

Creative Work Manuscript

1. Creative work name

Relax

2. Name of artist or designer

Mr. Patana Duangpatra

3. Background or significant of the project

Stress is common to both working and ordinary people in today's busy society, High competition. Stress can affect the physical body in many short and long-term headaches, aches, and pains in various parts of the body Heart abnormalities, High blood pressure, gastritis, constipation, frequent diarrhea, insomnia, asthma, sexual dysfunction. Stress also affects mental health and leads to anxiety, depression. Besides, stress affects the body and mind. Inevitably affects Work efficiency Relationship with family and surrounding people. [4][5]

The artist was inspired to help relieve stress through illustrations. The work will be more relaxed when the audience sees it or reduced stress itself. This creative work will emphasize tangible design and measurement processes.

4. Project Objective

1. To find new ways to create creative work for relaxation after viewing the artist's illustrations, which can be measured.

5. Concept

Soothing

6. Process of art or design works

1 Research some articles on the internet about pictures and colors that make people feel relax after looking at them.[1][2][3] from the research, you can see that the pictures in figure 1 are about Nature and Arts.



Figure 1 : Pictures that relax your brain[1]

The refresh, soothe and relax color scheme is featured in Eiseman's book by natural quieting tones such as angora white, dove gray, rose water, almond oil, cresting wave, sea-spray green, aquamarines, and frosted lavenders.[6] you can see figure 2 for the colors that were mentioned before.

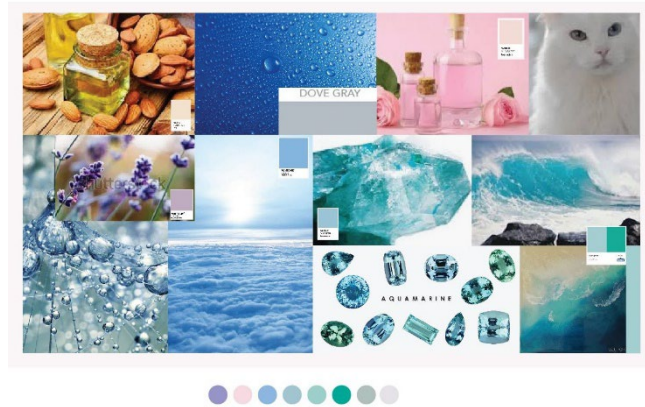


Figure 2 : The references for color that feel Soothing and relax

6.2 Integrate the all the data such as Color, Artist's Style, and Visual.

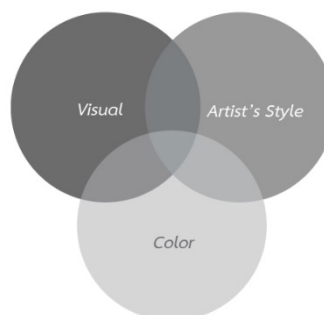


Figure 3 : Integrate everything together

6.3 Sketch it on the paper and simplify an illustration in adobe illustrator. I use Golden Ratio for all proportion. You can see in figure 5.

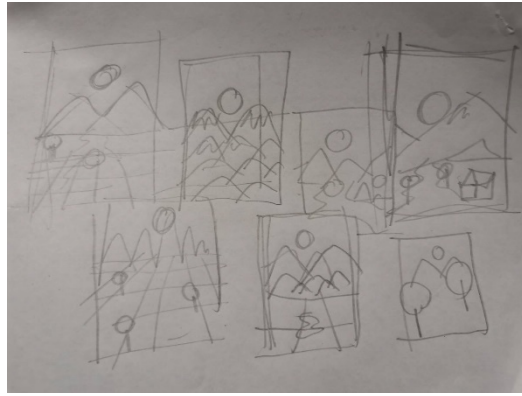


Figure. 4: Sketches

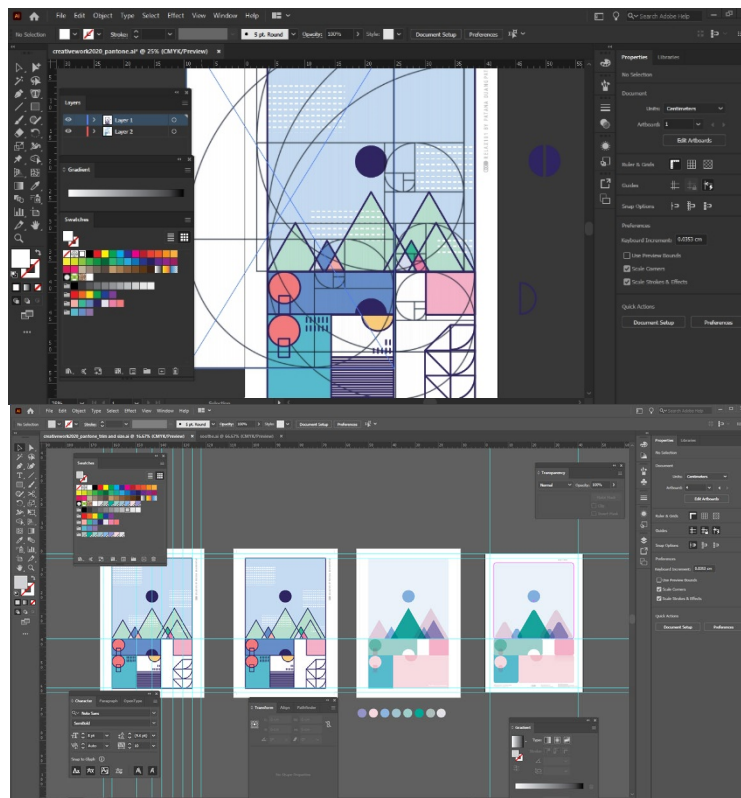


Figure. 5: illustration in adobe illustrator

6.4 Artists will be using the Xiaomi Miband5 to measure the stress when looking at the artwork. In this experiment, the researcher will measure the stress before and after looking at the artwork for about 1 minute, then compare the stress level. During the COVIT 19 outbreak, only one participant was tested in this experiment, but it was tested two times(one time a day) in total for the best result.

6.5 Compare the result before and after looking at the illustration.

	Stress Level (0-100)	
	Before	After
First Time	40 (Mid)	32 (Relaxed)
Second Time	46 (Mid)	21 (Relaxed)
Average	43	26.5

Table. 1: The level of stress before and after

Table 1 shows that the result of this observation is the level of stress slightly decreases from 43 to 26.5 after looking at the artwork. The artist created the image with soothing color and deformation to reduce the clutter of shapes. That is enough to help you feel relaxed when looking at it for a while.

7. Material and techniques of art or design works

- Computer and Adobe Illustrator
- Xiaomi Mi band 5

8. Picture of art or design works

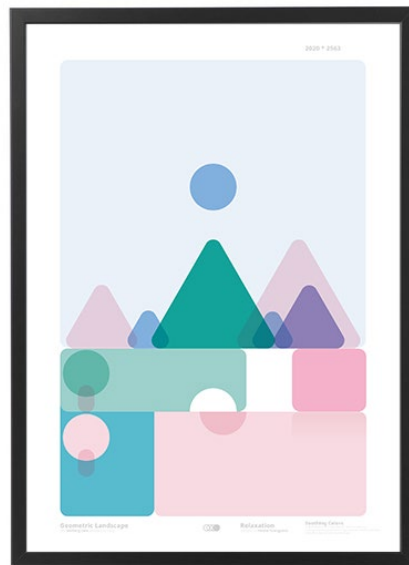


Figure. 6: My artwork with frame

9. Knowledge after finished produce art or design work

After finishing the testing process, I found some interesting and useful observations as below.

1. From the results of the experiment, it can be noted that the integration of color, nature, and art together, when the viewer sees an image that has been created according to the theory and research. It can soothe their mind.
2. Simplifying objects to have less clutter. It can relax the mind.

However, from the observation, it can be divided into two factors. The first is the testing environment and activities previously attended by the participants. The second is the machine. Practical and widely accepted measuring instruments need to be found to ensure data acquisition accuracy and reduce measurement errors. As a result of this design and testing, it can be applied to art and design circles to reduce visual clutter and reduce stress.

References

1. Coach, H. (2020, November 30). Eight images scientifically proven to relax your brain. Retrieved November 30, 2020, from <https://coach.nine.com.au/latest/eight-images-scientifically-proven-to-relax-your-brain/58d78538-b6fe-475d-be87-39a9ba90a869>
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3. Milena Damjanov October 03, & Damjanov, M. (2010, October 03). Boost Your Mood With Color. Retrieved November 30, 2020, from <https://www.health.com/mind-body/boost-your-mood-with-color>
4. TEAM, W. (2020, October 19). Occupational health: Stress at the workplace. Retrieved November 30, 2020, from <https://www.who.int/news-room/q-a-detail/occupational-health-stress-at-the-workplace>
5. Jitrathorn, J. (n.d.). Stress. Retrieved November 30, 2020, from <https://med.mahidol.ac.th/ramamental/generalknowledge/general/05142014-1901>

6. Eiseman, L. (2017). Complete color harmony, pantone edition - expert color information for prof. Rockport.