



ANXIETY MY PERSONAL JOURNEY

by

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Submitted in partial fulfilment of the requirements for the degree of

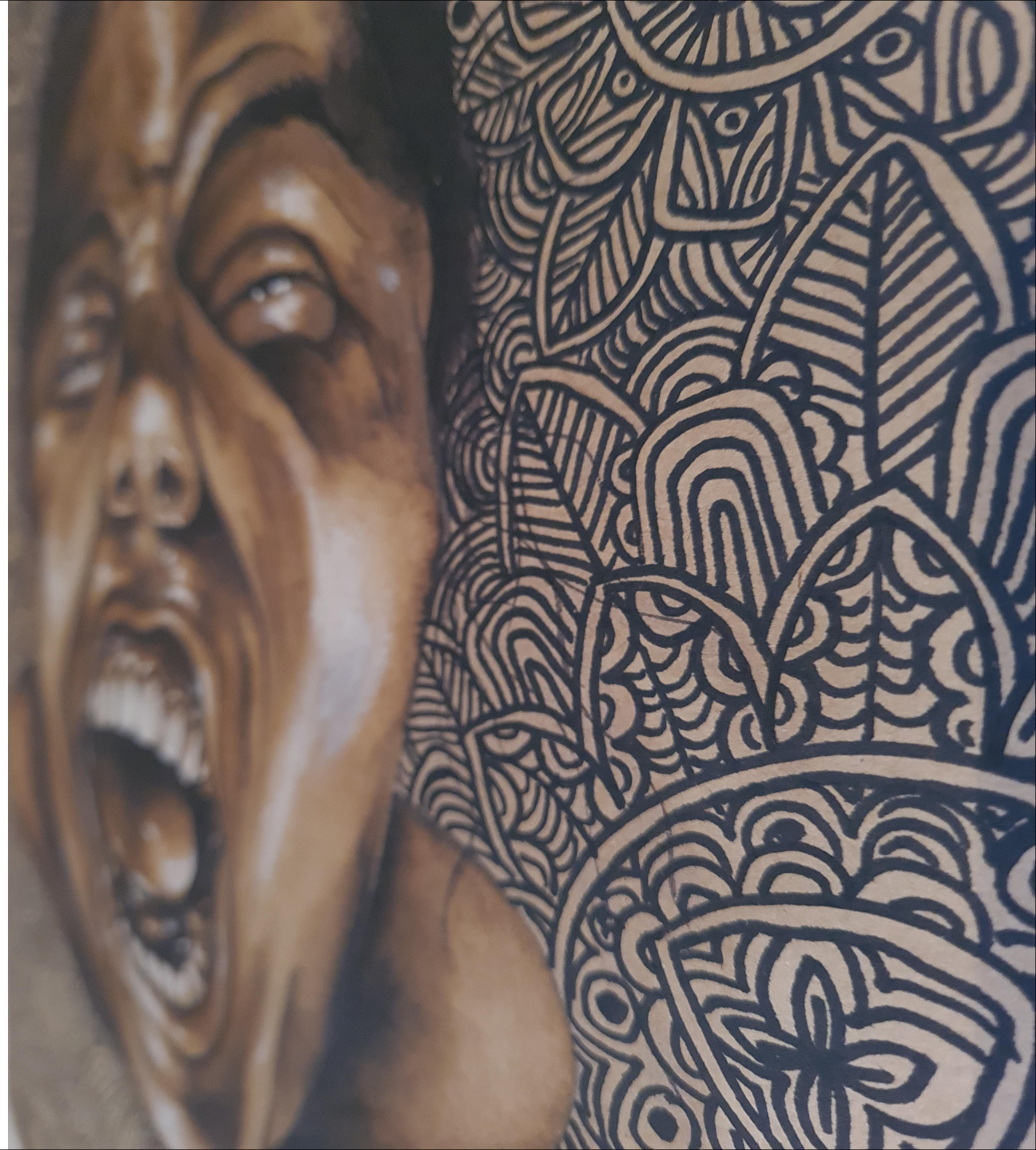
BACHELOR OF VISUAL ARTS

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Artist's Statement

Anxiety; My Personal Journey

by Rolaine Roetz

Introduction

Art has always helped me to reduce my anxiety and I have often immersed myself in drawing when I feel overwhelmed. Drawing is one of the most accessible art forms because it requires little in materials and can be portable. Drawing is commonly used in art therapy. It is a form of expressive therapy that entails the use of varying types of materials such as charcoal, pencils, pens and even alternative materials such as Jik and ink.

Anxiety is a growing problem in terms of its symptoms often being invisible. As for some individuals with anxiety, they tend to struggle in communicating their needs accordingly. Thus the arts can allow alternative methods of communication to better express themselves. On the other hand, it is important to note that in some cases, according to Elizabeth Burns (2009), art-making can induce anxiety in people due to the misconception of the need to have specialized skills to engage in or with art.

Although anxiety levels can increase as a result of making art, for some individuals, studies have shown that the vast majority of participants displayed a decrease in their anxiety. This possibly can conclude that art has true healing properties.



Methodology

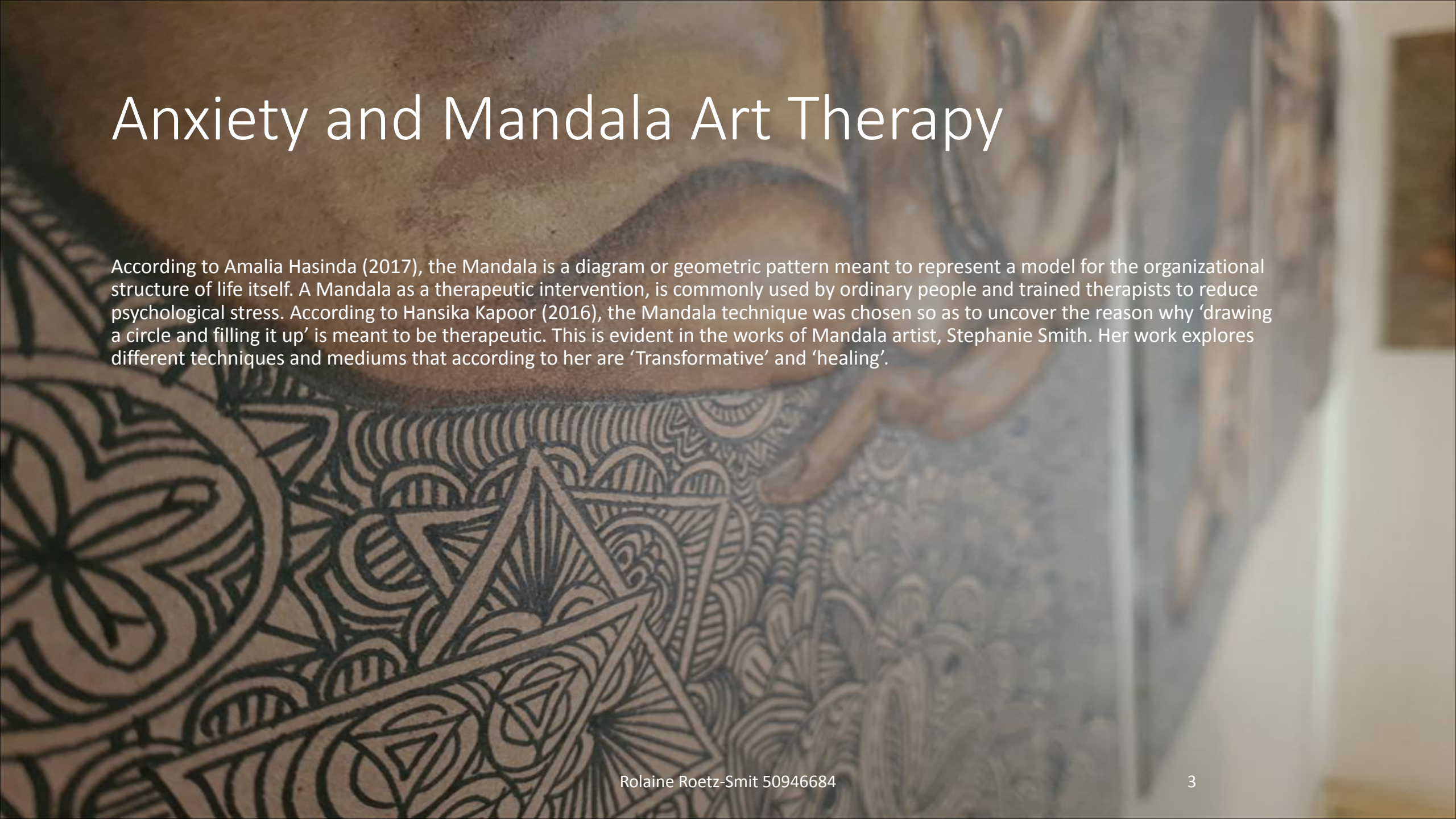
Process / Materials / Content

This exhibition is an exploration of art as a therapeutic experiment in terms of drawing mandalas as a form of my own therapy. Initially, I think I was yearning for an expressive way to connect to a much deeper part of myself. It was a way to calm my mind and to reduce my stress significantly. This particular process gave me a sense of accomplishment which I felt to be meditative and introspective. Each of my designs are created uniquely upon a personal level of experience hence the figures portrayed as means of self portraits see Fig: (1 - 5). However, upon first glance, it may seem as though the figures are central to the overall concept of the artworks, but with each individual piece I have created a distinct time frame into which my life progressed. Each of these artworks has its own unique pattern, but in some these are repetitive to emphasize the destructive effects of untreated anxiety.

The use of Jik and ink as medium is also significant. When these elements are combined, an interaction of transparency and fluency signifies an idea of 'openness' and 'exposed emotions' which are quite easy to read. My use of the colours black and brown are important to their equivocal character. Black is linked to chaos, space, depth and graphic of all kinds, while the colour brown signifies creation and earth - considered to be a meaning of sturdiness, anchored and structured in terms of one's own life.



Anxiety and Mandala Art Therapy



According to Amalia Hasinda (2017), the Mandala is a diagram or geometric pattern meant to represent a model for the organizational structure of life itself. A Mandala as a therapeutic intervention, is commonly used by ordinary people and trained therapists to reduce psychological stress. According to Hansika Kapoor (2016), the Mandala technique was chosen so as to uncover the reason why 'drawing a circle and filling it up' is meant to be therapeutic. This is evident in the works of Mandala artist, Stephanie Smith. Her work explores different techniques and mediums that according to her are 'Transformative' and 'healing'.

Artworks: Figures 1 - 2

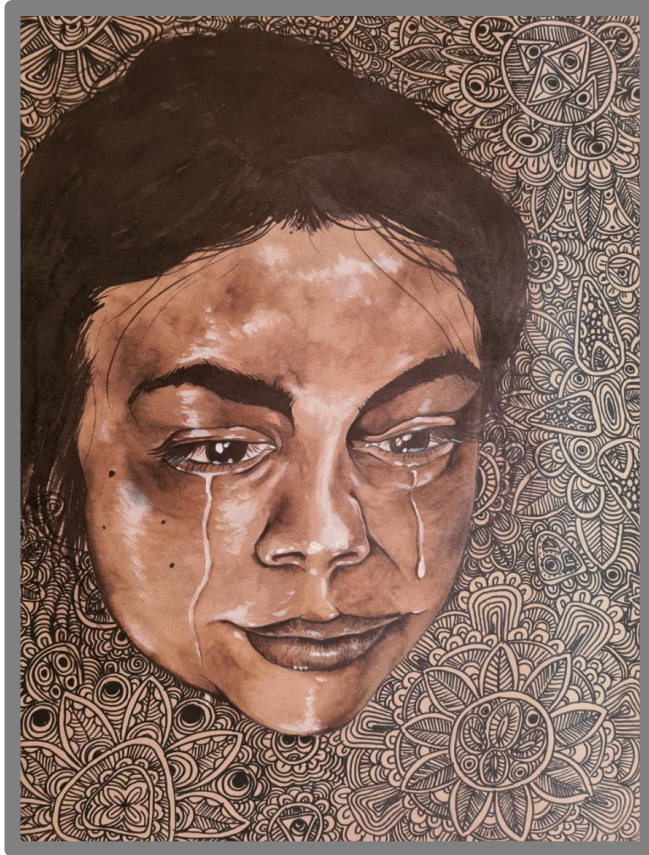


Figure 1. Rolaine Roetz, 'This is Me', (2020). Mixed Media on cardboard, 58.0cm x 40.0cm.

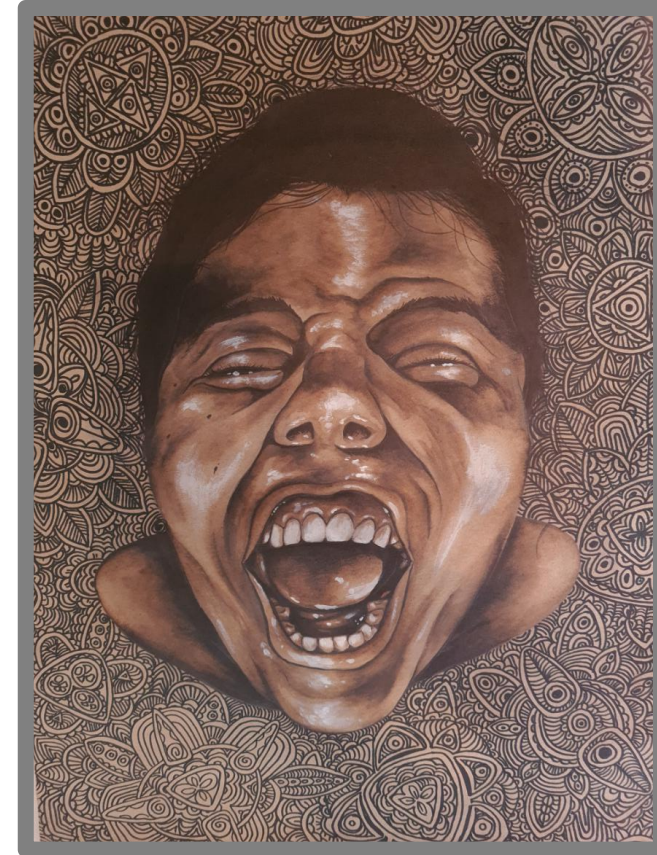


Figure 2. Rolaine Roetz, 'Release', (2020). Mixed Media on cardboard, 58.0cm x 40.0cm.

Artworks: Figures 3 - 4



Figure 3. Rolaine Roetz, 'Close Enough', (2020). Mixed Media on cardboard, 58.0cm x 40.0cm.

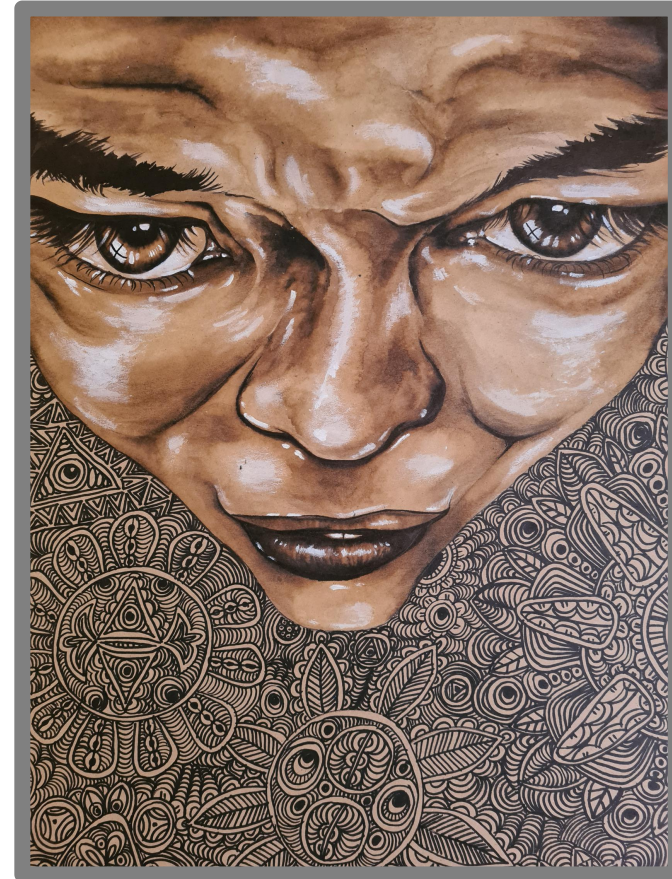


Figure 4. Rolaine Roetz, 'Angled Aggression', (2020). Mixed Media on cardboard, 58.0cm x 40.0cm.

Artworks: Figure 5

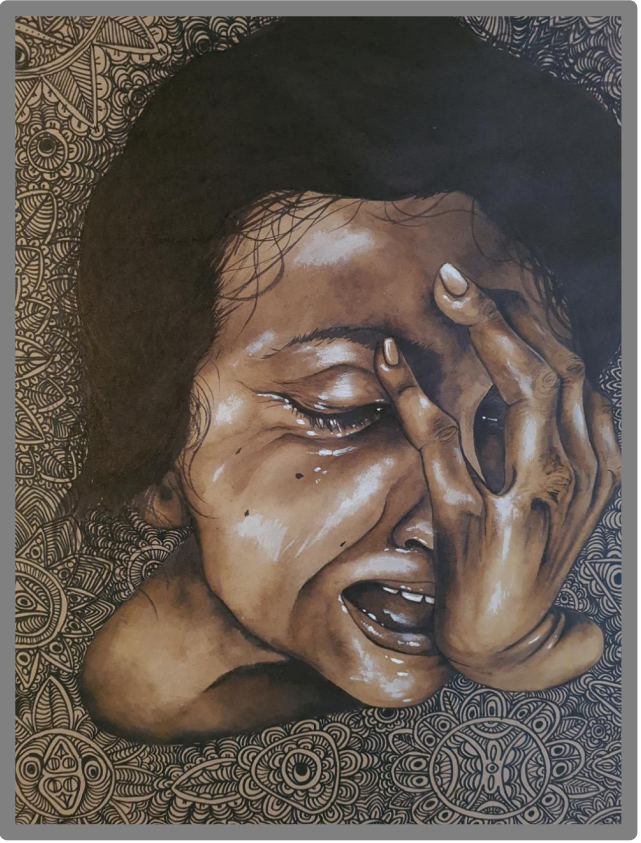
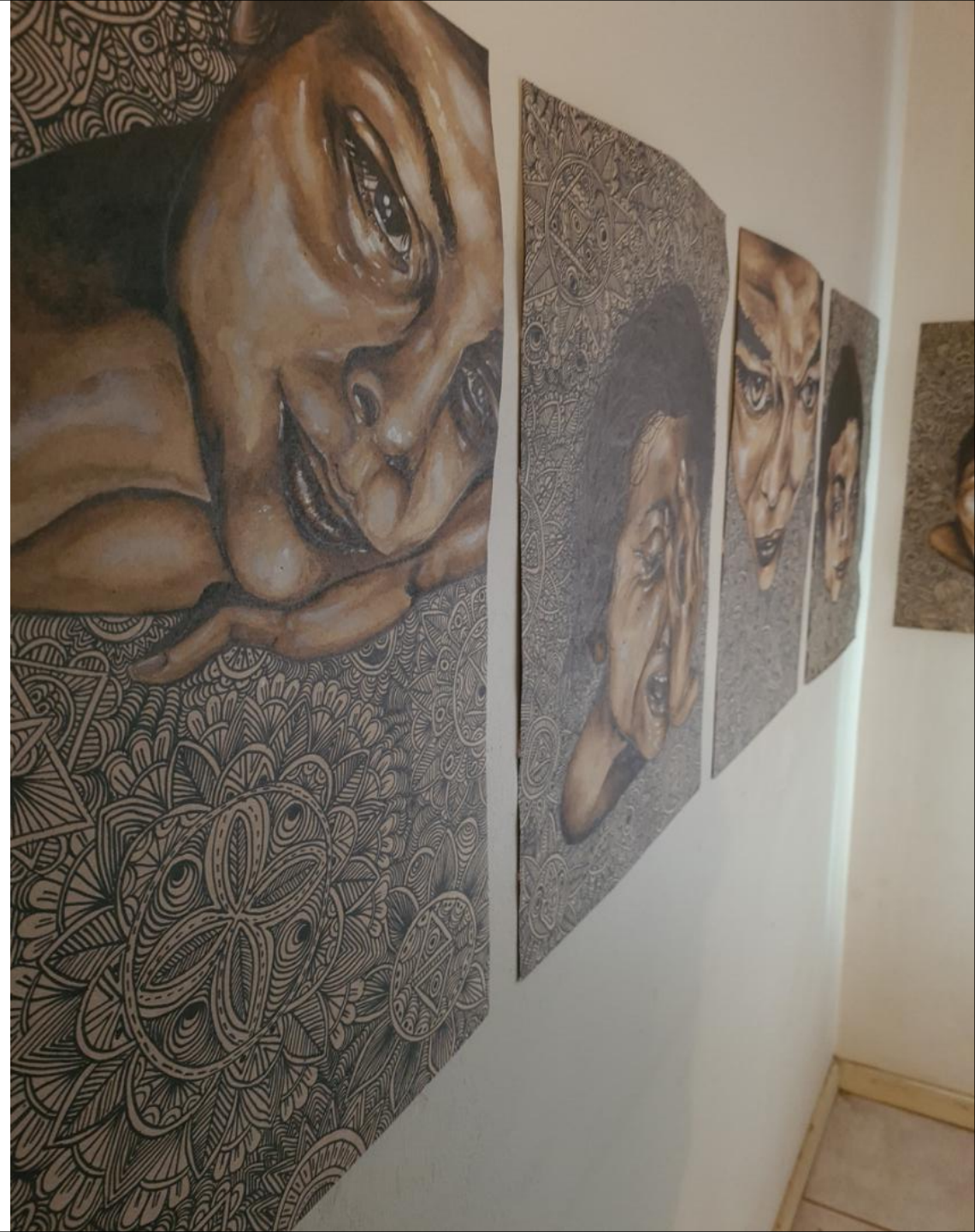
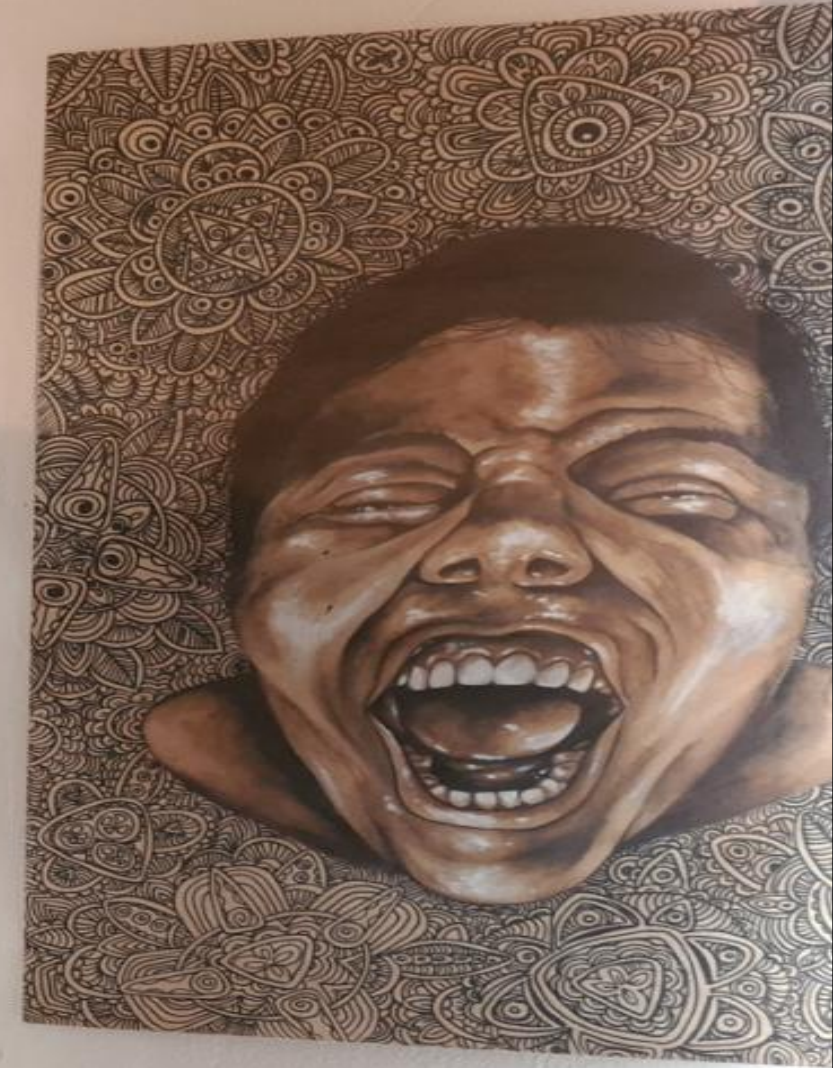


Figure 5. Rolaine Roetz, 'Openly Weeping', (2020). Mixed Media on cardboard, 58.0cm x 40.0cm.



4. CONCLUSION

Central to my work in the exhibition Anxiety; My Personal Journey is the concept of the therapeutic effect that drawing as an art form and a technique has on individuals such as myself, who is trying to cope with anxiety. This exhibition enabled me to create and progressed in order to find my own inner peace, whilst doing this I hope to allow the viewer to experience some form of peace of their own when studying my work. This might also encourage them to exploit different art forms to their own benefit as part of their healing process.



LIST OF ILLUSTRATIONS

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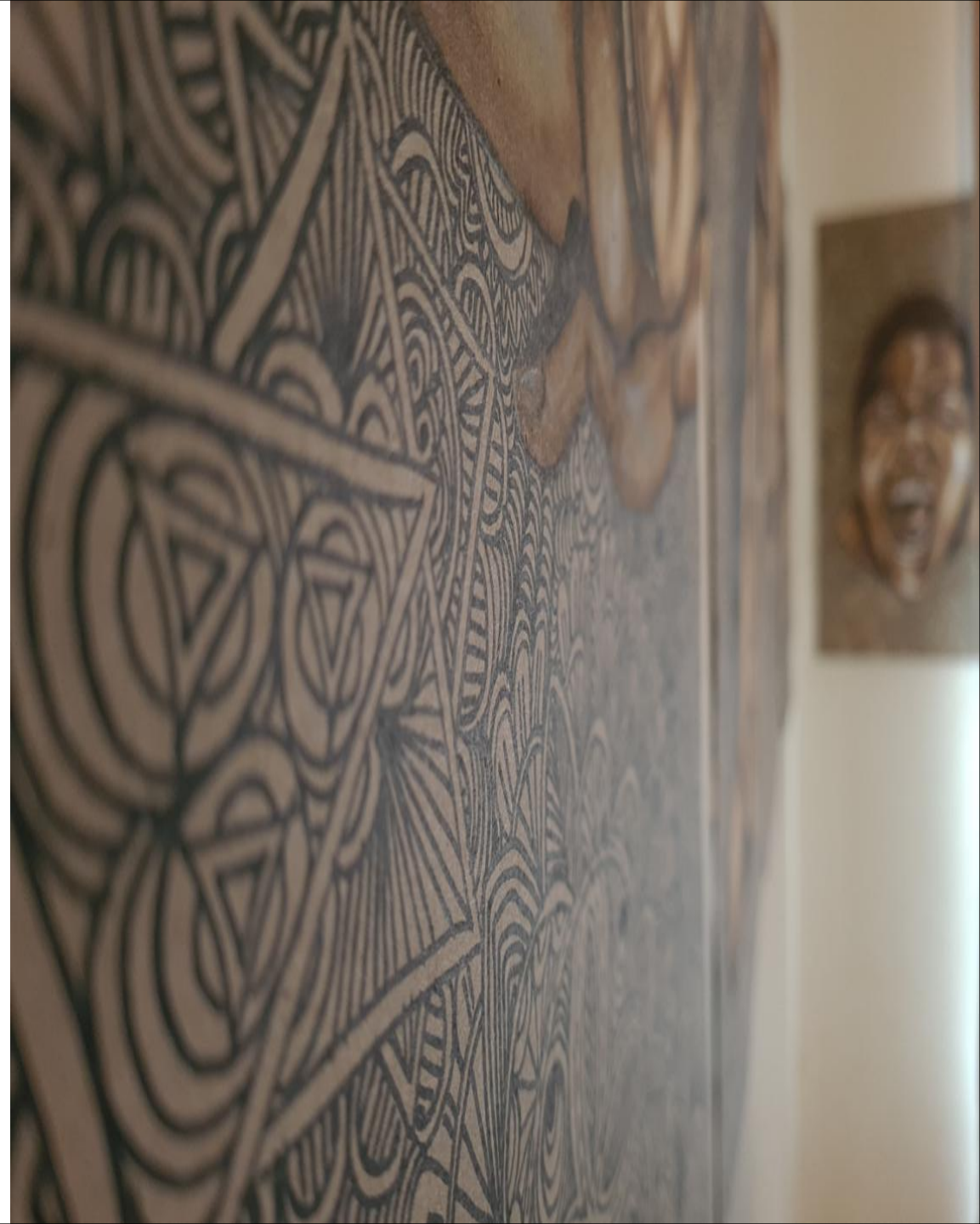
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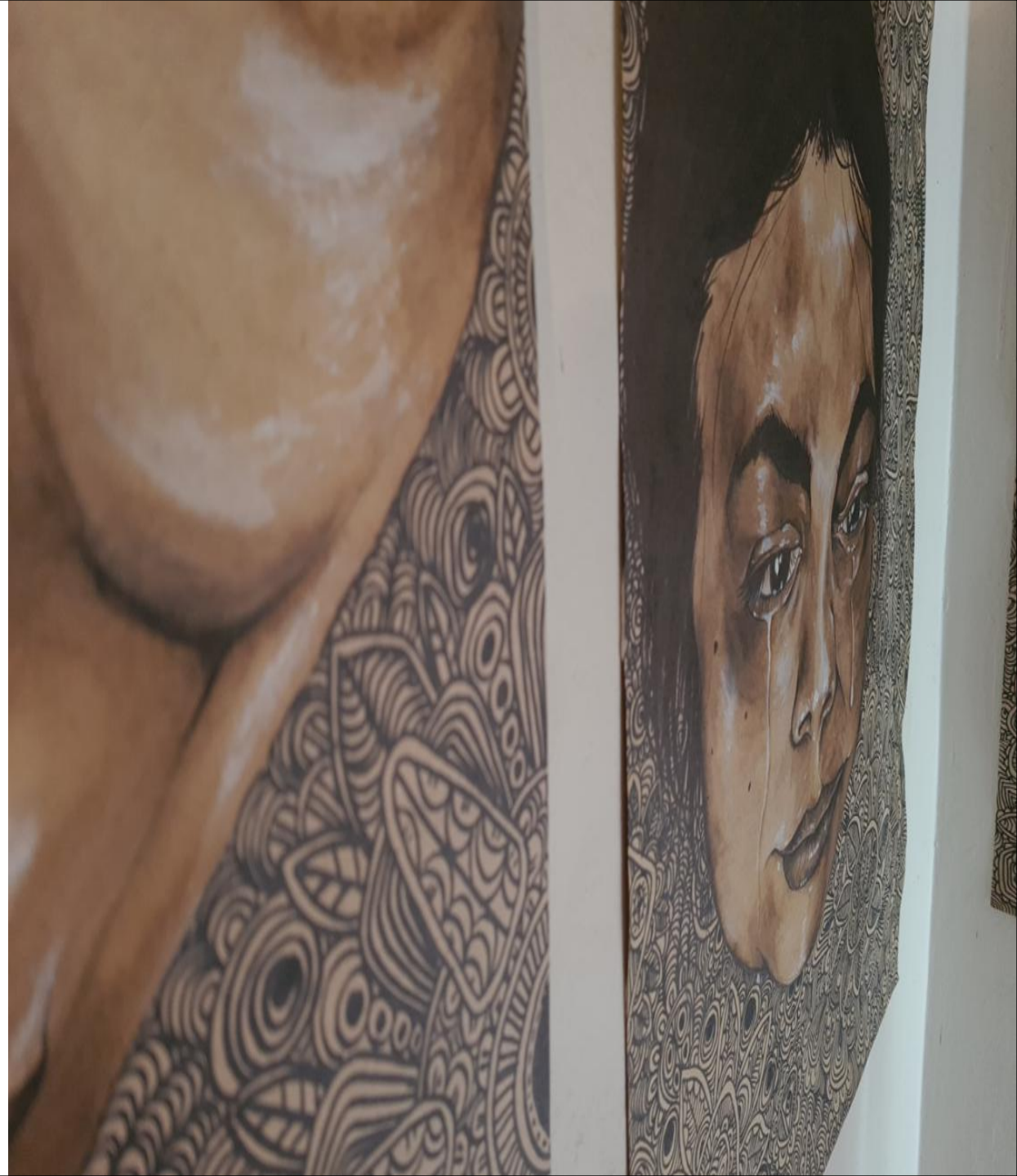
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CURRICULUM VITAE

PERSONAL INFORMATION:

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HOËRSKOOL MIDDELBURG, MP.

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EMPLOYMENT HISTORY:

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GENERAL / MIXED WARD.

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3. 2016-CURRENTLY,

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VISUAL ARTS TECHNICAL SKILLS:

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