



## THE INFLUENCE OF COLORS ON HUMAN PSYCHOLOGY IN ART THERAPY

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**Annotation:** *In this article, the contribution of art therapy to the theoretical foundation of the healing effect, its consideration as the main factor in the human psyche, the fact that it is a very effective tool for creating progressive concepts and images, and information about effective psychotherapeutic methods in art are highlighted.*

**Key words:** *color therapy, art therapy, aesthetics, chrome, catharsis, mood, spectrum, optimism, depression, stress, art pedagogy, Adrian Hill, Z. Freud.*

### INTRODUCTION

Today, one of the priority tasks of modern pedagogy is related to the application of mature personnel with high professional competence and intellectual potential, strong ideological beliefs to the society. Of course, the use of art therapy has a great effect on this. In particular, art therapy can be chosen as the most optimal and effective psychotherapeutic direction in working with children. Research results show that the use of art as a therapeutic factor is very convenient for educators and teachers. Art therapy appeared as a new direction of psychotherapy at the end of the 19th century. It is also considered as a factor in the human psyche, which greatly contributed to the theoretical foundation of the healing effect. Unconscious processes, with their destructive influence, become a very effective tool for creating new connections and forms, progressive concepts and images. Creating a work of art allows a person to show others not only his worldview, but also his attitude to the surrounding reality. From the moment art appeared in human culture, it inspired and elevated man, actively developed the spiritual potential that was initially dormant in him. Humanity has long known about the healing properties of colors. In ancient Egypt, the temples already had special rooms where the sun's rays were determined, where the sun's rays were refracted into one or another color of the spectrum in a certain way. Color surrounds a person everywhere. This strong energy constantly affects the human body. The foundations of color therapy were laid in antiquity. Scientists confirm that the lack or excess of a certain color can cause various deviations and even diseases. The composition of each of the seven rainbow colors is reflected in the structure of the human aura and is associated with its organs and tissues.

Psychoneurologist V. M. Bekhterev is one of the scientists who made a great contribution to the theory of color therapy in Russia. He proved that this combination of colors can affect the human condition like drugs. Bekhterev believes that pink and red colors excite and depress, blue and blue calm, cause an inhibition reaction. Today, it has been scientifically proven that each color has its own wavelength. It can be seen that electromagnetic radiation is received not only by the eyes, but also by the skin. Each organ of the human body "works" at a certain electromagnetic frequency. The change in frequency



under the influence of color leads to a change in the activity of the organ. Therefore, it is not surprising that color therapy affects the entire body. Colors also affect the human psyche. Swedish psychologist Max Lüscher discovered the connection between colors and emotions experienced by a person. Red activates vital forces.

The meaning of colors in art therapy. The effect of color (light) on the human psyche and body is actively studied by modern biologists, physicists and psychologists. All the colors of the rainbow surround us and it is important to understand their interpretation and effect. After all, using colors for purposeful purposes, you can improve your condition, create a comfortable atmosphere at home, and establish relationships with loved ones or colleagues at work. There are two important colors in nature, the value of their influence is also known. should be

\*White evokes thoughts of eternity, perfection, purification and freedom. Connected with the soul, he leaves for eternity, the world of light and peace. Encourages humility, acceptance and forgiveness. It forces you to reconsider your views on life, frees you from painful and unpleasant things, guilt and resentment. It has a positive effect on the central nervous system and helps to restore brain tissue related to consciousness. Helps reduce hunger, cleanse toxins, and lose weight. Plato said: "White color is that which expands the visual light." This means that if it is not enough, depression will appear, the pressure from the outside will seem stronger, there will be a lack of air like light, a feeling of inferiority and violation will appear. If there is too much of it (snow), we can lose our sense of being grounded and become detached from earthly life.

\*Black connects the spirit with the earthly, dead and material. Observing the deceased in black clothes shows that people do not think of him as an eternally bright Spirit, but think of their grief, the material loss of the shell in which the immortal soul lived. It has the power of the Yin element - silence and depth, stability and stability. This is true maternal wisdom. The color of life on earth. Fertility and mysticism, protection and pain - all this is in this color.

\*Red refers to warm colors and represents vitality, so on a mental level it has a stimulating effect on human activity. In addition, it has a beneficial effect on weakened criticality and lack of inner energy, which can manifest itself in the form of excessive anxiety, doubt and fear.

\*Orange color. This color is a mixture of red and yellow, combining their physical and mental principles accordingly. Orange color is an important source of energy for the perception of new ideas, and at the same time it motivates their implementation. Physical and spiritual harmony creates optimism for change, which is accompanied by a desire to overcome internal limitations and external limitations.

\*Yellow. Refers to warm colors and is associated with sunlight in our mind, creating a feeling of upliftment in us, stimulating the intellect and intuition. It awakens consciousness and allows us to know our inner depths, to better understand our own needs and those of others.



\*Green color is associated with the development process of organic life and is a necessary source of energy for this. It supports the processes of growth and change as an inevitable and necessary part of human life, makes a person more flexible and open.

\*Blue. This color belongs to the cold category and primarily has a calming effect on the nervous system, bringing you to a state of inner peace and detachment.

\*Black. Due to its red and blue colors, purple has the power of interaction of opposite and complementary properties. The ability to distinguish between the objective and the subjective more clearly appears, and the complete identification of oneself with this feeling can give rise to a magical feeling of inseparable unity with the world.

\*Pink is a diluted red by adding too much white. It is the color of tenderness, purity and unconditional love. The power of pink is believed

colors, a person is able to know the depth of subtle and real feelings. This color helps to relax and trust the situation, it introduces a person with a non-violent spirit over his choices.

### CONCLUSION

In short, when a person feels elegance and beauty, this feeling gradually affects his psyche and education. attracts. Therefore, if we choose the colors of our clothes, the interior color of our house, and even the color of the food we eat according to our mood, we can witness how much they affect the human body. In art therapy, the process itself, from choosing a brush and color to creating a unique masterpiece, is important. It is a holistic participation in the creative process opens up endless possibilities for encountering one's feelings, experiences, hopes, fears, doubts, as well as stereotypes and beliefs. Self-knowledge is the best way to prevent burnout and increase interest in life and people around you. In this sense, there is no limit to the value and effectiveness of the art therapy method.

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