

**ART VERSUS ADVENTURE: A PSYCHOLOGICAL STUDY**

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## **INTRODUCTION**

Do you ever get engrossed in any kind of work where you just didn't realise how fast time passed by? Or any sort of moment where you're performing an activity which completely consumes your mind? Each individual has their own interests and activities which knowingly or unknowingly build up their perception and personality. Performing activities of interests are a way of channelling one's inner spirit to the world. It is a form of communication with the physical world and its varying population. Individuals vent out their artistic or human love for many of the varied fields of interests by interacting with the world as a child and then as they grow up. During their schooldays, school organised events such as sports meet, art competitions, essay writing, extempore, etc. played a role in determining a student's preference. Those athletic enough were more interested to join any sport while a certain population of students shy away from it. On the other hand, there are the population of students who would show interest in different forms of fine art such as, painting, sketching, sculpturing, etc. Thus, difference in interests were born and this shaped one's social life and in turn, the way they interact with society.

Humans have a constant search for all things beautiful. Beauty is a subjective term and therefore, everyone defines it in their own way. The quest for beauty drives us to perform what our physical and mental state of being is capable of. A reader finds aesthetic intellect and pleasure in reading books while artists find aesthetic beauty in their work. Whereas, a sportsman might find beauty in the moments of the many races he has competed in his life while a beautiful view from the summit of a mountain can be rewarding for a mountaineer.

The paper aims to explore the psychological impact from performing any topic of interest that is broadly classified into two fields, namely- art and adventure. Under the category of art comes activities such as fine arts (drawing, sketching, painting, doodling), reading and writing (novels, stories, drama, poetry), etc. Recreational activities make up the adventure category which includes land and water-based activities such as swimming, cycling, traveling, running, hiking, camping, rafting, etc.

## **OBJECTIVES**

- 1. To understand an individual's personality based on their interest and the psychology behind it: PERSONALITY AND PSYCHOLOGY**
- 2. To study how art and adventure is perceived by young adults in interacting with the physical world: VARIOUS PERCEPTIONS OF ART AND ADVENTURE IN YOUNG ADULTS**
- 3. To study how an individual's physical and mental health is related with the psychology behind their interest: RELATIONSHIP BETWEEN PSYCHOLOGY AND PHYSICAL HEALTH VIA ONE'S PREFERENCE**
- 4. To study how one shapes their perception of the world through their interest: PERCEPTION OF THE WORLD VIA ONE'S LEISURE PREFERENCE**
- 5. To understand the outcomes and influences of the population's interest: PERSONAL GROWTH AND DEVELOPMENT**

## **SCOPE OF STUDY**

The paper will discuss the various impacts caused by the preferred interest(s) to individuals. It will cover spheres of psychology to explore the influences that shape a person's mental and perception of the workings of the world. It will also establish the link between psychology of the interest with one's

physical and mental state of being. The paper will explore the various aspects that shape a person's individuality and the factors that add to their personality development.

## **METHODOLOGY**

An objective based questionnaire was structured for the survey. It was divided into five parts and consisted a total of thirty-five (35) questions. The questionnaire was distributed and collected digitally from students whose ages range from 15 to 25 where majority of the participants (43.3%) are of the age of 20. Majority of the students are from humanities background currently doing their graduation. The data was developed using pie charts and bar graphs for each section for analysis.

### **1. PERSONALITY AND PSYCHOLOGY**

#### **What is personality?**

A human body varies in shape, size, height, feelings, choices, preferences, and dislikes. They can be shaped in various ways or left as they are. That is why even the human body varies. Our personalities differ as well. It is what distinguishes us and makes us stand out from the crowd. Personality psychology is a branch of psychology that studies how people differ from one another.

#### **Types of personality**

- **Openness (imaginative, untraditional)**- One of the Big Five personality factors is openness, which is also known as openness/intellect or open to experience. People who have a high level of openness are more willing to try new things, new ideas, and new experiences. They are open-minded, curious, and seek out novelty. They are drawn to new adventures, experiences, and creative endeavors. They are also very good at thinking about and connecting different concepts and ideas.
- **Conscientiousness (organised, hardworking, preserving, punctual, self-discipline)**- A conscientious person is able to exercise self-discipline and self-control in order to pursue and eventually achieve their goals. People who are conscientious are also organised, determined, and able to delay immediate gratification—all of which contribute to a more successful life. Conscientious people do not make rash or careless decisions. Instead, they have a more rational and dependent decision-making style.
- **Extraversion (optimistic, fun-loving, affectionate)**- Extroverted individuals seek out social stimulation and opportunities to interact with others. These people are frequently described as being full of life, energy, and positivity. Extroverts (extraverts) are more likely to speak up and assert themselves in group settings. Extroverts are frequently stereotyped as excessively talkative or attention-seeking. In reality, they simply gain energy by interacting with others. Extroverted people require social stimulation to feel energised. They gain inspiration and excitement from conversing and debating ideas with others.
- **Agreeableness (good natured, forgiving, gullible)**- Overall, agreeableness denotes a person's ability to prioritise the needs of others over their own. People who are agreeable, for example, naturally have empathy and enjoy serving and caring for others. People who are agreeable are also trusting and forgiving, preferring to collaborate rather than compete with others. Clearly, having a high agreeableness score can be beneficial in a variety of situations because it is a key trait in gaining and maintaining popularity. People who are agreeable are generally well-liked and enjoyable to be with. The majority of people regard them as good friends.
- **Neuroticism (insecure, feeling inadequate)**- The attribute of neuroticism is a good indicator of how emotionally stable a person is. It is sometimes characterized as a negative personality feature that includes unpleasant feelings, poor self-regulation (an inability to control urges), difficulty handling stress, a strong reaction to perceived dangers, and a propensity to complain. Those who are neurotic frequently have trouble calming down when agitated or anxious and are highly stimulated. Originally developed by Hans Eysenck and others, this idea has origins in Freudian thought.

### Personality determinant

People frequently assume that personality refers to a person's pleasant demeanour, smile, or view on life. However, psychologists see the idea as dynamic in nature and focused on a person's overall psychological system's growth and development. A person's personality can be characterized as their enduring psychological tendencies, which influence how they interact with others and respond to different situations. A person's personality is characterized as enduring traits that influence their thoughts, feelings, and actions. There are many different ways to view the construct of personality because personality is a complex phenomenon. It is the consistent psychological patterns within an individual that influence how they interact with others and the events they encounter, according to a popular and straightforward definition of personality.

“Personality is the dynamic organization within the individual of those psychophysical systems that determine his characteristics behavior and thought”

There are several factors that determine the formation or shaping of our personality. Among them the three major factors are:

**Hereditary:** The genetic material we inherited from our parents at the moment of conception substantially influences a person's personality traits. The traits that we believe to be inherited from our parents include things like colour, height, physical stature, facial attractiveness, gender, temperament, muscular composition, and inheritable diseases.

**Environment:** The culture in which people are raised in their lives, as well as the type of socialisation process, such as family child rearing practises, socioeconomic status of the family, the number of children in a family, birth order, education of the parents, peer pressure, religious practises, the type of schooling and recreational activities, pastime behaviour, etc., play a crucial role in determining our personalities.

**Situation:** A person's personality traits are also influenced by the type of unique situation they encounter. An individual's exposure to job interviews and the kinds of experiences they have at those times, for instance, will mould some aspects of their personalities. Similar to this, going on a picnic with friends and having different kinds of experiences—both good and bad—will influence how people behave.

So, to understand different point of views, some questions were framed which will help in learning and understanding the perception of the activities vividly.

This particular question was asked to record the emotions of the subjects. Whether it was positive or negative, what was evoking them got clear from this question. 46.9% of the subjects feel calm, 34.4% feel excited and 12.5% feel serious.

Among the common questions asked, 78.1% of the subjects are into reading and writing which is why many of them are calm and curious about "reading and writing" activity.

What do you feel most frequently while performing the activity?

32 responses

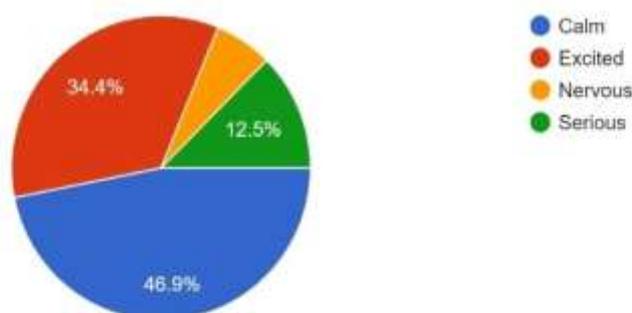


Fig.1

This question was asked to know how their interest was involved. Majority of the subjects (35.5%) admit that their socio-cultural surroundings is the reason, whereas 29% of them favor the role models and great personalities who inspired them. Rest of them are up with family and motivation shows.

What/Who influenced you to take interest in your selected activities?

31 responses



Fig. 2

Majority (53.1%) answered that their family and relatives support their interest and analyse it as a positive growth for their child. Whereas 34.4% say that their family and relatives term their interest as a waste of time while a few admit that their interests are alright as long as it doesn't hinder their studies and for 9.4% people, it's none. Which means either they don't have any interest or else they never observed what their family and relatives perceived their activities as.

How does your family/relatives perceive your interests?

32 responses

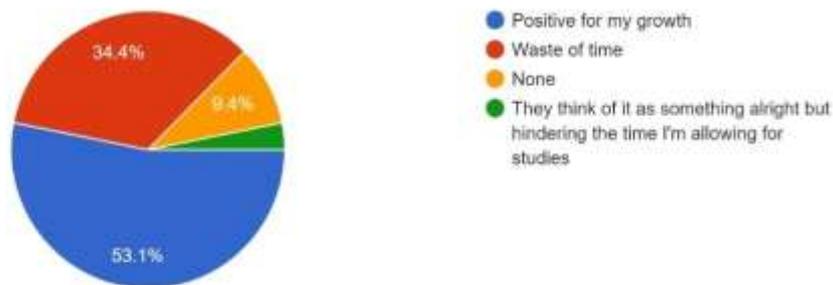


Fig. 3

Majority 75% of the people said that their interest helps them physically and mentally and 21.9% of the subjects gave their views that their interest helps them mentally. This genuinely shows that many of the subjects really experience positive out growth and live their interest to the fullest.

How does your interest help you-

32 responses

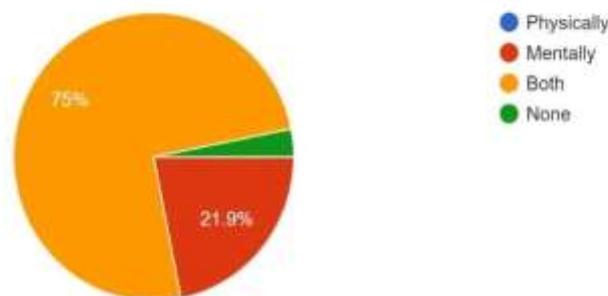


Fig. 4

71.9% say a BIG yes that their interest is an escape from reality. Escaping reality is done in our mind thru imagination and creating a life there, creating a strong force of desire to turn into our inner minds. If we see the common questions that were asked then 78% of people were into reading which means

their imaginative power is strong, concluding that Art is a way through which we can escape reality anytime we want, wherever we want. Apart from this 28% of people say that it's a NO for them.

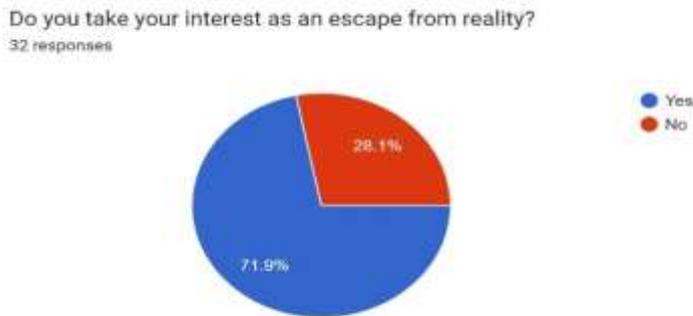


Fig. 5

This question shows a part of personality. In this case, the majority of the people go into their introverted personality to perform their interesting activity. This solves one more thing that most of the people prefer to be, one while performing the activities which helps them in Escaping from reality. On the contrary, 21 % say NO.

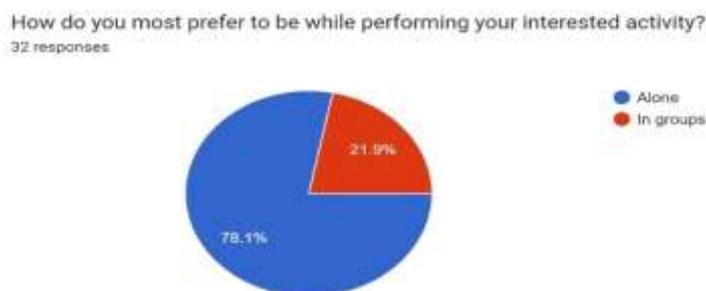


Fig. 6

Here the division is between extroverts, introverts and people who call themselves as ambivert means their personality depends on the situation in front of them. 31% says Yes, 47% says NO, and 22% says MAYBE. So, we can also conclude that there are few extroverts too who love to do their work alone and prefer to perform their interesting activities in solace to escape reality.

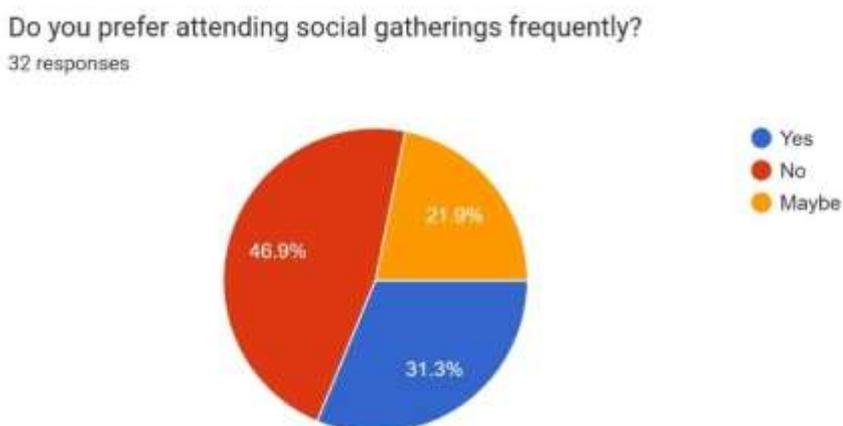


Fig.7

## 2. VARIOUS PERCEPTIONS OF ART AND ADVENTURE IN YOUNG ADULTS

These days the youngsters prefer and have different moods. Some love to travel across the globe while some love to stay at home and enjoy their own space while doing their respective work. Both these types of people follow their passion but in a different way. Along with the world, people's mindset and perception are also changing. These days youngsters are opting anything according to their will and wish. Undergoing the life in the open, the adolescents and those young at core emotion are taking the searches or their explorations to encounter themselves and set the bar high. Some people gratify

the need for self-expression through art or music. Individuals who love adventures can achieve that same necessity through their communications with the countryside. Like individuals who love visiting timberland are different in the woods. Playing outside strips away urban layer of pressure, status, list and brings our main, our heart closer to the surface. That spirit always seems to be a lovely and beautiful thing, an intellect of power, strength and strong point. Whereas art gives sense and helps an individual to know and appreciate the world. Looking at art is a demonstrative, self-governing involvement. Each individual looking at a work of art will view it through the lens of their and interpret different gist's based on what they see. Speaking about art, it allows us to pause and free of our lonely understandings and expose and discover new perceptions. As an individual we know the importance of originality and the delight of making something with our own hands, but we also know the influence of looking at the creations of others.

From the bar chart, it can be concluded that majority of the people (74.2%) responded that their interests uplift their mood. It encourages them to move forward. While others responded interest is only a source of entertainment for them and others responded interests as a distraction for them.

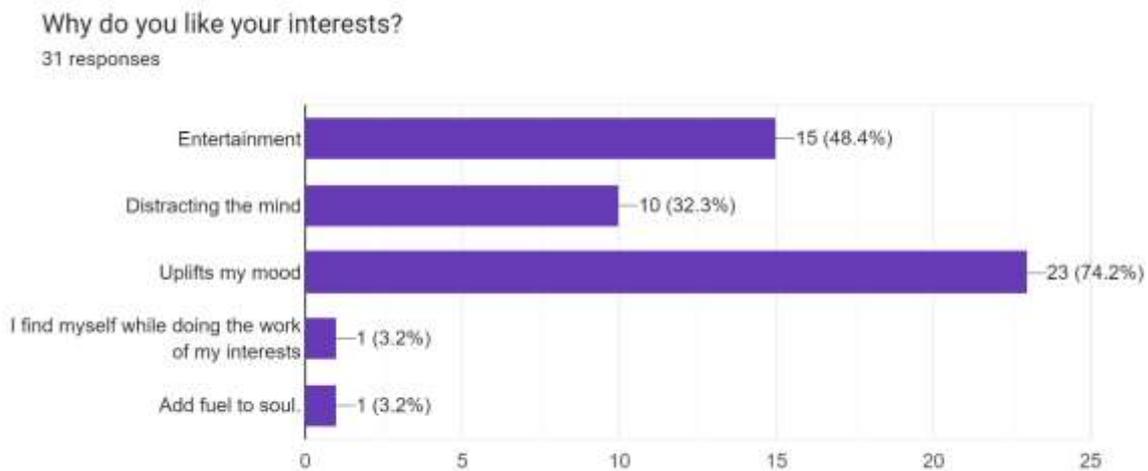


Fig. 8

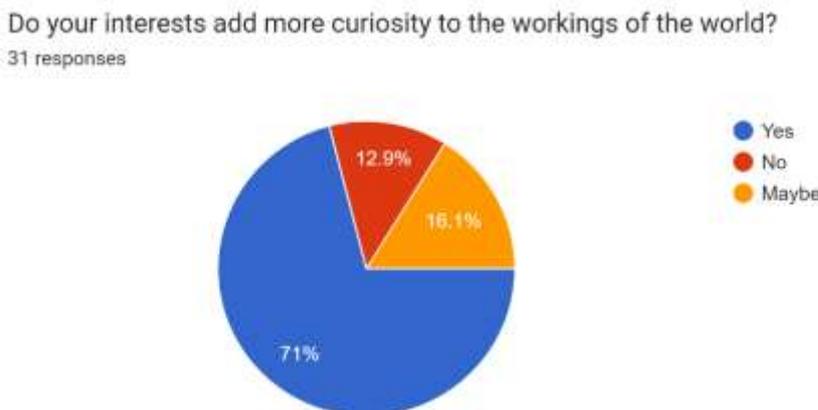


Fig. 9

It was then asked if their interests add more curiosity to the workings of the world socially, politically, etc., where it was found that 71% people agree upon it. It portrays how individuals also grow more curious as they venture upon new topics through their interests. This encourages learning and self awareness about the happenings around the world.

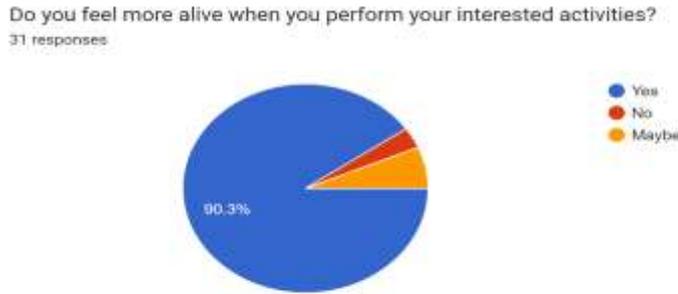


Fig. 10

Then we asked people if they feel excited or enthusiastic when they perform their interests or desired activities then the above pie chart shows that an impressive 90.3% people feel energetic when they perform their interests or desired activities.

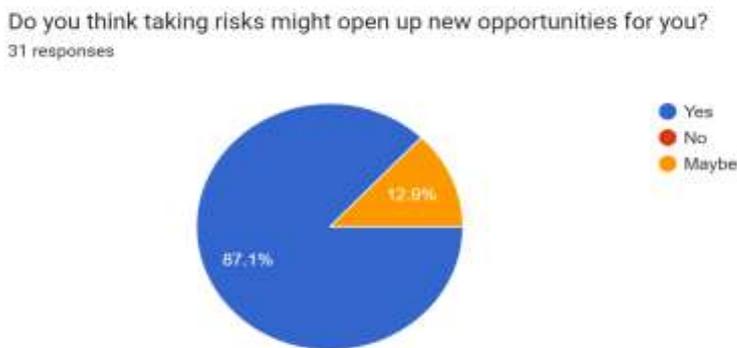


Fig. 11

Risk factors run in almost everyday situations. At one point of time, a person reaches the stage where a critical movement has to be made in order to complete a task. Taking risks is an apprehensive option for many. However, breaking one's comfort zone can lead to new discoveries about the self. Majority of the participants feel taking risks can open new ways and offer opportunities to them. It portrays how life is perceived by the participants in dire times of need. Taking risks is not perceived as a negative aspect but rather, as a way for growth in life. Often, one discovers something new that is within their capability range of performance which can transform or improve a person's standing for the better.

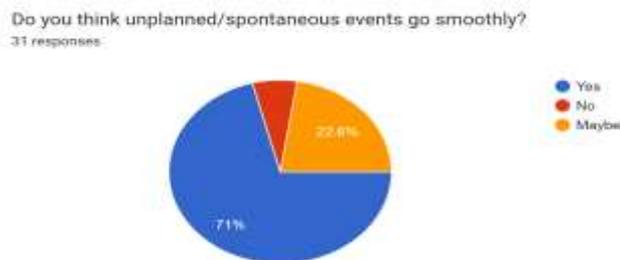


Fig. 12

While confronting challenges, majority of the participants are optimistic that unplanned events will go smoothly. It shows that those who enjoy taking risks will accept whatever the outcome will be.

### 3. RELATIONSHIP BETWEEN PSYCHOLOGY AND PHYSICAL HEALTH VIA ONE'S PREFERENCE

#### Health:

In the preamble of 1946 of world health organization health is defined as a state of complete physical mental and social well being rather than merely the absence of disease or infirmity. The organization

defines holistic health as ‘**viewing man in his totality within a wide ecological spectrum and emphasizing the view that ill health or disease is bought about by an imbalance or disequilibrium of man in his total ecological system and not only by the causative agent and pathogenic evolution**’

The relationship between physical health and psychology has a very long history. Many people don't find any connection between art and adventure but both of these two worlds go hand in hand both artist and athletics work hard for their work we learn many things from a person who choose art and also from a person who choose adventure such as discipline how to focus, confidence, how to deal with rejection etc.

If a person chose music as his hobby or he does it for a living, he spends months rehearsing lines and learn the numbers of music and a person who chose sports also spend months on rehearsing and training to get desirable results. In both the situations, it directly impacts the physical and mental health.

Throughout the world depression is seen as most common psychological disorder which directly impact mood of a person and also motivation and it also affect the immune system even some researchers said depression is may be because of weak immune system.

Anxiety depression and other psychological disorder can cause the feeling of tiredness and a person can have fatigue which can directly impact on physical health.

Art can possibly help people escape the intense feelings associated with illness. The imagination knows no limits when it comes to coming up with novel ways to express pain. Working with clay in particular can be a powerful approach to help people verbally articulate these feelings through tactile engagement at a somatic level. It can also encourage cathartic release and uncover unconscious contents and symbols that are inaccessible to verbal communication.

Women who participated in a qualitative study on cancer spoke of continuous challenges brought on by the disease, including future anxiety, pain, insomnia, role loss, activity restriction, diminished confidence, and altered social interactions. 63 These women benefited in 4 main ways from participating in various visual arts (textiles, card making, collage, clay, watercolour, acrylics). First, it relieved their ongoing preoccupation with cancer by helping them concentrate on happy life events. Second, by giving them chances to exhibit consistency, challenge, and accomplishment, it improved their sense of self-worth and identity. Thirdly, it allowed them to keep their social identities intact and prevent cancer from defining them. Finally, it gave them a symbolic way to express their emotions, which was very helpful throughout chemotherapy.

Studies have shown that patients who participate in visual and performing arts treatments leave the hospital earlier than those who do not, providing more evidence that the use of art and music shortens hospital stays.

### **Movement based creative expression**

Recognition of the advantages of motor activity for the mind and body has been matched by a growing interest in dance and movement.

Creative expression based on movement emphasis nonverbal, primarily physical, modes of expression as therapeutic or therapeutic instruments. Stress and anxiety can be reduced, as well as other health advantages, via the creative movement of the mind and body.

### **Expressive Writing**

According to studies, people who write about their own traumatic experiences demonstrate statistically significant improvements in a variety of physical health metrics, a decrease in doctor visits, and greater immune system functioning when compared to those in the control group. There are several ways that writing improves health and fitness.

Poetry, a different kind of expressive writing, has long been used in the healing arts. A number of authors have discussed how using poetry can give people a voice and access to knowledge they already possess but are unable to experience because they cannot find the words in everyday language.

However, there are also more harmful ways that poor mental health affects physical health. When someone is aware of their mental health condition, they may believe their current state of well-being is solely related to their mental health, even when they may actually be suffering from a physical

illness. A person may believe that their sadness is the reason they can't get out of bed, but in actuality, they may also have a thyroid disorder or an abnormal blood sugar level. Additionally, due to a shortage of healthcare professionals who are aware of their emotional requirements or a lack of access, people with mental health disorders are frequently less likely to receive medical care for physical illnesses.

The same way that physical health issues can result from mental health issues, mental health improvements can also have a positive impact on physical health.

You can maintain physical health while having a strong mental health. You probably won't be testing your blood sugar, eating properly, limiting your salt intake, or performing any other actions to keep an eye on your physical health if your depression is so bad that you can't even get yourself out of bed.

On the other hand, maintaining good physical health enhances mental wellness. It will always be beneficial to get enough sleep to maintain your mental wellness. Other beneficial habits include eating a balanced diet, exercising, drinking in moderation, and quitting smoking. All of these significantly enhance your physical health, which in turn enhances your mental health.

### ANALYSIS

From the responses to the questionnaire, it was discovered that majority of the respondents suffer from mental fatigue or exhaustion and it directly impacts their physical health. Whether one chooses outdoor activities/adventure or indoor activities like painting, sketching, writing, their physical and mental health is impacted and study shows that there is a direct relationship between psychology and physical health.

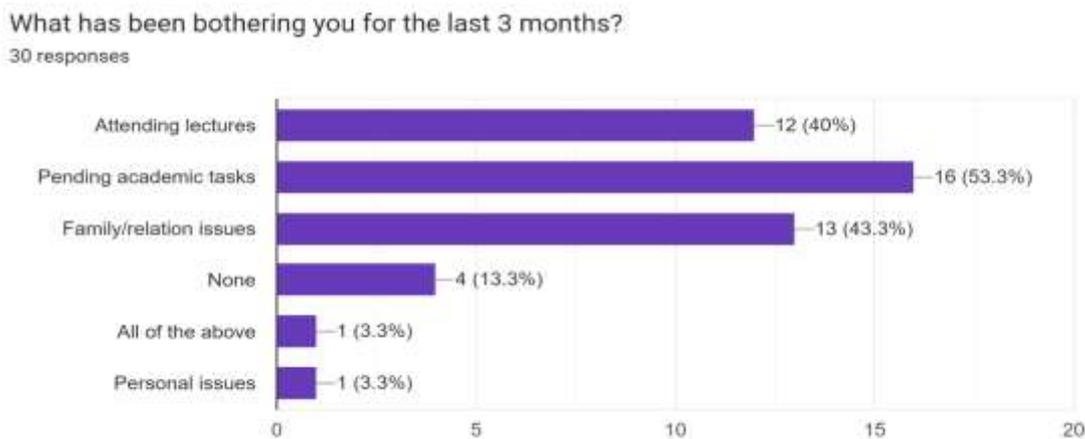


Fig. 13

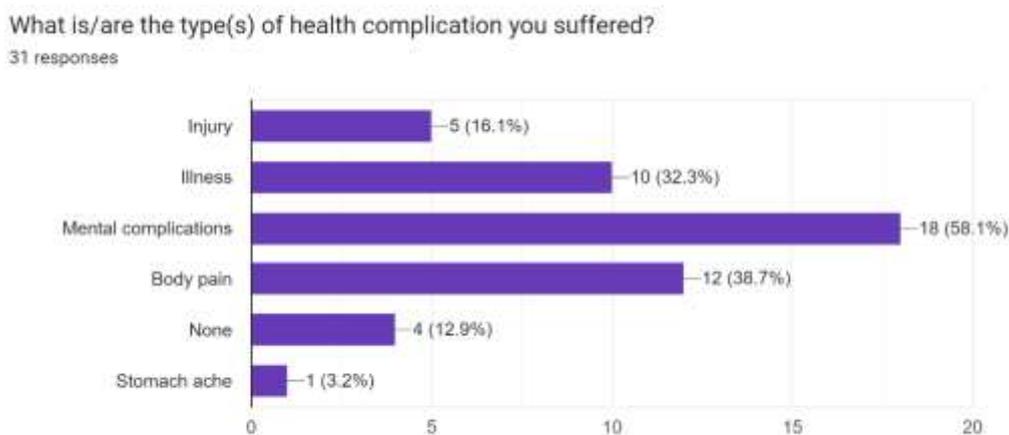


Fig. 14

To what extent have you experienced health complaints in the past 3 months?  
31 responses

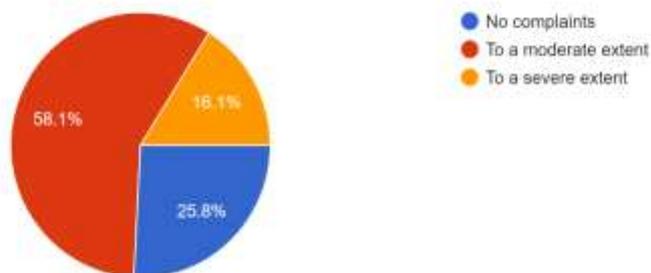


Fig. 15

How often have you experienced mental exhaustion in the past 3 months?  
31 responses

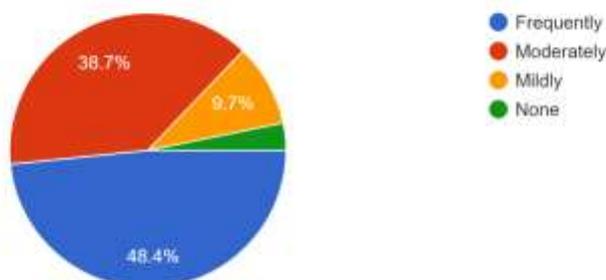


Fig. 16

It was asked what factors have been bothering their mental peace for the past three months (August-October) and majority of the participants answered academic involvement such as attending lectures/classes and piling academic work. This not only drains the body physically but mentally too. This in turn, can be seen from Fig. 14 that when the mental peace is disturbed, body pain arises and thus, becomes the two leading outcomes of overworking oneself. Majority of the respondents (58.1%) feel their pain to a moderate extent while 16.1% faced it to an extreme extent. Thus, it can be established that one's mental health can influence the physical health also. Therefore, one's psychology plays a vital role in the physical health condition.

#### 4. INDIVIDUAL'S PERCEPTION OF LIFE VIA THEIR LEISURE PREFERENCE

##### What is perception and why is it important?

Our perception is a type mental activity. Organizing, identifying, and interpreting sensory data in order to represent and comprehend the information being provided or the environment.

In addition to other factors, perception is shaped and impacted by our personality, upbringing, education, culture, and physical attributes. Your perspective and evaluation of a stimuli and/or outside events are defined by how you respond to them. Furthermore, perception is delicate and crucial because it is simple to influence.

We increase our awareness of our environment through perception. We make judgments about people and organisations through behaviour and perception. Our perceptions and beliefs are intertwined.

##### Why is it important to have a preferred pastime activity?

Maintaining balance in your life is beneficial. When you work nonstop, you run the risk of sacrificing your health, diet, and exercise routines. Your mental health takes a serious hit as a result.

Regularly retreating to one's interests can help people cope with the increasing pressure they experience at work.

Some activities are done alone, giving people "personal space" to concentrate intently on something aside from work or enabling them to unwind and recover from a stressful lifestyle and shape their perspective.

Art, performing, collecting antiques, and participating in sports teams are all activities that improve personal wellness, which an individual implement's in their everyday life.

An individual is more effective at work or other things concerning their everyday life if the person participates in a variety of hobbies outside of the restricted lifestyle.

### **Relationship between preference and perception.**

Our lifestyle choices greatly impact the way we look at the world. It not only shapes our personality as a person but it also shapes our perception of the world.

It merely seems logical that pastimes or other things that stretch our brains a little tend to enhance our cognitive abilities. Beyond only improving your personal health, pastime activities can also benefit your personality and perception.

Going after your passions when you're not working helps you improve personally. You are developing your imagination while studying new subjects and abilities.

For example, pastime activity or hobbies such as traveling during allows you to see various cultures and broadens your viewpoint, which might help you view particular problems in a fresh way. There's more, though. You may have much greater appeal if your pastime includes interacting with or cooperating with others.

Our preference for any leisure activity plays a very important role in shaping our perception, which in turn has the power to change the trajectory of our lives.

### **How does our preference shape our perception of the world?**

Any action we take or the choices we make has an effect on our life, whether for the better or for the worse; it shapes our character. Our personality, perception and what we choose as a leisure activity are linked. What we choose to do or activities that we prefer to indulge in plays a crucial role in how we perceive the world around us.

Different people prefer different things based on with what they can connect and to what they can relate to. People have different choices and based on those varied choices, their perception is shaped.

#### Perception of the world by preferring art:

One of the numerous activities we prefer to engage in outside of the work or the tiring everyday tasks and relationships is art. It can be seen that people's preference in art reflect their personal characteristics. Art has a unique way of shaping people's perception and character. If we take an example of an artist, he or she is someone who has a creative talent focused on pleasing appearances. They are very aware of what is attractive. There are a few universal traits that characterise a creative personality, however it can take many different shapes.

Someone who enjoys art is likely to be detail-oriented, which connects into their creative skills. As they strive to improve their range of skills, whatever that skill set may be, such people are frequently tempted to perfectness or excellence. All of this is related to the idea that all creative people are extremely conscious of their environment. They observe their surroundings critically and incorporate these findings into their artistic endeavours.

Most people who enjoy art tend to be more conscious of patterns, colours, and certain other aspects in their surroundings. They employ their senses to discover the world and have enhanced awareness. Their artistic expression benefits from this sense of interest about their environment and their astute analysis. It connects to the creative traits of an artist. They are interested in life's greater purpose and look for explanations in the reality surrounding them. They get intrigued by existence as well as its meaning as a result.

#### Perception of the world by preferring sports:

Apart from the physical benefits, sports enhance a person greatly. It fosters character development, as well as the teaching and development of analytical and strategic reasoning, leadership potential, objective, and contingency, to mention a few.

What we may term performing attitude characteristics are inherently developed through sport. These qualities include perseverance, endurance, and self-control. The cognitive, psychological, and behavioural characteristics that motivate accomplishment in an achievement task are known as "willing values" by researchers. Preferring sport as an activity, it shapes people's perception in a very different manner. For example, when we talk about Athletes, their perception is shaped in a way that they see the threats as challenges. Their body and mind act in coordination, and as a result, the athlete frequently develops greater grit and determination and performs to their highest level.

### Conclusion

There is a clear connection between personality types and personal artistic choices. The choices we make and the activities we prefer in our daily lives impact the way we perceive the world.

### 5. PERSONAL GROWTH AND DEVELOPMENT

It has been a speculation or rather, a perceived mindset that individuals who harbor artistic interests tend to be insightful, introspective and creative than those who do not. Originality and creativity play an important role in one's artistic productions. Here, one's personal growth encompasses their physical and mental growth with the progress of time. From the varying experiences one encounters during their span of life, the body and mind develop accordingly to react or adapt to certain situations occurring in the immediate surrounding. Interests play an important role in shaping one's personality and one can gather many skills along the journey. Skills such as digital literacy, communication, writing, socializing, etc. can be acquired sub consciously through the experiences and time spent on performing any preferred activity of interest.

This development of thoughts and skills contribute to a person's performance in any real life situation, from making everyday choices to even career selection. It also impacts the way one views challenges in life.

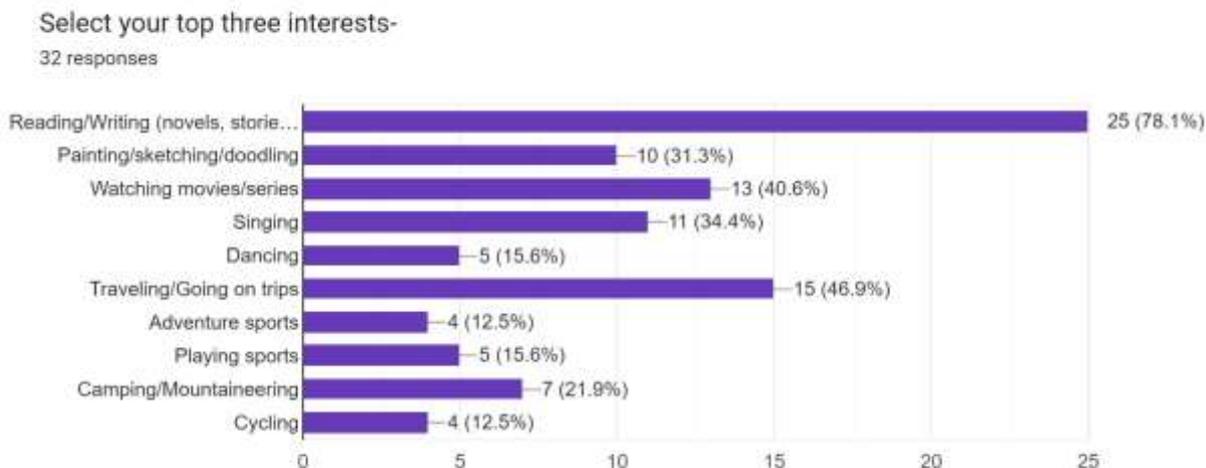


Fig. 17

From the survey, the category of Reading/Writing (novels, stories, poetry, etc.) is the most selected interest out of the given ten options with a leading percentage of 78.1% (Fig. 17). Reading books is the most recommended technique of vocabulary building. It not only enhances the reader's knowledge but also helps build command over a language. A reader with a vast library of read books would acquire more imaginative and reasoning powers. It becomes easier for the ideas to be conveyed from the mind to any other party. Having a wide range of vocabulary helps in engaging an efficient conversation and delivering the desired idea. Under the survey, twenty participants agreed that their interest has boosted their confidence and thereby influenced their communication and speaking style. Emotions can be sorted out easily and relate it with similar experiences thus making one express their feelings in a more direct manner.

Select the following which you feel has been influenced by your interests over the selected period of time-  
30 responses

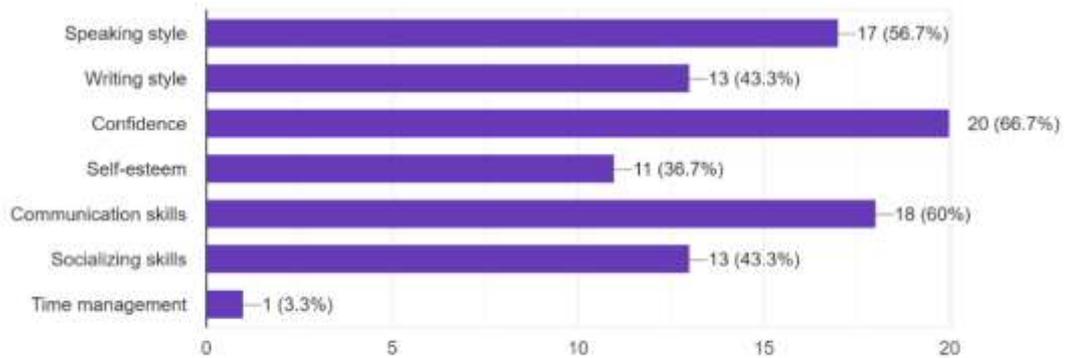


Fig. 18

Majority of the participants have been practicing their interest(s) for years. This creates a pattern for growth and improvement in one’s life. The more time a person spends on their interest, the more skills one will garner. This can even become an aspect that can help in choosing their professional career. Our human interests and experiences teach along the way our strengths and weaknesses. It becomes easy to identify the spheres where one’s strength lies. It was asked in the survey if the participants would pursue their interest as a career in the future and majority of the participants agreed with a combined percentage of 81.2% (Yes and Maybe).

Would you pursue your interest professionally as a career if you could in the future?  
32 responses

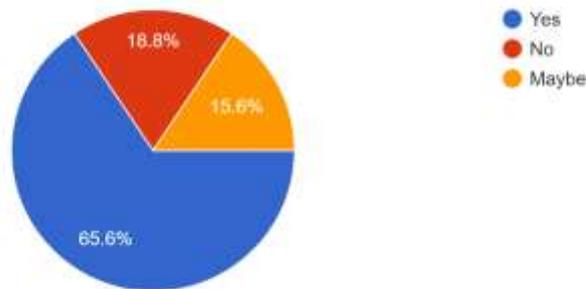


Fig. 19

Are you afraid of failure?  
32 responses

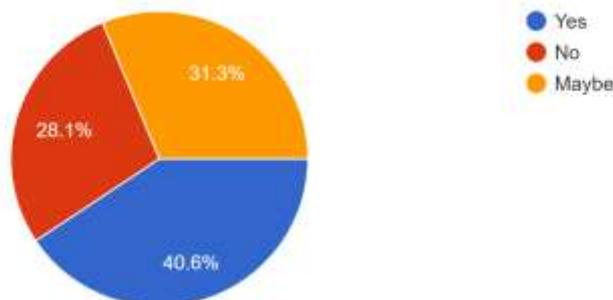


Fig. 20

People with artistic insights tend to have a more pessimistic view of life. Russian writer Fyodor Dostoevsky (1821-1881) in his famous novel, *Crime and Punishment* (1866) stated-

“Pain and suffering are always inevitable for a large intelligence and a deep heart. The really great men must, I think, have great sadness on earth.”

These individuals tend to become more of a perfectionist towards any of the work they do. The result of the outcome matters to the work they accomplished. Here, from the survey, a combined majority of 71.9% of the participants (Yes and Maybe) are inclined towards fear of failure. Any sort of discomfort in their working process or journey will affect their self-satisfaction. Fear of failure might project to one’s inability to perform at their best, thus giving results which, they least wanted. Hence, this leads to the individual not seeing their long-term achievements as anything worthwhile to feel satisfied about. Nonetheless, more than half of the participants agreed they are satisfied with their present self with a combined percentage of 59.4% (Yes and Maybe).

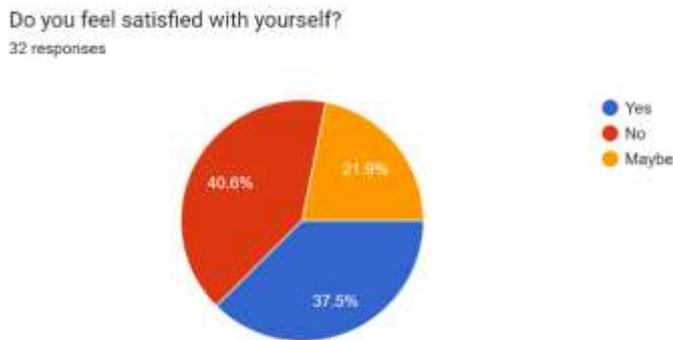


Fig. 21

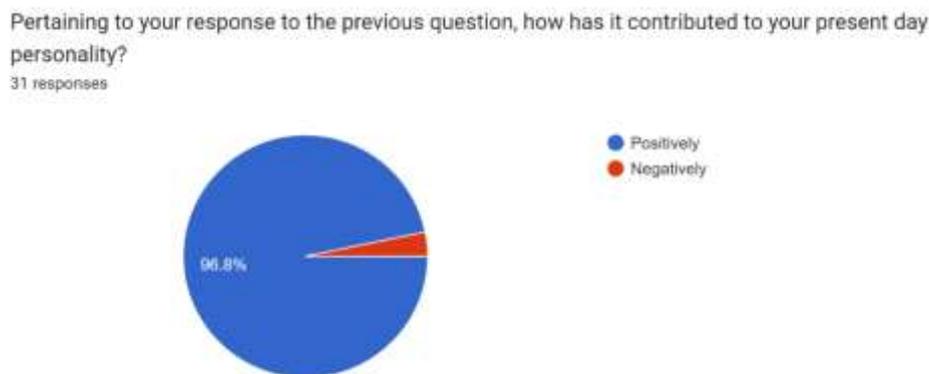


Fig. 22

Overall, the interests one chose affected them on a positive note. 96.8% of the participants showed that their interests contributed in shaping their current personality which includes the earlier mentioned skills and influences. Thus, individuals who are artistically inclined tend to be satisfied with their creative interests and process. The outcome can vary for everyone but the process aids them positively in handling life situations and challenges.

## CONCLUSION

From the analysis discussed in the chapters earlier, it can be derived that individuals strive to accomplish mental peace which can be found in their interests of choice. It builds self- satisfaction and happiness which will aid in achieving goals in life.

### CONCEPT OF “YOU”

What makes me? How will I define ME in terms of Art and Adventure? Truthfully speaking, I find adventure in everything I do, even in small tasks like watering the plants. And Art is my passion. Reading, singing, writing- my interest lies in here. You must be wondering, how am I able to find adventure in things which are so minimal. The key to feel every adventure is through the eyes. It is

said, “beauty lies in the eye of the beholder”. I will modify it as, “adventure lies in the eyes of the soul”. My eyes are the source of my observation and observation is the main ingredient of any big or small adventure. Whether you are trekking or travelling, whether you are enjoying a scenic view in Lahaul, Manali, whether you are just sitting by the window in a rainy evening or whether you are just reading a new fiction novel. Your observation is what makes you feel alive. You observe, you feel, and you define yourself. In layman’s terms, adventure is in the moment, and living the moment is adventure. Adventure is in art and art is in adventure as well. This is what I feel and this is what I will forever stay true to. My personality, my determination is made up of my own actions of finding joy in everything I see, I do. ( *by Neha Kumari Jena 12010548*)

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