

UOB. 3D D&C. L6. RESEARCH PLANNER

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Intro

Introduce the outline topic, nature and basis of your research project(s) and / or the context or problem? Can you give it a title?

1. Introduction

This project, Mood Totems was inspired by the Hong Kong pro-democracy protest in 2019. The protest was first started because of establishment of the extradition law to China, which Hongkongers believe that the law will greatly harm the rule of law and freedom of Hong Kong. Almost one-fourth of the population of Hong Kong were participated in the march but the government were still being ignorative. The protest has continued. More and more hidden problem on human rights, freedom of press, freedom of speech, police brutality, corruption and much more problems were revealed by this political movement. This long-lasting social unrest, which is still continuing until May 2020, has impacted Hong Kong and the citizens in multiple aspects.

One of the philosophies in the protest is “be water”, a quote forms the famous martial artist Bruce Lee. It reminds protestors to have a flexible mindset and their actions. Let the believes flow to everywhere like water; stay together and resist like ice; flee from everything to none during danger like vapor. I think water is an encouraging symbol to Hongkongers. Also, I realized the effect on relaxation by the elements from nature, especially water. Therefore, I decided to use water as the theme of this project.

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What?

What are you trying to find out and learn through the research ?
What are the **research questions** you are asking? What new insights or understandings are you seeking?

2. What?

Secondary research will be done on psychological and biological aspects of emotional problems and their solutions. Studies and experiments done by reliable organisations will be investigated. This is also to identify the principle behind the practices. For example, to learn the cause for anxiety and the solutions for that. The secondary research aims to increase the project's feasibility and effectiveness. As this project has a specific aim and need, the solution and approach should follow the research result. In another words, the ideas should be generated and criticised according to the research.

Secondary research will also cover some existing products and projects related to the theme. Projects and artists with similarity to the Mood Totem project will be reviewed. For example, to investigate from products for meditation and art works related to water. The research on existing projects can be an inspiration for my own project. At the same time, I may criticize on these existing projects and improve them.

Primary research will be done to improve the function and interaction of the outcomes of the project. For example, to test with models and prototypes. Also, some existing products will be reviewed by me. The aim of this is mainly to earn the principle, mechanism and composite of an existing related product. Also, I may take the components from those products and use them in my devices.



Why?

What are the aims and objectives of the research?
What are you hoping it will achieve? Why is it relevant and worth finding out and who (if anyone) might benefit or what might change as a result?

3. Why?

The aim of all kind of research is to increase feasibility, effectiveness and function of the final outcomes. I am hoping to use the same or similar principle from existing and successful products or project targeting to ease emotional problems. The target of project Mood Totems are people who suffer from slight emotional problems and does not need medical aids. I aim to create products to ease their problems with a product-based solution. By adding these elements and generating ideas based on the principles, my project will have a greater chance of success in terms of its effectiveness on achieving stress reduction and relaxation.



How?

What methods will you use to help answer your research questions? How are you approaching undertaking the research? What tools and / or equipment will you need?

4. How?

Academic sources will be summarised into a literature review. In the literature review, ideas will be elaborated alongside the summary of references. This review will be shown in the edited publication of the project.

For visual records, I will use a camera to document any visual results and they will be analysed. While generating ideas, I may use hand sketches and computer aid design software such as Solidworks and Keyshot. Screenshots will be saved any CAD progress and development. I will also use digital renderings, which are mostly done with Keyshot, to help presenting and modifying the ideas.



Who?

What references relate to your subject / topic, who else is working in this area what is the precedent of work in the field? (State of the Art)

5. Who?

6.

Academic research:

Aydin, N. and Searchfield, G., (2019). Changes in tinnitus and physiological biomarkers of stress in response to short-term broadband noise and sounds of nature. *Complementary Therapies in Medicine*, 46, pp.62-68.

Albertini, C., (2001). Contribution of art therapy in the treatment of agoraphobia with panic disorder. *American Journal of Art Therapy*, Vol.40, pp.137-146

Annerstedt, M. et al., (2013). Inducing physiological stress recovery with sounds of nature in a virtual reality forest — Results from a pilot study. *Physiology & Behavior*, 118, pp.240-250.

Alvarsson, J., Wiens, S. and Nilsson, M., (2010). Stress Recovery during Exposure to Nature Sound and Environmental Noise. *International Journal of Environmental Research and Public Health*, 7(3), pp.1036-1046.

Asmundson, G. and Katz, J., (2009). Understanding the co - occurrence of anxiety disorders and chronic pain: state - of - the - art. *Depression and Anxiety*, 26(10), pp.888-901.

Beans, C., (2019). Science and Culture: Searching for the science behind art therapy. *Proceedings of the National Academy of Sciences*, 116(3), pp.707-710.

Artists:

Ai Weiwei

Ai Weiwei creates artworks to express his political opinion or spread messages through art works. For example, the sunflower seeds installation interrupts the censorship in China and his believe in overriding the Chinese Communist Party by the people's solidarity. He also aims to raise awareness of an issue or an event with his works. For example, he created the map of China with milk tins to call attention for the toxic milk formula indecent happened in 2008. Ai used symbolism in the form and material of his work. The symbols he added in the works build up the content and tell the story behind the pieces.

Random International

Rain Room is an installation created by Random International. Rain Room is a project aims to create a different experience of raining indoor with digital technology. Sensors controlling the water fall allows the viewer walking in the rain without getting wet. Random international does not only to challenge themselves to entertain the viewers with technology, but also to provoke reflection on people's relationship with the environment.



When?

When will you do the work, what are the planned stages and milestones?

7. When?

The project was generally developed base on the following flow.

2nd research -> sketch model -> technical research -> CAD -> prototyping -> CAD modification -> production

2nd research: going on through the year

Sketch model: Sept 2019 – early Nov 2019

Technical research: Sept – Jan 2020

CAD: Nov 2019 – Mar 2020

Prototyping: Nov 2019 – Mar 2020

CAD modification: Nov 2019 – Mar 2020

Production: Feb 2020 - Mar2020 (progress frozen because of corona virus)



If?

If you undertake this research what are the ethical implications - are you studying or involving people in your research?

8. If?

May involve people when collecting feedback. Collective private personal information is not a must. Permission of collecting information will be contained if there is any need.



Risk?

What are the health and safety risks and considerations related to your work and how will you mitigate against them?

9. Risk?

None.

Dissertation title:

The role of Art and Craft in therapy – Mindful art and craft