

Drawing therapy technique enables the psychological analysis and intervention of rural left-behind children

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Abstract: The current mental health problems of rural left-behind children are worrying. The process and content of children's painting are a common tool for children to express their thoughts and emotions, which can play a role as a bridge. The projective meaning of the content of painting therapy has a certain degree of agreement with the performance of children's psychology. This project attempts to use children's painting as the carrier, the use of literature research, investigation, case study and other diversified methods, to study the evaluation methods and means of psychological intervention effect of rural left-behind children, from the painting to interpret the emotional world and mental state of rural left-behind children, to provide an effective implementation model for the treatment of psychological disorders of rural left-behind children.

Key words: Rural left-behind children; Painting interpretation; Psychological intervention

I. Background

The state and society attaches great importance to the mental health of left-behind children. The state has implemented a series of strategies from the aspects of rural revitalization, expansion and quality improvement, and carried out effective intervention in multiple dimensions, with remarkable results. However, due to the need for improvement and innovation in the treatment of psychological problems of rural left-behind children, the effectiveness needs to be improved. This study meets the urgent needs of the current country and society. A large number of studies have proved that painting therapy technology can assess children's mental state and promote children's mental health development. The existing research has laid the theoretical and practical foundation for this paper. Art therapy has been gradually recognized by the public in the world, and has achieved some results in the therapeutic effect.

However, from the literature at home and abroad, there is no systematic result of quantitative evaluation of psychological state and implementation of psychological intervention by painting. In this paper, the key techniques of painting projection test are used to analyze the personality characteristics of rural left-behind children. The comprehensive construction of children's painting psychological intervention theory is helpful to ensure the effective construction of care and service system for rural left-behind children and children in difficulties, solve the problems of guiding rural left-behind children's psychology, emotion, behavior and safety self-care, and further broaden the connotation of research in the field of children's painting psychological intervention.

II. Research methods

This plan will control the activity time within three months, and there are three main stages as follows: the first stage are to build a relationship of mutual trust and interpret the inner secrets of left-behind children; The second stage provides psychological counseling services, focusing on the inner needs of left-behind children; The third stage consolidated the effect of the activities and compared the changes before and after. Using the method of painting projection test, case study and work analysis, 20 representative children (male and female half) was selected, from sampling test (review diagnosis) -- intervention (exploration treatment) -- test (effect presentation) -- analysis and summary, a period of 8 times of painting psychological intervention was carried out, referring to existing studies. The analysis of painting works of the "house-tree-person" test (H-T-P) is mainly analyzed from the aspects of the overall size of the picture, line characteristics, painting wiping situation, the position of objects and characters, and image (including size, basic structure, whether realistic), and systematically discusses the therapeutic effect and characteristics of painting psychological intervention on improving the psychological problems of rural left-behind children. To provide an effective path for painting intervention in the field of psychological treatment of rural left-behind children.

III. Psychological analysis of left-behind children's painting

1. Painting psychological test

(1) Drawing test

Topic: My family

Time: 15:30 -- 17:00, May 21, 2023

Time spent painting by Xiaoxuan: 25 minutes

(Guide words: children, who is your family members? Please draw it on the paper.)

Xiaoxuan (not his real name) : "Oh, my family! Unlike other children, I have two homes....." Draw a black line in the center of the paper and divide it into two equal parts. The right side of the picture are his new home and the left side of the picture is his present home.

Xiaoxuan: "I have not seen Mom and dad at the same time....." To the writer who spoke with him, "My parents have been fighting for a better life in different places for a long time."

The writer: "So who do you live with now?"

Xiaoxuan: "Now I live in our old house with my grandparents." "Grandpa is the" big leader "in the family, he always stands straight,

grandma because of years of hard work, the back is a little bent, the height is not as high as before, father and mother struggle outside to make money, and strive to let our family live a good life!” He proudly introduced his family to the writer who saw him paint.

Xiaoxuan: “If you can live in the new home must be very happy, yearning for the home has grandparents, but also parents, I really envy my good friend’s home, mom and dad can always accompany them, must be like the sun shining, warm, very happy.”

The author: “What did you draw in the upper right corner?”

Xiaoxuan: “In the top right corner, I drew a bright red sun. I took the house as the center of the line, and drew two half identical houses symmetrically. From a distance, it looks like a complete house. I am looking forward to every day, looking forward to one day, mom and dad hand in hand, they waved to me together, our family will be like the left side of the picture of the dream of a new home, forever happy life together.”

(2) Painting analysis



Figure 1 Xiaoxuan works -- My family

The overall picture is clean and tidy. On the one hand, Xie is a girl who loves to be clean. On the other hand, Xie is also disturbed by her family. The sky in the painting occupies most of the area, and the buildings and plants of the figures appear especially small, indicating her timidity to the world, thinking that she is small, but also expressing her desire for the outside world, hoping to go to a wider world; The brush strokes are very light, indicating that she lacks confidence in herself and lacks enough sense of security.

In this painting therapy technique, Xiaoxuan’s creative state shows strong enthusiasm. He began to deeply experience the positive emotional influence given by the external environment, showing a positive attitude towards life. Xiao Xuan’s painting state from the initial resistance to the current positive acceptance reflects that he is deeply examining the past self, and gradually building a more firm self-awareness in the process. In order to further promote the children’s deep understanding of self and enhance the careful, the author also carried out the painting intervention therapy activity of “Myself” theme.

2. Demonstration of painting intervention and treatment

(1) Painting analysis before intervention

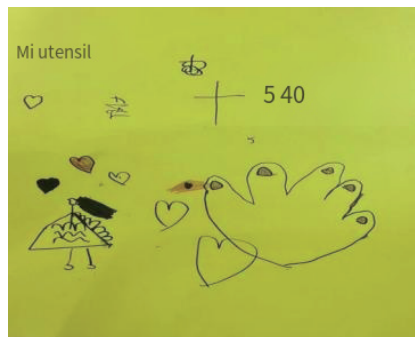


Figure 2 Midge painting - My family

As a whole, the painting is made up of several different parts, including “hands, painted nails, hearts, hearts painted in red and black, a small person with missing features and arms, a large black patch near the girl’s head, several numbers, and indiscernible symbols”. The elements are not closely related to each other, and the composition is messy. Midge painted a black color near the girl’s head, which is more conspicuous in the picture. It’s a strong color that interprets dissonance and suggests the painter is seriously troubled, immature, aggressive or possibly mentally ill. In coloring, Midge’s entire painting is unevenly colored compared to a normal child of the same age, and the color goes off the border, indicating poor hand-eye coordination. The lines in Midge’s drawings are more cluttered than in normal children, showing concern or needing support and repeated protection.

Let’s look at Midge’s drawings in detail. First of all, judging from the lines of Midge’s paintings, she creates intermittent and curved lines, which indicates that she has the characteristics of slowness and dependence. From the perspective of the layout of the figures, compared with the whole large paper, Midge draws the figures very small, and the things she creates are concentrated at the bottom of the painting, which indicates that Midge has low self-esteem, lack of security, withdrawal and dependence, and weak self-concept. We further analyze the character characteristics of Mickey’s best friend and find that Mickey draws a small head, incomplete limbs, and omitted facial features, indicating that Mickey has a very poor adaptability, difficulty in adapting to life, and serious psychological distress.

Children's paintings are the direct expression of their emotions and the reflection of their inner world. In the process of painting, children naturally incorporate their own thoughts and feelings into the painting. As their minds grow and change, the content and form of the picture will also change. By observing children's paintings, we can get a deep understanding of their inner world and feel their emotions and thoughts. By observing this painting, we can find that she can control the direction of thick and thin lines when painting, and she can create strokes with the combination of long and short, which indicates that Miki can grasp the color pen freely, has good control behavior, and has good physical coordination ability. In terms of color and coloring, Mikki pays attention to the change of color on the paper. The pink nail art and pink love heart show that he is longing for life. She will gradually get rid of negative emotions and embrace positive emotions, and the problem behaviors will decrease.

(2) Post-intervention painting analysis



Figure 3 Midge Works - My self-portrait

On the whole, the elements in the picture are closely related to each other, and the composition is clear. Midge highlights her own image in the picture, showing her own characteristics and preferences through details. The colors and lines in the picture also show Midge's confidence and expressiveness. Let's analyze Midge's painting from the details. First of all, judging from the lines of Midge's paintings, she creates smooth lines, which indicates that she has stable and autonomous characteristics. From the perspective of the layout of the figures, compared with the whole large paper, Midge draws the figures relatively large, and the things she creates are concentrated on the top of the picture, indicating that Midge is full of sunshine, positive and confident in her heart. We further analyzed the details of Mickey's drawings and found that Mickey drew complete limbs and facial features, indicating that Mickey has a good adaptability, a good life adaptation, and positive psychological characteristics.

IV. Summary and Outlook

In this painting therapy technique, children pay more attention to the depiction of self-image and the performance of details. At the same time, we also found that the children's drawing skills and self-cognition were improved. Under the guidance of a drawing therapy technician, Midge was able to express her thoughts and feelings clearly. Through communication and positive encouragement with the therapist, she gradually showed more positive emotions and self-knowledge. This painting therapy activity was positive in helping Midge to further accept and affirm herself. At the same time, we can also draw inspiration from her paintings to provide more personalized education and development support for other children.

Painting therapy techniques play a vital role in left-behind children in rural areas. The process, which blends elements of painting with therapy, aims to help these children better understand their behavior and mental state in the process of personality development. Through the drawing activity, potential problems are clearly presented, providing strong support for subsequent psychological treatment. For these children, this therapeutic drawing intervention is not only an opportunity for self-examination, but also a journey to learn more about themselves, reflect on themselves and explore themselves. Drawing therapy techniques have been widely proven to have a positive impact on children's mental balance. In the interweaving of emotion and reality, painting therapy technique can effectively exert its effect of psychological intervention and help children maintain inner peace and stability.

In the future, we can revise or research and create painting analysis tools for rural left-behind children in diverse situations, and the research results can be converted into curricula, textbooks and monographs, so as to strengthen the application of painting analysis method for rural left-behind children in educational practice.

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Note: Xin Li and Xiaoqing Hu are undergraduates of Grade 2022 of Teacher Education College of Shandong Aeronautical University 2023 Shandong College Students Innovation and Entrepreneurship Training Program project "Psychological Interpretation and Intervention Course Design of Rural Preschool left-behind Children Based on Painting Therapy" (S202310449290)

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