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by

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Contribution of Art and Culture on individuals Outline

Name

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Date

Contribution of Art and Culture on individuals Outline

Thesis: Art and culture significantly contribute to individuals' lives by enhancing the quality of life and changing their lives.

I. Quality of life

1. It makes individuals feel good

1) Evidence from the text- art and culture contribute to individuals' lives immensely by allowing them to enhance a sense of resiliency supported by a belief that regardless of how the situation is, they have a community that can help them (Drass, 2016).

2) Evidence from the text- art such as drawings, crafts, and music can aid in accessing personal feelings and memories, hence taking up traumas or challenges that require examination and treatment (Kaimal & Arslanbek, 2020).

3) Evidence from the text- when individuals are involved in art and culture, they enhance their mood, expanding their capacity to solve problems and adjust their minds to new concepts (Drass, 2016).

2. Individuals have gratefulness and enjoyment of what they have in their life

1) Evidence from the text- when individuals give themselves the chance to connect with art, they can reflect on what is happening around them and assess their lives. For instance, they can visit a museum or read a book (Drass, 2016).

2) Evidence from the text- when individuals take art to decorate their rooms, they know that the artwork has a story behind it because no skill is developed with a vacuum (Kaimal & Arslanbek, 2020).

II. Change Lives

1. Enhance creativity and innovation
    1) Evidence from the text- art and culture contribute to the creative process development of individuals, which comprises creative thinking, creates given skills together with attitudes necessary to art. Thus, they are involved in evaluating some types of realities and choosing the perceptible aesthetic artwork (Arbuz-Spatari, 2019).
    2) Evidence from the text-art and culture, such as music and drawings, make individuals discover themselves differently, changing their lives (Kaimal & Arslanbek, 2020).

References

Arbuz-Spatari, O. (2019). Art-Subject-Object in artistic and plastic creativity of pupils and students in art education. *Review of Artistic Education*, (17+ 18), 233-240.

Drass, J. M. (2016). Creating a culture of connection: A postmodern punk rock approach to art therapy. *Art Therapy*, *33*(3), 138-143.

Kaimal, G., & Arslanbek, A. (2020). Indigenous and Traditional Visual Artistic Practices: Implications for Art Therapy Clinical Practice and Research. *Frontiers in Psychology*, *11*, 1320.

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