

FACULTY RESEARCH FUND

Award Date: Fall 2022

Proposal Title: Mugg'n It Up: A Creative Art Intervention with Therapeutic Potential

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ABSTRACT

The objective of this proposed research is to evaluate the hypothesis that there is statistical difference in anxiety when a participant works with clay compared to when the participant does not work with clay. University students will have the option of participating in the research study as it is offered through a Special Topics course in the Art + Design Department. All students will be provided instruction through demonstrations of how to construct a clay mug using both a hand-built process and a wheel thrown technique. Students who choose to be involved in the research study will take their knowledge of clay work into the community using a service-learning model as they teach differently-abled adults and others with various traumas, physical, mental, emotional or cognitive challenges. The State-Trait Anxiety Inventory along with tests to determine heart rate changes and cortisol increases will be used to determine anxiety levels for research participants pre and post working with the clay. Qualitative information including field notes, reflections, photographs, and semi-structured interviews will add to the data collection. Pseudonyms will be used for research participants to insure privacy. The quantitative data will be analyzed using t-tests and SPSS software. Qualitative data will be hand coded for patterns that may suggest themes related to health/art. It is anticipated that results from the study will add to the literature with mixed methods data that support the synergy of art/health for mental, physical, and social benefits.