

The Impact of Art on Improving Self-Confidence, Self-Awareness, Self Esteem and Self-Identity Among Inmat

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ABSTRACT:

This paper is intended to add to our understanding of how art can improve self-confidence, self-awareness, self-esteem, and self-identity among inmates and speaks of the power of art in rehabilitation and the restoration of human dignity. Art education can cause inner experiences and feelings that can sometimes be expressed chaotically; in the art process, they show themselves more regularly. Art materials provide us with tangible objects that reflect the conscious and unconscious aspects of the individual. Art has the effect of softening the morals, training skills, and leisure for criminals and employment among them. Art can be a way to complete the process of reintegration into society. This study examines whether art can teach prisoners how to value themselves and prevent recidivism. Based on previous AIC studies, we strive to consider the effectiveness of art in the lives of prisoners and return to society; moreover, having a job after their release can be an important issue in their identity and worth. Therefore, quantitative and qualitative measures were collected and analyzed to examine the project's efficacy. Results showed there was a significant improvement in all selves including, self-confidence, self-awareness, self-identity, self-esteem.

Keywords: *Quantitative evaluation, Art in prison, Art therapy and self-confidence, Self-awareness, Self-esteem, Self-Identity*

INTRODUCTION:

This study aimed to investigate the increasing self-awareness, self-identity, self-esteem and self-confidence of inmates that have been cured and returned to society with art therapy. Helping prisoners who try to boost self-esteem, self-confidence, and self-awareness to express their inner feelings and thoughts through art. Art therapy techniques can be useful for prisoners who create inner feelings, such as fear, anxiety, despair, and depression, when they create artwork as a human help to humanize them and gain a deeper understanding of the human soul. They think of themselves and their existence as a human in society, and by creating a work of art, they reach self-awareness.

Art is known as nonverbal language and the language of communication through images and shapes. Moon (1994) reported using art therapy encourages expression and enhances communication; in addition, Gretchen Miller for the national institute declared that "art safely voices to and makes a survivor's experience of emotions, thoughts, and memories visible when words are insufficient." Curtis says", just like art can bridge

feeling and words, it can also be a bridge back into feeling grounded and safe in one's body" (Fabian, 2019). The criminal is someone who has committed a crime and has not respected the norms of society. Art therapy for inmates provides an opportunity highly relate to self-esteem and the lost identity of the inmates by creating a work of art. Art therapy aims to remove the stigma from criminals and return them to society as law-abiding citizens. Thus, art in prison helps to shut out the dehumanizing aspects of prison life and focus on the joy of creating and experiencing your inner spirit (Brewster, 2010). For example, some people incarcerated in US prisons create artwork to express themselves. Prison art has also been used as a tool for rehabilitation. Some of the arts are sold in galleries in the Washington, DC area (Art in prison Boosting inmate self- esteem, n.d.). A fundamental problem that can be considered effective art therapy is the reconstruction and rehabilitation of criminals and the prevention of recidivism. Art can play an educational and correctional role in prisons, and the criminals are not only disciplined while serving their sentence but also when they are released. After their

release, they can earn income through art learned in prison and reintegrate into society. Prisoners released from prison do not have sufficient financial resources and do not have a job or profession to support themselves and their families. Thus, art provides living expenses for themselves and their families so that they do not commit crimes again for financial reasons.

Therefore, for prisons to have the necessary efficiency and effectiveness in correcting and rehabilitating criminals and having a positive and constructive effect on prisoners, they must refrain from using criminal labels that change their identities. The "meaning of art" is "life." Art manifests the artist's inner life and gives the criminal a strong desire to become a perfect being. They strive to live again in society, and they regain their lost identity by depicting masterpieces of art because, in their works, they depict the feelings of sorrows, joys, emotions, and problems.

Ultimately, this research qualitatively and quantitatively examines whether art can treat inmates and increase selfs. Art therapy is made mainly of case studies, articles, books, and journals that have made this reflection, as well as some case studies on the effectiveness of art therapy in prisons.

METHODS:

The aim of art therapy in prisons is to promote the use of art therapy for enhancing self's also shows that art can be useful in reducing crime.

This research has been conducted using a qualitative and quantitative methodology, especially with bibliographic material. we have endeavored to use the numerous articles that have discussed the effect of art in prisons and the positive effects. Although few research studies have been conducted in this area, it has provided positive outcomes for inmates.

This research will underline the effectiveness of art therapy in prisons as a target for developing self's among inmates. Ultimately, this research intends to consider the topic based on theoretical methodology and literature review.

Data Collection and Analysis

Definition of Art Therapy

Art therapy, a hybrid field largely influenced by the disciplines of art and psychology, uses the creative process, pieces of art created in the therapy, and third-party artwork to help people in their unresolved emotional processes and raise self-esteem. Due to the importance of art, the term art therapy was coined in 1942 by Adrian Hill¹, a British artist and teacher. He began his treatment of patients in a Disabled shelter. In 1938, Adrian Hill went to a nursing home to treat

tuberculosis. In his room, he painted objects around, and in 1940, Margaret Naumberg² began work at the New York State Institute of psychiatry. Finally, Stern³ suggested and applied Psychotherapy by painting. At the end of World war II, he founded the first painting workshop in Paris for children who were less adaptable unstable, and retarded. It can be said that art therapy was based on the basic theories of psychology by Sigmund Freud and Carl G young, and a few doctors made an effort to understand the artwork of clients in psychiatric hospitals in 1970; however, art therapy was recognized as an effective therapeutic manner for professionals in human services especially in the mental health field in the last 25 years (Beery, 1996). In art therapy, most of the symbols are in the subconscious mind of a person (an ego that Freud raid), which has created various barriers in the psyche such as fear, depression, anxiety, and deficiencies that appear in the form of physical and mental disorders. Finally, Art therapy was consolidated in the mid-20th century. Due to its importance to various organizations, the American art therapy association (AATA) and the Canadian and British art therapists association (BAAT) worked on various definitions. The latest definition by The Canadian Art Therapy Association in 2017 states that it "combines the creative process and psychotherapy, facilitating self-exploration and understanding. Using imagery, color, and shape as part of this creative therapeutic process, thoughts and feelings can be expressed that would otherwise be difficult to articulate" (Brinkman, 2017). The common denominator of the three definitions is self-awareness and express creating artworks and influencing productions and artistic processes; clients can increase awareness of themselves because therapeutic communication is the foundation of self-confidence to initiate individual self-discovery start self-discovery.

During the past decades, forms of art therapy, for example, Expressive art therapy (EXA), Mandala therapy, Forensic art therapy, and art therapy in forensic settings have become popular. Pioneers in the field of EXA were Knill and Levine (2005), who contributed expressively to art therapy. EXA tries the patient to reconstruct themselves through interaction and create a new" world," and "recreate" themselves through their artistic process. For its part, Mandala therapy⁴is a combination of writing and drawing in an allegorical area as a eans for personal growth and expressing

2 She was an American psychologist, artist, and one of the first major art therapy theorists. He called his approach dynamically oriented art therapy.

3 Arno Stern entered an institution for war orphans.

4 The origin of mandalas is Hinduism, but it is also widely used in Buddhism. Mandalas are symbolic circles to focus on oneself and search within the human being. The symmetrical geometric shapes of the mandala automatically draw the eye to the center of the circle.

1 Adrian Keith Graham Hill was an English artist, writer, art therapist, educator, and broadcaster. He wrote many books on painting and drawing.

feelings and thoughts in regular concentric forms, radial or spherical shapes that all circles or squares have a focal point for exploring the self (Beery, 1996). Psychologist who initiated the use of mandalas was Carl G. Jung, and today employ the mandala as a basic tool for self-awareness because it provides a concentration of the senses. At the end of the term, what are Forensic art therapy⁵ (FAT) and art therapy in a forensic setting (FS)? The term (FAT) was first coined at the American art therapy association conference in 1997. Forensic art therapy applies art therapy principles and practices within a legal context to assist in the resolution of legal matters that are in disputes. Art therapy within a forensic setting is the clinical application that adheres to strictures determined by the nature of the correctional institution (Gussak, 2001).

Therefore, the expression of one's emotion through art can help to solve problems from the past and can help to improve self-knowledge, self-esteem, emotional control, increase self-confidence self-awareness and improve consciousness and creativity. The person, in his development, can discover losses and strengths of life through art. The contribution of art therapy to identifying reclamation and transformation is an important topic to investigate and explore.

Art Therapy in Prison

Perhaps it can be said that art has existed in prisons for many years, and when prisoners painted pictures on the cell walls to be able to endure the life and conditions of the prison, which were often pictures of the time, escape, and anger. Liebmann (1994) stated, "there has been a long tradition of arts activities in prisons, basically through education classes, but also through individual activities by inmates in their cells." This is jail policy that cell walls will be kept free so that the prisoners could evacuate themselves with current life circumstances and the jail environment (Hanes and ok 2005). Or through tattoos that prisoners drew on their bodies, such as animals and inanimate objects that indicate personal identification and escape from prison. The first organization to establish an artistic activity in prisons was Cervantes in the 1600s and the first documented art program in American corrections was in the Elmira Reformatory in New York in 1870. Finally, the State of California has always been at the forefront of advocating for a prison arts program since 1977, the first federally funded program, known as the American Correctional Association Cultural Project, which was created to provide the adults of that state prisons. Aimed at reducing behavioral disorders. Thus, the first known

prison art titled Arts in Prison was in California (AIC)⁶, which allowed professional artists to guide inmates in art workshops. The Art-in-correction (AIC) program was first evaluated in 1983. The AIC is a partnership between the California Department of Corrections and Rehabilitation (CDCR) and the California Department of the Arts Council, designed to prepare offenders to succeed upon release, enhance rehabilitation goals, and improve the safety and environment of CDCR institutions. AIC programs are led by professional artists and specialized organizations, focusing on themes used to strengthen rehabilitation. AIC's goal is to make it easier for offenders to enter classes where they can therapeutically express themselves through drawing, creative writing, dance, poetry, drama, and other artistic methods. In 1987 recidivism study found that there was a significant reduction in the number of former AIC inmates who returned to prison compared with the general population of parolees. AIC as a worthwhile and constructive leisure time activity helped to reduce the abnormality of institutional life (Brewster, 2010). The evaluation of the prison arts program shows that art teaches inmates how to work with a focused discipline beyond encouraging and facilitating creativity, communication and reflection. Art programs can be recreational and rehabilitative, where individuals freely create artwork without special direction. Art programs become ways to rehabilitate inmates. For the first time in the Colorado state penitentiary in 1965, reforming women's division; moreover, forty-eight programs were evaluated in a 2010 study, revealing significant rehabilitation and financial benefits. The program emphasized increased self-esteem, self-discipline, a sense of purpose and improved time, intellectual flexibility, and motivation (College, 2016). Upon releasing a woman, a former inmate there started a reformist effort for the facility, and this facility has had few rehabilitative programs. This program allows expressing their emotional concerns through theater, and this theater project demonstrated suffering hidden from the outside world. Theater as a performing art is very effective in developing criminals' emotions. In a 2005 study in Pennsylvania State Prison, the theater could stop prisoners' addiction. Paul Arman Getty is one of the great directors of French theater, who chooses a number of young criminals who are in prison each time and by playing them in a play, discovering her acting skills. And their controversial performances come to us as a

⁵ Forensic is defined in the New World Dictionary as "characteristic of or suitable for a court of law, public debate, or formal argument." And in the dictionary of psychology, it is defined as something pertaining to the courts.

⁶ -Arts In Corrections is a program that enables offenders to create self-awareness through visual, literary, media, performing, and folk and traditional arts opportunities. AIC is a partnership between the California Department of Corrections and Rehabilitation(CDCR)and the California council on the arts.

brilliant role of art in the treatment and correction of criminals.

The most important issue is after being released from prison and returning to families, communities and society who need to reintegrate but have barriers to securing housing and employment. In the United States, more than 600,000 people are released each year from state and federal prisons, and more than two-thirds are arrested within three years of their release and have problems providing expenses of life. Therefore, visual arts activities can be viewed as a form of reducing recidivism, improving quality of life and a form of prevention and treatment. The importance of employment for incarcerated individuals after release caused the Art training foundation established in 2012 by Jorge Cueto's in Mexico penitentiaries. Jorge's goal was to create a training program for inmates that offered skills for jobs, assisted with rehabilitation while incarcerated, and reintegration into their communities. Upon leaving prison, the program's participants are offered employment in various departments of prison art. Jorge discovered that incarcerated individuals were very good at tattooing. The company's funder used the brand's ambition to produce hand-made merchandise with an added value that would be highly regarded for uniqueness and social impact. He decided on the project based on the tattoo; instead of tattooing the human body, he could tattoo leather and produce unique artistic bags (College, 2016). Since 2013, William James Association (WJA) has been part of a team of California arts organizations have revitalized AIC through several initiatives and pilot programs. As of 2017, each of California's 35 prisons has an established. Fine arts program serving incarcerated students. Our organization sponsors arts programs that help prepare students for a successful return to their community through classes that reconnect them with their families, teach social and communication skills through theater and creative writing, and give participants opportunities to contribute to their community through the arts. Research indicates that participants in Prison. Arts Project is less likely to have disciplinary problems while in prison (Brooks, 2020). The importance of art therapy in prisons attracted many authors who published various articles, and the Levy (1978) published the earliest article about the benefits of art therapy in prison one year after the establishment of the American correctional association. Her work focused on case studies with female inmates who had aggressive behavior. The benefits of art therapy in prison expanded until Gussak (2004) used the effects of art therapy on an adult male prison and specifically on decreasing depression and improving socialization skills. He found differences between the experimental and control. Overall, he received a significant decrease in the experimental group than the control group; moreover,

the BDI-II⁷ results supported that art therapy effectively reduced depression in the adult male inmate. Five years later, David Gussak (2009) studied the participation of male and female inmates in art therapy once a week for fifteen weeks. He focused on presenting himself to others through individual intervention. Finally, Art-in-Correction was the first time Larry Brewster evaluated in California in 2012. He completed in-depth interviews with incarcerated men and women who participated in the prison arts program and how it impacted their lives. In 2014, he published a co-authored book about instruction in fine arts, which affects inmates' attitudes, behavior, and identity. This study measures attitudinal and behavioral changes in inmates who participated.

Therefore, prison art program evaluations in United-state and elsewhere in the world have improved self-esteem, creativity, self-confidence, emotional control and self-identity (Brewster, 2010). In addition, the sale of works of art or the display or public reading of prose and poetry provides inmates with the opportunity to engage in "productive exchanges" with the community before and after release. As we see below, it provides rehabilitative opportunities to realize humanity and self-esteem.

Art Therapy and Self-Esteem

Individuals who create images may help to develop perceived control and transform feeling about self. The essence of art is calm, and someone who creates an artwork does not think about harming. It can be said art and the creative process help to enhance the "right brain" and build confidence and self-esteem, all of which prepare and encourages individuals to expand their learning in other disciplines. The main objectives of organized art programs throughout the prisons revolve around improving self-esteem, rehabilitation, education, and providing a trade and tools for artists to use upon release. Gives them an opportunity to be re-educated, reflect on past experiences and get them thinking about how their lives will change upon release.

Before mentioning the importance of art in the recovery of prisoners, let us consider the concept of self-esteem. What is the meaning of self-esteem? the American dictionary defines "who a person is, including the qualities such as personality and ability that make one person different from another".

In summary, a person's essential being that distinguishes them from others is especially considered as the object of introspection or reflexive action. However, self-esteem defines as "belief and confidence in your ability and value and respect for yourself. It can be said, self-esteem emphasizes the existential value that art therapy focuses on experiential learning and universal

⁷ The BDI-II version of the Beck Depression Inventory was developed in 1996 in accordance with the standards of the American Psychological Association.

experiences, such as the search for a meaningful life. Moreover, existential isolation refers to the innate desire for protection and a desire to be a part of a larger whole, an aspect which may be linked to the inmate population as it describes their separation from society (Brinkman, 2017).

Thus, self-esteem or self-respect is a term in psychology that reflects an individual's evaluation of their values. The criminals have not realized the values that exist in themselves. In the essence of all humans, it can be said that they exist as successful painters, and a musician, but because they did not believe in the capabilities that exist and low self-esteem led them to engage in antisocial action. Therefore, a person who has low self-esteem and not valuing themselves may develop isolated, aggressive, and antisocial behaviors.

The importance of self-esteem in prisons has decided that a youth program be assigned in some juvenile correctional centers through the use of art which is called the Emanuel project. It was started in 2011 by Louisa Craft-Jornayvaz, a portrait artist from Denver. The program started in Colorado by Craft-Jornayvaz. She began implementing art supplies provided by Art for Kids in his classroom at Sumter Youth Development Campus (YDC) in Georgia. Emanuel Martinez is incarcerated; the individual began drawing as a youth with matchsticks in his cell during his incarceration for more than a year. Through interaction with Martinez and the ownership of creating these meaningful murals, the youths experience self-worth and value from something that benefits the facility and is a constant reminder of what they can become. The project's target was to improve the self-esteem of incarcerated youths to achieve the ultimate goal of keeping them out of the adult correctional system. When 20 incarcerated youths were asked about protective factors or what they thought would keep them out of the adult system, recurring themes included: self-love, self-esteem, positive self-talk, and belief in oneself (Murphy et al., 2013). This project considered 25 murals in five states with developing self-esteem. This program assessed utilizing five assertions: Art has encouraged me to cooperate with others as a team; working on art projects helps to keep me calm and focused; art has given me the confidence to completely schoolwork; working on art projects has given me a sense of self-worth, and participating in art projects has helped build my confidence and self-esteem. Self-esteem is a major factor for youths in juvenile also understood that Self-esteem can reduce recidivism. Kornfeld's (1997) research compares group art therapy and regular art-making (art as therapy) in a group of female juvenile offenders. The term "art as therapy" differs from "art therapy" because art as therapy signifies the healing power of the creative process, whereas art therapy's emphasis tends to be on the

therapeutic component. Also, Nathaniel Brandon⁸ addresses the six pillars of self-esteem in his book psychology of self-esteem. He considers self-esteem to be the same as mental health. He expresses the six pillars of self-esteem in his book.

These six bases are as follow:1-living consciously,2-self-acceptance,3-Full self-responsibility,4-self-assertiveness,5-living purposefully,6-self-integrity. Finally, their research expressed that art therapy and art as therapy increased offenders' self-esteem and fostered close relationships and appropriate behavior.

Therefore, arts can help inmates to develop a sense of accomplishment and self-esteem, which are vital for successful reintegration back into society. Studies have shown that the arts can encourage a state of readiness to learn by increasing self-esteem and developing basic communication and other essential skills (Brewster, 2014). Art can help reduce feelings of isolation. This therapy has been shown to increase self-esteem, confidence and self-awareness, as we see below.

Art Therapy and Self-Confidence

Numerous studies conducted by researchers worldwide highlight the importance of art therapy in prisons, and art therapy provides empowerment to the inmates and perhaps even an inmate's identity.

Before considering art therapy and its effectiveness on incarcerated people, we address the meaning of self-confidence. Self-confidence is defined in the American Dictionary as follows: certain that you can manage any situation by yourself; in other words, Self-confidence is an attitude about your skills and abilities. It means you accept and trust yourself and have a sense of control in your life. You know your strengths and weakness well and have a positive view of yourself. You set realistic expectations and goals, communicate assertively, and can handle criticism (Counseling center,a department of student success N.D).

Art therapy causes the prisoner to externalize themselves, that is, to allow themselves to be metaphorically separated, and art therapists strive to have a good relationship with inmates so that they can treat them. Generally, therapeutic communication is the foundation of self-confidence to start self-discovery. Through colors, lines, artists express feeling, emotion, and arts are links between the inner and external worlds. One of these artists can be named Salvador Dali, who promoted himself by creating artwork. Therefore,

⁸ Nathaniel Branden's book demonstrates *The Six Pillars of Self-esteem*. Branden introduces the six pillars—six action-based practices for daily living that provide the foundation for self-esteem—and explores the central importance of self-esteem in five areas: the workplace, parenting, education, psychotherapy, and the culture at large.

Kornfeld's research (1997) stated, "when self-confidence is a goal of therapy, it may be necessary for an art therapist to adapt this traditional way of working to include or emphasize the role of skill and artistic aesthetics within art therapy" (Brinkman, 2017). Kornfeld's finding, group art therapy may be best suited for inmates needing to build confidence or improve social conduct. Hartz and Thick (2005) compared group art therapy to regular art-making (art as therapy, as it has already been mentioned in the topic of self-esteem) in a group of female juvenile offenders. They said regular art-making or art as therapy has been effective in increasing prisoners' self-esteem and has caused an increase in them. Kornfeld (1997) considered group art therapy effective in building self-confidence and social behavior⁹.

Arts education can help those struggling with issues of self-worth, confidence and empowerment (Brewster, 2014). If we specifically discuss self-confidence and its effects on prisoners, only a survey administered to inmates in AIC in California that was considered qualitative in 1983 through interviews with inmate's demonstrated increased self-confidence and discipline among inmate artists. Many self-reported that they completed projects for the first time in their lives because they had learned to "work at their art" "with newfound focus, discipline and perseverance. Working with the art, they have learned to provide jobs for incarcerated individuals to have a source of income for themselves after release and a source of self-worth for their families and communities because inmates can recognize their beautiful spirits. As it grows, so does their self-worth. They grow stronger in their inner spirit. For example, David, one of the inmates who had participated in the AIC program, said that with the AIC because he felt changed inside because he had found something of value within himself; that is, he was able to achieve self-esteem through art programs (Brewster, 2010).

In another study in 2014, Larry Brewster included quantitative data and measured attitudinal and behavioral changes in inmates who participated in theater, visual arts, poetry, and writing courses offered in four California state prisons pre-and post-survey. In particular, he has sought to examine prisoners' self-confidence before and after art programs. The data also shows that inmates with art training and practice are much more likely to believe in their ability to do almost anything they set out to accomplish, as compared with those who have not been exposed to art education. They found a very strong, statistically significant correlation

between self-confidence and the arts. Studies have shown that engagement in the creative process, and training in the arts, correlates with self-confidence and a positive self-image--especially as we become more experienced and accomplished in our art. According to self-confidence research from participants' confidence in their abilities that Kaimal and Ray found that the 45-minutes of art-making was linked to significant increases in positive affect (a psychological term for feelings), as well as decreases in negative affect (Ottoseptember, 2016).

Finally, research and experience suggest that prison arts programs have significant benefits and positive outcomes for the incarcerated, their families, the prison environment, and society. Arts programs found a very strong correlation between arts education and self-confidence, motivation to pursue other educational and vocational programs, and self-discipline to manage time more efficiently and effectively (Brewster, 2014).

Art Therapy and Self-Awareness

The experiences of awareness combine feeling and thinking and can be clearly stated in words, awareness or unawareness of feelings, thoughts and social situations differentiate between a well-functioning and unable function (Beery, 1996). The Psychologists Shelley Duval and Robert Wicklund proposed this definition: "Self-awareness is the ability to focus on yourself and how your actions, thoughts, or emotions do or don't align with your internal standards. If you're highly self-aware, you can objectively evaluate yourself, manage your emotions, align your behavior with your values and understand correctly how others perceive you (Betz, 2021). That is, Self-awareness is the ability to tune in to your feelings, thoughts, and actions. It can be said that the issue of self-awareness goes back many times. When the Surrealists tried in their paintings to consider the challenge of the boundaries of consciousness and rationality to liberate the subconscious mind. Surrealist artists sought to discover the unconscious mind as a way to create art. The result of these efforts was the creation of a dream works and all modern arts are the art of reflection, and abstract art is the art of one of the conceptual strata. Along with Surrealists, self-awareness can be seen in Mandala therapy, especially in the second stage. A person who painted the mandala, while painting with himself, talks about this stage, the individual finds self-awareness of the contents of speech therapy and can talk about it and the positive and negative aspects of this discourse gained a clear understanding and by their critique answered the question of whether I am such a person.

The importance of art in self-awareness caused Rubin and Levy (1975) to develop art-awareness as a method for helping individuals to increase self-awareness, self-understanding, and self-acceptance through art. Moreover, Gude (2009) mentioned consciousness and

⁹ The term of art as therapy differs of the term art therapy. Art therapy emphasis tends to be on the therapeutic component whereas art as therapy is in the healing power of the creative process.

the importance of art, empowering inmates with a sense of purpose and believing they can realize positive change in their lives. Due importance of art therapy in prisons, the American art therapy association (AATA) and British art therapists association (BAAT) 2014, in their definition of art therapy, referred to the issue of self-awareness and considered art as a factor in increasing awareness (Levick, 1983) Art therapy can be useful for a person who commits a crime temporarily or permanently impaired and has emotional problems or lack of emotion (Brinkman, 2017).

Inmates strive to discuss to discover the motivation for expressing life and emotion through poems, drawing, painting, music, and theater. In other words, incarcerated individuals acceptably express unacceptable feelings through painting or other arts and liberate their energy by creating artwork. Dally (1984) stated that with the representation of these past scenes comes emotion, and with the expression of that emotion may come the release of current inhibitions, and art aid in the ventilation of anger, depression, and fear. Dally (1984) and Liebmann (1994) maintained that in working with a prison population, art therapy releases within the prisoner the ability to draw the collapsed feelings on paper of the unconscious and can help in exploring the underlying motives or attitudes which caused previous antisocial activities so that prisoners find a new perception of self and where they belong in society. According to Dally, art therapy is beneficial for female prisoners who committed a crime and help them in releasing violence and aggression through a meaningful form of expression for building relationship within prison life. For example, painting is a visual expression of inner experiences. It is not important, what to depict, but it is beneficial to depict inner feelings in an artwork. In 1986, Wolf, Will Muth, and Watkins added that a sense of defectiveness and disturbed self-image is expressed in the arts, which relates directly to a fundamentally impaired self-image and an inability to feel good with oneself (Beery 1996). Looking for the importance of art therapy in the year 1987, Breitenbach offered spontaneous face painting as means of self-expression.

Art therapy and self-awareness, in particular, have not been assigned to it in prisons, and this result has only been achieved through interviews with prisoners. As mentioned earlier about the AIC program in California, Michael stated his experience with AIC reflected how his self-awareness and esteem were enhanced through art. He realized that he was his own worst enemy in laid the blame for his poor decisions on his dysfunctional family and self-location (Brewster, 2010). Another inmate stated after hours of sculpting, I look at my hands and ask myself, what did this? I was going to prove to myself that this is my profession.

Therefore, the visual arts lend themselves naturally to the contemplation of and more complete and total development of self. One of the theories mentioned for self-awareness is cognitive-behavioral therapy. Previously Carnes, in the year 1979, reported that cognitive therapy stresses the capacity to symbolize behavior and thinking patterns. In the following, Larry Brewster expressed that an individual's behavior and cognitive pattern are learned through observation of significant people early in life. In addition, inmates can observe and learn antisocial thoughts, attitudes, and behavior to change antisocial behavior. Studies show painting can enhance cognition in multiple ways. It can spur emotional growth, reduce the risk of cognitive decline, boost memory, and provide other powerful benefits.

Thus, artwork serves to help people in treatment develop self-awareness, explore emotion, address unsolved emotional conflicts, and improve social skills. In all the conversations with the prisoners, they talk about the power of art as a rehabilitation of the restoration of human dignity and how art was able to increase their self-worth and self-awareness through art programs, they no longer considered themselves criminals, and then they presented themselves as artists. For example, Kenneth Brydon, an inmate at San Quentin, said creating writing provides meaningful rehabilitation for me.

Art Therapy and Self-Identity

Humans always ask themselves who I am, and during/her life/her identity may be endangered, and when this identity is endangered, he seeks their lost identity. Criminologists and sociologists believe that no one is born inherently deviant from the beginning. When they commit a crime and a criminal label changes their identity, incarceration may lead to changes in identity. Then art tries to improve this stressful factor of their lost identity with criminal labels and only by labeling personal autonomy and self-identification. A major part of the human condition is the "me versus you" or the "us versus them" mindset that "me versus you" mindset can serve to protect one's own identity. Identity can be consciousness of the identity of a thing with itself; in other words, the perception or recognition of one's characteristics as a particular individual, especially concerning social role. Self-identity means self-worth, selfhood, self-understanding, personhood, self-definition, and self-structure. Even the British Art therapist's association (BAAT) definition of art therapy in 2014 mentions the increasing cognitive abilities in art therapy. The background of identity goes back to the sayings of Freud, the famous psychologist who introduced it as ego. We can even see Freud's teachings in the paintings of the famous surrealist painter Salvador Dali; he used this method to make his subconscious dreams and thoughts a reality. According to Kramer, "art therapy is conceived primarily as means of supporting

the ego's development of a sense of identity" (Brinkman, 2017). Crespo (2013) deems art therapy a useful method of approaching identity concerns as he states that it "is meant to function as a way of supporting ego functioning enhancing a sense of identity and self-esteem."

The purpose of art therapy activities is to develop identity and personality and also to stimulate a sense of success in individuals. Landgarten (1981) reported the use of art therapy in psychiatric hospitals to aid patients in focusing on key constructs such as reality, relationship, self-identification of strengths, pathology, and suicidal thoughts (Beery, 1996). Therefore, the effectiveness of art therapy in hospitals, especially among stroke survivors, cancer, and even schizophrenia, has been successful. A study conducted for stroke survivors included facilitating emotional processing and self-insight, social support, perceptions of control, and identity; in addition, a study in which women with cancer were encouraged to engage in various visual art and after the study showed increased self-worth, maintenance of social identity. Another study was about a woman diagnosed with dissociative identity disorder, through the use of art, who appeared to gain greater insight into her alters. Art therapy helps make the reintegration of the self-image, and Barker and Brunk (1991) reported art programs to focus on individuals' emotional and socialization needs. Art therapy helps someone who has lost their identity by committing a crime to eliminate that criminal stigma. Identity is subject to social influence; it involves intricate and continuous reconstruction. Art therapy strives to teach prisoners internalization and externalization through art. Inmate individuals, through externalization, can see themselves from different perspectives. To externalize, they separate from this identity or the crime they have committed and show everything in a work of art. They elicit personal voice and personal identity through internalization. Incarcerated individuals' creative ability transfers their identities. For example, inmates who wanted to earn a broken heart by writing, painting, or playing music. Gordon Syron, one of the inmates who expressed his experience with art, said: "painting was my escape; when I was painting, it is as though I was not in prison anymore, I was free, and I was part of that painting." Or Donny Johnson, a prisoner at Pelican Bay, expressed that living in solitary confinement for twenty years is difficult and creates a space that enlivens his senses through painting. Therefore, creating also allows the inmate to "escape" and retreat, if only for a few moments or hours, into their created world; it allows a diversion from bleak surroundings.

Prior research has proven that art therapy has a place in prison settings with inmates about identity. Erikson (1968) believed that it is important for individuals to explore personal identity to avoid what he described as

identity diffusion." According to Schwartz (2001), identity diffusion consists of low self-esteem and high neuroticism. Identity diffusion can result in depression, anxiety, and even substance abuse (Brinkman, 2017). Art programs in prison turn a prisoner's identity into inmate-artists and most self-identified as artists rather than criminals. In following the importance of art therapy in prisons, Marian Liebmann makes the case that prison arts programs contribute to inmate self-expression and exploration. She found effective communication for those who have problems expressing themselves (Brewster, 2014). For example, an evaluation of prison arts education in Norway concluded that the arts contribute to inmate self-development through improving their motivation and social and life skills. Also dealing with the importance of identity in art, McGann's (2006) research on the relationship between identity and racism is relative to a population of inmates. In two cases, McGann (2006) reports that self-portraits or, rather self-sculptures, through the medium of clay, allowed adolescent clients to "begin to work through negative identifications and move toward accepting and embracing their ethnic identity." Also McGann's (2006) research titled color me beautiful "examines art therapy as a means to explore ethnic identity. Ethnic identity refers to self-identification". Self-portrait intervention help inmates externalize emotions. Carr (2014) emphasizes self-portraits and suggests that "portraits act as 'bridges' between the body and the brain, imagination, and reality, emotion and memory, integrating lost aspects of the self into images that powerfully communicate self-identity.

Moreover, in his research titled "Revisioning self-identity, he stated that "portraits are powerful communicators with qualities that activate specific processes within the body and the brain, enabling change from a chaotic, disrupted sense of self-identity towards a stronger, more coherent one." In the following importance of self-portrait Glastier (1996) recommends portrait drawings as an art therapy intervention for issues about identity. She states that "they can be used to help recognize different boundaries and different parts of the self, identity changes in self-concept over time, and provide a visual record of progress and expressed artwork is a fundamental component of portrait drawing, and it develops self-discovery and understanding. By the way, it can be said that Van Gogh had many paintings of his portraits, and this self-portrait is thus powerful proof of Van Gogh's determination to continue painting. It is reinforced by the objects behind him, representing a symbolic meaning.

In prisons, in particular, the issue of self-identity has not been addressed quantitatively and qualitatively, and it can only be achieved through some factors; for example, Larry Brewster 2014 considered inmates have been rebuilt through the AIC program and called it "discover

change about self." Brewster does not explicitly speak of identity, but perhaps it can be said to mean self-identity. Therefore, Landy (2009) defined an entity's identity as not fixed but contextual and situational and can be changed according to life circumstances. Identification is vital for a prisoner's state of mind when integrating back into society. Art offers insulation protecting the creative inmate from the harsh reality of their existence within the prison environment. Art therapy can provide inmates an "escape "from prison life.

RESULTS:

The researcher's purpose was to investigate the effectiveness of art therapy in prisons and its relationship with increased self-esteem. Self-awareness, self-confidence, and self-identity. Prison arts programs play a special role in confirming inmates as humans capable of change and empathy.

In recent decades, the importance of art in prisons has attracted many researchers. Nevertheless, little research is still available. A study concluded effectiveness of art therapy treatment with incarcerated women includes two groups (Art therapy treatment group and control group) participated in a questionnaire before and after the treatment to test the effectiveness of the treatment in decreasing symptoms of trauma and psychological disturbances according to two scales, OQ-45.2¹⁰ and TSI¹¹. All treatment groups and testing were administered between November 2007, and April 2008. The results of this study provided information regarding the use of group art therapy in female prisons. Fifty incarcerated women in two counties' correctional facilities were enrolled, that 13 individuals included in the art therapy treatment group and 11 in the control group in OQ-45.2 data. TSI included 14 in the art therapy treatment group and 11 in the control group. As a result, OQ-45.2 scores did not show improvement in the art therapy group were associated with SR (Social role and occupational functioning) (pre-test $M=10.38$, $SD=4.21$), and post-test ($M=10.46$, $SD=4.31$) while TSI scores pre-test and post-test for the art therapy group indicated significant change. The total scores show a greater overall reduction in the treatment group (9.46) compared to the control group (7.42). All TSI scale scores were reduced in the art therapy treatment group over the treatment period. Positive changes in art therapy scores were greater than those in the control group; also, significant reductions in scores were observed with the OQ-45.2 data comparing pre-test and post-test results in

the art therapy group evaluations (Erickson, 2008). In 2009, Gussak, a case study presented the effectiveness of art therapy with male and female prisoners; in addition, he indicated significant differences between the men and women in changes of depression and locus of control for those that received art therapy services. Participants who volunteered for this study were randomly assigned to either a control or experimental group. The data for this study was collected through two measurements: The Beck Depression Inventory-Short Form (BDI-II) and the Adult Nowicki Strickland Locus of Control Scale (ANS) pre and post. In this study, The results for the change in ANS scores for the Women were $t(89) = -2.89$, $p < .05$. The experimental group ($M = -3.2$, $D = 5.58$) had a significantly greater decrease in external locus of control from pre-test to post-test than the control group ($M = .70$, $SD = 4.37$). Moreover, The results for the change in BDI-II for the women were BDI-II: $t(94) = -2.487$, $p < .05$. The experimental group ($M = -10.67$, $S.D. = 11.10$) had a significantly greater decrease in depression from pre-test to post-test than the control group ($M = -4.30$, $SD = 5.22$). Therefore, the results for the ANS were (106) and the BDI-II were (109). Therefore, The ANS women's experimental group demonstrated a trend toward significant difference from the men's experimental group ($M = -1.22$, $SD = 4.04$). The BDI-II, The women's experimental group, demonstrated a slight trend toward a significant difference from the men's experimental group. The BDI-II results supported the assumption that art therapy effectively reduced depression in adult male inmates. The authors place more emphasis on personal identity and less on social identity in their results summary, which revealed that 58% of the women had positive personal identities, 27% mixed, and 14% negative. Interestingly, 65% of the women identified their primary role as familial, whereas only 25% identified their primary role as related to their criminal identity. Overall, inmates who receive art therapy services exhibit improvement in their mood by BDI-II and the experimental group had a significantly greater decrease from pre-test to post-test than the control group¹². Considering the importance of art therapy in prisons in 2011, a program for youths in juvenile correctional facilities is called the Emanuel project by Louisa Craft- Jornayvaz, a portrait artist from Denver, as mentioned earlier in the topic of self-esteem. This program considered 25 murals of hope have been painted in eight states, with a self-esteem study completed in five states: Georgia, Kentucky, New

¹⁰ The OQ-45.2 (Outcome Questionnaire) developed by Lambert & Burlingame (1998) is a 45-item self-report questionnaire designed as a brief screening and outcome assessment scale that measures subjective distress as well as effects on how well people function. in the world.

¹¹ Trauma Symptom Inventory

¹² Is a 10-item self-report measure of global self-esteem. It consists of 10 statements related to general feelings of self-esteem or self-acceptance. Items are answered on a four-point scale ranging from strongly agree to strongly disagree Your Rosenberg Self-Esteem Scale score is: The scale ranges from 0 to 30. Scores between 15 and 25 are within the normal range; scores below 15 suggest low self-esteem.

Mexico, Tennessee, and Texas. This study measured using a 10-item Rosenberg self-esteem scale. Results showed a statistically significant difference in self-esteem scores from pre to post-test. Data indicated that of the 55 youths who participated in the mural project, self-esteem increased by 2.5 points from pre to post-test ($t= 4.441, p < 0.001$). Additionally, 100 percent of the individuals who were classified as having “low” self-esteem (i.e., score less than 15) pre-test showed an increase in self-esteem post-Test; moreover, juveniles in the “normal” range on the Rosenberg Self-Esteem Scale pre-test had a 1.6 point increase from pre- to post-test while juveniles in the “low” self-esteem group showed an increase of 7.4 points from pre- to post-test. In another study, Brewster (2014) measured attitudinal and behavioral changes in inmates who participated in theater, visual arts, poetry, and writing courses in four different prisons and, through a quantitative survey evaluation, discussed the impact incarceration can have upon the families of inmates. In this survey, a large number have participated in poetry programs (77.60%), and the least have participated in the theater (20.40%) 49 inmates. These prisoners were divided into several groups: those who participated in this program for more than 5 years ($N=12$), the second group, those between 2 to 4 years ($N=7$), and the third group, less than one year ($N=8$). The largest number of prisoners wanted to learn new skills (91.70%), while the lowest were those who used art as a good way to pass the time (25%) of inmates who have participated in AIC for more than 5 years. And according to the percentages seen in the three groups, all three tended to learn new skills. Moreover, a majority (64%) of AIC participants reported that they got along better with other inmates while pursuing their art. Inmates said that art helps to express yourself (91.70%). Moreover, Brewster compared the two groups, prisoners who had studied art before ($N=31$) and prisoners who had not studied art before ($N=29$) of 61 inmates. Therefore, the The highest number in both groups tended to be open to new ideas respectively (54.80% and 51.70%). He used the scale LEQ (Life effectiveness questionnaire) pre-and post-survey. He compared inmates who had previous art education, including AIC participants ($N=79$), with those who had never studied art ($N=31$). As a result, intellectual flexibility was found statistically to have the highest correlation with arts education than other life effectiveness skills. 2.848 inmates with previous art education and 2.712 without art experience. In addition, he found a Very strong statistically significant correction between self-confidence and art (2.739). Equal variances assumed and 2.483 Equal variances not assumed). These results showed intellectual flexibility and self-confidence ($p<0.05$) and achievement, time management, and emotional control ($p<0.10$). Thus, Participants in this study were statistically more likely to

have control over their emotions if they had studied or practiced art in the past.

CONCLUSION:

Research and experience show that prison arts programs have significant benefits and positive. Outcomes for the incarcerated, their families, and society. This research articulates that teaching art in prisons can be a way to reduce crime and create employment for prisoners who are most concerned after their release. We strive to find some studies on the effectiveness of art therapy on behavioral changes of inmates and knew how a prisoner as a human being could relate to the power of art as an element of rehabilitation and shows how art can increase self-esteem, self-identity, and self-worth and bypassing their art programs, the criminal label is removed from them, and they recognize themselves as an artist. The art restores their lost identity and gives them a new identity as artist-inmate. Many criminals commit crimes due to a lack of employment and sometimes lack of necessary skills lead to unemployment. Since most people have the capacity and abilities to learn professional arts, creating conditions for incarcerated females to learn art and craft increases the employability of prisoners and thus reduces the crime rate and lack of employment. As previously mentioned in 2012, Jorge Cueto created the fashion industry by employing prisoners after their release by creating tattoos on the bag or leather. Or at Guantanamo prison, a number paintings were displayed, and the number of prisoners was reduced from 800 to 171. These can be considered a clear example of rehabilitation and employment through art. We have always considered criminals people who break the norms of society and remove from society, and we will never find a way to cure them. Inmates must be given the opportunity to express their voices, and that they are allowed to process their own identities. The effectiveness of art in prisons with the statistics provided by art programs in California prisons (AIC) Significantly, 96% of participants felt better about themselves as a result of the Program. A significant majority of respondents (87%) reported they were better able to express their emotions; moreover, Ninety-two percent of participants reported that they felt less stress and frustration when working on their art (Art in correction: county jails project 2019).

Thus, creating artistic activities such as painting, drawing, music, and theater can be a means to strengthen and expand the sense of responsibility in criminals and a positive and effective way to compensate for the crimes they commit, which also promotes personal growth and self-esteem of the inmates. Doing art shows the prisoners that although society is affected by their crime, they can look at themselves as a useful and constructive element. In other words, doing artistic activities are a mixture of punishment and reconstruction that together

provides the reconstruction of the incarcerated individuals.

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