

Surrealism And Expressionism: The Driving Force of my Art Works

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Building a Better Future

Abstract

This project explores the behaviors of the unconscious mind based on the author's artistic expressions; The purpose is to see how the unconscious mind sublimates and expresses feelings saved from traumatic moments in the author's life, seeking to demonstrate psychological relevance also sought in art. The analysis aims to deepen the understanding of the connection between the unconscious mind and the expression of an artist through the work of art. Ultimately, the purpose was to expose and support the author's creative imagination, and the mural's potential to ensure that this research-creation works on understanding the realization of artistic works permeated by my daily context is carried out in different languages, such as drawing and painting, and connecting them with the surrealist and expressionist imaginary.

The tools used for this research were first the selection of works made from the age of eleven onwards to demonstrate the evolution of the artist and the expression of his unconsciousness. After this selection, an analysis of the works was carried out based on psychological knowledge from a professional. Consequently, a mural was made where all the selected works were manifested through a main drawing made with lace and threads directly on the wall. Finally, surveys were carried out with various institution members to capture opinions and different perceptions.

In this order of ideas, it was possible to find different repeated patterns in the selected works concerning the unconscious and its behavior in difficult situations. This analysis demonstrated hidden feelings within the unconscious's behavior. In addition, it was also found that the students surveyed, despite being in an institution with artistic principles, had difficulty analyzing artistic bases; however, It was evident that his own unconscious was manifested based on personal identification with the artworks.

Key Words: Surrealism, Expressionism, Unconscious mind, Mind Behaviors, Art.

Justification

According to Martí (1962), as cited by Pérez (2020), artistic images with aesthetic values are the product of conditions that the artist possesses, that is, of artistic sensibility in which both natural dispositions of the personality, skills, and habits acquired through study and practice are combined (para. 36, translated by the author). This means that the art, as shown in the project, will demonstrate different habits and situations acquired in my life, demonstrating my artistic and aesthetic sensitivity. In the same way, Talongang (2019) In his investigation, he affirms that art plays a mediating and driving role in communication since the artist, through his creation, transmits not only emotions but also messages reflecting social problems or life in general; since, from this perspective, it becomes a tool that can change or educate society. However, Bendayan (2012), in his investigation, states that to achieve a good analysis of emotions, art is not a priority or vital resource since the essential thing would be to entail the formation of a supportive relationship through recognition, understanding, and emotional validation of the person's problems; their emotions must be recognized. From the beginning, he has focused on problematic or painful feelings and used empathic reflection to highlight the emotional impact of the experience. Likewise, analyzing: focusing and coping with the internal experience, generating the creation of the link between patient and psychologist (tend, empathize, and validate), identifying the types of generating conditions, difficulties when symbolizing the internal experience, problematic relationships between different aspects of the self, determinants related to the interpersonal, individual determinants, evoke an emotional experience, display and explore the experience of negative feelings, access central maladaptive emotional schemas and primary emotions, etc.

On the other hand, Bowen and Kisida's (2023) investigation into The Fine Art Of School Engagement found that arts academic influence has changed over time.

We find that arts learning positively affects empathy, school engagement, student discipline, and writing achievement. Students' emotional and cognitive empathy increased by 7.2 percent and 3.9 percent of a standard deviation, respectively. Students at schools with expanded arts education are 20.7 percent less likely to have a disciplinary infraction. School engagement increases by 8 percent of a standard deviation. Arts learning improves writing test scores by 13 percent of a standard deviation but does not significantly affect reading, math, or science test scores. The positive effects are especially pronounced among English language learners, whose writing scores improve by 27 percent of a standard deviation. These results demonstrate that the arts positively affect meaningful educational outcomes and can inform strategies to restore and retain arts education in under-resourced schools. (Bowen, Kisida, 2023).

The purpose of this research-creation is also to make people aware of the importance of art since it could be considered a vital complement to our lives so an individual can have the possibility to reflect feelings from past experiences through what the subconscious and unconscious mind express through art. Therefore, it seeks to analyze this behavior regarding artistic expression. Through this same analysis, I cast about to demonstrate that art is essential for personal development; this has an impact on the sublimation of my unconscious, where art is used to bring inner emotions and experiences to light and shape them using art as a mental escape to express and bring out these emotions that are found from deep within. It relates expressionism, surrealism, subconscious, brain functioning, and different personal experiences through an exhibition of 15 different artistic works made in various years of my life spent in

other contexts; this includes the main work of the mural that will be made on the wall with screws and threads to show me artistically with the other 14 works around to finally get analyzed with others perception of the mural and an analysis of the individual artworks through knowing what those art is expressing. Through my artistic process, I will demonstrate how art helps human beings and why it is essential for our processes and advances. This research-creation is significant because it will confirm and demonstrate through personal processes that different artistic methods do. They work to improve mental and physical state, breaking the typical paradigm that art is useless just because art is essential for cognitive development, which will be demonstrated in this investigation.

This research process contributes to personal relevance due to the results of the analysis that will be done connecting my art through different timelines, since based on the selected works, my subconscious and unconscious behavior will be analyzed based also on different traumatic personal experiences that have happened around my life. Likewise, having a practical implication and social relevance since this project can inspire different psychologists to teach their patients to let themselves be carried away by the art to express what they are not able to demonstrate through words or actions, thus also making many other people be inspired by this project to delve deeper into the area of art to sublimate different emotions that are not usually projected so quickly or so evident, or even discover events and actions around their lives that have marked them to be in time to heal those experiences. This will help me to know how a work of art can reflect different experiences, the feelings that these events carry that have been traumatic for oneself, and how that internal process has evolved, thus managing to heal these previous situations along with a conclusion of these emotions expressed through art.

Limitations

A remarkable challenge to this artistic exploration is the nature of human brain function. The precise mechanisms of artistic expression based on the unconscious mind are undetermined since humans do not know all brain capacities.

The myth is that we only use 10% of our brain's durability. Gordon says it stems from people's conceptions about their brains: they see their shortcomings as evidence of untapped gray matter. This is a false assumption. What is correct, however, is that at certain moments in anyone's life, such as when we are simply at rest and thinking, we may be using only 10 percent of our brains. "It turns out, though, that we use virtually every part of the brain and that [most of] the brain is active almost all the time," Gordon adds. "Let us put it this way: the brain represents three percent of the body's weight and uses 20 percent of its energy." (Boyd, 2008).

This limited understanding of the neurological bases of creativity requires less exhaustive analysis of my artistic processes.

Additionally, a significant limitation is the occasional appearance of artistic blocks, which hinder my ability to express myself creatively. These episodes, characterized by a sudden lack of inspiration, often arise during the initial stages of new artistic projects. To maintain a natural flow of creativity, I have found it counterproductive to force idea generation during these periods. Time also presents a critical limitation within the artistic field. Producing complex works of art can be time-consuming, often requiring hours or even days to complete. This lengthy creative process can be interrupted by limited time availability, making the connection between my subconscious and my current state difficult. Financial resources can be a potential limitation depending on the artistic medium chosen. Also, high-quality materials often come with significant costs, limiting the potential to create exceptional works.

Delimitations

Analyze and exhibit 15 different artistic pieces from my creative imagination; these will be pieces from 2017 to 2024, with which I will demonstrate my artistic mental progress over time, likewise analyzing my imaginary subconscious and unconscious regarding situations that have marked me in my past. There will be an exhibition on these topics while the different works are exhibited in other timelines. I will explain how my brain functions from the subconscious so that different people can see and notice the artworks and show them my analyzed process and my relationship with these 15 works from various years.

Paradigm

This project aims to break the paradigm that stigmatizes art as anything but just a hobby. From a personal point of view, art has helped me to unburden many repressed feelings in my subconscious coming from everyday grotesque situations, so internally, my subconscious decides to feel comfortable escaping from reality, expressing distortions of the real by reflecting abstract feelings in what can be just a sheet of paper. Art contributes to cognitive, cultural, educational, formative, and communicative functions, so art significantly influences human development, according to an article by Sánchez (2018). where the author gives us a technical and scientific vision of how art affects human development for the better; on the other hand, the article of Pérez (2020) talks about the scientifically correct view of the artistic function in the human being and how it affects him, as well as denying the idea that art "is just a time pass" or "does not help anything." Still, the real question is, what would the world be without art?

Research Question

How can one's artwork reflect personal experiences that have been traumatic for oneself, and how has that inner process evolved over time?

Objectives

General Objective

To understand the connection between the subconscious and unconscious mind and the art expression of one as an artist.

Specific Objective

Research and creation around the artistic avant-garde will be necessary to reach the previously stated answer since this objective seeks to complete the project postulation.

Carry out the assembly of the works and the union of mixed techniques to generate research verification.

The project aims to create an exhibition based on the avant-garde, combining surrealist and expressionist works as part of the answer to the question and main objectives, exposing and supporting what my creative imagination manages to achieve in the exhibition.

Create an investigative work on understanding the realization of artistic works permeated by my daily context in different languages, such as drawing and painting, and connecting them with the surrealist and expressionist imaginary.

Analyze my work with the help of psychology to unveil aspects of my subconscious mind.

Theoretical Background or Literature Review

Weaving Threads Of Self And Society

How Has Investigation Creation In Art Projects Bridged My Lived Experience With Innovative Creation?

To visually represent this project, I will hold an exhibition of my drawings based on surrealism and expressionism. My artwork is intended to allow me to have a different perspective on life than being able to channel keystone experiences through different situations since my drawings focus on emotional transmission, meaning, techniques, analysis, and reflection. With these artworks, the objective is to provoke an emotional response in the viewer and allow them to understand the intention of the work by their perception because these artistic methods can help find the answer to the general question posed in the project. The creative process of the drawings will also help me reflect on myself and get an analysis with the help of professional tutors to understand what my brain feels, identifying feelings and emotions that have lasted throughout my path. This study process is essential since it will help to improve my way of thinking and dealing with problems by better understanding the brain and unconscious function and signals, making me able to improve my mental health and behavior in different situations and also by helping the public to expand their knowledge about these themes.

Based on this, my imagination, personal knowledge, and processes have a vital role when carrying out this research-creation since, with these bases, I will be able to demonstrate and project those artworks based on my knowledge already developed in this area, considering that with a very young age, I have turned arts into practice. On the other hand, art knowledge is quite essential given that from these concepts, I will be able to choose the most relevant and favorable artworks for the exhibition to make possible the understanding of the spectators towards them and in a certain way they identify or understand the purpose for the exhibition to finally connect the actual objective of the project which is to demonstrate how art really influences our lives and effectively helps our subconscious to sublime ideas or internal feelings that have navigated within a person for a long time affecting daily behaviors indirectly, it is generally agreed that the

arts can readily evoke emotions, the nature of these experiences and specifically how emotions in the arts are perceived and represented on a subjective. (Pelowski, Leder n.d.).

How Does Literature Review Contribute Significantly To This Project?

Literature review contributes significantly since it involves identifying and analyzing the most relevant contributions to the topic of study, both past and current (University of Illinois Springfield, n.d.). Therefore, it is vital to implement this step in any type of research since it allows the researcher to define the main concepts and theories related to the investigation, and it has repercussions at a methodological level. This section also allows us to see how other researchers have defined and operationalized the variables under study, contributes to the development of hypotheses, and enables us to identify methodological limitations, conflicting results, etc. Also, the main concepts and theories are more definable since this supports and helps the understanding of the problem; this concept also has repercussions at a methodological level since it allows us to see how other authors have defined and operationalized the variables under study, contributes to the development of hypotheses, allows us to identify methodological limitations, conflicting results, etc. (Roca & Sabates, 2020, p.3)

Also, according to Creswell (2003), the support of literature in research is quite essential since it allows the researcher to know the results of other studies similar to the one being proposed; it provides a framework for reference to justify the importance of the research and allows you to have a reference point to compare your results with others that have been obtained in previous studies (p. 31). Therefore, we can conclude that literature is quite important, not only in the methodological framework but also at each end of some research, since it helps us as a support to verify and reinforce what we are saying since it works as evidence and support so that our research and the information within it is more truthful and helpful, so, that's why for the

structure of this theoretical framework I will take into consideration art, personal works, experiences, surrealism, expressionism, subconscious mind and brain behaviors, since from these concepts, it is possible to analyze where they will come from.

Research-Creation In Arts In History And Today

Research-Creation And Its Significance In Arts

Research creation is the intersection or combination of artistic practice, theoretical concepts, and research. It is transdisciplinary and is used by artists and designers who incorporate an artistic practice between the arts and sciences or social science research; academics attuned to the role of arts and creativity in their areas of expertise; and educators interested in developing curriculum and pedagogy based on cultural production According to Springgay and Truman (2016). For this reason, research-creation combines artistic expression and academic research, promoting knowledge and innovation through creative and educational practices. It involves critically informed work through various media or art forms beyond interpretation, technological development, or curriculum creation—(University of Alberta, n.d).

I believe that creative research is quite significant since it helps me carry out this project about human behavior based on art. Thanks to this type of research, I will be able to sublimate all kinds of ideas and arguments to help socially understand my proposal for this project; this creative will help to expose and find the answer to my main question: How can the artwork itself reflect personal experiences that have been traumatic for oneself and how that inner process has evolved? I want to present the project and help expand my knowledge and social research.

Historically, expressionism is a movement from the subject itself towards the outside world; it is the artist who projects himself, leaving his mark on the object; otherwise, the expressionist objective is to emphasize a moral and aggressive aspect; expressionists wanted to

raise possible artistic utopias. The expressionist German terms were created based on Latin meanings that mean squeeze and twist, something that wanted to refer to an art movement based in the sublimation of every possible expression, moreover, they tried to characterize themselves by their psychological and expressive strength in addition to this, continuing with this point of view expressionism is a Germanic and romantic attitude towards the classicism of the Fauves and the Subites, with little Latin and Mediterranean roots. (Editors of Encyclopaedia Britannica, 2024).

The beginning of this art, concerned with the moral and social values of the artistic act, had fertile ground in Germany when the works of Van Gogh and Gauguin began to influence young painters significantly. Edvard Munch, the Norwegian painter, was undoubtedly the most influential personality within this expressionist field. He was a largely self-taught painter. Munch's painting rejects the neutral themes of Impressionism to devote himself to expressing intensely subjective emotional states that aim to explore the inner world of human consciousness. His themes were almost always illness, alcoholism, the painful loneliness of adolescence and old age, themes that usually surround us in our daily lives. The objective of these paintings was to create a large "frieze of human life." where the psychological depth represented with pure colors and distortion of lines and figures was evident (**Auboyer et al., 2000**).

Later, painters such as Franz Marc, Kandinsky, Paul Klee, Emil Nolde, James Ensor, etc., made their mark on the history of surrealism. They allowed themselves to be guided by the avant-garde of this artistic movement that gradually built its path of history; later, a group of artists called "Die Brücke" emerged. We are already present with the group of artists Die Brücke before a compact formation, a proper organization of artists with a written program. Die Brücke was established in 1905, around the pivotal figure of Ernst Ludwig Kirchner (1880-1938).

Kirchner, who was 25 years old at the time, had been an architecture student in Munich and had been attracted to painting for years. His first wood engravings showed an influence of modernist graphics. Still, he soon began to experience the excitement of the incredible novelties of the time in Germany: Van Gogh, Gauguin, Munch, and African and Oriental art. He then communicated his enthusiasm to fellow architecture students: Fritz Bleyl, Erich Heckel, and Karl Schmidt-Rottluff. This quartet was the original and founding nucleus of Die Brücke, but others soon joined them in 1906, such as Emil Nolde, Cuno Amiet, and Max Pechstein. Later, the sculptor Barlach, the Finnish painter Axel Gallén-Kallela, and, finally, in 1910, Otto Müller, who was the last admitted. Shortly after, the group moved to Berlin and was dissolved in 1913. Die Brücke proposed a bloc of "fomenting revolutionary elements." Obsessed by religious, sexual, political, and moral concerns, the young artists of Dresden suggested abandoning the realism that imitates to achieve the realism that creates reality. (Tasararte, 2022).

Finally, the last phase of German Expressionism was when the German military defeat of 1918 and the severe political and social dislocation occurred. These events did not lead to the energetic reconstruction of the artistic forces in those years. A painting was developed based on other artistic, social, and psychological premises. The connection between the Dada disorder and the new expressionist realism was made through the work of George Grosz and Otto Dix since these two artists, together with Max Beckmann, constitute the greatest exponents of Germanic expressionism in its last phase before its development was cut off by the police due to the rise of Nazism in 1932. (Auboyer, et al. 2000).

Also, according to Auboyer et al. (2000) in one of their art books, surrealism was an artistic and literary movement that emerged in France in 1924, inspired by Sigmund Freud's psychoanalysis. Its founder, the writer and poet André Breton, sought to unleash the creative

potential of the unconscious mind, which is why surrealism is characterized by its exploration of the fantastic, the unreal, and the irrational. Breton, a member of the Dada movement, became disillusioned with its lack of direction and began experimenting with new and innovative techniques. Influenced by Freud's ideas, Breton believed that the unconscious was a source of great creativity and could be accessed through psychic automatism, automatic writing, and collage. Surrealism later attracted numerous artists and writers. Young people explored the creative potential of the unconscious mind through various media, such as painting, sculpture, literature, music, film, and theater. Some of the most notable surrealists are Salvador Dalí, René Magritte, Joan Miró, Pablo Picasso, Luis Buñuel and André Masson. In fact, at the end of the 19th century, the growing prestige of the new schools had begun to attract some foreign artists to Paris. And in the early years of the 20th century, this shift accelerated rapidly: in 1900, Picasso, González, and Eugène Zak arrived; in 1901, Serge Ferat; in 1903, Marcoussis; in 1904, Brancusi; in 1905, Pascin, Coubine, and Kars; in 1906, Bela Czobel, Juan Gris, Modigliani, Severini, María Blanchard, and Souza Cardoso; in 1907, Hayden; in 1908, Csaky, Survage, Archipenko, and Makowski; in 1909, Lipchitz and Zadkine; in 1910, Chagall and Kisling; in 1911, Giorgio de Chirico and Pevsner; in 1912, Charchoune; in 1913, Foujita and Soutine. Also, as stated in (Auboyer et al., 2000), history in art books, the appearance of Fauvism in 1905 and Cubism in 1907, and the dazzling pace of the Russian Ballets created an exceptional climate of experiences that would be slowed by the war of 1914, although without suffering a total interruption. Most foreign artists, including those enlisted in the French troops, continue their bold attempts together with other French people who, like them, avidly aspire to find new expressions within a world that seeks another destiny. These are the first steps of abstract art, the exploitation of

cubism, fauvism, and expressionism, which cease to be exceptional thanks to an increasing diffusion and whose search for originality becomes common.

With the exchange of ideas and influences between post-impressionism and post-cubism, a very dynamic climate was established in which foreign artists participated, increasingly numerous, especially in Montparnasse, taking advantage of that atmosphere of effervescent emulation in which extreme freedom. It rubs shoulders with extreme misery, confronted, sometimes confused, with the ostentations of luxury of the post-war new rich (**Auboyer et al., 2000**). All these ideas combined came to what we now know as different types of art, such as surrealism, which is the most influential in this research and creation project. In fact, of course, we cannot leave behind one of the painters who has most marked our history; Picasso managed a juggling act of different styles; first, he was a realist-academic artist, then there is a modernist Picasso, we continue with an already an impressionist and post-impressionist man who arrived in Paris, there was also a stage of cubism in analytical and synthetic stages, however, after the bitter experience of the First World War, a surrealist Picasso was already evident. This man is also a memorable artist within the surrealist field since his works have been a reasonably recognized worldwide representation (**Janés et al. (2020)**).

Arts And Health

Art has evolved in psychology to become a very effective therapeutic tool for treating pathologies associated with mental health and well-being, based on the National Library of Medicine (2022). It is a new discipline aiming to promote healthy habits through artistic expression. This type of therapy is used as a means of expression and can help patients

communicate, reduce stress, and overcome emotional problems; moreover, the expression of one's own emotions through art can help resolve issues from the past and can help improve self-knowledge, self-esteem, emotional control, reduce stress and anxiety, improve the state of consciousness, attention or creativity.

Art therapy is usually applied to patients with Post-Traumatic Stress resulting from war conflicts, sexual abuse, or natural disasters; individuals suffering from physical illnesses such as cancer; and individuals who have autism, dementia or Alzheimer's, depression, and other psychological disorders. With art therapy, patients resolve psychological conflicts, improve social and communication skills, and control problematic behaviors while enjoying a pleasant and more personal treatment where the subconscious expresses what is happening in someone's head. (García, 2015), (Translated by the author).

COVID-19 brought many people, to a greater or lesser extent, new doses of stress; that's why The Convive Cultural Association offers activities that help people cope with this situation in the best possible way. They used different dynamic activities, they provided an art therapy workshop accompaniment with Itahisa Mateo, mother of the school and art therapist who created the amarte project. Thanks to her, a group of 21 people has been able to express, through art, the emotions experienced during those moments of the pandemic. A work of self-knowledge was achieved through creativity that has not left anyone indifferent. This shows how this topic has evolved; we can see how art therapy today continues to help people a lot in their process and improvement as individuals, both in a social and personal sphere. (Proyecto amarte, 2020), (Translated by the author).

Art therapy works for any type of person, in addition to those suffering from mental disorders, for the rehabilitation of prisoners, for educating young people, for improving the well-being of healthy people, etc. Therefore, with art therapy, patients resolve psychological conflicts and improve communication skills. Individuals learn to accept themselves through artistic activities that help them know who they are, help to self-improve based on what they feel, and express themselves in a friendly way.

Theoretical framework and concepts

Those key or quite relevant concepts in my project are Expressionism, Surrealism, Arts, subconscious, unconscious behavior, and sublimation of inner thoughts since the general objective of my project is To get to understand the subconscious mind connection with the art expression of one as an artist since it is of his interest to want to know how I function internally, on the side of the imaginary subconscious that helps to sublimate and express hidden thoughts or situations that weigh me down, precisely for this reason these are key concepts since these are the main topics to address within my project, with these topics I will carry out all the objectives of the creative research.

This different variety of concepts can be used in other types of research projects created by the branch of psychology and human behavior; looking at it from that side, the use of art can be quite an effective tool to help know what is happening to people. Some patience from the inner expression; in similar projects, these concepts can be helpful when it comes to a personal and intimate analysis in case the project is about those conceptualizations since the collective subconscious and unconscious are those factors that indirectly make us who we indeed are.

These two vital themes in my project, expressionism, and surrealism, are connected with creation research. Hence, these, on a personal level, are those techniques or types of art that help

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me as an artist to express my inner self in such a way that my unconscious feels comfortable and free to sublimate things that I have been carrying for years since the analysis that will be done on my works based on professional psychological support will help me confirm how the artwork itself reflects personal experiences that have been traumatic for oneself and how that inner process has evolved through time.

Historical And Contemporary Perspectives

Surrealism, Expressionism, And Their Most Significant Artists

I undoubtedly highlight artists such as Salvador Dalí, Vincent Van Gogh, Frida Kahlo, and René Magritte since they, around my artistic process, have inspired me a lot thanks to the vast majority of their works and processes as artists; nevertheless, multiple of other factors contribute to my inspiration like their personal stories and how they became such good and recognized artists. I have connected with several works by these different performers since I have felt an intimate connection that makes me understand and identify what they wanted to express through these artistic techniques. For example, Dalí's painting "The Persistence of Memory" addresses the notion of temporality and memory; melting clocks represent time passing differently.

Unlike ordinary watches, which precisely mark the passage of seconds, these Dalí watches have different markings; since their pointers are melted and suggest a distorted notion of seconds, memory is a way of marking the passage of time, an internal and subjective form. The time of memory is not the same as that of an ordinary clock: a moment that happened long ago may be remembered as something recent, while the day before may give the impression of having happened a long time ago. (Cunha, 2020), (Translated by the author).

Alternatively, the painting of Van Gogh's bedroom reflects his desire to take care of himself and organize his life correctly, which significantly encourages those who know the meaning of this work to continue with the painting as said by Yuhas (2022). Another work that caught my attention is *The Lovers* by René Magritte, which, according to some analyses, represents a metaphor about impossible love, a desire that is never realized, or a past that leaves us with the essentials but takes away the details. All these considerable works mentioned above have made me the artist I am and will continue to become since they have been a very present example for me in my way through art. On the other hand, we must highlight the artistic movements that helped me create surrealism and expressionism. As mentioned, these artistic movements emerged at the beginning of the 20th century. Both movements are characterized by their search for new forms of creative expression, which allow the subconscious and human emotions to be explored more profoundly and honestly, thus sublimating the interior of the actual being of a human based on Developer (2016).

Although, of course, surrealist and expressionist art continues to influence the corners of the world today, one of these current surrealist artists is Michael Parkes; this artist has the versatility to offer an unrepeatably story in each work. Not only is the story unique, but it is also told differently. Another artist is Jeff Faust, a self-taught artist who was exposed to art at a young age. His paintings host an array of styles, which he likes to call "subtle surrealism." We can also consider Michael Whelan, an artist with a long career in fantasy and science fiction illustration,

developing in surrealism. These artists and many more continue to lead the way in surrealism today, as Reveco (2023) demonstrated.

Interdisciplinary Approaches

How Does Research-Creation In The Arts Often Involve Interdisciplinary Collaboration?

Research-creation in the arts is nourished by interdisciplinary collaboration since it helps forge a relationship between artists and experts from various fields derived from expressionism, where several artists came together to uproot and carry out this artistic movement. Collaboration between artists surpasses the limits of traditional disciplines and leads to innovative artistic practices and a deeper understanding of the creative process or the development of creative research. A crossroads of ideas can be reached as artists are exposed to new perspectives and methodologies. Diverse experience also allows complex artistic challenges to be addressed from different angles, leading to more effective solutions where problem-solving training is developed. , where different situations are taken into account to reach an agreement. Artists would also benefit from collaboration since they exchange resources and experience, which leads to the personal, intimate, and professional growth of those involved in collaboration in a research-creation project.

Interdisciplinary work offers an opportunity to foster innovation by combining diverse perspectives and methodologies. However, it also comes with challenges that must be carefully considered based on Guimarães et al. (2019). Firstly, I will mention several of the benefits that are linked to some things mentioned above; one of those is the improvement of Innovation and creativity, since by bringing together people with different processes and experiences, interdisciplinary work stimulates fresh ideas and innovative approaches to complex problems, in fact, thanks to this there is also one.

Improved problem solving, as these complex problems lead to more effective and complete solutions; real-world challenges relevant to an audience can generally arise. This can lead to project ideas that significantly impact society, contributing to positive social change. In addition, these interdisciplinary work experiences also result in people's personal and professional growth since the individuals involved will be filled with new knowledge and experiences that help them in their development. However, this is an intimately individual research and creation project, which also brings many benefits, such as learning about my internal feelings and myself.

Methodologies And Techniques In This Project

Explicitly, I will use the drawing and painting technique; specifically, I will use methods such as shading, charcoal technique, pencil technique, various markers and colors, watercolor, oil painting, and acrylic painting. These techniques and methodologies have been previously used in many art projects by the school, like paintings on canvas, drawings based on surrealism, and logs full of different drawing techniques such as cubism, surrealism, realism, etc. In the other quarters, drawing techniques, the use of charcoal, the use of color to create surrealist works, and even the use of ceramics where they stamp or create their designs. My artistic skills have helped a lot in developing these projects since I have sublimated my ideas and reflected them in all of them. The projects mentioned above are exhibited in art galleries organized by the school.

Why Is This Project's Proposal Innovative?

What the project proposes is to navigate through what we really are as human beings, uncovering and removing the layers of consciousness that cover our hidden being, this, personally, I will demonstrate from an autonomous point of view, as it will be shown as from my

perspective I manage to sublimate, extract and express ideas that my unconscious decides to demonstrate through art in order to reflect what I carry inside unconsciously, the purpose to demonstrate this is through an exhibition for public showing that art is a form of expression that helps us both internally and externally, this showing the operation of this technique of expression from my works making the project innovative since it shows the public an objective perspective of the expression of the subconscious side of an artist in art and how this influences my life in this case, something that can inspire and motivate a significant number of people to try to make their inner self expressed in different ways, where an internal and hidden self feels comfortable.

How Does This Project Contribute To The Existing Body Of Knowledge In The Artistic Field?

Therefore, this project contributes to the body of knowledge in the artistic field in a way in which research will demonstrate, from a personal process, how art contributes to the personal development of an individual, which will confirm, as has already been confirmed for years in the artistic field that art allows us to feel and perceive life more deeply, it helps us better understand our personal and daily environment and the people around us critically and maturely. This project compiles all types of information about artistic techniques, history, concepts, and avant-garde from support resources, experiences, and knowledge that I have carried out personally; precisely, as an artist, I help to complement everything that this creative research takes to complete it and thus contributing to the promotion and dissemination of knowledge to the public about why this project.

There are three concepts that we must take into account to carry out this creation research that is developed within the artistic avant-gardes. First, a crucial aspect to take into account is the theme of the artist; in this case, for myself, it is a pretty important factor that there is an artist to

be able to reflect what you want to do with this creation research since, as I have already mentioned before, I seek to demonstrate how art helps the collective subconscious to sublimate internal thoughts, what I mean is that The artist is the one who demonstrates through his works, what he wants to represent and how he wants to show his point of view to the world through a project or a creative investigation, just as I will do. Secondly, the artistic artifact is the final product of the research process itself. It is a work of art or a creative product that begins by exploring a problem or a research question, which in my case is How can one's artwork reflect personal experiences that have been traumatic for oneself and how that inner process has evolved through time?

Therefore, the concept of the artistic artifact is that material or an immaterial object that has a meaning determined by the artist; in this case, I, as an author, am taking the work to a specific function because this is the result of a long process that finally leads to the third element within the research that is the audience, it is that community or group of people that visualizes from an external way, the presentation or demonstration of the final product of the research-creation where all the processes made during the way to this project and its completed objective are evidenced Because the audience will be the one who will constructively criticize the project understanding its purpose and intention on the part of the artist and its exhibition based on its artistic artifact.

Accordingly, these three elements are the most critical aspects of the project since they are important phases; these are significant factors when executing a project as important as research-creation.

Methodological Framework

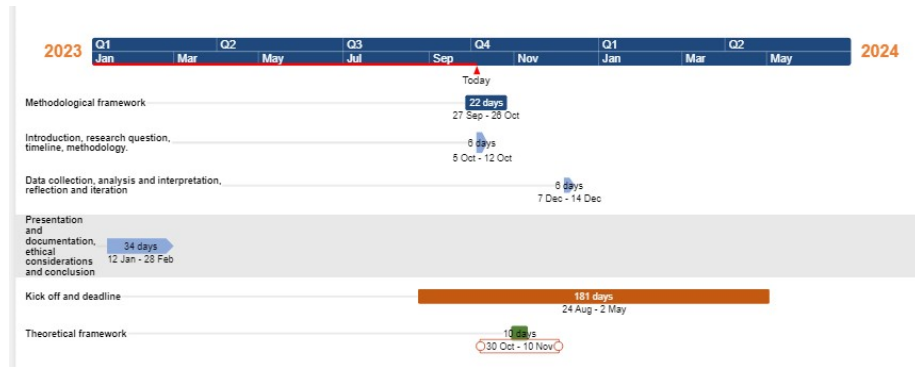
Art is a powerful way to express our emotions, experiences, and feelings. It can be a tool for healing and transformation since it helps us better understand ourselves and the world around us. This project is based on an exhibition of drawings and artistic paintings I made from 2019 to 2024 to demonstrate that art is a powerful support for sublimating emotions, experiences, feelings, or situations that have marked our lives. This project will show people how, in a personal sense, art has been a refuge for me, starting from surrealist and expressionist drawings and paintings.

The artistic tendencies are being selected from a personal perspective; they help me escape from reality, also releasing deep feelings as a result of a new form of knowledge or expression acquired in the explorations of the internal world as well as an observation of external reality where I will explain in depth the psychological analysis that I found thanks to this research that they contain since each of these It has repetitive patterns that I have usually done since I was little and that have awakened me to want to do a project based on art and how it helps us improve a mental state. This project will help increase awareness about the power of art to heal and transform us. I also hope it inspires others to use art to explore their subconscious and gain a deeper understanding of themselves.

How can art be a way to express and heal critical personal experiences in our lives? How can a work of art reflect personal experiences that have been traumatic for someone? How has that internal process evolved over time? Within the field of the arts, these types of questions are essential because they help us explain how art can help an individual express something challenging to sublimate since art supports difficult moments, in my case, drawings based on expressionism and surrealism.

Figure 1

TimeLine Senior Project 2023-2024



Note. by the author (2024) Timeline Senior Project 2023 -2024

For the visual representation of this project, as already mentioned before, there will be an exhibition of my drawings based on surrealism and expressionism since, from a personal perspective, this type of art helps improve my mental situation, the alteration of the reality helps me see life from a different perspective since it can be interpreted how my subconscious expresses itself differently, escaping from reality. The selected methods for my works will be those that cause a more robust emotional transmission, with better visuals, meaning, techniques, analysis, and reflection so that people see the intention of the work reflected to understand it. Exploring various artistic methods and typologies helps uncover solutions to the posed inquiry. This is facilitated by the ability of these methods and characteristics to sublimate emotions that are typically challenging to oneself. Artistic creation provides an outlet for the unconscious to express these complexities, helping to improve a process of catharsis and transformation. This proves to be a productive and practical activity that helps an individual's mental well-being.

The materials primarily used in these works have been colors, pencils, cardboard, radiographs, canvas, and oil- or water-based paints. Also, several drawings are expressed in a notebook full of different works.

First, it starts with motivation, with a brainstorm already in mind to be able to materialize that imagination roaming around in my subconscious; then, I look for a place that makes me feel comfortable so that I can feel focused on the work of art, then I usually choose what materials to use and where I am going to draw, when I select those factors I start the work of art with a small idea of how to start, then I let myself go and finish a personal work of art, I rarely get inspired by other artists. However, I do. I start the sketch in pencil, then I correct it; the next step would be to clean it up, which means outlining with a radiograph then I will decide whether to add color or correct it by adding more details to the drawing, finally a photo session and saving the work.

The next idea is that the selected works will be documented or recorded in a way that each of them has a description of the analysis made to delve into the context and depth of each work since they will have emotional moments of my life in different environments since works of art will be used different years to demonstrate the various ways in which my brain and collective subconscious were affected. They will be selected based on their meaning regarding depth and technique in the work, how much it reflects what I wanted to do, or how it makes the observer feel. I began to consciously create works of art from a very young age, around 2016. However, the works will be selected from my processes created from 2019 onwards since the idea is to see the years go by in the works and the correlation between them.

My artistic work will be analyzed and interpreted from a psychological and personal perspective since the objective is to acquire help from professional psychologists who are part of the school to explore the selected works from my personal opinion and professional observation.

To conclude, I wanted to interpret each work from my subconscious. How I am going to evaluate my creation is from its depth in terms of meaning and technique; since the idea of each work is to make a harmonious visual support for the performers in the exhibition, the works that look more understandable, deep, and well done in terms of artistic technique will be chosen for the exhibition held in May 2024. The analysis of such works will address support or an answer to my main question by answering this same question: "How can the artwork itself reflect personal experiences that have been traumatic for oneself, and how that inner process has evolved?" Well, my works of art have been representations of different complicated events in my life that have led me to create works based on expressionism and surrealism to escape from reality; the analysis that will be done will help me to know more in-depth what my subconscious feel or think and try to extract or sublimate from art because, in this way, I will finally be able to interpret different factors or feelings that my inner self has been keeping for years.

This creative process will lead me to a personal reflection based on the analysis above since I will finally understand what my brain feels from a professional interpretation, know myself better, and identify the feelings and emotions that I have endured worldwide. I am referring to a professional interpretation because interpretation help will be obtained from tutors such as the school psychologists since they will have a critical role in my project to identify why, even though years ago I did not know what Surrealism or expressionism was still expressed in my initial art, different processes will be carried out with these tutors to have an opinion, feedback, interpretation and analysis of what I want to do, to know how my subconscious works and why it expresses itself in these ways. various ways to progress and advance further in my process. This project will lead me to a supportive reflection for my future since, in this way, I will understand a little more about my way of thinking and facing problems to be able to

improve mentally regarding behaviors in different situations present in my life since art has been a critical component to help me get out of reality, I feel motivated to create works when I feel empty, alone or sad, something that I also want to find out in depth the reason for these events.

The artistic works are presented to the audience through a small art gallery that is represented as an exhibition, where those pieces selected for analysis will be considered as main works. However, there will be more works as an accompaniment to the exhibition galleries that support and reinforce the idea of the project so that people are surrounded by more art and representations. How all my works will be archived, in addition to the exhibition or art gallery, will be in the form of a portfolio to organize it, varying the years in which these works were created to have all the evidence and work together. And be able to demonstrate the connection between them.

Considering that the works are my own, it is taken into account that no external consent is needed from this. Therefore, no ethical entanglements related to external parties will be attached. Taking into account that my project is an individual work where other opinions are not shared, I will take into account different ways or techniques to protect myself from this ethical field since the idea is not to expose my private life to the point that every visualizer or visitor of the project know about my intimate life since the idea is to reduce the information and explain in a general way so that despite not talking in depth about my issues my intention of the works and the project can be understood.

Data Analysis Collection Method

Figure 2

Group observation under the fog

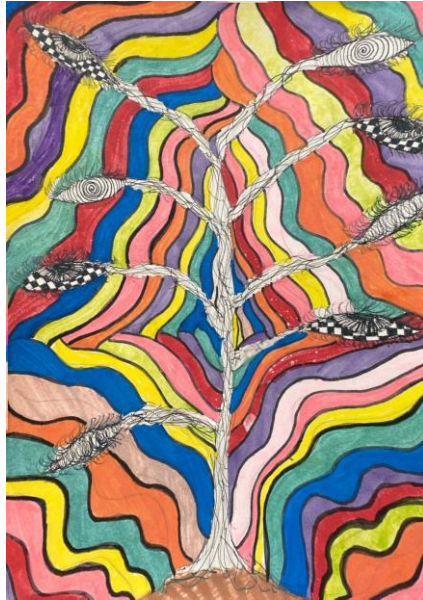


Note. Created by the author (2018)

This artwork was made at 10 in a school art project. Based on the engraving technique, it required a symbol that we felt free to express. I wanted to express how comfortable I felt with my little friends in the weird world surrounding me. At this age, the repetition or symbolization of eyes can be observed, as in the following artwork. The eyes reflect not only the intimate experiences of our being but are also essential organs of social communication, through which we discover affection, sincerity, or negativity towards others. To omit the eyes is to desire isolation, hide from others, and not want to show our feelings. (Admin, 2017).

Figure 3

The silent observer



Note. Created by the author (2019)

I was relatively young when this artwork was made; it was elaborated at the time when I was 11-12 years old, it was all rosy; however, it was the time when I entered high school, everything was completely different, and I began to feel alone, excluded and misunderstood, because the best friend I had at that time already wanted to be with other people, when I see the pattern of the eyes in this work of art, I feel that at that time I tried to represent the way in how I thought as everyone watched and judged me all the time, always being in the sights of others, being an easy victim for those who loved to bother, the root and trunk of the tree could mean the way I grew and evolved as a person, despite having wanted to represent how I felt observed frequently. An analysis can be made that I still saw life as very beautiful because of the background, which is full of colors. I was not aware of what was around me yet; I have been very attracted to drawing eyes since I was little.

Figure 4*Mental symphony*

Note. Created by the author (2019)

This one was made at the age of 12 in a school project where we had to represent something through surrealism. The pattern of the eyes can mean how much I felt observed and judged in those moments; I remember that all my classmates began to have other attitudes and behaviors by trying to be adults, and it was something that still did not attract me, so I preferred to be alone than in bad company. However, it was a complicated time for me since I had quite a few family conflicts, and the issue of how I felt again came into play. The way the character in the work has his body open in some parts can represent how I felt each time my social context was tearing more and more of my innocence away from me because, little by little, I felt what

life was like truly. The explosion, on the other hand, means the creativity that I had and still have, the ability to be different from others and think beyond the thoughts and postures that other people used to impose on me.

Figure 5

A spark in the thorns of life



Note. Created by the author (17/08/2020)

Now, we have a different stage; this was when the quarantine epoch was starting, no one could leave their houses, and everything was utterly virtual. I mainly spent time on arts, virtual classes, and sleeping. I wanted to improve my art ability, so I started thinking about a different world that I could create based on how my inner self felt. Therefore, the representation with this drawing is how someone going through difficult moments in their life can turn stronger and

expand their knowledge; that's the meaning of the dragon. The roots that are behind him represent the different difficulties and challenging circumstances that the individual is going through; this is due to how I felt in a consequence of family problems and the quarantine confinement. I didn't know how to manage that kind of situation that overwhelmed my thoughts since I was still really at a young age, but I knew those scenarios were a battle for my younger self that was helping me to mature. **Figure 6**

Visualizer



Note. Created by the author (2020)

It is worth mentioning that this work was part of another school project, which was to fill a sketchbook with whatever we wanted; again, we see the pattern of surrealism since this drawing was made at a time when I was resuming artistic habits and decided to let myself be

carried away by it. Moment, thus creating this work. As can be seen, this drawing was made using various colors and a rapidograph. On the other hand, we have to take into account the fact of the eyes; it's a pattern that contributes significantly in to my collection and is repeated all the way in my artworks; my unconscious mind is attracted to that figure. One of the objectives was to make an analysis in the field of psychology. I acquired a school psychologist, and we notice that almost all my drawings take up all the space on the page, which means I manually express and represent what is inside me. There are different representations of the eyes in art, as they represent the Sun and divine light, knowledge or revelation, and establish a powerful connection between the external world and the individual interior. However, the eye can also symbolize that which is demonic, delusional, and dreamlike, opening the gaze to a new reality, according to Alonso-Marcos, H. (2021).

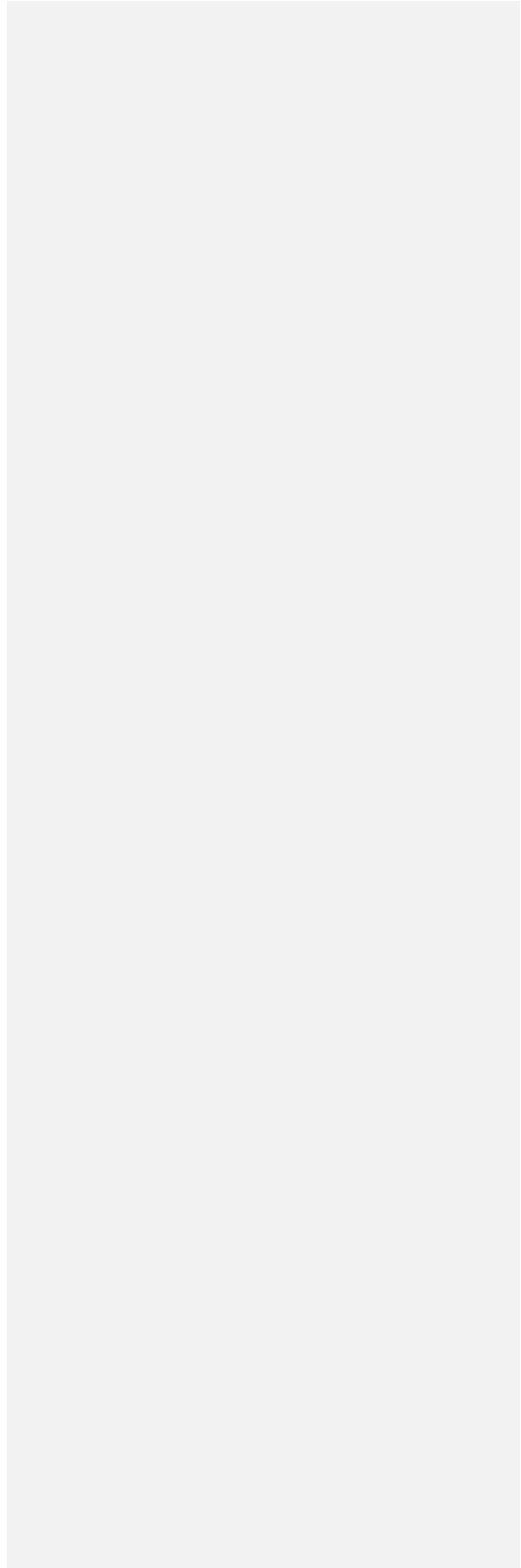


Figure 7

The immense world of the small



Note. Created by the author (03/07/2021)

With this work, we are already opening a different era since it is the beginning of a new year where the quarantine was still in place. However, I began to feel differently. I wanted to start experimenting with more color so I wanted my drawings to be more striking but still thus making my unconsciousness feel comfortable, by this I mean finding various forms and paths in which I felt more freedom of expression to continue practicing the sublimation of what is inside me, as artists we are in constant learning, therefore, at this time I was in looking for new resources to improve as an artist and make my unconscious feel more pleasant. Consequently, I

continued drawing within the avant-garde of surrealism. We can evidence the use of acrylic paints, colors, and rapidographs. What I wanted to represent with this work was the fantastic world that surrounds us and how each person perceives it. My way of perceiving the different wonders that surround us is through art and appreciation because in the world, there are many small things that we don't even turn to look at, but even so, I like to appreciate them since I consider that when something is small, there is still a giant and exciting world around it, just as with the fungi kingdom.

Figure 8

Nature magic and possibilities



Note. Created by the author (21/10/2021)

This work has the same meaning as the previous one because I wanted to continue with the color technique and the different textures evident in the drawing. I usually fill the entire sheet with colors, textures, and drawings since doing another analysis from psychology; in my head, there are so many ideas that not even a sheet of paper can completely fit the representations and backgrounds that my artworks have.

Figure 9

Personification of the power of nature



Note. Created by the author (29/12/2022)

I love nature. Since I was little, I have felt a great attraction to it. I have always felt like something like a protector, and I have always been very interested in biology. That is the duty of

this drawing. The woman participating in the work is a protector of nature, with whom I wanted to represent her power and connection with it.

Figure 10

Surreal encounters



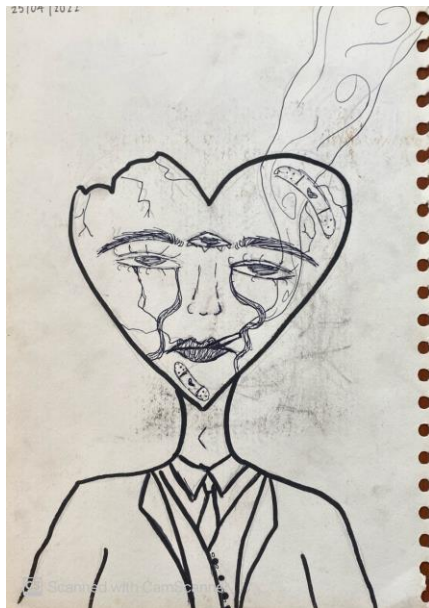
Note. Created by the author (22/03/2022)

In this work, the theme of realism is carried out again; it was made at a time in which I felt in a type of rebirth since I had decided to start from scratch since it had been a long time without having greater socialization, also, quarantine a lot of family difficulties was present, I was subjected to a lot of cyberbullying too. I consider that the simple fact of drawing as many surreal things as can be seen in this work is a way in which my unconscious sublimates internal

ideas and feelings. In some way or another, I escape from reality to cover my difficulties with art, transforming complicated moments into impressive works. Here again, I used acrylic paint and colored pencil.

Figure 11

Deteriorated love



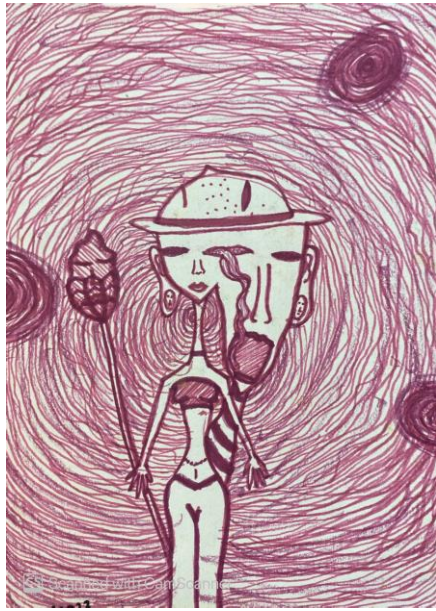
Note. Created by the author (25/04/2022)

With this work, I wanted to represent the heart being independent of the brain since, on many occasions, we feel something different from what we think and like to think; therefore, here in this drawing, I wanted to show or reflect how my heart despite so many blows and cracks that various painful experiences have generated is still standing, with scars but still works. Here again, the dilemma of the third eye can be included, and we must even consider the tears that

represent the thousands of times I have not endured the situation and how complicated it is to move forward. It was a work made with radiographs, again using the avant-garde of surrealism as a forte.

Figure 12

Inner self-autonomous meeting



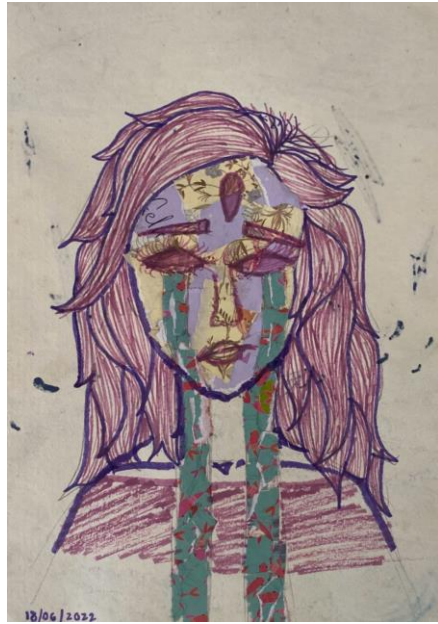
Created by the author (01/06/2022)

The primary purpose of this work was to demonstrate, as always, behind the face that is usually showing, other faces are leading behind that can be interpreted as other personalities or thoughts that predominate in us as a person, as already noted in previous works and as already mentioned here again you can see the theme of completing the entire sheet with different patterns as is the giant spiral in the back accompanied by other small, which according to Los Espiritrompas in the book of “Las espirales en el arte” the spiral is represented in various ways

depending on the cultures, for example in Hinduism, the double spiral represents evolution, starting from its center, and involution, returning to it. It is the Kalpa and Pralaya, birth and death; these phases correspond to the existence cycle. Even for different African peoples, this form symbolizes the dynamics of life and the expansion of beings within the manifest. On the other hand, in terms of psychology, the spirals indicate turning around before starting an action, but also narcissism, egocentrism, and a tendency to obsession. At the same time, the geometric figures are a sign of rationality and wanting to evaluate all possibilities before acting or making a decision. (Sandri, 2014).

Figure 13

The tears of loneliness



Note. Created by the author (2022)

This artwork was made with my fifteen party envelopes being cropped. It was analyzed that this represents how my inner self felt alone even if I had a lot of guests at this party; even if my childhood self felt accompanied, she didn't feel combined with the society that surrounded her, making feelings of discomfort.

Figure 14*Metamorphosis*

Note. Created by the author (08/11/2022)

This work has been more recent; its meaning is based on the personal transformation I had felt over the years, as several of the difficult situations I had clearly made me evolve and improve. I want to give an interpretation of something like a metamorphosis that we experience with the passing of our life from the deepest part of us; that is the reason for the skeleton since it is the essence of our body in its deepest layer. You can see how, again from surrealism, I drew butterfly wings, as these represent the change or transformation of the being. Again we see repeated patterns such as the large number of lines at the bottom and top, I wanted to accompany the drawing with this design because I felt it very empty, and here again you can make an

analysis of what was discussed with the school psychologist and is that my unconscious does not feel comfortable with any kind of gaps, therefore, in art fills them with different patterns.

Figure 15

The different faces of incomprehension



Note. Created by the author (28/11/2022)

This large number of surrealistic faces was made one day in class when I was quite bored. I used materials such as black marker and, again, rapidograph. I simply let my imagination flow. As I mentioned in the description of previous works, I feel quite comfortable drawing or creating drawings from things that could not exist, as can be seen in these various strange, deformed, or unusual faces.

Figure 16

Silent observations



Note. Created by the author (26/06/2023)

This work was done based on how anxious I felt in a social ambit over the years based on a family, social, and personal context. I have felt exceptionally observed and judged, so we can see that in this portrait, again, there is a repeated pattern of eyes on the cheeks of the girl accompanied by a phrase on the back that says: always keep your eyes open, which means that we must always be aware of what surrounds us, which refers to the social anxiety that has accompanied me for years. There is also an accompaniment of many background colors, which from an analysis can be inferred that the color consumes the girl, meaning when the world

consumes us and yet, we must always keep our eyes open to what surrounds us, not to be mowed down by the usual and basic.

Figure 17

Azathoth



Note. Created by the author (10/07/2023)

This strange creature was inspired by a horror author that is of quite personal interest called Lovecraft, an author of fantastic stories within the field of horror; he describes his characters and creatures from his texts; he has never clarified the form of any of them, and this is how I represent one of those creatures called azathoth, this creature is the prime mover of chaos, the antithesis of creation, the foolish sultan of demons; the one who gnaws, moans and drools in the center of the final void" or better said as "the center of the universe". (Colaboradores de Wikipedia. 2024). I am really interested in this character, besides being made from surrealism, it

caught my attention because I consider that the simple fact of being the first engine of chaos refers to a state of the human being, since as people, we have surely armed or represented chaos in other people, situations or moments, worth the redundancy, because we are human, we make mistakes.

Figure 18

Personification



Note. Created by the author (25/07/2023)

We can see how surrealism fills, as in most of my works, the entire sheet again; this is a portrait made from colored pencils, and we can see a pattern quite repeated as are the spirals in the background, as already mentioned in a previous work, within the field of psychology can mean different things such as development, extension and progress, because the spiral shows us

the cyclical nature of evolution where the rhythms are repeated, the spiral evokes an archetypal path of growth and transformation, both in the physical and spiritual order Bruto (2018). We must consider that the spiral is not just a swirl symbol; it is one of the most frequent shapes in everything related to life and growth, evolution, and expansion, based on Huanaco (2023). Also, the spiral, which develops in time and space, manifests in a certain sense this circularity, this apparent repetition that, in truth, is not such since we do not go through the same circle repeatedly. Still, it is about concentric circles through which we pass, and, in each section through which we pass through them, there is a correspondence with the sections of other more internal circles located in parallel to our present position based on Basartc (2021).

Performance

The performance that will take place in this project will be an artistic exhibition, as it will be a kind of art gallery with the works previously shown along with an artistic mural made by me that also represents the avant-garde of surrealism and expressionism; this exhibition will take place in the restaurant area, a white wall which is located in the part of the ping pong tables in the institution of the Liceo Taller San Miguel. The mural will start on March 24 and finish at the beginning of April. The mural will be exhibited to different audiences so that the results and conclusions of the project can be drawn up. I would need various artistic materials, especially paints of different colors, to create the mural. Still, first, I would need permission from human resources to receive help to paint the wall white and to have all the permits ready. This exhibition is made with the purpose of promoting my art from the different people who will make a detailed observation of my project so that in a certain way they try to identify themselves admiring the way in which an artist expresses himself, the idea is to make a survey with different questions

that are related to the interpretation of the individual in order to achieve an analysis based on various perspectives.

I will collect the data of the performance based on the audience chosen for the project from different questions asked by myself to process and make an analysis from different opinions so that this project is open to multiple perceptions and concepts from an audience of all ages; mainly, I will decide to obtain this analysis of perceptions from the sixth, seventh, tenth and twelfth grade, even so, I also want to observe and take into account the opinion of adults. Therefore, I will also consider the various teachers of the institution.

The questions to be used in the survey for this purpose will be: What do you know about surrealist art? How did you perceive the works presented? Do you consider that they are part of surrealist and expressionist art? What did you feel when you deepened the meaning of the works? Did you identify any of the works based on the perception you interpreted? Do you consider that art is important for the sublimation of the being?

RESULTS

Figure 19

Senior project Mural



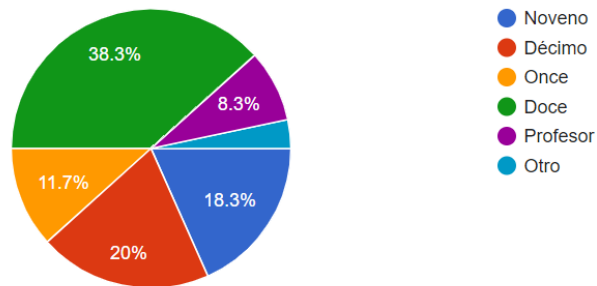
Note. Art exposition about works

Quantitative data

Figure 20

Section in which the grade is asked

60 respuestas

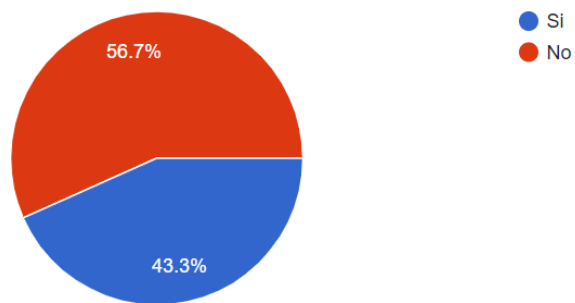


Note. Is evident that most of the people surveyed (38.3%) are part of twelve grade, 20% of everyone are students from tenth grade, 18.3% are from ninth grade while 11.7% are from eleventh grade. Not only students were part of the survey since 8.3% of all the people surveyed were teachers from the institute and the last 3.3% were denominated like “others” which it categorized those people who were part of the administrative staff.

Figure 21

Did you know the terms of surrealism and expressionism?

60 respuestas

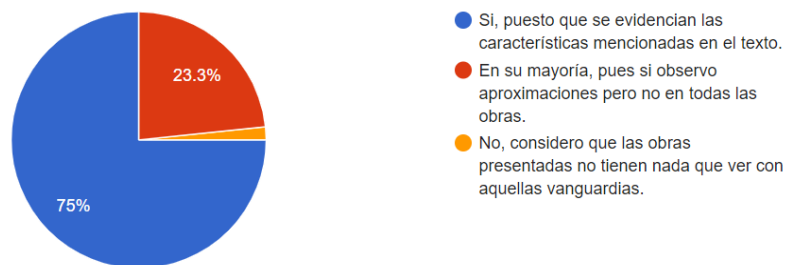


Note. Taking into account that before this question it was added a brief description about those concepts to introduce people about them, it's noticeable that 56.7% of the people surveyed didn't feel familiarized with those concepts and their descriptions while the 43.4% did know terms of surrealism expressionism.

Figure 22

Based on the previous text, do you think that the mural created by the author complies with these avant-garde ideas?

60 respuestas

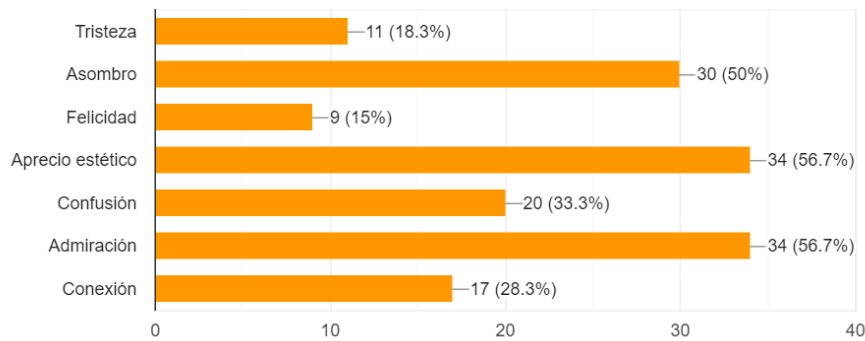


Note. It's perceivable that based on the question, 75% of the people connected the breve definition of surrealism and expressionism that was mentioned before with the mural presented to the audience. Conversely, the 23.3% manifested that they don't feel the whole mural have a relation with those avant-gardes while the 1.7% interpreted that none of the art works presented in the mural were part of these artistic categories.

Figure 23

What did you feel or think when you personally inferred the meaning and background of the works?

60 respuestas



Note. It's noticeable how the people surveyed were aimed at the diverse emotions they felt on the explanation and presentation on the mural since they had the possibility to choose multiple options to express the different feelings they had. 18.3% felt connected with sadness based on their perception while 15% felt happiness. Also, 50% felt amazed by the mural, besides aesthetic appreciation was chosen by 56.7%, the same as admiration. On the other hand 33.3% of the people felt confused and 28.3% felt connection with those artworks.

Discussion

Art, in all its forms, has the incredible ability to transport us to a different realm, allowing us to momentarily escape the clutches of mental health struggles. Whether it's painting, writing, sculpting, or even dancing, engaging in creative activities not only provides a means of self-expression but also enables individuals to alleviate symptoms of anxiety and depression. Let's delve deeper into the transformative power of art and how it can help manage these pervasive mental health issues, offering a glimmer of hope amidst the darkness. (Mubasher, 2023).

Drawing on surveys, psychological theory, art historical analysis, inner processes, traumatic events, and how the unconscious sublimates and perceives these situations, this research investigates the potential of art to function as a means of transcendence for one's self as a person. The project's focus on avant-garde movements such as surrealism and expressionism, known for exploring the subconscious and subjective experience, is a keystone for this thesis. The findings from the personal analysis and the Research data sources demonstrate the validity of this proposition. Based on the data found in place on others' perceptions, it could be inferred that art provokes and stimulates emotions in human beings similar to the ones experimented by the artist in the frame in the artistic movements chosen. An artistic mural was developed to answer the project's central question: How can one's artwork reflect personal experiences that have been traumatic for oneself, and how that inner process has evolved through time? Based on different investigations and observations made to school stakeholders, spectators could perceive the emotions expressed in the mural, the objective of which was to go through a process of Research and creation around the artistic avant-garde to reach the previously stated answer. Various interpretations were evident; in a certain way, they had connections among themselves

as expected. It was noticeable how the unconscious mind can also manifest in the form of a personal interpretation depending on each personal path connecting those personal processes and experiences through the art stated. Additionally, the surveys showed that, in general, the students do not have enough facility to consider various artistic avant-garde such as surrealism and expressionism. It is a novel that these students, despite studying in an institution with artistic principles and objectives, need help identifying several artistic contexts such as the ones mentioned for this project. Many emotions of the spectators were found built by the little understanding of types of art, including different interpretations behind diverse emotions, taking into account that a person doesn't have to be an artist to connect with this type of art since the brain can relate situations, figures or symbols around him that connects with each personal path.

This project helped me move forward in my path, and I could sublimate emotions and situations I didn't let myself overcome daily. As Talongang (2019) says, art plays a mediating and driving role in communication since the artist, through his creation, transmits not only emotions but also messages reflecting social, and internal problems or life in general since, from this perspective, it becomes a tool that can change or educate society. As a result of these creations, it was possible to connect and understand the subconscious mind with arts since the project findings demonstrate how different traumas and crises can be expressed in arts based on how unconscious ideas can transform in a way they can be expressed deliberately. This project helped me process different traumas and difficult situations through art, noticing how the unconscious mind participates in surrealism and expressionism ways of utterance; it was possible to evolve my inner process on this investigation hinges on the exploration of the inner self and how it expresses difficult emotions and situations that humans found complicated to express. Many connections and analyses were built by the collection of different artworks created in my

process; the studio made with Lina María Osorio, a preschool psychologist, was also enormously helpful since it detected various symbols and patterns analyzed on each artwork, which led to the finding of different techniques of the unconscious to express and sublimate itself feeling comfortable transporting emotions to an artistic and creative plane.

Conclusions

The project aims to explore the unconscious and subconscious mind of the individual.

The project confirms the hypothesis and achieves the objectives since the main aim is to understand the connection between the subconscious and unconscious mind and the art expression of one as an artist; this was achieved from a professional's psychological analysis and the connections made in each of the works. In this way, one of the specific objectives is also met where it is possible to assemble the works in the mural created, thus combining mixed techniques to generate a verification of the research through the implementation of the art exhibition, recognizing how the work achieves a personal sublimation. and how that internal process has evolved over time.

By exploring unconscious behaviors, it was possible to find and connect with the inner self, understanding, analyzing, and perceiving different repeated patterns found in the chosen works of art; this was achieved thanks to the deep analysis of each individual work; it is discovered that these manifestations expose a notorious controversy with traumatic situations that show the discomfort at the bottom of the works such as feeling so full of ideas that they cannot even be completely represented on a sheet of paper, also demonstrating the fact of remaining stuck in the same traumatic situation that cannot be allowing you to move forward. This finding not only reinforces the objective of understanding the creation of works permeated by an everyday context from different languages, but it is also possible to demonstrate the

Comentado [3]: Majo, te centras mucho en hablar cómo la técnica de la obra de arte permite conocerse a sí mismo y escapar de los problemas personales. Sin embargo, no me hablas del paradigma -algo propio de la investigación creación-, ni especificas cuáles son los objetivos específicos que dicha técnica permite cumplir. Debes reconstruir la conclusión. Puedes tener en cuenta, por ejemplo, como en el último párrafo.

rupture of the social paradigm that says that art is not usually a priority based on psychology. However, it is because it is not the conscious that expresses itself but the unconscious, a quite collaborative witness when it comes to demonstrating personal difficulties.

It was possible to expand the self-knowledge of the being based on all the objectives achieved; Various works carried out at different times were analyzed, finding an evolution of personal improvement; However, several patterns were found still present in the artist, understanding more deeply his unconscious form of expression, and finding other external perceptions based on each of the different personal processes and connections between the arts. Also, from the surveys carried out to understand the mural, it was found that students, despite being in an institution surrounded by artistic principles, have difficulties understanding various artistic avant-gardes, decreasing the relevance of art.

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