

AN INVESTIGATION OF CHILDHOOD PSYCHOLOGICAL DISORDER THROUGH ALIHA AHMAD'S MINIATURE PAINTINGS

Sadia Asghar¹, Muhammad Kaleem Ullah², Sana Shabir³

Original Article

1. College of Creative Arts and Design Lincoln College University of Malaysia
Email Id: sadiaasghar909@gmail.com
2. Institute of Agriculture Extension, Education and Rural Development University of Agriculture, Faisalabad. Email: kaleemullah3928@gmail.com
3. College of Creative Arts and Design Lincoln College University of Malaysia
Corresponding author Email: sanashabir374@gmail.com

Abstract

Miniature painting is a oldest tradition paintings of South Asia it's belong to early Mughal empire around 750 A.D and till now contemporary artist using traditional icons like borders/frames, small figures, warmth and gold colors , etc. On their Miniature painting.Children and adolescents are affected by childhood psychological disorders, which are mental health conditions. The emotional, social, and academic functioning of a child may be significantly impacted by these disorders. In Aliha Ahmad's work's we will see traditional borders of miniature paintings. Her work makes excellent use of conventional formats, ornate borders, floral frames, and the unexpected inclusion of wounds, body parts, blood, and hair in her miniature paintings to represent elements of human presence but from a different, personal, and painful perspective. Her all painting series passes through that wounds which she's facing from her childhood. She is absolutely incredible contemporary miniature artist who uses mix media like, Gauche human hair and water color on wasli¹. The use of warm colors such as red hue colors and ochre hue colors as they remind us some sadness and desolation through her color palette but somewhere in theses her illustration series it shows some cheerfulness and hope for good vibes.

Keywords: Traditional painting, Contemporary approach, Body organs, Painfulness, flowery borders / frames.

1. Introduction

They are intertwined in numerous ways because both psychology and art involve the study of human emotions, thoughts, and behaviors. Here are some instance of the connections between art and psychology. A specialized type of therapy called art therapy combines psychological strategies with artistic expression. It uses a variety of artistic mediums, including painting, drawing, and sculpture, to aid in emotional exploration, improve self-awareness, and foster personal development and healing. The study of aesthetics focuses on how viewers respond to and comprehend art. It examines how different art forms, such as paintings, music, and literature, affect those who view or listen to them on an emotional, cognitive, and physical level. Psychologists study the cognitive processes, such as perception, emotion, and thought that underlie aesthetic experiences. In art, symbols and imagery frequently have significant psychological meanings. Psychologists may examine artwork in order to decipher the symbolism

¹Wasli, also known as wasli paper, is a particular brand of handmade paper used for painting miniatures. It was created in India in the tenth century and is frequently depicted in artwork from the Mughal era.

and explore the subconscious or symbolic components of an artist's expression (Gantt, & Tabone, 2018). This approach is frequently used in both psychoanalysis and deep psychology. When the *Palas* ruled over India's eastern region around 750 A.D., miniature paintings first appeared there. Because the Buddha's religious teachings, which included his images, were written on palm leaves, these paintings gained notoriety. These paintings had to be miniature in order to fit on the palm leaves on which they were created. Similar paintings were introduced to western India by the *Chalukya* Dynasty kings around 960 A.D. Religious themes were frequently depicted in miniature paintings during this time. The popularity of miniature paintings began to soar with the expansion of the Mughal Empire. Indian miniature paintings created by Akbar, who loved art, combined Persian elements to create the Mughal style of painting. These are influenced by Mughal style Miniature paintings in *Rajasthan* have their own unique characteristics, which are attributed to Lord Krishna. Miniature painting was greatly influenced by the Mughal Empire, which ruled over parts of India and Pakistan from the 16th to the 19th century. Early examples of *Mughal* miniature paintings and the sources they were based on include in the painting "*Akbar and the Elephant Hawai*" (ca. 1590), which was produced during the rule of Emperor Akbar, the emperor is shown riding an elephant by the name of Hawai. It is currently kept at the British Museum in London (Accession Number: OA 1.51) and is credited to the artist *Basawan*. Miniature painting is a traditional form of art that involves creating detailed and intricate paintings on a small scale. Persian miniature painting has a history that dates back to the 13th century. The scenes from epic poems, historical events, and everyday life were depicted in these paintings, which were typically created on manuscripts. Famous Persian miniature painters include Mir Sayyid Ali and Kamal ud-Din Behzad. The Mughal Empire popularized Indian miniature paintings, which date back to the 16th century. In these paintings, courtroom scenes, mythological tales, and religious themes were frequently depicted. Several well-known miniature painters from India include Basawan, Daswant, and Nihal Chand (Abramovic & McEvilley, 2010).

2. Literature Review

The traditional art of miniature painting implicate producing minutely detailed paintings on a small scale. The art form has a long history, with all kinds of references to different cultures and eras. Illuminated manuscripts from Europe's Middle Ages and Renaissance contain one of the earliest mentions of miniature painting (Bennett, 2005). Miniature painting in India dates back to the sixteenth century and gained popularity during the Mughal era (Saxena, 2014). Natural pigments and handmade paper were used to create Indian miniature paintings, which frequently featured court scenes, mythological tales, and religious themes (Goswamy, 2012). Another ancient traditional art form is Chinese miniature painting. It dates back to the Tang dynasty (618–907 AD) and was first used to represent natural settings, animals, and fantastical creatures (Gao, 2018). Various methods, such as ink washes, line drawing, and color washes, were used to create Chinese miniatures in general, miniature painting has a long history and has been used in a variety of societies and eras. Modern artists continue to use a variety of materials and methods to create miniature paintings, which is a popular art form today. The history of Persian miniature painting dates back to the 13th century. Persian miniatures, which frequently portrayed scenes from epic poems, historical events, and daily life, were made on manuscripts (Titley, 1965). These paintings had intricate patterns and designs and were very detailed. Expressive Arts Therapy: Expressive arts therapy employs a variety of artistic mediums, including painting, drawing, sculpture, and music, to promote emotional healing and self-expression (Malchiodi, 2012). People who have trouble expressing their emotions verbally may benefit particularly from

this kind of therapy. Art-Based Interventions: According to Chancellor et al. (2014), art-based interventions can be used in a variety of settings to foster resilience and well-being, such as hospitals, schools, and community centers. For instance, connecting with one's inner self and discovering a sense of calm and centered can be facilitated by creating a mandala, a circular pattern that represents wholeness and balance. Using art to help people who have experienced trauma process their experiences and emotions is known as trauma-informed art therapy (Landis & Bennett, 2019). Mindfulness-based art therapy combines the ideas of mindfulness with art therapy techniques, and it focuses on providing a safe and encouraging environment so that people can explore their emotions and come up with coping mechanisms to help people improve their level of self-awareness and emotional control (Monti et al., 2006). This method places a focus on the artistic creation process as a way to develop a state of mindful awareness and acceptance. Individuals can participate in a creative process that can aid in their emotional expression, self-discovery, and development of new coping mechanisms by incorporating art into therapy.

3. Material and Method

To ensure that a research study is rigorously and methodically carried out and that its findings are valid and reliable, it must pinion to a specific research methodology. Regarding the influence and dependability of the data within the subject's super sensual domains, every research project's sources, tools, materials, and methods are extremely important. The current research study's diamond is based on qualitative principles. The minutiae of anthropological or visual research, equal to Sarah Pink, engages with trendy issues and puts interdisciplinary projects to the endeavor. This justification led the researcher to take the qualitative research methodology into account. The study of portraiture has been washed-up in qualitative research (Pink, 2019). Additionally, artwork has theoretically and practically interpreted the collected data.

In this research took the paintings of Aliha Ahmad work. It takes a systematic approach that considers the painting's subject matter, composition, color scheme, and brushwork in order to describe a painting in a structured. Examine the painting's composition the material is *wasli* paper and miniature paints with zero size brush. This could involve how people and objects are arranged within the picture plane, how space is utilized, and how the composition as a whole is balanced. By following this method, you can give an in-depth description of a painting that considers all of its elements and techniques (Ciesielska et al., 2018).

4. Discussion

It is essential to conduct a brief analysis of the traditional miniature schools of the subcontinent, which are obligated for the development of miniature in the second half of the 20th century and are a constant source of inspiration for these contemporary works. Legendary in its magnificence, miniature painting dominated world art from the 16th to the 19th centuries. To further our understanding of this art form, numerous thorough histories of it have been researched and written by renowned academics. This brief discussion's goal, however, is to highlight the specific areas in which it is pertinent to modern miniatures rather than following an exhaustive historical trail. . In the first years of student instruction, the educational strategy at the National College of Arts' miniature department consists solely of reproducing already-existing works from *Irani*, *Mughal*, *Rajput*, and *Pahari* schools. The quantity and consequently easy accessibility of the beautifully illustrated books about these colleges in the college library provide a readily available source of visual inspiration (W. H. 1940, p.230).



Figure 1. Festering wounds and abnormal growths part (1)

Aliha Ahmad, a student at the National College of Arts, recently earned a degree in Miniature painting, using miniature paintings to depict objects or people she greatly respects, such as old and wise small scale edges, for use in gaining knowledge. Go after having money taken for special borders or frames to be placed in newer Context 1 in a separate general direction if you want to change her first form. These borders/frames come mainly from the Major paintings schools such as the Mughal, *Pahari* and Her paintings supported as the traditional art form of Pakistan largely because of, in relation to its Mohammed supporter act of supporting another, the Mughal picture painted on small scale however dead body the most having general approval and supported usable materials for the new small scale works. Her painting depicts contemporary miniature themes. As we see in fig.1 traditional miniature borders design covered with green leaves and colorful flowers however these borders we also seen in oldest miniature paintings many times and on left of the painting we saw a organ (Heart) of human body which she sometimes paints on middle of the borders\ frames and sometimes these are the focal point of her paintings in between four corners in a most delicate way. The heart shape and human body organs painted very keenly and precisely with oriented colors which shows the inner pain of an artist.



Figure 2. Festering wound and abnormal growth Part (2)



Figure 3. Festering wound and abnormal growth Part (4)



Figure 4. Festering wound and abnormal growth Part (5)



Figure 5. Festering wound and abnormal growth Part (5)

A make point clear on the belief miniature painting can be an unbroken stretch of it, making adjustments to the conventional imagery either to depict personal pain, private concerns are the ways to make new contemporary miniature paintings and inventions in the art of past. The use of mix media also depicts the new form of miniature painting. The use of traditional format of elaborate borders, flowery frames, inclusion of wounds, body organs and and color connected to blood in these miniatures of Aliha ahmad represent in the element of human presence with a different private and painful form. In figure 5 the use original human hairs show the roots of unconditional pain running outside the traditional boundaries may be she wants to show the darkness and scare, emotion of human being which she always had inside of her and cannot get out of it because of boundaries of our culture, nomes and tradition (Schwartz, 2015, p.35). A warm color inside these flowery boundaries shows human's inside and outside views that a human being might be inflicting excruciating pain or getting tortured by any situation but still the outer smile and perfection of covering inner emotions by depicting perfect lines and colorful flowery pattens on boundaries hides all pain but sometimes it's may flouted in some point. The work of Aliha's counted in contemporary miniature because these elements were not used in early miniature paintings With its realistically executed elements and detail rendering of body organs within a flowery borders, it is a painting that uses the most formal elements of a miniature. Even Aliha was searching for ideas outside of the miniature, and a fusion of various elements was starting to take shape in her paintings.



Figure 6. Festering wound and abnormal growth Part (6)

In the last part of her series there is some hope in figure 6. Artist may be depicting her whole life circle covered with sorrow, pain, downheartedness and desolation but in last half quarter circle of her life there was a light of hope, cheerfulness depicts it with colorful flowers and Aliha Ahmad's paintings were with a subjective approach. Her saying, "I'm painting the idea of a festering wound and an abnormal growth while using the traditional reference of a visual in cased inside the border. My paintings are self portraits of sorts since I personalized the border and the vocabulary within.

The illustrations I paint took form from my experiences, growing up. Hence the use of elements that are in a way feminine or sexual in nature, it's about a painful abnormal growth". Grief is one of the many emotions that can be expressed and communicated through art. People can produce works that capture and express the nuanced and intense emotions

connected to loss and bereavement using a variety of artistic mediums. Art therapy is a type of therapy that encourages healing and overall wellbeing by allowing for creative expression through a variety of artistic mediums (Schama, 1999). It is predicated on the idea that the creative process involved in artistic self-expression can assist people in exploring their feelings and emotions, growing in self-awareness, lowering anxiety, and coping with stressful situations and traumatic experiences. It is difficult to demonstrate that childhood experiences have an impact on adult psychology because doing so requires understanding and evaluating many different factors. There is a substantial body of research that supports the impact of childhood thoughts on human psychology, despite the fact that it is difficult to provide concrete evidence due to the subjective nature of psychological experiences.

5. Conclusion

In addition to learning the traditional miniature painting ethics and its painstaking techniques at the National College of Arts, a third generation of painters inherits the style, concepts, and icons of the previous two generations. Although traditional miniatures from the *Mughal*, *Rajput*, and Persian dynasties still serve as the basis for instruction in miniature painting, recently inherited themes have increasingly served as new standards and inspiration for modern artists. Violence and gender issues are expressed through the use of images appropriated from traditional miniature paintings. A consistent artistic tradition that has existed in Lahore since the 1500s has preserved and nurtured a new generation of miniature painters who are currently making a significant contribution to world art. She is trying out a risky technique of fusing historical borders and frames with modern ideas. Aliha's ahmad painting may have been a commentary on the traditional practice of miniature painting, adapting the conventional approach to portray the inner suffering that she has experienced since childhood. The effects of early experiences on psychological development in people can vary from person to person, and other factors like genetics, environment, and ongoing experiences also come into play. The complex relationship between early life experiences and adult psychological functioning is still being researched and developed in psychology. The use of traditional border formats, floral frames, the inclusion of body parts and wounds, and the warm colors associated with sadness and blood. Aliha Ahmad uses a personal and painful point of view to represent the element of human presence and emotional imagery that is inside of her. In conclusion, psychology acknowledges the crucial influence of early thoughts and experiences on developing human psychology. Our knowledge of this relationship and its express for psychological development and well-being are still being deepened by on-going research.

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