



INFLUENCE OF FINE ART ON HUMAN PSYCHOLOGY

Adxamova Oltinoy Rafiqjon qizi

1st stage master's student of Fine Arts

Tashkent State Pedagogical University named after Nizomi,

oltinoyadhamova@gmail.com

Abstract:

This article is illustrative. A lot of information about art and psychology is given. It is explained that the combination of visual arts and psychology is an effective means of supporting the mental and emotional health of a person and plays an important role in improving the quality of life.

Keywords: fine art, psychology, color, human, creative, aesthetic, tool, function, heritage, artist.

ВЛИЯНИЕ ИЗОБРАЗИТЕЛЬНОГО ИСКУССТВА НА ПСИХОЛОГИЮ ЧЕЛОВЕКА

Аннотация:

Статья носит иллюстративный характер. Приведено много информации об искусстве и психологии. Объясняется, что сочетание изобразительного искусства и психологии является эффективным средством поддержки психического и эмоционального здоровья человека и играет важную роль в повышении качества жизни.

Ключевые слова: изобразительное искусство, психология, цвет, человек, творческий, эстетический, инструмент, функция, наследие, художник.

Visual arts and psychology are two fields that enrich each other and play an important role in understanding, expressing and healing the inner world of a person. Their interaction is manifested in the following aspects:

1. Psychological influence of art. Emotional comfort: Fine art works have a direct effect on a person's mood. Bright colors and harmonious shapes evoke joy, while



quiet scenes or meaningful themes soothe. Reduces stress: Looking at pictures or doing art can increase mental relaxation and calmness.

2. Art therapy (art therapy) - Visual arts are used in psychology as a means of therapy. Art therapy is used to improve a person's emotional state and solve problems: A person expresses his feelings by drawing, making shapes from clay or choosing colors. This method is effective in overcoming traumas, reducing depression and eliminating internal conflicts.

3. Studying the inner world of a person Fine art is also useful for studying human psychology: The style of painting, selected colors and shapes provide information about the inner state of a person. The pictures drawn by children and adults express their fears, hopes and dreams.

4. Creativity and mental health. Creativity improves a person's mental health. Doing art increases the production of dopamine in the brain, making people happier and more motivated.

5. Development of cognitive skills. Visual arts develop cognitive functions, including concentration, problem solving, and creative thinking. This is especially important for children and the elderly. The combination of visual arts and psychology is an effective tool in supporting the mental and emotional health of a person and improving the quality of life. plays an important role in improvement. Fine art is important in human life, it enriches and decorates its various aspects. Below are the main aspects that illuminate the role of visual arts in our lives:

1. Creating aesthetic beauty: Fine arts make our lives more beautiful. It serves to decorate the environment, aesthetically enrich the personal space, and increase a person's sense of pleasure.

2. As a means of communication: Art expresses a person's inner world and feelings without words. It is a powerful tool for conveying historical events, cultural values, and philosophical ideas.

3. Education and enlightenment: Through visual arts, people learn about culture, history and nature. Studying painting and other arts in art schools develops children's creative potential. 4. Preservation of cultural heritage: Fine arts play an important role in preserving the cultural history and traditions of mankind. Statues, paintings and other works of art are a source of information about past times.



5. Psychological comfort: Art calms a person's mental state, helps to relieve stress and anxiety. For example, looking at pictures or doing art is used as psychological therapy.

6. Development of creativity

Art encourages a person to create new ideas, to form his own point of view and to create in different directions. Fine art has a profound influence on every part of our lives, from everyday decorations to high spiritual values. It inspires not only to see beauty, but also to create it. Fine art is the art of expressing a person's aesthetic feelings, ideas and imagination in visual forms. This art form is usually expressed through visual artworks. The main types of visual arts are: 1. Painting (painting): Representing nature, people or abstract concepts using paints on paper, fabric or other surfaces.

2. Sculpting: Creating three-dimensional forms using materials such as clay, stone, wood, or metal.

3. Graphics: Works created using drawing, engraving or other graphic techniques.

4. Decorative-applied art: Ceramics, patterns, ornaments and other art forms used for practical purposes.

5. Architecture: Aesthetic and functional design of buildings and structures.

Visual arts play an important role in human history, serving to preserve cultural heritage, create beauty, and satisfy spiritual needs. At the same time, it is also a tool that reflects social, political and philosophical ideas. Visual arts psychology is a branch of science that psychologically studies the processes of creation, reception, and understanding of works of art. It includes the following issues: The process of creation: the artist's creative thinking process, sources of inspiration, aesthetic feelings, personal characteristics and the psychology of creativity. Psychological conditions that arise in the process of engaging in painting, sculpture, graphics, design and other visual arts. Perception process: Psychological mechanisms used by the observer when perceiving works of art: attention, perception, memory, emotions, aesthetic effects. Influence of individual differences, cultural and social factors on the reception of works of art. Understanding process: Psychological processes used in understanding the meaning and idea of works of art: interpretation, interpretation, empathy. The psychological effects of artwork: effects on emotional, intellectual,



social, and personal development. The practical significance of the psychology of fine arts is great: Art education: improvement of art education processes, development of creative skills development methods. Art therapy: Using art to restore mental and physical health and personal problems sort out. Activities of museums and galleries: organizing expositions, making exhibitions understandable, attracting visitors. Aesthetic education: formation of aesthetic taste, development of art appreciation and understanding culture. Visual arts psychology is a vast and complex field of science, which is closely related to art studies, psychology, aesthetics, social psychology, cognitive psychology and other disciplines.

Conclusion

Visual arts and psychology are closely related fields that are important in the expression, study and analysis of the human state of mind, feelings and thoughts. Fine art appears as a means of reflecting the inner world of a person, at the same time, it allows a deeper understanding of psychological aspects. Fine art and psychology together are a powerful tool for a deeper understanding of a person, maintaining his mental balance and developing his creative potential. Aesthetic and psychological needs of humanity are satisfied through mutual integration of these two areas. There is a deep connection between visual arts and psychology. Art affects the psyche of a person, awakens his feelings, helps his personal development. At the same time, psychology serves as an important tool for understanding art and studying the creative process. The relationship between the visual arts and psychology is a vast and complex topic that is based on extensive scientific research.

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