

ARTSEDU 2012

A study on hopelessness levels of high school students according to their need they feel about receiving art education informally

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Abstract

Hopelessness can be defined as negative expectations for the future. In other words, it is the level of pessimism for future (Yenilmez, 2010: 307). One of the most important reasons for the failure at school (Yenilmez, 2010:1), hopelessness causes many mental health problems as well. In particular, it is among the main reasons of suicide, which has been shown as a public health issue throughout the history. In our country, suicide's being dense especially between the ages of 15-24 and 25-34 (Uçan, 2005: 19) led the different disciplines to perform some research on the subject. The fact that participation in artistic activities is effective for socialization of the person, dismissing stress, expressing himself gave birth to the idea that studying the effect of need of receiving art education informally on the level of hopelessness is important for future findings. This study was conducted to determine the status of receiving informally art education needs of high school students, to determine whether there is a significant relationship between the levels of hopelessness and needs of receiving art education informally, and to detect whether their levels of hopelessness contain significant differences according to the needs of receiving art education informally. This study, conducted through relational scanning method, was carried out with high school students in a medium-sized city in eastern Turkey. The study population is composed of 6883 students attending general high school in the academic year 2011-2012. The study group is composed of 115 girls and 65 boys a total of 182 students attending general high school in the academic year 2011-2012. In order to measure the students' need of receiving art education informally, "Need of Receiving Art Education Informally Scale", developed by the researcher Taskesen, was used and in order to measure the levels of hopelessness, "Beck Hopelessness Scale" developed by Beck, Lester, Trexter (1974) and adapted to Turkey by Seber (1991), Durak (1993). For the data analysis, to compare the scores of the dependent variable of the sample, one-way ANOVA was used, which is one of the parametric tests. Pearson correlation coefficient was used to determine the relationships between two variables. At the end of the ANOVA test, there was no significant difference in high school students' level of hopelessness and also despite the negative correlation between the scores of receiving art education informally and level of hopelessness, there was significant association.

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Keywords: *Art Education, Informal Education, Hopelessness, Suicide, High School Students*

1. Introduction

Although age limits of adolescence are determined very clearly, beginning at age 12, as the transition period from puberty to adulthood, it continues till the age 20 physical development is completed (Uysal, 2003: 30). According to DSO, group of age 10-19 is described as 'adolescence period'. All processes and cases of adolescence period follows the same line as well as it can show big differences. Considering the feature of period, mental and physical changes are known to affect significantly the relationships of adolescents with mother-father, same-sex and opposite-sex. Fast change occurring in the skeleton system, fast height growth, the change occurring in several parts of body cause that the adolescent carries on body coordination, one of the important problems the adolescent need to cope with is adapting to this fast change of body (Senemoğlu, 2005: 27). According to Cuhadaroglu (2000), children who have

difficulty with carrying on this balance tend to violence more considering their adolescence psycho-social characteristics.

In social life desires of children in adolescence period and the situation of their environment's answering these desires are seen as a factor in tendency of the children to violence. Besides the period of transition to adolescence is quite difficult, habits of childhood stop and individuals develop new expectations. Adolescents can be in attitude of violence to themselves and environment when their expectations aren't satisfied (United Nations Children's Fund (UNICEF) and Board of Health, 2005). Self-traumatize described as individuals' engaging in violence to themselves and cases of suicides are most common death reasons in the adolescence period. The most common ages of suicides in the world and our country are the ages between 15 and 19. According the data of TUIK, 2933 people died only in 2010 because of suicides. In lots of studies done on the reasons of suicides, it is stated that hopelessness is one of the basic reasons of suicides (Dilbaz and Seber 1993, Tumkaya, 2005, Oguzturk and Frie. 2011). According to Kashani and Frie. (1989), children's hopelessness point's being high increases not only suicide or depression but also all kinds of physiopathology risk. According to From (1995), to hope is being ready for the thing not just born, but not despairing in case of birth's not occurring in our life process and neither passive waiting nor the impossible conditions' being forced in an unrealistic way. Kierkegaard defines existence as "to dare being oneself" and defines not occurring or being ignored of courage as "hopelessness". According to Kierkegaard, the most important one of "forms of hopelessness' embodiment" is the hopelessness that the absence of belief creates. The existence seeing the death as an end convicts to despair, because the essence of existence is the belief of life's being nothing. Hopelessness occurring as the lack of last hope is the synonym of "To die of death" of Kierkegaard. The philosopher, arguing that the existence can rise to the field of "Existence" with belief, claims that the real hopelessness is "to self-despair" sum of all mentioned. In our time, it is supposed that to despair from something is the real hopelessness, the real hopelessness is human's self-despairing and the probability of ending with death is quite high. Ozmen and his friends (2008) found in their studies entitled "The hopelessness and factors affecting level of the hopelessness in students" that first class students are generally hopeful for the future, but the rate of one's hopeless isn't less and the children of the families, in lower level as social-economic and receiving less share from social welfare, are more hopeless. Because the tension, occurring with especially individual's feeling of being frustrated oneself in adolescence period, accompanies with difficulties of individual's expressing oneself, creating areas and conditions in which the individual can enlarge own expression opportunities is indicated as an effective way of overcoming the difficulties of expression. The fields such as art and sport are the fields which can be used for this aim. "In the process of speaking on love, hate or hope unfortunately, person often loses the link with the subject which is necessary for him to tell. Poetry, music and the other art forms are more appropriate means for depicting of human experiences; because they have a perfection which being completely appropriate to their own rules brings and free from obscurity and vague of battered coins accepted as adequate and proper symbols of person experiences" (Fromm, 1995: 26) For Marcel (Marcel from 2001. Koc, 2008: 173) 'ontological necessity' also expressed as 'need for existence' or 'need to exist' is a mood of a kind of 'thirst to existence', 'to be in need of existence' which can be seen in different forms such as self-realizing by creating scientific, philosophical, artistic products after being displeased with present conditions, and getting a spiritual experience or a tendency to exceed the abstract objectivity world. As Marcel indicated, there are studies on that art or art education help the adolescents to express themselves as physical, mental and psycho logic and so this gives them an opportunity to get over the tension of adolescence period easily. For instance; Freud, S(2007: 107) while ordering characteristic features of fancy, he says that happy people cannot dream only the people who weren't satisfied can dream and he separate the dream into two parts as night-dreams when disguised fulfillments of repressed wishes are revealed and day-dreams when more pleasant wishes emerge. After this separation, by drawing a parallel between the works of artists (the ones who create the topics freely) and their day-dreams and he claims that artists can reach their wishes with creating woks. According to Malchiodi (2007:133) because expressing the emotions with words is difficult, lots of people claim that they repress the things causing depression, confusion, anxiety, hopelessness or disappointment and performing art is helpful for the conditions of the expressions of complicated feelings especially necessary to be expressed and hard to be resisted. With reference to the idea that art plays an important role in process of

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