

Research on the Design and Application of Datura Painting in Decompression APP

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Abstract: The purpose of this paper is to explore the application of Datura painting in the design of decompression App, and to exert its psychotherapeutic effect. Firstly, it narrates the origin and related concepts of mandala painting, analyzes the social significance and main types of decompression APP, and clarifies the research object and scope. Secondly, it analyzes the research status of mandala painting from academic and practical aspects, and summarizes the three characteristics of mandala painting: repeatability, structure and abstraction. Finally, it puts forward the design and application strategies of mandala painting in decompression APP from three aspects, that is, increasing the atmosphere of painting and creating immersive experience; Enhance the pleasure of painting and simplify the functional design; Strengthen the sociality of painting, produce emotional resonance, and take this as the academic basis for practical design verification.

Keywords: Datura painting; Decompression App; Design and application.

1. Introduction

Under the fast-paced development mode of today's society, more and more people begin to need psychotherapy. However, due to the constraints of cost and time, many people find it difficult to turn to doctors after emotional or psychological problems, so decompression apps gradually appear in people's field of vision. However, the design level and psychotherapy ability of decompression apps are uneven at present, and even have counterproductive use effects. How to improve the psychotherapy effect of decompression App has become a key issue. Therefore, based on the commonly used psychotherapy art form in the medical field-mandala painting, this paper explores the design strategy of mandala painting applied to decompression App to improve the healing effect of decompression App.

2. Related theoretical exposition

2.1. Datura painting concept

Datura, which originated from the name of Datura flower, is a transliteration of Sanskrit Mandala, which is free translated as Tancheng and Dojo, and the round wheel has sufficient meaning [1]. Datura painting belongs to decorative painting, which has great application value in art therapy, mainly based on coloring creation. In Western civilization, mandala painting was invented and popularized by Jung, the founder of psychoanalysis school, and is well known. It is one of the main forms of artistic expression therapy at present. Jung believes that drawing mandala can stimulate individual internal self-motivation and enhance self-strength, so as to cope with large and small events in life [2]. Datura painting and traditional oil painting, traditional Chinese painting creation process has a big difference, first of all, in the form of composition, Datura painting has symmetry and the picture gathered in a geometric shape is mainly round, from the expression technique, Datura painting performance is relatively single, and abstract freehand brushwork is the main, the description of light and shadow is rarely involved, from the theme of creation, Datura painting is mostly flowers, gems,

religion and so on.

2.2. Decompression App Design

As a special product type, decompression APP aims to help users learn to decompress, release bad emotions and gradually acquire a relaxed and positive attitude towards life by using a series of interactions between products and users [3]. In contemporary society, more and more people are emotionally unstable due to the pressure of work and study, and even induce mental diseases such as depression. Therefore, decompression apps gradually enter people's field of vision and get more and more applications. At present, there are three types of decompression apps. One is social, which achieves the purpose of relieving stress by talking and making friends. However, due to the influence of user quality and personal personality, social decompression apps have certain limitations. If users do not gain a pleasant social experience during use, it is sometimes counterproductive to relieve stress through social means; The second entertainment type mainly uses music, painting and other means to help users relax. This type is suitable for a wide crowd and low cost, and it is also the most common decompression App; The third medical type is mainly to help users relieve stress and worry through professional medical means, such as psychological counseling, which is more professional but costly.

3. The present situation and characteristics of mandala painting research

3.1. Research status of Datura painting

From the academic research point of view, the research on mandala painting in Chinese academic circles has a long history. Taking CNKI database as an example, 130 related documents were obtained after searching with "mandala painting" as the key word. The earliest related documents were published in 1990, and the overall number of papers showed an upward trend, as shown in Figure 1. The fields involved are mainly concentrated in psychology and clinical medicine, and there are relatively few studies combining it

with art design. For example, Bi Yufang analyzed the shortcomings of structured mandala painting, and put forward the Chinese model of unstructured mandala painting, that is, freehand mandala painting, and summarized its five characteristics: specificity, subjectivity, integrity, agility and immediacy [4]. Chen Canrui et al. found that mandala painting has the function of improving mood by asking 196 college students to fill in the mandala characteristic scale after painting mandala, and the standardized mandala effect is significantly higher than that of non-standard mandala, and the mandala works with the characteristics of warm inside and cold outside have more obvious effect [5]. Lu Yanhua et al. found that teenagers can reduce depression more effectively when coloring the standard structured mandala template than using straight track with linear time view metaphor and circle track with circular time view metaphor [6].

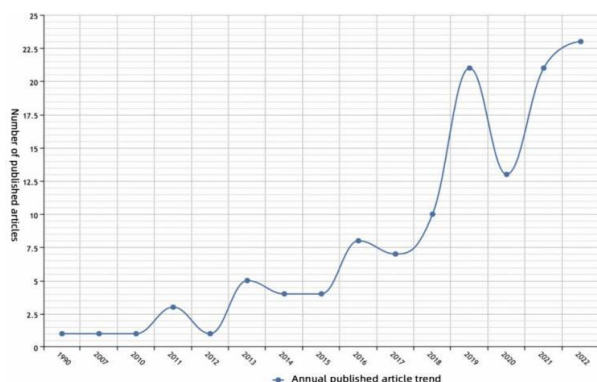


Fig.1 Trend of published documents related to Datura painting

From the practical research point of view, Datura painting has derived a large number of paper books because of its emotional therapy function. Painters can use various materials such as colored lead to create colors on paper books. Its advantage lies in the stronger texture of painting in paper creation, while its disadvantage lies in higher cost, easy to be affected by paper quality, and the entity creation form is often simpler. On the other hand, online applications related to Datura painting are also emerging one after another. After investigating several products that are widely used in the market, it is found that there are some problems such as single creative form and low sense of accomplishment. Therefore, to sum up, the promotion and application of Datura painting still has great shortcomings, which need to be studied by scholars.

3.2. Datura painting characteristics

3.2.1. Repeatability

Datura painting belongs to plane decorative painting in essence, but different from general plane decorative painting, the technique that the picture has been repeated in Datura painting is the main form of expression. The form of "repetition" is a common means for people to gain aesthetic feeling. As the driving force of objective things and artistic expression, "repetition" exists in different ways in different stages of art history, constantly changing and alternating, and becomes an artistic language with unique expressive force and appeal [7]. The repetition of Datura painting is mainly reflected in two aspects, including repeated modeling and color repetition, as shown in Figure 2. Visually speaking, the repetition of elements can enhance the regularity of the picture and create a strong sense of decoration. Emotionally speaking, compared with rich changes, repetitive elements can bring more familiarity and security to painters, create a

more peaceful painting atmosphere for painters and smooth out their negative emotions.

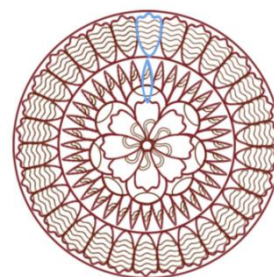


Fig.2 Repeatability

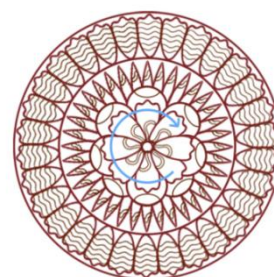


Fig.3 Distribution Trajectory

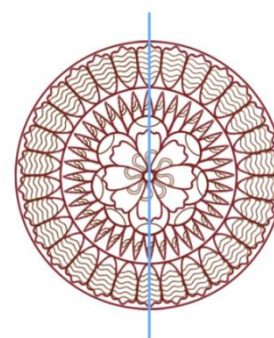


Fig.4 Composition

3.2.2. Structural

Datura painting gives people a strong sense of regularity, which is due to the structure of the picture. First of all, from the perspective of picture elements, every element in Datura painting is surrounded by geometric shapes and distributed in a circular track, as shown in Figure 3. The circular structure in Datura painting can be understood from different angles. The circle fits the meaning of perfection in meaning, and the circular structure is softer than the square structure in perception, bringing people a calm, gentle and inclusive picture feeling. From the composition point of view, Datura painting is symmetrical layout, as shown in Figure 4. Symmetrical form not only conforms to the visual habits of people's eyes, but also meets people's perceptual needs for balance, making symmetrical structure easier to get people's love than other structures [8].

3.2.3. Abstractness

Datura painting is mainly abstract style, which uses the form of points, lines and planes to express things or concepts abstractly. The abstractness of Datura painting makes it have incomparable advantages over realistic painting in psychotherapy. First of all, abstract painting requires painters to capture key features and add their own understanding to

create, which requires lower painting skills of creators, making Datura painting more universal and enabling painters to master painting skills in a short time. Secondly, abstract painting can provide more free creative space for painters. In the process of painting, painters can understand pictures from different angles without sticking to fixed shapes, colors and light and shadow relationships, so as to integrate more emotional sustenance.

4. Design and Application Strategy of Datura Painting in Decompression APP

4.1. Increase the atmosphere of painting and create an immersive experience

4.1.1. Enrich the digital expression form of Datura painting

Compared with mobile terminal, Datura painting application has greater autonomy over traditional paper books. However, after investigating the related products used more in the market, it is found that most products only paint by filling the line draft, and lack the space to play independently. Therefore, when applying Datura painting to decompression App, the primary task is to enrich its digital expression form. In painting style, it provides brushes and filters with various textures so that painters can perform different performances according to their own preferences and moods; In the form of painting, in addition to providing line draft templates, we can also create according to the photos selected by painters, so as to connect painting with life and improve the affinity of painting. We can also use dynamic effects to enrich the display forms of painting and give full play to the advantages of digital technology. By enriching the digital expression form of mandala painting, it can not only give painters more creative space, enhance the effect of art therapy, but also enhance the attractiveness of products and form a benign communication between users and products. See Figure 5 for the design and application strategy of mandala painting in decompression APP.

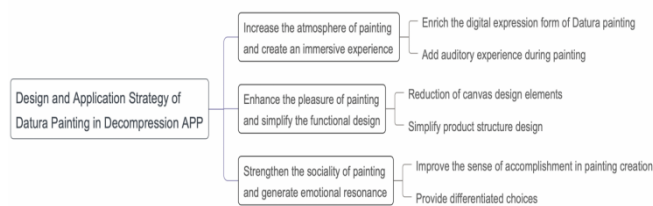


Fig.5 Design and application strategy of mandala painting in decompression APP

4.1.2. Add auditory experience during painting

Human beings obtain external information through vision, hearing, smell, taste and touch. Among these five senses, vision transmits about 70% of information, followed by hearing, accounting for 15%-20%, which is an important information acquisition channel for human beings besides vision [9]. In digital mandala painting, the auditory experience is mainly divided into two parts, one is the background sound effect, which enriches the painting atmosphere and increases the immersive experience during painting through white noise and natural sound when the painter creates, and the other is the sound effect feedback. In addition to the tactile feedback of App buttons, the painter can also give corresponding sound effect feedback according to

the characteristics when creating, such as the rustling sound of pencils on paper. Good sound effect can make the painter get a more real experience and strengthen the psychotherapy function of mandala painting.

4.2. Enhance the pleasure of painting and simplify the functional design

4.2.1. Reduction of canvas design elements

The design concept of "less is more" not only promotes the development of minimalist art, but also becomes a very important theory in modernist design. Up to now, "less is more" has penetrated into various types of art design fields, from graphic design to product design, which is influenced by it. Whether it is concise and textured has become an important criterion for judging whether a design is good or bad [10]. Datura painting itself has certain decorative and complicated, so painting page design should pay more attention to conciseness to avoid making painters feel too complicated. First of all, unnecessary functions should be reduced as much as possible, and only necessary functions related to painting should be retained, such as brushes and color panels. In design, attention should also be paid to the fact that the size of function buttons should not be too large, and hot areas can be enlarged as much as possible to improve the convenience of interaction. Secondly, try to centralize the layout of functions, for example, concentrate all functions in the corresponding areas through suspension boxes, reduce the decentralized layout of functions, and visually bring more neat layout feelings to painters. Finally, if there are many functions and they cannot be deleted directly, the page can be further simplified by improving the concealment of functions, for example, the functions in the list can be hidden by drop-down boxes. When the painter needs them, the list can be expanded by triggering buttons to display the functions.

4.2.2. Simplify product structure design

When painters use decompression App to create mandala paintings, the psychotherapy effect they receive not only comes from the psychotherapy ability of mandala paintings themselves, but also is closely related to the comprehensive experience when using products. If the product structure is too complex, it will affect the psychotherapy effect of mandala paintings. To simplify the product structure, we must first improve the functional classification. In the design process, we can test the information functional structure through card classification to fit the user's ideas as much as possible; Secondly, reduce the product level and consider whether the functions of the front and back levels have the necessary parent-child relationship, otherwise try to put them in the same level to avoid the inconvenience brought by the deep functional level to the painter; Finally, some navigation buttons can be used to facilitate users to jump between different pages. For example, the home button is set in the deeper page, so that the painter can directly reach the home page, and the sharing button can be set on the painting page, so that the painter can directly share with the community or friends circle.

4.3. Strengthen the sociality of painting and generate emotional resonance

4.3.1. Improve the sense of accomplishment in painting creation

By integrating into the social mode, the communication circle between painters can bring each other more sense of

painting accomplishment, stimulate the positive emotions of painters, enhance the psychotherapy effect of mandala painting, and make painters have a positive psychological impression on products. First of all, we can provide more display modes for painters by making dynamic paintings or short videos, and improve the corresponding reward mechanism, such as rewards through points. To stimulate painters' desire to share, secondly, an independent social circle centered on mandala painting can be established, and a separate community can be set up in the product, so that painters can share their works for communication. Compared with an independent community in the circle of friends, they can form a more concentrated sharing theme painting, and painters are more likely to meet people with the same mood or hobbies, and they can have a positive impact on each other through paintings and emotional therapy experiences shared by others.

4.3.2. Provide differentiated choices

After investigating similar products, It is found that many products will display painting templates in the form of lists or matrix pictures. After the painter chooses, he enters the canvas to create, This use process has two drawbacks, one is that when faced with too many choices, it is often more difficult for the painter to make a choice to affect the fluency of use; The other is that the painter may have some negative emotions before the creation of mandala painting, but due to the lack of corresponding psychological knowledge, the painter cannot choose the most suitable pattern for himself to create, which affects the psychotherapy effect of mandala painting. Therefore, in the design process, it is necessary to combine the psychological state and personal preferences of the painter to provide suitable creation templates. In addition to classifying templates according to emotions, through potential social attributes, it can also provide better choices for the painter, for example, the painter and the interacted friends form a social circle, and through big data calculation, the mandala painting templates used by friends in the circle are classified separately, which can not only stimulate the Immerse yourself in the painting state and improve the psychotherapy effect of Datura painting.

5. Conclusion

Decompression App has the advantages of low cost, wide use and no time and space limitation, and has become an important auxiliary tool for psychotherapy, but there is still

much room for improvement. Therefore, by analyzing the characteristics and research status of mandala painting, this paper puts forward the design strategy of mandala painting applied to decompression App from three parts: immersive experience, functional simplification and emotional resonance, and integrates art therapy tools into decompression App. However, this paper only optimizes the decompression App from the perspective of innovative design. In actual use, the emotional or psychotherapy effect of the decompression App may be affected by the painter's personality, etiology, product business model and other aspects.

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