to explore their inner worlds and release emotions, enhancing psychological well-being while boosting self-esteem and creativity. Conventional psychotherapy, on the other hand, focuses on cognitive and behavioral changes. Therapists employ specific methods such as relaxation training, systematic desensitization, and medication to assist patients in coping with symptoms like anxiety and depression.

The differences extend to the applicability and outcomes. Ceramic art therapy is suitable for

individuals of all ages and backgrounds, regardless of artistic experience. This therapeutic method is particularly beneficial for individuals who struggle to express their inner worlds verbally. It not only improves psychological health but also enhances creativity and expressive abilities. Both ceramic art therapy and conventional psychotherapy have their strengths. Choosing the appropriate therapeutic method or combining the characteristics of both can yield more effective results based on individual needs and circumstances.

## **6.2. Positive Effects of Ceramic Art Therapy on the Psychological Health of Socially Vulnerable Groups**

Ceramic art therapy has a significant uplifting effect on the psychological health of vulnerable groups. Through engaging in ceramic creation, individuals can release pent-up emotions, transforming past unpleasant experiences into artistic expressions, thus reexamining and interpreting their lives. This process not only contributes to inner harmony but also enhances social skills and self-efficacy, instilling confidence in facing life's challenges and difficulties. Ceramic art therapy brings positive impacts to individuals in various aspects. For those who have experienced psychological trauma or prolonged anxiety and fear, ceramic art therapy provides a safe, non-judgmental environment, enabling them to express themselves freely, gradually emerging from psychological shadows. In the case of individuals with mental health disorders, artistic creation stimulates brain areas, aiding in self-awareness and understanding of their conditions. For children with ADHD, ceramic art therapy not only stabilizes emotions but also trains concentration and patience. In the context of autism, it provides a platform for communication and interaction, enhancing social skills and self-confidence. The enjoyable nature of ceramic art therapy makes it highly popular. Individuals can unleash their imagination and creativity during the creative process, and each artwork is unique and meaningful. Completing a ceramic piece instills a sense of accomplishment, contributing to increased confidence and inner satisfaction. Moreover, group activities involving ceramics promote communication and collaboration, improving social interaction skills among patients. Ceramic art therapy is not only an effective psychological treatment but also a powerful means of promoting the psychological health, self-identity, and social skills of socially vulnerable groups. As society increasingly values mental health, ceramic art therapy is poised to play a more significant role in future mental health services, contributing positively to the establishment of a fairer and more inclusive society.

## **6.3. Promotion and Application Prospects of Ceramic Art Therapy in Vulnerable Groups**

The promotion and application prospects of ceramic art therapy in vulnerable groups are vast. Firstly, special vulnerable groups such as the elderly and children are crucial target populations for ceramic art therapy. The elderly often face challenges related to retirement, physiological changes, and psychological issues, leading to anxiety and depression. Ceramic art therapy can provide a safe and enjoyable environment, allowing them to release stress, reminisce about the past, and enhance self-awareness and social skills through creating ceramic pieces. [7] For children with ADHD, autism, and other conditions, ceramic art therapy cultivates concentration, social skills, self-confidence, and self-expression, while also facilitating communication and interaction between children and their parents. Furthermore, ceramic art therapy holds significant application potential in community mental health services. With the continuous development of community construction, residents' demands for mental health are on the rise. Ceramic art therapy can offer a novel and enjoyable psychological treatment method for community residents, promoting their mental and physical well-being. To better promote and apply ceramic art therapy, it is essential to strengthen the training of professional talents and academic research. By offering ceramic art therapy courses and training programs for professionals, we can enhance therapists' professional skills and theoretical knowledge.

Simultaneously, fostering academic exchanges and research is crucial to continuously improve and refine the operational methods and theoretical foundations of ceramic art therapy, facilitating its widespread application in vulnerable groups.

## 7. Conclusion

In conclusion, ceramic art therapy has a positive impact on improving the psychological health of socially vulnerable groups. Therefore, we recommend integrating ceramic art therapy into the psychological health service system for vulnerable groups to help them cope better with psychological stress and challenges. Future research and practices should continue to focus on the effectiveness and scope of application of ceramic art therapy to better serve socially vulnerable groups, ultimately improving their psychological health and quality of life.

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