Pastel Nagomi Artwork for Improving Mental Health and Stress in Hong Kong College Students

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Background

Mental health issues are common and serious challenges for Hong Kong college student.

The artwork's aims are to create art that gives people hope. Pastel Nagomi art is based on the soft material characteristics of dry pastel. It does not require special training or art talent to make into a beautiful and moving work. The participants can communicate with the soul and enjoy the joy of creation and the harmony and tranquillity in the process.
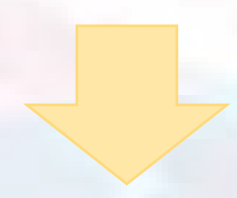
Research Objective

· To increase the awareness of the college student's emotion

· To apply Pastel Nagomi art for college students to resolve their emotions

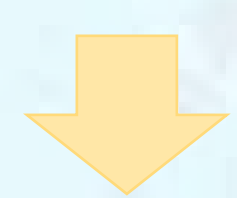· To reduce the risk of mental illnesses among college students

Methodology

Literature review
Find relevant information

Recruitment
Conducted via email & social media promotions → snowball sampling method

Measurement
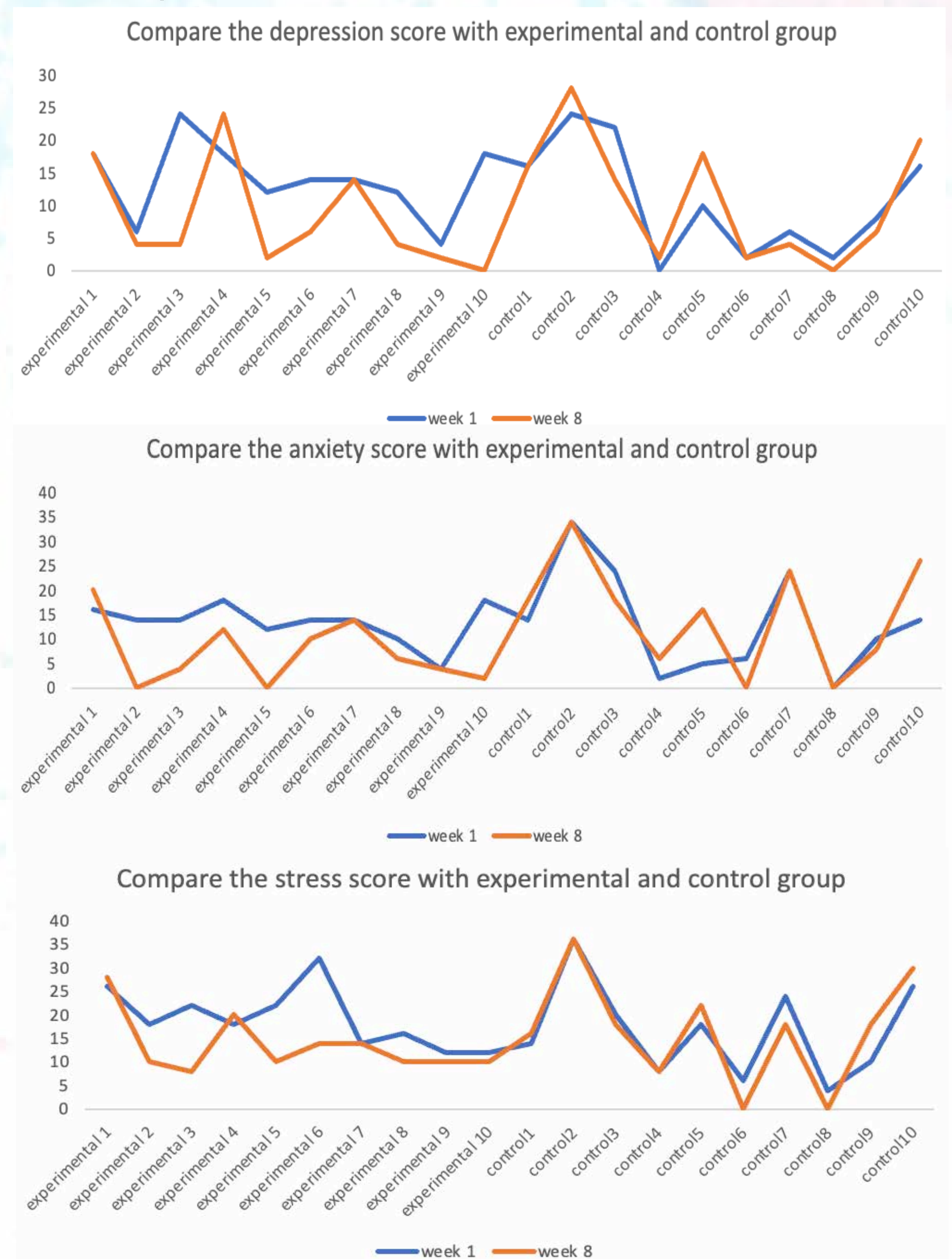Depression Anxiety and Stress Scale 21 (DASS-21) questionnaire

Data collection of DASS-21, Blood Pressure & Heart Rate
Before & After experiment period

Findings

Used the Wilcoxon signed rank test

The experimental group's negative emotions improved significantly after the Pastel Nagomi art workshop.

Compare the depression score with experimental and control group

Compare the anxiety score with experimental and control group

Compare the stress score with experimental and control group

Through the participant's feedback questionnaires, we successfully introduced Pastel Nagomi art as a way to resolve their emotions.

Would you choose pastel Nagomi artwork as a way to relieve stress or negative emotion?
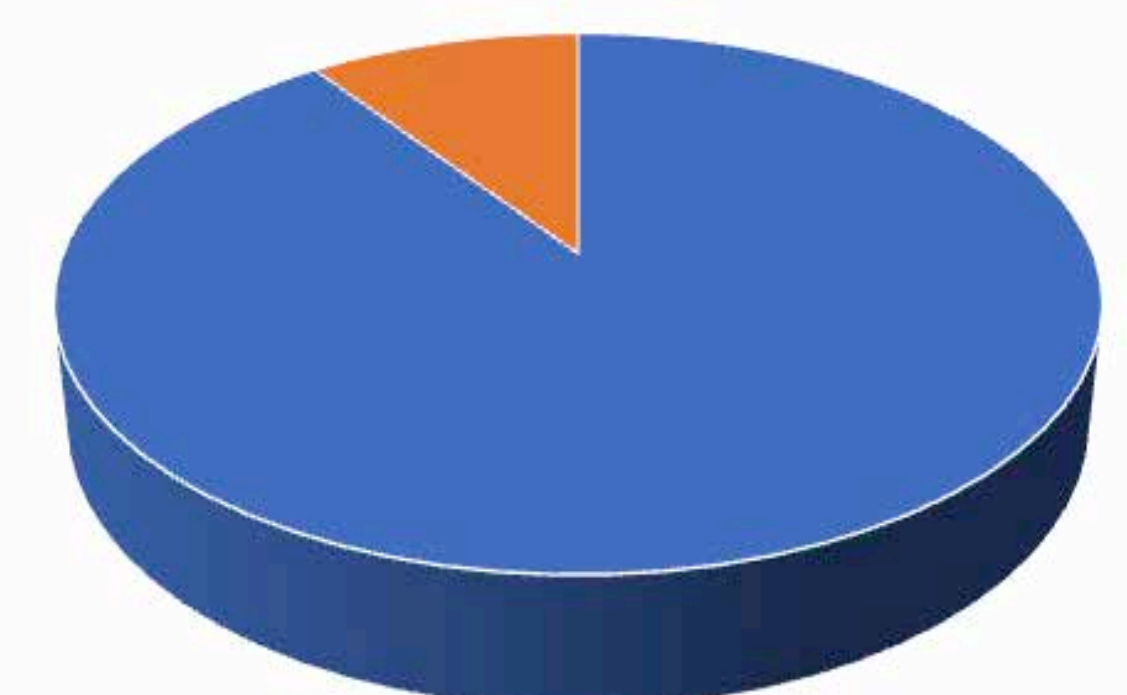
Conclusion

✓ Significant effects in improving mental health.

✓ Highlight the potential of Pastel Nagomi art as an effective mental health and stress management tool

✓ The objectives of this study were successfully achieved.