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Color The Corner

By

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Abstract

Loneliness is a major issue in this era, and youth, as a group, is becoming the main force of the lonely group. Young people are in the stage of being immature. Facing the era of knowledge and information explosion, they are learning how to be adults for the first time. They are eager to love and be loved, they are eager for material satisfaction, they are eager to communicate, and they are eager for the world to understand them. At the same time, they are rebellious and loudly proclaiming their independence and freedom. But they become more lonely because of treason.

Then it comes to the question that is there a loneliness epidemic among the youth? The media seems to have agreed that the world are experiencing a ‘loneliness epidemic’. There are literally thousands of newspaper articles that use this exact expression. What is the evidence for this? The word ‘epidemic’ suggests that things are getting much worse and loneliness is increasing rapidly. So, what is the cause of loneliness? Why does it become a popular trend and what harm does it do to the youth?

This article will start with discussion on the cause and influence of youth loneliness, and then the study of the influence of color psychology on loneliness, as well as the solutions.

**keywords**: young people, loneliness, psychology, color.
Introduction

As we all know, young people are the main force to promote the development of the world, but in today's society, the loneliness of young people is rising day by day, and even becoming the mainstream trend. Loneliness has a great influence on young people. If "loneliness" is not cured in time, it will often become a disease. So how many patients and potential patients are there in the world, how we can find and help them have become a thorny problem. It is a common knowledge that rich and varied colors can often represent or affect young people's mood. Loneliness itself is not terrible, but the world of autistic patients is colorless, so they dare not face it. The purpose of this article is to study the influence of loneliness on young people and help them overcome loneliness. The author will find the trend of loneliness, analyze the reasons and the consequences, and discuss how to solve this problem with the use of color in detail.

Context

About Loneliness

(1). What is loneliness?
Loneliness is often mentioned in real life. Loneliness is a kind of subjective social isolation state, accompanied by a painful experience of unacceptability resulting from an individual's perceived isolation or lack of contact with others (Jenny de Jong giered, 1987). Letitia Anne Peplau and Daniel perlner (1982) defined loneliness as an unpleasant and painful subjective experience or psychological feeling. Most people have experienced the pain of loneliness. Relevant statistics show that loneliness has become a common problem of modern people.

Loneliness is an individual's feeling of the quantity and quality of their social interaction. This definition of loneliness helps us understand why some people feel very happy though they are far away from the crowd, while some people experience loneliness even though they are surrounded by the crowd and often interact with others. There are many people complaining about not having many real friends around. For these people, when the need for honest communication with some people cannot be met, there will be a strong sense of loneliness. In this sense, loneliness is a personal experience. According to this, loneliness is considered as a personality characteristic.

(2). What is the cause of loneliness among young people?
[1]. The environment

Some environments are easy to make people feel lonely, such as lonely environment, unfamiliar environment, mutation environment, etc. For example, family plays an important role in young people’s life. Family environment has both important and complex effects on young people’s mental health. Different family environment has different influence on the psychological development of teenagers. The research shows that there are many family environment factors that affect the mental health of the youth, including family relationship, parenting style, parental control, and family structure defects. Parental psychological control refers to the control that parents harass their children’s inner world and destroy their children’s independent development. Parental psychological control may be a risk factor for depression in adolescents. Adolescence is a stage in which the individual's consciousness of independence is constantly increasing. In this stage of development, loneliness is the most common emotional experience of an individual. Loneliness is a kind of depressed and negative feeling that individuals often experience because they are not accepted in intimate or social relations. Previous studies have found that parental psychological control can predict loneliness. Psychological control is the control of the development of individual autonomy, which is easy to cause loneliness. Teenagers controlled by their parents’ psychology have obvious social withdrawal tendency, which will eventually lead to emotional loneliness.

[2]. Self awareness enhancement

In youth, self-awareness began to awaken and gradually build up, resulting in the need to understand other people's inner world and be accepted by other peers. Young people are very concerned about their status in other’s mind, and attach importance to other’s evaluation. Because of this, they hide themselves. On the one hand, young people have many secrets, they are reluctant to tell others. On the other hand, the youth are eager for others to really understand themselves. When this kind of need cannot be satisfied, it will fall into melancholy and distress, resulting in loneliness.

[3]. Improper self-evaluation

If a person's self-evaluation is too low, he/she will feel inferior. People with serious inferiority complex often lack friends and are prone to loneliness. If a person's self-evaluation is too high, he/she tends to have self-esteem and look down on others. They are not gregarious, easygoing and disrespectful in their communication, which easily leads to other people's dissatisfaction. Therefore, people with serious self-esteem often lack friends and feel lonely.

[4]. Emotional disorders

Emotional component is the main part of interpersonal communication, and emotional barriers in interpersonal communication often lead to interpersonal loneliness. The common emotional barriers are: shyness, fear, anger, jealousy, arrogance, etc., in which shyness and fear are closely related to loneliness. Shyness and fear make people avoid communication and isolation.
In youth, the characteristics of interpersonal relationship continue to develop. However, there are qualitative changes in interpersonal relationship in youth, which are mainly manifested in the following aspects: Spiritual separation from dependence on parents or adults, coordination and adaptation of new partnership, further development and improvement of self-consciousness, as well as resistance and resistance to adult authority, and intensification of competition and confrontation.

Therefore, their interpersonal relationships are characterized by universality, autonomy, variability and heterosexual sensitivity. If the interpersonal relationship is tense, it will result in lonely psychological experience.

Why does loneliness become a popular trend among young people?

There is a big difference between the characteristics of depression in the past 10 years and 20-30 years ago.

Here are the author's list of differences.

1. the prevalence rate is high, depression has become a common disease and fashionable disease, the total incidence rate is about 5% of the whole population. 20-30 years ago, depression was rare, much lower than the incidence rate of schizophrenia. The prevalence rate was 0.03-0.09%. In 1960, Maier's statistics were only 3-4%.

2. Depression occurs in all age groups. But not young and middle-aged women. Nowadays, depression in the old age leads to suicide, and depression in primary and secondary school students leads to learning difficulties, which is quite common.

3. Mild depression is more, atypical is more, severe depression is less. Patients with depression are more likely to visit psychological counseling clinics.

4. The number of suicides associated with depression has increased significantly.

5. People know the disease better than in the past and keep a certain degree of vigilance.

Modern society is characterized by the rapid development of "new, fast, changeable and complex contradiction" society, the rapid change of new concepts, fast and changeable pace of life, high competition and complex contradiction between young people. Therefore, the masses are in a state of psychological maladjustment and instability, which leads to emotional troubles, unhappiness and physical and mental obstacles. It is not surprising that depression is called century disease and century is the age of loneliness.

How loneliness affects young people's life?
A study of the psychological impact of prisons on prisoners in the United States found that although solitary confinement is ostensibly an effective way to punish bad behavior or protect other prisoners. However, from the perspective of internal influence, lonely life without normal stimulation or conversation will bring negative psychological effects such as hallucination, violence and suicide to prisoners. Experts say this has a greater impact on young prisoners whose brains are still developing.

Youth is the stage of increasing emotional energy of the body, but the young people in this period have not mature brain development in judgment, emotional control and inhibition, so it is easy to lose control of emotion and overreaction. It is also difficult to deal with social stimuli after people lose control of them for a period of time. People who used to like to live in groups become out of group and can't tolerate noise or crowds.

[1] Loneliness can change the body's endocrine
According to research, lonely young people often lack warm substances, such as dopamine and serotonin, which makes people energetic and stable. The long-term lack of these neurotransmitters may eventually lead to depression and recessive schizophrenia.

John Cacioppo, a psychology professor at the University of Chicago, said that loneliness can weaken the immune system, increase blood pressure, increase stress and cause depression. He found that loneliness can increase the secretion of cortisol, the body's stress hormone, which can weaken the body's immune system and make people more susceptible to disease.

[2] Loneliness weakens willpower
Scientists also found that loneliness can weaken people's willpower and determination, and is not conducive to young people's healthy lifestyle. "Loneliness reduces self-control and it's easy to drink more at the end of the day in search of comfort," the Daily Telegraph quoted John Cacioppo as saying.

In the case of natural aging, loneliness will accelerate the aging speed of young people, which is related to the lack of social life and brain flexibility of lonely people.

[4] Affect sleep quality
Lonely young people have poor sleep quality, feel drowsy during the day, and easily rely on sleeping pills at night.

The relationship between color psychology and loneliness.
Color is connected with people's feeling and perception. The sense of color always exists in the perception of color, which is the reflection of the psychological and physiological functions of color. It can make people have a series of associations and contrasts. For example, red can remind people of blood, have a sense of life, blue can remind people of the sea and sky, green can remind people of trees and grass.
Physiologists study the various functions of color on the senses and their combination, connection and function display: vision has a strong adaptability to light and shade, color has a positive impact on people’s physiology and psychology, and various colors have a great impact on people’s mental health and personality. Scientists observe the visual changes of color through human brain waves and find that: red can make the heart beat faster and blood pressure higher, while blue and green are the most fake psychological tranquilizers given by nature. Everyone has this experience, when the mood is upset, go to the park or the seaside to have a look, the mood will soon calm down, which is the psychological adjustment effect of blue and green. For example, for loneliness, the above mentioned loneliness will make people tired and accelerate people’s aging, while green has a certain role in eliminating dizziness, fatigue, nausea and negative emotions.

People’s personal experience shows that color plays an important role in loneliness. Color affects people’s mood. Different colors can make people have different psychological effects. A prison in California, USA, painted the original gray wall with light pink, because light pink can eliminate people’s tension. In family education, children’s graffiti is a direct way to express their emotions, and the color used is the expression of their psychological state. Most children like bright colors, but if they overuse red or yellow, it means that children are lack of care, and often use black or purple children, it means that there are hidden problems in their hearts. If children like to use cold colors, then Consider whether the parents are too strict. In this way, the use of color psychology is a good way to help determine whether young people are lonely.
Research

Before entering into the formal design, the author first investigated and interviewed the phenomenon of youth loneliness. Through the data, the author found that young people are more likely to feel lonely than old people in today’s society, and this trend is still rising. At the same time, the author found that modern people are more likely to feel lonely than those in the past.

Interview

The author interviewed 21 young people and a psychologist who felt lonely about the world and life. The following is the main content of the interview.

[1] Youth
Q: What is the cause of your depression?
A: Because life is too stressful.
Q: Can you describe the feeling at that time?
A: I feel that the whole world is gray, lifeless and colorless.
Q: How did you get better later?
A: Receive psychological guidance, take medicine, and the psychiatrist slowly guide me to feel the joy of life.

[2] Psychologist
Q: Which color is can make people feel relax at a meeting?
A: Blue makes people relaxed, and also makes people feel that time passes quickly. Meeting in a conference room with a blue tone is more likely to generate creative ideas and make long meetings feel compact.

Q: Whether patients with depression have preference for color?
A: Melancholic patients prefer to use cold color, healthy people prefer to use warm color.
Q: By country, there are 54.82 million people in China, 56.68 million in India, 17.49 million in the United States, 11.55 million in Brazil, 5.06 million in Japan and 3.3 million in the Philippines. According to the proportion of population, the higher are the Republic of Ukraine, Estonia, the United States, Brazil, Australia, Greece, Portugal, etc., all around 6%. Japan and China are both 4%. Moreover, it is estimated that 788000 people committed suicide in 2015. Among the young generation aged 15-29, suicide has become the second leading cause of death, and the main cause of suicide is depression. What's more, in developing countries,
only less than 10% of patients receive appropriate treatment. Do you have any idea after seeing this series of data?

A: Color psychology is a psychology that studies the relationship between color and human. The root nature of color and people’s impression on them, the relationship between color and self, consciousness, unconsciousness, etc., the exploration of the effectiveness of color’s influence on people’s survival, is color psychology therapy in the field of medical treatment and education.

Most studies of color psychology show that color exerts a strong influence on the central nervous system, but promotes the increase of neurotransmitters and hormones, and induces alpha waves of brain waves during meditation. Especially can stimulate the warm color system of sympathetic nerve, red, orange, yellow can make the melancholy mood clear. On the other hand, the green, blue and gray of cold color system have the effect of relieving uneasiness and keeping calm mood.

For example, people with depression like black and are more likely to wear black clothes. Although black can also show a strong sense of high-level, but also can capture negative information, give a gloomy, dark impression, easy to incite people's feelings of unease and terror. Depression patients tend to use black background in social media such as blogs, which is also the expression of depression, depression and rejection of communication.

Therefore, if we can effectively use the characteristics of color, we should be able to play a role in the relief and prevention of depression.

Q: Does depression affect color perception?

A: People with different emotions will have different visual feelings for different colors, especially blue and yellow. People with bad emotions have weaker perception of colors. The reason for this phenomenon is that there is a hormone called dopamine in the brain, which stimulates dopamine secretion when people are happy. The brain of depressed people rarely secretes the hormone, and dopamine also affects the retina's ability to recognize color.

**Design goals**

Color plays a very important role in young people's spirit and vitality. It will stimulate their psychological activities and have a positive therapeutic effect on their physical health. For example, loneliness makes young people excited, fidgety and insomnia, and exposure to black can restore stability. When feeling depressed, especially people with depression should not be exposed to dark blue, dark green, gray, otherwise it will aggravate the condition. Because color psychology is closely related to loneliness, the author’s design will use color psychology to help young people with loneliness to alleviate their illness. The original intention of my design is to cure and help young people suffering from autism through color.
Illustrations

After a series of investigations and reference, The author found that emotion and color are inextricably linked. We can not only distinguish a patient's emotions through color, but also improve their emotions through color, which is the purpose of my website design. The author’s topic is to color the corners, which often represent loneliness, while loneliness and despair are the characteristics of melancholic patients. The author got the conclusion that most of the young people who feel lonely think that the world is black and white, without color. So the author asked them to share with me something in their daily life that made them feel lonely and to provide me with a picture. In order to make loneliness more obvious, the author changed the 21 photos into black and white after collected them. Then, according to the color psychology, the author extracted the colors that can make the autistic young patients feel happy and warm, colored the original black-and-white photos, and turned them into the form of illustration.

Figure 2.1 illustration part 1  Figure 2.2 illustration part 2
Further refinement and development

In order to help more people, the author applied for a domain name and set up a website. The author displayed the 21 illustrations and the original black-and-white photos on the website, and attached the story of each patient and my message to them. There is another function of the website. People who feel desperate and lonely can share their stories and photos through the "Upload" function. The author will update the website in real time in the form of illustration. In fact, this website is not so much a way for the author to help young autistic patients, but rather a platform for me to motivate people who feel lonely about their lives. The author hope that through the display of my illustrations and works, including the bright and warm colors of the website, all the people who feel lonely can rekindle their hopes for life. So it's a very positive energy website.

Users can tap on a specific picture, and get into the detailed page. The detailed page shows the original black-white photos, the colored one, the message sent by the photo's owner, and the author’s words of encouragement.
In order to let users learn the background of the website, the author created an introduction video located on “Our Story”. The video explains the author’s ideas, the process of development, as well as the way to color the corner.
Body of work

In order to present the work better, the author applied for a domain name of his own and displayed the work on it.
Link: https://www.lxin.online

Conclusion

We are now in an era of rapid development of productivity. With the rapid development of society, people under skyscrapers are becoming increasingly small and lonely. Young people have also become the main force of lonely groups in today's era. The lonely young people who are trapped in the spiritual wasteland and lack of security should be free and independent at the same time, so that the negative loneliness and uneasiness can be comforted and released in love, so as to live in the beautiful world more joyfully and powerfully. The author hopes her design can help the young people who feel lonely in life to get back on their feet and be released.

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