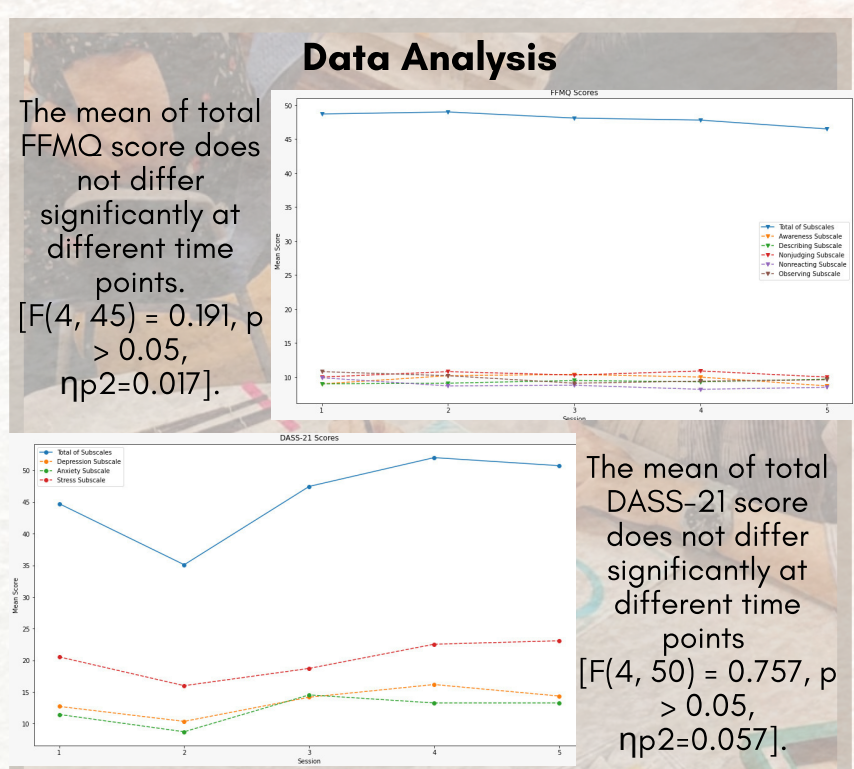
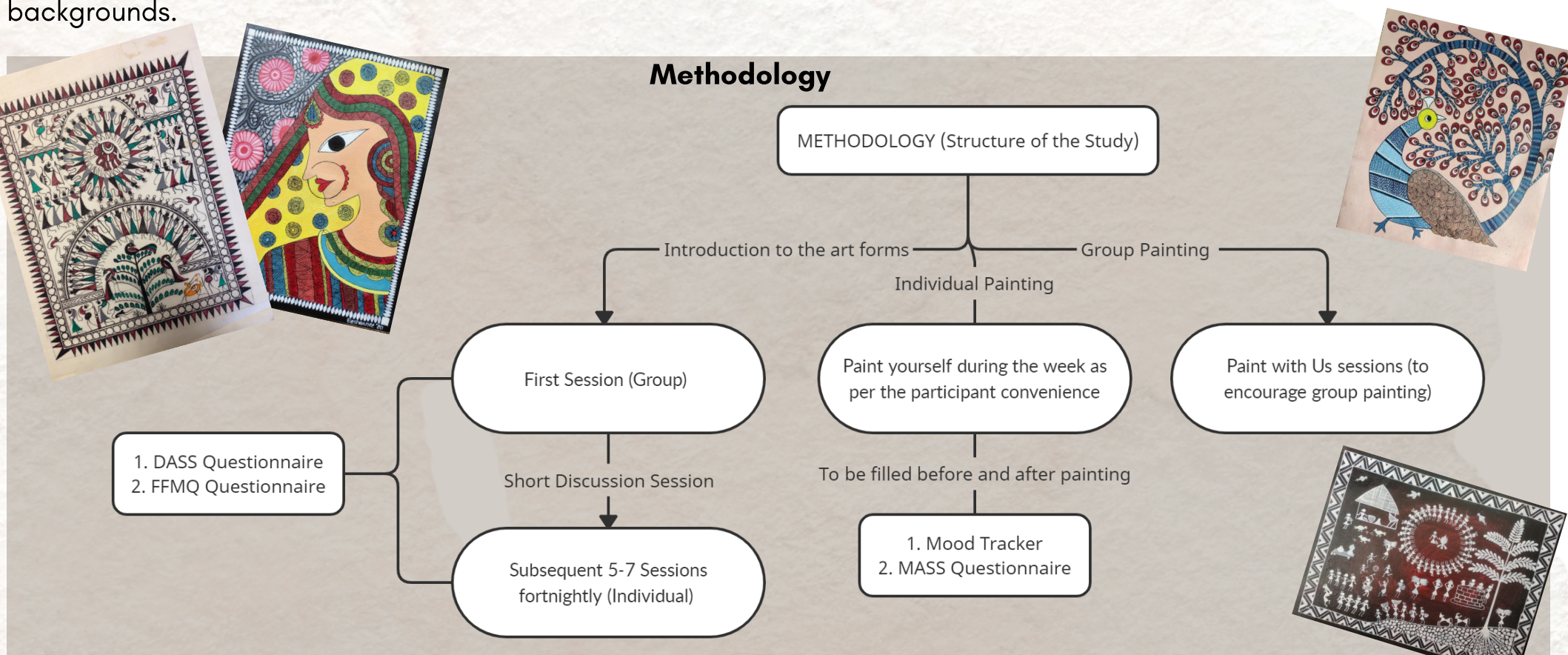


HKU COMMON CORE TRANSDISCIPLINARY RESEARCH PROJECT

# FOLK ARTS: A STUDY INTO SELF EXPRESSION AND TRADITIONAL ARTS REVITALIZATION

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Hypothesis: Since different art forms like Zentangles, Mandala etc. have been proved useful through many research for its therapeutic effects through its ability to express, this project shall aim to investigate the potential of folk art forms in equipping people with a self-expressive tool with the focus on the effects of storytelling about one's experiences through such expressive art forms. This project also hypothesizes that through this process, the storytelling aspect (i.e. self expression) shall induce some therapeutic elements to the participants as they work through this process while at the same time revitalizing the art forms and bringing it on a global platform and making it accessible to people from all backgrounds.



**Post Hoc Test:** A Tukey post-hoc test revealed that none of the session pairs are statistically significant for total DASS-21 score and for each DASS-21 subset. That means none of the scores are significantly different at each session (p > 0.05) and implies that a further rigorous research will be required to further narrow down factors contributing to stress, anxiety and well-being.

### Conclusion

Through this project we aimed to impact the lives of students and young working professionals to embrace their stress and use folk arts as a tool to overcome it. From our study we have not found conclusive data to suggest that folk arts help in stress reduction and leaves a scope for further rigorous research. However, our interactions with the participants have unraveled many fascinating stories of our participants that they have tried to express through these different kinds folk art forms.

### Philosophies of folk art & Impact of the project

**Philosophy of Madhubani Painting:**  
Parallel Lines: The philosophy of parallel lines depicts that two different ideologies in human beings, which could be conflicting, can not only harmoniously coexist but also make the painting beautiful, thus fostering harmony in the community.

**Philosophy of Gond Art:**  
This art is based on the philosophy of the Gond tribe that all things are possess a spirit and are hence sacred. So, the artworks depict this sacred connection between humankind & natural surroundings.

**Philosophy of Warli Art:**  
the figures drawn in Warli art are based on the philosophy of equilibrium. The upper half and the lower half of the human or animal figures depict the balance that one needs in life, be it the balance between nature and human beings or the physical and mental harmony in the being.

**Philosophy of Saura Art:**  
The each figure or shape in Saura Art signify something about their cultural, social or religious lives. The 'Tree of life' is a recurring motif & depicts the harmonious relation between human beings & nature

**Impact of our project:**  
Creating art through self expression can be like meditation, an active training of the mind that increases awareness and emphasizes acceptance of feelings and thoughts without judgment and relaxation of body and mind. Many of our participants have echoed this thought through our interaction with them. Thus, from this project, we have tried to narrow down the simple elements of folk arts into tools that can be utilized by people across ages and cultures to express themselves through art.

