

School of Art
Mdes / BA(hons) 3D Design and Craft
Level 6 – Research Framework Document
NAME: Jessica Arthur DATE: 05/05/2019

Summary Sentence or Research Question:

Positive psychology through Design: Seeking a solution to the Anxiety and Stress Epidemic

Summary Statement:

In the world we live in it seems that stress and anxiety are a common side-effect of our media-infiltrated environment, it is even believed that 85% of UK adults experience stress regularly. Feeling stress on such a regular basis is amongst the symptom associated with Anxiety, of which 8.2 million cases were diagnosed in 2013. I found these statistics fascinating and began to wonder why I had never come across any significant efforts (in the design world) to dissipate such feelings in our society.

In this project I have explored how various practices but most importantly how meditation is able to reduce the symptoms of generalized anxiety disorder (GAD) through targeting the senses to free the mind of distressing thoughts. In doing so I have been able to compile an insightful collection of research, particularly from weekly support groups I've attended at the BYC, to design a collection of thoughtful and visually symbolic objects which support the practice.

Key Words:

- Meditation
- Stress Relief
- Anxiety
- Calming
- Wood
- Psychology
- Minimalist
- Buddhism
- Sustainable
- Eco-friendly
- Enso

Research Methods:

Visiting local galleries and sites,

Conducting interviews

Partaking in Volunteering, Visual imagery, Personal Reflections, public record statistics

Medium for Research:

Books, Articles, Magazines, Recordings, Photos, Videos, Material, design-
software, model making,

Material and Technical Investigation:

I have spent some time gaining knowledge on software such as Rhino, enabling me to create detailed conceptual design in the Tech-Hub. I was able to mold make from the 3D print that I made from this render; a very technical process, which I am glad to have carried out from beginning to end, as it increased my confidence with the process of transferring a digital concept into a physical space.

I have also been able to hone my skills in wood enough to make well executed and beautifully finished objects. Finally incorporating textiles and metal work into my project will give me the chance to use these processes for the final time in a context which is meaningful to me.

Year Time Management

September-November 2018: Research/Sketchbook
Development/Dissertation

December-February 2019: Work Shop Material Experimentation/Digital
Practice

March 2019: Digital Object Creation & Wood Object Making

April 2019: Refine wood objects with simple metal finished, planning
degree show and polishing.

May 2019: Filling in any sketchbook gaps with final images, Photography
session & Printing Graphic Design Posters

Identify potential professional contexts for your work:

Within a gallery either physically or photographed

3D Outcomes:

X3 Digital Display Boards, x1 3D Printed Object, x3 Polymer Objects, x11 Final
Object; x6 lathed spheres, x3 lathed planters, x3 cushions, x2 Full Sketchbook

Presentation & Display:

Minimalist, Natural, Neutral palette, digital drawing posters and high-res
photographs of work displayed beside.

Specific placing will be decided once in the space.

Portfolio / Publication: NOT APPLICABLE FOR L5

Ethical considerations - If you answer YES to any of these questions then email Patrick IMMEDIATELY

Will you be asking anyone questions (interviews and or questionnaires)?

Yes- 'Art in mind' councilor Samantha Taylor

Will you ask people to test or physically evaluate your work for you?

Yes, I will be discussing my concepts with Samantha throughout

Do you intend to run a workshop that involves a group of people?

No- only observing groups, not running

Do you intend photographing, videoing or sound recording anyone?

Yes-Yes all faces will be blurred, and written consent has been given

Does your work involve children?

No

Brief outline of ethical considerations:

- Consent from interviewees
- Sustainable materials
- considerate design for those suffering with mental health

BA(hons) Dissertation Title / MDes Essay Titles: NOT APPLICABLE FOR L5

Project Title: Positive psychology through Design: Seeking a solution to the Anxiety and Stress Epidemic

Dissertation Title: How can Designers use human psychology to encourage sustainable development in Britain's consumption levels?