

Exploring Potential Directions: The Transformative Impact of Integrating Psychology into Design for Well-Being

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Abstract

This article explores three themes of vision and perception, mind flow and creativity, and art and therapy and how they positively impact individuals and society. First, the article describes the fundamentals of vision and perception and how they are used in different fields, emphasizing the importance of visual arts in psychotherapy. Second, the article explores the relationship between the state of mind flow and creativity, noting that the state of mind flow contributes to creativity and allows individuals to better focus on problem-solving and idea generation. Finally, the article introduces the basic concepts of art therapy and its positive impact on mental health and recovery, including reducing stress, aiding in trauma recovery, and improving cognitive functioning. In conclusion, integrating these three themes contributes to designing more humane and appealing work, improving the quality of products and services, enhancing user experience, and promoting user satisfaction and social integration. This integrated approach makes design more humane and impactful and helps solve various practical problems.

Keywords: psychology, visual perception, mind flow states, emotional experience, art therapy, mental health, design well-being