

Conceptualization of Psychological Restlessness in Order to Take Care of Psychological Health in Creative People

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ABSTRACT

Objective: The primary objective of this study is to explore and conceptualize the phenomenon of psychological restlessness in creative individuals and its impact on their mental health. The study aims to understand the interplay between creativity, emotional experiences, and cognitive processes, and to propose effective therapeutic interventions for addressing the unique challenges faced by creative personalities.

Methods and Materials: This research employs a qualitative analysis methodology, utilizing a comprehensive literature review as its main approach. The study systematically examines peer-reviewed articles, academic journals, and relevant publications focusing on creativity, psychological restlessness, mental health in creative individuals, and therapeutic interventions. The PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) method is used to ensure a thorough and unbiased collection and analysis of the literature.

Findings: The study reveals that psychological restlessness in creative individuals is a multifaceted phenomenon characterized by high cognitive perseverance, emotional complexity, and a unique set of psychological needs. It underscores the crucial role of emotional experiences and cognitive styles in the creative process. The findings suggest that psychological restlessness, often viewed negatively, can be harnessed to enhance creative expression and personal growth. The study also identifies the need for specialized therapeutic interventions tailored to the psychological landscape of creative individuals.

Conclusion: This research contributes to the understanding of the psychological dimensions of creativity, emphasizing the significance of psychological restlessness in the creative process. It challenges traditional views of this state as solely detrimental and opens new avenues for exploring its potential as a driver of creativity. The study highlights the importance of developing targeted

therapeutic interventions and support systems to nurture the mental and emotional well-being of creative individuals, thereby enhancing their creative potential and overall quality of life.

Keywords: *Psychological Restlessness, Creative People, Package, Qualitative.*

1. Introduction

Creativity, as an interactive concept (Kazemi Haghighi, 2007, 2008), is a blend of personality patterns and cognitive processes that facilitates the perception of new relationships and the unique and distinct utilization of experiences and environmental conditions through the application of unconventional methods of thought or new behavioral patterns (Kazemi Haghighi, 2007, 2008). This phenomenon is further manifested through the exploitation of emotional and affective dimensions in its content. Creativity has played a significant role in therapeutic assessments as a strategy for emotion regulation (Chiou et al., 2020).

Researchers believe that affect plays a crucial role in the process of creativity. In this view, affective processes, in an integrated interaction with cognitive abilities and personality traits, lead to the realization of creativity. For instance, research has shown that fluidity, flexibility, and sensory-emotional coherence in creativity have an inverse relationship with anxiety, and therapy can lead to the experience of insight, enhancement of cognitive changes, and reduction of negative emotional responses (Halfon et al., 2019).

In this regard, the theory of Thought Emotion posits that the process of creativity stems from transformations in both cognitive and affective domains and introduces two major emotions, dynamism and restlessness, in the emergence of creativity. It refers to a group of creative individuals with high psychological restlessness who seem to have entered the neurotic realm with increased intensity of restlessness. The emotion of restlessness manifests itself through emphasis on anxiety, unease resulting from thought circulation (self-reflective thinking), accompanied by physical manifestations and a feeling of being under pressure to act. Psychological restlessness appears to draw an important boundary between the natural realm of creativity and a domain of creativity that has entered clinical pathological aspects, which has not only been overlooked but also lacks specific effective therapeutic approaches for such individuals (Kazemi Haghighi, 2007, 2008).

There is ample research evidence diagnosing creative individuals, in comparison to ordinary people, with psychological disorders due to their distinct biopsychosocial characteristics, which unfortunately have not been

accurately recognized. Indeed, this situation, without considering the biological concept of "excitability" in emotional sensitivities, internal orientations (Anderson & Haney, 2021), and personality dimensions like curiosity, cognitive perseverance, preference for complexity (Barton & Hart, 2023), and sometimes manifesting as emotional conflicts and psychological distress, underscores the necessity and importance of emphasizing psychological restlessness. Although art therapy has been proven effective in improving sensory cognitive performance, self-awareness, emotional resilience, and resolving internal conflicts, and particularly in treating anxiety and depression, it has not specifically addressed the needs of creatively restless or neurotic individuals (Halfon et al., 2019). This is in a context where specific therapeutic values for creative individuals could include addressing real mental health problems and distinguishing them, enhancing self-awareness and accurate understanding in families and communities, values that would be more valuable and appropriate for them, not only because they have not been properly diagnosed and treated by specialists but also because there is a fundamental misunderstanding about these individuals among the general public. Therefore, the necessity of implementing strategies for not only diagnosis but especially in the realm of treatment is significant for both the creatively restless and the neurotic creative. Despite extensive searches in the field of well-known psychotherapies, including psychoanalytic, cognitive-behavioral, ACT, and Gestalt therapy, no specific therapeutic strategy has been recommended for these individuals. This is because this domain has not initially entered the field of differential diagnosis at all (Glăveanu, 2020; Zbainos & Sagia, 2022).

Therefore, the aim of the current research was to conceptualize psychological restlessness in creative individuals and to extract the fundamental components in the structure of a therapeutic package for it.

2. Methods and Materials

The primary aim of this research is two-fold: first, to conceptualize psychological restlessness in creative individuals through a thorough analysis of existing literature; and second, to use the insights gained to inform the development of a therapeutic package. This involves an

in-depth exploration of the characteristics, causes, effects, and management strategies related to psychological restlessness, particularly in the context of creativity. This study is structured as a qualitative research endeavor, concentrating solely on a literature review. The focus is on utilizing the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) method to systematically explore existing literature. This approach is pivotal for understanding the nuances of psychological restlessness in creative individuals and for identifying key components necessary to develop a therapeutic package.

To achieve its objectives, the study employs the PRISMA methodology for the literature review. This systematic approach ensures a comprehensive and unbiased collection and analysis of relevant studies. The process starts with defining a clear research question and setting precise inclusion and exclusion criteria to filter the literature. A detailed search strategy is employed, covering various databases and sources to gather peer-reviewed articles, academic journals, and relevant publications. The collected literature is then meticulously screened and selected based

on the predefined criteria, ensuring a focused and relevant review.

Following the PRISMA-guided literature review, the study aims to identify key components of psychological restlessness as manifested in creative individuals. These components are extracted based on recurring themes, concepts, and findings in the literature. The next step involves translating these identified components into practical elements of a therapeutic package. This package is designed to address the specific needs and challenges associated with psychological restlessness in creative individuals, incorporating strategies and interventions supported by the reviewed literature.

3. Findings and Results

The qualitative analysis conducted as part of the literature review on psychological restlessness in creative individuals provides a comprehensive overview across several thematic sessions. The results of qualitative analysis based on literature review are shown in the following:

Table 1

The Extracted Package by Qualitative Analysis of Literature

Session	Duration	Session Objective	Content and Background
1	65-75 minutes	Introduction, stating rules, familiarization with session goals, defining components	Introduction, stating rules, familiarization with session goals, defining components. In creative individuals, signs of high cognitive perseverance in the creation process are observed, followed by feelings of helplessness after repeated introspective efforts without desired results, gradually diminishing psychic energy (Chung et al., 2017). In a state of uncertainty and self-doubt, restlessness, high rumination along with negative emotions such as despair, negative burnout, and feelings of loneliness are experienced, known as psychological restlessness (Yuan et al., 2022). The nature of loneliness being experienced is due to being engrossed in an unresolved issue.
2	65-75 minutes	Reminding deep meaningful experiences	Research findings emphasize the effective role of inspiration and significant moments in the creative process that have a lasting effect on the creator. Inspiration often acts as a catalyst for idea generation. This initial spark is very important in the beginning of the creative process (Hoever et al., 2017). Reminding meaningful moments in the creative journey can help maintain a sense of momentum and drive the individual forward with a sense of purpose. Providing a mental and emotional reservoir of positive experiences prevents stagnation and can be a guarantee for continuous motivation stimulation (Huang & Yang, 2023; Peter et al., 2021).
3	65-75 minutes	Identifying key elements	In recalling lasting experiences, identifying key elements such as emotions, overcome challenges, insights gained in what has been a distinguishing experience can be aimed at preserving the essence of meaning in a symbol of inspiration and creative space reconstruction (Hoever et al., 2017).
4	65-75 minutes	Extracting Core Values	Through introspection, individuals can engage in a comprehensive exploration from childhood to the present, examining problem-solving methods during internal conflicts, alongside reviewing the continuum of roles and personal responsibilities within the overall context of spirituality. This leads to the decomposition of three components alongside each other: the combination of inclinations, features, and observed values in practice. The greater the adherence, the more core values are introduced (Lu, 2021; Sandage & Jankowski, 2010).
5	65-75 minutes	Clarifying the Value System	The experience of restlessness places the creative individual in ambiguities regarding their beliefs. Striving for clarity in the value system can help by creating clarity in the structure of balance. When actions are aligned with core values, there is a higher likelihood of experiencing satisfaction, authenticity, and meaning in creative activities (Kazemi Haghghi, 2007, 2008; Laranjeira & Querido, 2023).
6	65-75 minutes	Aligning Key Elements with Core Values	Common aspects of distinguishing elements in meaningful experiences and core values can be combined cohesively for self-discovery.

7	65-75 minutes	Creating a symbolic image	Through introspection, individuals can arrive at a holistic exploration from childhood to the present, examining problem-solving methods during internal conflicts, alongside reviewing the continuum of roles and personal responsibilities in the overall context of spirituality. Decomposing three components together: combining inclinations, features, and ... can be very effective in symbolic representation for inspiring connections. In fact, symbolic imagination can remind the individual of their mission as an inspiring reference and reduce their feelings of loneliness (Halfon et al., 2019).
8	65-75 minutes	Choosing a transcendent goal in the life map: Self-transcendence	Self-transcendence is the hidden and apparent goal of creativity. In the process of creation, it is the process of going beyond oneself to serve a higher purpose (Barton & Hart, 2023).
9	65-75 minutes	Choosing a transcendent goal in the life map: Social-spiritual impact	Considering the spiritual element in others and a kind of effectiveness in usefulness and non-usefulness in creative individuals are essential components of self-transcendence. Self-transcendence helps in enduring suffering and forming an effective social worldview (Huang & Yang, 2023; Peter et al., 2021).
10	65-75 minutes	Choosing a transcendent goal in the life map: Emergence of a clear and sustainable goal	A specific goal like a personal mission that defines a specific point of destination becomes necessary. Psychological restlessness can be a powerful source of energy. Having a specific goal provides a focal point for this energy and prevents its dispersion and lack of focus. It keeps the individual stable in a guided exploration, preventing aimlessness at a level of motivation and engagement with the subject. This goal is beyond achievements so far and is a means to strive towards creating continuity of a value through a meaningful and positive impact on the world (Huang & Yang, 2023).
11	65-75 minutes	Operational definition of the goal project: Implementation, maintenance, and evaluation of effort	The necessity of defining a goal project and implementing it step by step, due to the clarity of vision for maintaining attention and focus, motivation, and continuous assessment of effort effectiveness (Robison et al., 2021).
12	65-75 minutes	Operational definition of the goal project: Teaching self-compassion	With reflective reflections, a symbolic image to strengthen the goal along with teaching compassion towards oneself for meaningful companionship with existential sufferings associated with creation should be followed (Miron-Spektor et al., 2022; Zabelina et al., 2021).

The first session establishes the groundwork by exploring the high cognitive perseverance and the subsequent feelings of helplessness in creative individuals, leading to a state of psychological restlessness characterized by uncertainty, self-doubt, and negative emotions like despair and loneliness. The second session emphasizes the crucial role of inspiration in the creative process, highlighting its function as a catalyst for idea generation and its significant impact on sustaining creative momentum. In the third session, the focus shifts to identifying key elements in creative experiences, such as emotions, challenges, and insights, which are essential in preserving the essence of these experiences. Subsequent sessions build upon these foundations, delving into various aspects of the creative psyche. These include the exploration of introspection and self-discovery, the alignment of personal goals with self-transcendence, and the importance of setting clear, meaningful objectives to channel psychological restlessness into productive energy. The analysis underscores the necessity of understanding and addressing the unique psychological needs of creative individuals, acknowledging the complex interplay between their cognitive processes, emotional experiences, and existential challenges. This comprehensive synthesis of the sessions offers valuable information about psychological landscape of creativity, highlighting the intricate connections between the mind, emotions, and creative expression.

4. Discussion and Conclusion

The findings from the qualitative analysis of literature on psychological restlessness in creative individuals reveal a multifaceted interplay between cognitive processes, emotional experiences, and environmental conditions. This interplay underscores the complexity inherent in the creative process (Kazemi Haghghi, 2007, 2008). The conceptualization of creativity as a blend of personality patterns and cognitive processes aligns with the observed dynamics of psychological restlessness. The manifestation of this restlessness through emotional and affective dimensions reflects a deeper, more intrinsic aspect of creative expression, further emphasizing the role of affect in creativity (Glăveanu, 2020). This restlessness, often characterized by high cognitive perseverance followed by feelings of helplessness and a range of negative emotional states, as described by Chung et al. (2017) underscores a unique challenge faced by individuals engaged in creative pursuits. It is a challenge that is deeply rooted in the interplay between their cognitive processes, affective experiences, and the environmental conditions within which they operate (Chung et al., 2017).

The relationship between creativity, emotional turmoil, and therapeutic outcomes further elucidates the complexity of this issue. It suggests that therapeutic interventions, which are often designed to enhance cognitive changes and

mitigate negative emotional responses, can play a significant role in fostering a conducive environment for creative expression. This is especially pertinent considering the theory of Thought Emotion, which posits that emotions such as dynamism and restlessness are integral to the emergence of creativity. This theory challenges the traditional view of these emotions as purely detrimental, suggesting instead that they can be harnessed and channeled into productive creative energy (Gong et al., 2021; Ivcevic & Hoffmann, 2019).

The findings of this study are further supported by contemporary research that emphasizes the intricate link between creativity and psychological well-being. The meta-analysis by Acar et al. (2020) is particularly relevant, as it underscores the dual role of creativity as both a contributor to and a product of psychological well-being. This dual role highlights the need for a deeper understanding of the emotional experiences of creative individuals, not only as a byproduct of their creative endeavors but also as a fundamental aspect of their creative identity and process (Acar et al., 2021). Furthermore, the work of Anderson and Haney (2021) provides valuable insights into the role of reflection in the creative process of adolescents. Their findings on the mediating roles of creative metacognition, self-efficacy, and self-concept in creativity offer a nuanced perspective on how creative individuals perceive and navigate their creative journey. This perspective is critical in understanding the complexities of psychological restlessness, as it suggests that the way creative individuals reflect on and interpret their experiences can significantly influence their creative output and mental health (Anderson & Haney, 2021).

Furthermore, the concept of self-transcendence, as explored in the work of and Hang & Yang (2023), resonates with the findings of our study. These authors suggest that self-transcendence not only aids in enduring suffering but also contributes to the formation of an effective social worldview, an aspect crucial for creative individuals who often engage deeply with societal issues through their work. This notion aligns with the idea that psychological restlessness, when channelled appropriately, can lead to significant creative and social contributions (Huang & Yang, 2023). Moreover, Robinson et al. (2021) and Miron-Spektor, Vashidi & Gopher (2022) highlight the continuous assessment of effort effectiveness, suggesting that managing emotional states can enhance creative potential and productivity (Miron-Spektor et al., 2022; Robison et al., 2021).

In this context, the present research enriches the ongoing conversation regarding creativity and mental health by spotlighting the distinct psychological requirements of creative individuals. It emphasizes the necessity of recognizing and addressing the varied emotional experiences and cognitive patterns that are integral to the creative process. Such recognition lays the groundwork for creating more sophisticated and tailored therapeutic approaches, designed to cater to the particular challenges and demands of creative personalities. These approaches, as indicated by the research, should aim not only to alleviate the adverse effects of psychological restlessness but also to utilize its capabilities in augmenting creative output and personal development. Overall, this research provides an extensive understanding of the psychological terrain of creativity, shedding light on the intricate interactions among cognitive functions, emotional states, and environmental factors. It offers critical insights into the complex and often challenging path of creative individuals, underscoring the importance of specialized methods to foster and maintain their psychological and emotional health. The results of this study highlight the crucial role of psychological restlessness within the creative process, challenging the conventional perception of this condition as solely harmful and paving new pathways for investigating its role as a catalyst for creative endeavors.

5. Suggestions and Limitations

This study is primarily limited by its reliance on existing literature, which may not encompass all relevant studies, especially unpublished or non-peer-reviewed works. This could lead to potential selection bias in the findings. Future studies should aim to include a broader range of sources to mitigate this limitation. Additionally, the focus on psychological restlessness in creative individuals, though thorough, may not fully capture the diversity of experiences across various cultural and socio-economic backgrounds. The subjective interpretation of qualitative data also raises the possibility of inherent biases in the analysis, potentially impacting the generalizability of the findings.

Future research should aim to address the limitations of this study by including a wider range of sources, such as unpublished studies and data from diverse cultural contexts, to broaden the scope of understanding. There is also a need for longitudinal studies to observe the long-term effects of psychological restlessness on creativity. Further research could explore the implementation and efficacy of the

proposed therapeutic interventions in real-world settings, examining their impact on different creative domains and populations. Additionally, incorporating quantitative methods could provide a more comprehensive view of the relationship between psychological restlessness, creativity, and mental health.

In practice, the findings of this study advocate for the development of specialized therapeutic interventions tailored to the unique needs of creative individuals. Mental health professionals should be trained to recognize and address the specific manifestations of psychological restlessness in this population. Creative professionals and educators can benefit from awareness programs that help identify early signs of psychological restlessness and provide strategies to manage it constructively. Workplaces and educational institutions should consider integrating support systems and resources that foster a healthy creative environment, encouraging open dialogue about mental health and providing avenues for emotional expression and support.

6. Limitations & Suggestions

In summary, the findings indicated that emotional regulation training is effective in parenting style related to parental obesity and weight management in adolescents with Bulimia Nervosa. This result suggests that the interaction between emotion and cognition is considered a cyclical causality, where their reinforcement and interaction lead to the selection of efficient coping styles and the impact of these strategies on the choice of cognitive and emotional regulation strategies. However, it should be noted that this treatment was only conducted on parents of adolescents with Bulimia Nervosa. It is recommended that this treatment be applied to similar patients in other parts of the country.

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Declaration of Interest

The authors of this article declared no conflict of interest.

Ethical Considerations

Ethical considerations in this study mainly revolve around the responsible use of published literature, ensuring proper citation and acknowledgment of original work. As a literature review, it does not involve direct human participation, minimizing ethical concerns related to privacy or informed consent. The study also acknowledges its limitations, primarily that it is confined to the scope of existing literature and may not encompass unpublished or non-peer-reviewed studies, potentially leading to a selection bias in the findings.

Transparency of Data

In accordance with the principles of transparency and open research, we declare that all data and materials used in this study are available upon request.

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Authors' Contributions

All authors equally contributed in this article.

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