

Depression Tendency in Art Students: Problem or Source of Creativity

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Abstract

The myth of tortured artist has been around for thousands of years to describe artists who create great artwork despite their mental illnesses. This study provides an exploration of experience in art students' depression tendency, linked to their creativity, and how art students use their art as media of catharsis. Using arts-based qualitative research and a phenomenological approach, this study took the data through a semi-structured interview and art elicitation with four university art students in Yogyakarta. The data was analysed using Modified Stevick-Colaizzi-Keen (SCK) method by Moustakas. It is found that there are several factors in how art students interpret their creativity. Another key finding is that the participants of this study tend to use their negative feelings as a source of creativity and they tend to pour their emotions through expressive writing rather than drawing.

Keywords: *art elicitation, catharsis, creativity, depression, phenomenology*

Abstrak

Mitos tentang '*tortured artist*' telah ada selama ribuan tahun untuk menggambarkan seniman yang menciptakan karya seni meskipun memiliki gangguan mental. Penelitian ini mengeksplorasi kecenderungan depresi mahasiswa seni rupa serta kreativitas mereka, dan bagaimana mahasiswa seni menggunakan seni sebagai media katarsis. Dengan menggunakan penelitian kualitatif berbasis seni dan pendekatan fenomenologis, penelitian ini mengambil data melalui wawancara semi terstruktur dan elisitasi seni dengan empat mahasiswa seni rupa di Yogyakarta. Data analisis penelitian ini menggunakan metode Modified Stevick-Colaizzi-Keen (SCK) oleh Moustakas. Dalam penelitian ini, ditemukan beberapa faktor yang menjelaskan bagaimana mahasiswa seni memaknai kreativitas mereka. Selain itu, peserta penelitian ini cenderung menggunakan perasaan negatif sebagai sumber kreativitas dan menuangkan emosi mereka melalui *expressive writing* daripada menggambar.

Kata kunci: *depresi, elisitasi seni, fenomenologi, katarsis, kreativitas*