

Research on the Effects of the Artistic Conception of Chinese Classical Poetry on Adolescent Depression

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Abstract: Depression is gradually becoming a serious public mental health problem, and the proportion of adolescent patients is also increasing year by year, which will bring negative impact on patients, families and society. In the treatment of depression, non-drug treatment is becoming a more humanized humanistic treatment. Chinese classical poetry is a unique art form in China, which is rooted in the genes of Chinese people for thousands of years. The crux of depression in non-physiological structure is different from cultural background. The Chinese nation's own poetry culture can be used as a bridge to open up the inner complex of patients and become an artistic healing method with Chinese characteristics.

The continuous changes in history and the environment in which humans live have led to various new diseases, including mental illnesses such as depression, which has been increasingly prevalent in recent years, particularly among the younger generation[1]. In 2008, the World Health Organization ranked depression as the third largest disease in the global burden of disease, and it is expected to rise to the first place by 2030[2]. Depression can be caused by multiple factors, including family, emotional, social, and interpersonal issues. It leads individuals to isolate themselves in a world of self-closure, experiencing persistent sadness and negativity that dominates their lives. They are unable to perceive, understand, and connect with the people and things around them in a normal social context, resulting in a significant decline in their quality of life. In recent years, the rapid economic and social development has gradually decreased the space and time for individuals to have a sense of self. Coupled with negative influences from the capitalist system, people are gradually distancing themselves from their inner selves, leading to feelings of confusion, fear, and despair[3,4,5]. This has imposed numerous burdens on the minds of young people. Ideally, the youth should be full of vitality and motivation, but if we look closely, their inner worlds are already full of wounds. Inner healing for individuals with depression is urgently needed.

Although the wheels of history keep turning and the times change, there are certain genes that remain eternal, such as the cultural genes deeply rooted in Chinese people, especially classical poetry. They have been lying dormant in the sequences of base pairs, waiting to be awakened. The imagery of classical poetry has a healing effect on the soul. Once these genes are awakened, they can effectively heal the inner world of those suffering from depression. The following is an

introduction to the application of the imagery of classical poetry in healing depression.

1. Chinese classical poetry provides a unique psychological healing method for patients with depression

1.1 The strong immersive function of Chinese classical poetry

Chinese classical poetry vividly portrays scenes of life, natural landscapes, characters' psychology, emotional changes, etc. Readers can feel as if they are personally present, as if they can see a beautiful painting or a picturesque landscape.

The poetry has a strong sense of rhythm and is rich in musical beauty. Chinese classical poetry is a form of literary art that requires concise, condensed, and lively language with a sense of rhythm. The words in the poems often have a rhythmic flow, creating a musical beauty when read aloud.

Chinese classical poetry is rich in symbolic meaning. It often uses images and objects to express certain thoughts or emotions, allowing readers to experience the emotions and thoughts of the poets. For example, in the poem "A Thousand Miles of Yellow Clouds and White Sunsets, the North Wind Blows Wild Geese and Snowflakes Fall" (from "Mountain Trek"), the poet describes the scene of the setting sun shining obliquely and the howling north wind, expressing a sense of wonder. In the poem "The Green Mountains Cannot Cover, After All, the Eastward Flow" (from "Thoughts on the Fairy Jiao"), it depicts the grand river flowing eastward, expressing a sentiment about history. In the poem "Alone on the High Tower, Gazing at the Endless Road" (from "Hunting in Mishi"), it expresses the poet's longing for a promising future.

The beauty of sound and the smoothness of delivery. Most Chinese classical poems employ rhyming phrases and the use of metrical regulations such as tonal patterns to enhance the musicality and rhythmic sense of language, allowing readers to experience the elegance of language and the harmony of rhythm during recitation and chanting.

In summary, the immersive atmosphere of Chinese classical poetry is attributed to its use of vivid imagery, metaphors, and symbolism, among other artistic techniques, enabling readers to appreciate the beauty of language and the harmony of rhythm in their reading and chanting experiences.

1.2 The Sense of Identification Brought by the Artistic Conception of Chinese Classical Poetry

The artistic conception of Chinese classical poetry is unique, possessing a profound cultural depth and emotional power, often resonating with readers and prompting reflection, which is one of the reasons for the sense of identification among readers.

Firstly, Chinese classical poems paint wonderful pictures that express the authors' deep understanding and insights into nature, life, love, etc., allowing readers to feel the cultural connotations and emotional power behind the poetry. For example, the poet Li Bai's "Be happy in your life, don't let the golden cup face the moon in vain" expresses his attitude towards life and pursuit of freedom, while Du Fu's "The nation may fall, yet rivers and mountains remain; in the city in spring, grass and trees are thick" reflects his concern for the fate of the country and sympathy for the suffering of the people.

Secondly, the artistic conception of Chinese classical poetry is profound, not only showcasing people's lives and emotions but also expressing the poets' reflections and insights on society, life, nature, etc. For instance, Li Shangyin, in "Untitled," shares his understanding and feelings towards love, friendship, and familial affection, while Du Fu, through poems like "Spring View" and "Ascending Height," expresses his love and care for the country, nation, and people.

Lastly, the artistic conception of Chinese classical poetry emphasizes the enjoyment of beauty

and spiritual satisfaction, allowing readers to feel the integration of beauty and emotion during reading, thereby generating a sense of identification. For example, Su Shi wrote in "Calm Wind and Waves": "Looking back at the hardships I've faced, there's neither wind nor rain, nor sunshine," expressing his open-mindedness and optimism in the face of difficulties and setbacks.

1.3 The Role of the Artistic Conception of Chinese Classical Poetry for Patients with Depression - The Space for Imagination

The reason why the artistic conception of Chinese classical poetry can evoke infinite space for imagination in its readers is because it depicts a special way of life, profound thoughts, and beautiful emotional experiences. Through portraying natural scenery, social realities, and human emotions, the poetry conveys the authors' thoughts and feelings, enabling readers to visualize specific images in their minds, thus triggering emotional resonance and imagination.

Furthermore, Chinese classical poetry often employs artistic techniques to create unique atmospheres and moods, allowing readers to imagine and transform within them, thereby achieving educational, aesthetic, and entertainment purposes. Therefore, the artistic conception of Chinese classical poetry can evoke an infinite space for imagination in its readers because it can stimulate their emotions, immersing them in a tranquil, serene, and poetic atmosphere.

2. Healing Strategies for Depression Patients through the Artistic Conception of Chinese Classical Poetry

2.1 Building a Consulting Relationship between Young Depression Patients and Art Therapists

Young depression patients are particularly sensitive, so establishing a good consulting relationship is beneficial for psychological healing. Before testing, it is crucial to communicate thoroughly with the patients, listen patiently to their inner voices, understand their concerns, and develop empathy to bridge the gap between them. A harmonious relationship between young depression patients and art therapists can make patients feel respected, thus lowering their guard and opening up, which aids in the smooth progression of art activities. A poorly managed consulting relationship can increase patients' defenses and even lead to resistance.

2.2 Art Therapist's Selection of Chinese Classical Poetry Themes

There are many types of artistic conceptions in Chinese classical poetry. Selecting different types based on the patient's psychological state and past experiences, and tailoring them to the patient's actual situation, can provide suitable artistic conceptions. The themes of Chinese classical poetry include love poems, borderland poems, landscape poems, hermit poems, patriotic poems, parting poems, war poems, and others such as nostalgia poems, farewell poems, scenic poems, and friendship poems.

2.3 Art Therapists Outlining the Artistic Conception to Patients

Based on the selected theme, the art therapist chooses a specific poem and describes its artistic conception in plain language, adding personal associations to sketch a peaceful and carefree life scene that modern people yearn for. By wandering in the boundless time and walking in picturesque scenery, one can become everything in it, imagining how one's role lives and views the surroundings. In an instant, the locks on the heart may be unlocked.

2.4 Art Therapists Exploring the Inner Conflicts of Young Depression Patients

In the scenes and stories of the artistic conception, patients choose roles or extend the plot themselves. Once they find emotional resonance, they will engage without reservation, immersing themselves according to the changes in the artistic conception, finding an outlet for their emotions, unlocking their inner world, and combining the artistic conception with reality. This realization leads to self-healing. Further communication with patients can unlock their mental shackles. Music can also serve as a necessary aid, helping patients immerse in the poetic conception more quickly.

The reason Chinese classical poetry's artistic conception can heal depression lies mainly in providing deep emotional support, helping to relax the mind, relieve anxiety and stress, thus alleviating pain and psychological burden. In such an environment, one's emotional and psychological state becomes calmer and more peaceful, aiding in the treatment of depression. Moreover, by depicting natural scenery and conveying historical and cultural messages, Chinese classical poetry helps people better express emotions and relax, thereby reducing pain and psychological burden. This healing method is common in Chinese traditional culture and is widely used in treating depression.

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