

## Art Scrambling to Treat Addicts

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doi: <http://dx.doi.org/10.13005/bbra/2221>

(Received: 15 July 2015; accepted: 10 August 2015)

The human mind always tends to be good and the art creates mental balance to seek goodness. Out of this issue in a more objective way, it can be said that art has always been able to establish a balance between man and his environment. Addiction cannot be eliminated in person, unless a new individuality is created and in creating this new individuality, art rushes to the aid of injured person to create him a new identity. Addicted person is the most basic picture of a man. Person who have been drawn to any sides at any time or due to mental health problems or social and cultural issues and its human characteristics have been modified and if they can once again find himself independent of addiction is the same man. The man who tries to overcome the suffering also to learn how to survive. How to pay the treatment of drug addicts by art? We can now draw vision of addict by art toward beauty and art. As we said, art can bring people to the point of recognizing the existence of the divine attributes befitting his Caliphate.

**Key words:** Art therapy, Addiction, Rehabilitation, Needs, Habits.

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Always art is tens and sometimes hundreds of steps ahead of other sciences, because art is thinking about getting rid of the singleness, the idea of freedom and perfection.

What are remains elusive in in different periods of human history, thought and culture, Artist follows in the depths of his soul and searches the seas and the skies.

Long before the man wishes to explore outer atmosphere and save themselves from gravity themselves and open to new horizons, illustrator Artist had achieved it in art and his dreams.

Human motives are so numerous that if we want it to count, takes many years to investigate it. If a person is not motivated, her life is empty and the art creates the human motivation and if not a human target will not act considering the

critical role that the practice of human life and fate of societies and in the circumstances of a nation and, art evokes the feel and look the way it will be thought, therefore, that the Quran always faith and good works are listed. Anti-human powers, rather than the thoughts of fear, fear of revolution and practices. If the enemy's thoughts, for fear that it is always thought to be the result.

Art is the fact that, in itself, has many features that until is unknown and future generations will discover it.

The human mind is always tends to find goodness and art creates emotional balance to find goodness. Apart from this, in a more objective way, we can say that art has always been able to create balance between man and the environment, and since the balance between man and the world around is a remove for humanity, we find the necessity of art in creating a balanced personality.

Effect of art in Rehabilitation of the Addicts is a new mission, although there is not specifically formula stated in the art. But when exploring the origins of art done once again, we find that the art has played different roles in society.

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human who penetrate termites in his mind and brain and think he is swallowed, so that everyone is waiting to destroy him, art is a new window opens up to him to achieve his health and spirits. Because addiction cannot be destroyed the individual, unless the individual is created just for him is that art, rushes to the aid of injured person, to create a new identity for him. Art, in this way, perhaps, goes so far as to become an addict, new plants are brought to the deposition of the society, once again, he can re-growth of humanity, even beyond his own experience to accelerate their search for God.

The purpose of art is to achieve perfection, art can be set aside emotions and provide feelings that are good for human kind.

#### **Who is the artist?**

“Artist requires that they should feel, look, and remember to remember the words, the artist must know their job and enjoy it. He should dominates on all the rules and conventions that are encompassed in this way, and discovers that his perception of the world around with such a device can be present in the form of art, the artist will be able to enter the service of real art. He then defeated the rebellious soul, but it's not a rom and began to walk”(Khatami, winter - spring 1984-83: 13).

#### **Who is addicted?**

“Addiction is a psychological and sometimes physical due to the effects of drugs on behavior and reactions of an organism to a specific person will appear in the organism and always addicted to drug use persistent or episodic tension. So that one can experiences the therapeutic effects of the substance and or discomfort caused by the lack of consumption.

Addicted is the Human who had drawn drug to any sides as a result of mental health problems or social and cultural issues and its human characteristics have been modified; and if, once again finds itself independent of addiction is the same man. Anyone who tries overcome his loneliness and also to learn how to survive.

Experts believe that only in-depth revision, in relation to many young people, the need to validate simulation models and aims to attract, to survive emotionally in which drowned, these characters can let their choices so true to the

values that may arise in the context of their desires and needs “(Borgereh, 1989: 105).

Borgerehsays: Encourage, foster imagination and help to discover the creativity in the individual is one of the best ways to strengthen your weaknesses and makes fascination with those who are at risk of addiction, and a way to fight depression with himself and others, in the characters addiction is possible. Creative activity in precisely the opposite way of the mind is like a drug addict. What leads to creativity, it also attracts those who are healthy, stem violence possible, enhance the capabilities of imagination and lead to the gradual discovery of the authenticity and the real needs and desires, as a result guide to positive demand .

#### **Addiction, personality, fear**

“Theactionsof human formed of habits, human is children of habit, habit usually occurs spontaneously and without thought, as often happened that the nerves sometimes, despite willingly practice the habit of doing it on their own, such as smoking. Some theorists believe that any substance is not addictive unless affected people “(SadeghKarimpour, 1985: 36).

“The tolerance in the lofty goals of the Adverse and tribulations did not painting and drawing, but has beauty that all the beauty gives meaning and content and the man inside the patient and patient's comfort and realism and it is affected by anxiety and agitation associated with aspects of ideology. In this case, the beauty elegant provides the best figures.

Art, against such people can pull out internal feel. Drug release from the singleness of addiction, in this passage is able to find peace for your soul, even to the point that it no longer satisfy the basic needs, not fulfilling his thirsty soul and such as of its small diameter and small streams to bring art to the sea eternal transcendental and eternal join. Since that man is constantly looking to satisfy their needs and finds soothing for the soul, to overcome his anxiety, art can achieve this goal in a new window” (Jafari, 1990: 290).

#### **What is Art?**

“Art of life and socializing are smoothing solidarity. Jobs and many social activities that are shared by humans, can find a sense of beauty and makeup and always joyful and loving life again.

When men see beautiful art and learned beautiful thinking, developing beautiful and beautiful creation assume here that these entire learners surrounded him and pushing into another valley.

Art is a religious category and indeed is a high and holy truth is that saving humanity and a superior transcendent mission and fully human "(Shariati, 1990: 8).

"Art deals with the values and identity and indicate the emergence of a single human life "(Jafari, 1990: 91).

Jafarisaid: The artist can give people a sense of peace of heart and happiness although it struggling to reduce pain and difficulties people.

"Artwork is penetrated as the sword and in extent of the movement has pen and in teaching and preaching, the book has and in transformation of teacher effectiveness and rule the world and in depths of human existence (Mazlumi, 1984: 130).

Mazlumi said: In education of children is incompatible with the preservation of the branch is broken, to save a patient.

Mazlumisaid: The language arts is language and presentation on the language of the eye, the ear is the language, the language of state and trait, before the language of feeling and form.

"Prof. Dhule, in his famous book" young Andre Gide, "says: Art, from the beginning of creation, is the expression of an ongoing effort to transfer parts hidden dark sense of conscious intelligence field and soften and become obsessed with poems, songs, and body image. When dejected and depressed, ten to twenty drops of ink is sufficient to restore my lost happiness and sadness patina to solve the closet. Anxiety and panic will drop from the current pen tip. The rotating brushes that I am going to the health and welfare of the present and never will damage the health and welfare of others "(Moammaei, 1965: 73).

Moammaeisaid: Work of art writers and poets as a defensive tactic against war and internal anxiety and when the art is created, the war and anxiety will end and exhilaration and optimism and calm nerves appear in the realm of the spirit.

Sense of artistic is thinking in the inner man that other factors brought it to boil. When a young man with a work of art ever so slightly stimulated, to raise their spirits come and wake up feeling inside. he can create a work of art is

important and that this effect can be in forms, poetry or embodiment, the step into the world of beauty lay and believe that the long calm and soothe him, and never in the dark and will not abuse. Art can meet its needs and hopes that is gone back to him.

**Professor Mohammad Taghi Jafari in books art and beauty says:**

"God creating the universe put the laws and principles of the world in the understanding its wisdom and advantage seeking perfection in the human body, it provided a way to recognize the perfection of the appeal and beauty in the human spirit is the expansion factor "(Jafari, 1990: 136).

Elsewhere in the book of art and beauty of words, the scientists Jafari said:

Tolstoy believed that art is removable from those brotherhoods of human emotions and thus accelerate its social value.

Freud says: the artist creates works of art from the reduced stress and adds to their comfort.

Resort to creative artists, successfully escaped from the world of reality and joy and peace based on the results of artistic creativity is able to build a new world.

When we speak of art and the artist can be a great people remember the endless suffering, the truth of art began, such people are always trying to make a model who is able to present all the material and spiritual obstacles in the life, went beyond and offer immortality by tolerating suffering and pain.

**Abdolali Dastgheib, in the books, art and reality says:**

"Art is the relationship between humans and devices as a result of the means of human progress, this result is that the recipient of the product artistic effect with the causative effect, finds a special relationship ... Because human who has the talent of artists, other people's feelings as he passed, therefore release of emotions, what humanity has experienced before him and what the audience of her experience, his availability and his ability to convey their feelings to other people"(Dastgheib, 1970:1).

"Art is human trying to get what it should be, but is not. Thus human who finds himself alone, with art that is going on this earth and sky, or the

items that you are not homogeneous, are alien to her, paint her familiarity and understanding” (Shariati, 1990: 19).

“Love and engagement in the arts is the greatest artist of the patient’s needs. Because this patient, all the cells of your body feels that innovation and new Creative and mental health and balance to deliver a gift and indescribable ecstasy and had to replace it will fight a bloody internal and anxiety.

When human life and the pain of wounds suffered in itself, he leads a stretch for binding, that pressure and the roar of the way out and a way to tell the and it may be that the simple act of “discharge” or discharge, he has saved the concerns and anxieties and to bring relative calm “(Moammaei, 1965: 72).

Moammaeisaid: Art has an excellent sense of the word can filter purification mental and spiritual catharsis and the opinion of Aristotle, whose first under the name” **Catharsie** »expressed in brain washing.

Boiling inside him to the pure beauty of nature are the moneychangers. Such artist is able to convey a sense of purification of the others, *as Tolstoy says*:

“The artists of our time, and some few to be exceptional among a small section of the people, the rich class people or people close to them, are selected; Rather, all of which belong to all people who are talented and gifted people and their desire for artistic activity proved, the artists of the future “(Tolstoy, 1985: 205).

“ human creator and the artist, the man who takes everything, this is the greatness of the work of art; When everything takes a while, he writes about the artistic creation, playing portray itself makes itself states. I, however, am a new creation itself, I create a new work written for someone who, like Ferdowsi’s *Shahnameh* created themselves created; Ferdowsi has created the human being, to the extent that the human meaning of his art, not in the sense of the artisans themselves, creator and producer of the self is the self “(Shariati, 1990: 29-28).

Shariatisaid: This is the human who is the extent to which self-awareness and freedom feels, it feels separation and be alone. And this alone that the world sees this little lonely in his anxiety arises and the Fruits of the Earth and the lone table

that nature needs not feed him. Do not colorless and not the human’s wishing to be colorless. Colorless the death of the plant, human must hope that his successor has higher requirements needs to be inferior and wish that more and more to feel the sufferings.

### **Art, a means for substituting ingredients for addicts**

Now with regard to the arts, visual arts addicted to the beauty and have drawn. We said that art can bring human to the point of recognizing the existence of which he is the Caliph of Allah, what is this way the artist helps more than anything, is an iron will. Beautiful worship and a desire to be everyone’s good. How people are finding that despite all social and economic hardships, will have to step beyond their and difficulties involved with the art on the basis of its will to win and just go this way.

poweris in human existence and solvent human problems in life. Human feelings, such as doll that every day, it changes puppeteer, such human fate, destiny, like many of the people caught in the trap of addiction. All these people are suffering from lack of determination. The first is critical for the addict, love the beauty of life and will encourage them to create beautiful.

So art is a source of continuing them for their future life. In fact, if such a step is taken, once again, art, rediscovers his original role. These people, if they can, in this way are successful, becoming immersed in the art and are of such a phenomenon could lead them to the depths of our existence and since the perception and reception of art, has been associated with a fun, can you enjoy these people need to be satisfied.

### **Experiences and rehabilitation, in some countries**

In our country, since the beginning of the rehabilitation of drug addicts are sent to prisons and detention centers, but it is important to treat the psyche this individuals. Since the human psyche can easily communicate with art, perhaps through this step can be taken to improve these people. So far, in some countries, the implementation of such actions, and presently it is tested.

“Experimentation in light Rico and the results it was also successful. In this design of the 124 addicts that have been treated, only 7 people (6.5%) and after 3 and a half years have returned to

addiction. In this program found that the patient needs to take a drug, it can easily be eliminated, but the important thing is that it is very difficult to eliminate the mental addiction“(Orang, 1988: 153).

**In this treatment, the addict, with the three conditions are met:**

- A) Conditional the behavior
- B) a change in type of behavior
- C) establish an emotional maturity and professional

To implement the above objectives which are the use of new techniques and the use of experts in public or drug treatment (former drug addicts). Use these people because they are living examples of healing and hope for the addicted. In other cases, they may be better than others express themselves to their physicians. Of course, in the beginning, addicts can easily talk to them about themselves.

This program consists of three courses “inducer”, “therapeutic community” and “Return to society”

#### **Induction period**

This period is 2 to 3 months and addict take more than busy to think about treatment, detoxifies the body at this stage is completed.

#### **Therapeutic community period**

this period is 6 to 8 months, and to eliminate the behavior that caused the failure, lack of self-confidence, and personality changes are hostile. Here, the art training helped to promote the goals. If the addict has art talent can be used to train him properly. Art therapy is a method that is used in the world, particularly experienced in performing arts and other arts are testing is done.

#### **Return to society**

“In this period addicts are ready to return to society and the basic treatment of addicts in this phase ends and the certificate will show improvement and efficiency to him. This certification is of course if you get addict to abuse her again“(Orang, 1988: 155-153).

#### **Human needs are:**

- 1. basic needs
- 2. The secondary needs

Basic needs such as water, air and food.

Secondary requirements include: a) the need for security b) the need to love c) the need for power

These three basic need for human beings are formed when a person identifying himself to be

sure, in fact, a person who is in the process of their recognition, such as your needs grow and takes steps to achieve these feelings.

What is important for him to step in the way it is? If Human cannot find the way is mentally unstable.

#### **The results of the questionnaire**

The questionnaire shows, art therapy approaches for the prevention of falls should be young again. In existent conditions of the art facilities in our country that have little practical suggestions:

1. Regulated long-term programs in these centers and centers for art therapy and accepting referrals;
2. The identification and selection of homogeneous groups for art therapy and offer this program to be implemented;
3. If the workplace and raw materials to be put at the disposal of its clients with artists, collaboration is necessary to create the material forms, not and the self-sufficiency and staff costs are not imposed upon them;
4. This art therapy for addicts experience and makes it possible to utilize them to their benefit;
5. The development of artistic skills, along with an understanding of the social need to raise the competence of the individual in society (to be prepared by them to solve the problems of life)
6. Participating all addicts in the collective work of art, to familiarize them with the values of the environment and thereby to a healthy environment, to understand the fundamentals of sound art.
7. Helping addicts to develop ethical position by art.
8. Establishment parties and communities, to encourage and promote the arts in their bodies”(interpretation of Dovvorgheh, 1983: 36-35)

#### **Total results, to reach the target**

“The various phenomena helps us to creatively constructive force in the social and artistic works, to see properly. Extent of this phenomenon is so widespread that human knowledge is only part of this wave of: Flow arts and culture, particularly in the social commitment aimed at human liberation from the oppressive constraints society in history.

The purpose of art is correct, first as an internal stimulus appears and is transformed into a desire to create artwork. The goal guarantees the results that appear to follow the implementation of internal

stimuli. In this way, the study of external conditions and circumstances are required; because internal stimuli and desire alone results intact. But the result is the result of interaction with the external environment. Condition of view is required to change the internal stimulus to the destination. Understand what is observed will help to results of the actions. Readiness is one of the necessary conditions that must be considered. In learn the concepts of art, to experience the feeling of seeing the othersis necessary. Because, basis this program in the beginning, is based on sensory experience.

The main purpose education is the art of wisdom and the guidance to be able to express their emotions and feelings. Because, if someone from outside the control of thought and reason, to submit a momentary desires and aspirations and to be a risk factor for him.

Meanwhile, drug prohibition and punishment be addressed to the correct way to apply the art is well done.

addicts must be independent and able to independently without the help of others for the current affairs and issues related to its future plan to fall and build itself character and freedom of speech and belief addicts should have in relation to art.

Rehabilitation centers as a laboratory that success and failure, which requires communication between teachers with addicts.

#### **Needs to be created through art therapy**

**“1. The need for a sense of achievement and success;** Workers and officials are considering the establishment of centers for arts groups to areas where all addicts to ensure to the progress and victory, own efforts. For example, through play and work collectively.

**2. The need to encourage and praise;**this is a natural feeling of all people, especially addicted to care about themselves and others in their endeavors to encourage the workers are expected. Certainly encourage further efforts are urged to work. Should not be overlooked noted that low potential abusers, against any attempt to do so with full interest, most talented people in need of encouragement.

**3. The need for understanding and trust;** Teachers should strive to drug relationship between itself and based on understanding, trust

and intimacy and mutual respect. Providing such an environment, cooperation among drug users is the purpose of art teacher. Creating a healthy environment for art, limited to the correct relationship between the teacher and not addicted, but the correct relationship of friendship and cooperation between them is important.

**4. The need for security;** For the sake of safety is the safety of fear, worry and anxiety. The origin of some of these concerns may disrupt the plan. To all addicts, the centers will be able to naturally clean and fresh spirit in the work of art. The purpose of this is that spirit of joyful abusers are not bound by any discipline. If the drug is well understood, but the rules did not violate the spirit and even prevent their release. Should be the extent of their growth, freedom and powers to be given to their responsibilities and thought and insight should be run.

**5. The need to satisfy curiosity and wonder-seeking;** People are inherently curious beings. Each and every human experience-based learning activity that is interesting. Modernism is an attribute of human nature. For this reason, art class uniform is boring for them. (The idea is that the exploration is done by relying on art therapy techniques, we provide a context to better understand and Space healthier way of human evolution we”(interpretation of Neisari,1972: 16 - 19).

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