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Corresponding Author

Shureen Faris Binti A.B.D. Shukor,
Faculty of Design and Architecture,
University Putra Malaysia, Malaysia

Author Designation

¹Phd

²Assistant Professor

^{3,4}Lecturer

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Evaluating the Therapeutic Benefits of Supporting the Psychological Health of China's Retired Elderly by Chinese Freehand Painting as a Form of Art Therapy

¹W.U. Jiamei, ²Shureen Faris Binti A.B.D. Shukor, ³Mohd Fabian Bin Hasna and ⁴Mohd Najmi Daud

¹⁻³Faculty of Design and Architecture, University Putra Malaysia, Malaysia

⁴Faculty of Humanities and Ecology, University Putra Malaysia, Malaysia

Abstract

China's population is aging at an accelerated rate, especially among retirees, which has caused considerable psychological distress. Addressing the mental health of this specific group has become an essential and urgent focus. This study aims to evaluate the efficacy of Chinese freehand painting in promoting the mental health of retired older adults through a comprehensive literature review. This investigation illuminates the process and benefits of integrating art therapy into mental health routines, describing the methodological framework and treatment outcomes associated with this strategy. The study highlights the importance of promoting mental health, the need for interventions the specific methods used. This study also highlights the potential advantages of Chinese freehand painting. Expected outcomes include implementing a comprehensive art therapy approach and evaluating its therapeutic effectiveness. This study provides valuable insights into improving the mental health of retired older adults in China.

INTRODUCTION

The results of the seventh national census reveal the intensifying aging phenomenon in China, suggesting a persistent increase in the old population. The changing demographics bring about a set of difficulties: a decrease in the rate at which the body processes energy and performs bodily activities among older individuals, together with a significant rise in negative emotional states, such as feelings of isolation, unease sadness. Prolonged experience of these emotional states dramatically increases the likelihood of developing different mental health illnesses, as emphasized by^[1]. Furthermore, the increasing number of older adults who have retired in China are experiencing a rise in psychological problems, making it crucial to prioritize the improvement of their mental well-being.

Retirement and aging are essential changes that signify the transition to different stages and responsibilities in life. The significance of mental health and psychological assistance during this period cannot be emphasized enough, as interventions focused on strengthening resistance to retirement can reduce related difficulties, providing a cost-effective resolution to a growing problem^[2]. Additional investigation in this field is crucial to enhance and broaden these approaches.

The potential of Chinese freehand painting as a therapeutic technique for helping the mental health of retired seniors has gained attention amidst these problems. Wang^[3] has highlighted the growing social concern about the mental health of older adults, especially in communal settings, due to the increasing number of senior individuals in society. It requires specific actions to relieve its symptoms and improve mental health.

Putri^[4] highlights the significance of mental health status in predicting the overall well-being of older adults, recognizing the negative impact of declining mental health on cognitive and emotional functioning. The study concludes by examining effective techniques to enhance the mental well-being of seniors, promoting the use of Chinese freehand painting as a form of art therapy to improve the mental health of this specific group. This method not only provides a new and innovative way to treat mental health issues but also contributes to the ongoing discussion on how to maintain mental well-being among older adults who have retired.

MATERIALS AND METHODS

This study utilized a literature review research methodology and incorporated the works of Ibrahim and Mustafa Kamal^[5] and Masiran^[6] into the integration process. When examining this specific classification system for literature reviews^[7], the study

questions were based on Ibrahim's^[8] method of categorizing structures, which was influenced by Yu and Watson^[9] and Templier and Pare^[10]. In order to ensure comprehensive reporting, this study conducted a systematic search for relevant literature on the topic of art therapy. Search engines such as Google Scholar, Baidu Scholar and the China National Knowledge Infrastructure were utilized to locate papers and keywords related to specific topics, including artistic quality, the importance of art therapy and its therapeutic effects. Eighty-six journal articles were located through a title search and research publications from 2002-2022 were chosen for comprehensive assessment. The primary discoveries and synopses of the literature were examined and scrutinized, considering their recommendations for future investigation. Out of the literature evaluation procedure, 86 publications were selected based on their high probability of directly answering the primary study topic. According to the research, new and vital emerging topics may have fewer written publications. Therefore, assignments focusing on more specific subtopics rely on their significance. This study consolidates and analyzes several factors to evaluate the therapeutic advantages of employing Chinese freehand painting as an art therapy technique to enhance the psychological well-being of senior Chinese adults experiencing retirement syndrome. Therefore, it highlights the significance of utilizing Chinese freehand painting as a form of art therapy to enhance the psychological well-being of this specific group of people. This part introduces the preferences of retired seniors, the composition of their mental health, the importance of promoting the mental health of retired elderly folks and the strategies for improving their mental well-being. The objective is to clarify the therapeutic benefits of using Chinese freehand painting as an art therapy to improve the psychological well-being of older Chinese individuals with retirement syndrome.

Literature Review

The Structure of the Mental Health of Retired Seniors:

Saputra, Rahmawati Kaloh^[11] shed light on the range of unpleasant emotions that retirees may experience, including melancholy, fear, worry despair. They attribute these feelings to the significant influence that retirement can have on an individual's self-esteem and overall mental well-being. They primarily identify self-esteem as a crucial element in developing what they refer to as Retirement Syndrome, a condition marked by a decrease in psychological well-being caused by these negative emotional experiences.

Dang^[12] go more into the complex connection between depressed symptoms and the process of transitioning into retirement. They highlight the

reciprocal impact of depression and the decision to retire early. Their research promotes a holistic approach to mental healthcare, highlighting the importance of interprofessional and interdisciplinary solutions to tackle and alleviate depression in older adults successfully.

In addition, Schnurr^[13] demonstrate that retirement might worsen pre-existing psychiatric symptoms in senior male veterans, highlighting the wider psychological consequences of retiring among all demographic groups. Similarly, Bleidorn and Schwaba^[14] examine the impact of retirement on self-esteem, supporting the idea that retirement can cause notable emotional turmoil, expressed as feelings of hopelessness and unease, hence detrimentally influencing an individual's psychological well-being.

Researchers have shown a growing interest in the social adjustment of contemporary Chinese retirees, highlighting the complex difficulties older individuals face as they retire. Chen^[15], Xiao^[16] Zhang^[17] have conducted studies that emphasize the notion of retirement syndrome. This condition refers to retirees' challenges as they struggle to adapt to new social roles, settings lifestyle adjustments. This syndrome frequently leads to adverse emotional states and aberrations from typical behavioral patterns, as Gorry^[18] explained in greater detail.

Moreover, recent research conducted by Peng^[19] has established a correlation between retirement and a decrease in cognitive functioning, as well as an elevated risk of depression and physical discomfort. The China Health and Retirement Longitudinal Study (CHARLS) indicates that in China, rural residents and women generally have inferior health results, both in terms of physical and mental health, compared to their urban counterparts and men (Zhao^[20]). Li^[21] highlights that retirement has a sign efficiently adverse effect on men, leading to increased levels of depression and diminished mental well-being. The gender discrepancy in mental health after retirement is highlighted by the research conducted by Picchio and Ours^[22]. Their study reveals a significant drop in mental health among solitary males, while single women tend to maintain a reasonably steady mental health condition.

The study of social adaptation among modern Chinese seniors has attracted considerable academic interest, revealing this group's complex difficulties when they enter retirement. Chen^[15], Xiao^[16] Zhang^[17] have conducted studies that emphasize the idea of retirement syndrome. This phrase encompasses the challenges that retirees encounter when adjusting to new social roles, settings lifestyle changes that come with retirement. This syndrome is frequently accompanied by adverse emotional states and aberrations from typical behavioral patterns, as explained by Gorry^[18].

Additional inquiries, such as the ones carried out by Peng^[19], have established links between retirement and reductions in cognitive performance, as well as higher occurrences of despair and physical diseases. The China Health and Retirement Longitudinal Study (CHARLS) has uncovered inequalities in health outcomes across the Chinese population. Specifically, rural residents and women have been found to have poorer physical and mental health compared to urban males (Zhao^[20]). Li^[21] highlights the specifically negative effect of retirement on men, resulting in increased depression and a decline in mental well-being. Picchio and Ours^[22] highlighted a significant difference in postretirement mental health between single males and females. They found that single males saw a notable deterioration in mental health, while single ladies showed relatively steady mental health.

This literature review thoroughly examines the complex issues surrounding retirement and its influence on mental well-being, emphasizing significant study findings and possible remedies. Huang and Qiao^[23] and Ma^[24] establish a fundamental comprehension of retiree syndrome, elucidating the psychological obstacles encountered by individuals throughout the transition from employment to retirement. The presence of issues such as loneliness, anxiety a reduced interest in life highlights the urgent requirement for practical solutions to adapt and reduce the negative impact on both physical and mental well-being. These studies indicate that although retirees may experience happiness in financial elements of life, their spiritual fulfillment often decreases, suggesting a more comprehensive range of psychological interventions that might be used to improve overall life satisfaction. De Vries^[25] examines the phenomenon of retirement syndrome, emphasizing the psychological challenges retirees face, including feelings of loneliness and a sense of purposelessness. This viewpoint emphasizes the importance of tackling both the physical and mental health difficulties that come with aging and the process of leaving the working.

Various research has explored the impact of therapeutic activities on the mental health of older people. Barfarazi^[26] emphasize the advantages of drawing therapy, whereas Chen^[27] examine the favorable effects of dancing therapy in mitigating adverse emotions such as anxiety and depression. These findings highlight the importance of engaging in creative and physical activities to enhance the mental well-being of older adults.

Yip, K.S.^[28] provides valuable insights into the Chinese viewpoint on mental health. He promotes the development of positive emotions through traditional methods. On the other hand, Kim and Ahn^[29] emphasize the significance of self-esteem in preserving

mental well-being. They suggest that engaging in leisure activities can significantly enhance self-confidence among older individuals.

Additionally, Hu^[30] emphasize the importance of emotional well-being in improving overall mental health, highlighting the need for measures to regulate emotions. Emotion regulation is recognized as a critical influencer of mental health, with effective regulation linked to better psychological well-being (Chen^[31]). This study is enhanced by meta-analyses and systematic reviews, such as those carried out by Luhmann^[32] and Van der Heide^[33], which examine the broader effects of retirement on mental health, emphasizing both the possible advantages and disadvantages.

The research highlights the intricate relationship between retirement and mental health, emphasizing the diverse effects that depend on individual situations and the crucial importance of social support systems. It suggests that participating in community groups and engaging in creative therapies such as Chinese freehand painting can significantly improve retirees' quality of life and make their retirement more satisfying.

The Need to Promote the Mental Health of the Retired Elderly: Su and Lin^[34] emphasize that around 14% of retirees suffer from retirement syndrome, a psychological condition that has a substantial impact on the well-being of older individuals. In his study, Meng^[35] provides additional details on how China's distinct historical and cultural context has influenced its retirement system and regulations, resulting in a particularly severe problem of retirement syndrome among the older population. It is essential to prioritize enhancing health guidance, implementing proactive nursing interventions preventing the occurrence of retirement syndrome in communities. In the absence of sufficient intervention and the encouragement of positive psychological behaviors, older individuals may have serious consequences, such as geriatric depression and suicidal tendencies.

Zhang^[36] emphasized the difficulties that China encounters as it becomes an aging society, with a growing older population posing societal concerns. Retirees, an essential portion of this population, frequently encounter psychological difficulties, such as adverse emotions. The study recommended providing customized psychological assistance to retired individuals with emotional illnesses, emphasizing the advantages of behavioral training. This study investigates the efficacy of Chinese Freehand Painting as a therapeutic intervention for enhancing the emotional well-being of retired individuals, building upon the research conducted by Zhang *et al.* The objective is to address psychological problems

commonly experienced by retirees by utilizing this culturally relevant therapeutic approach, thereby improving their mental well-being and overall quality of life.

Sum^[37] and Yektatalab^[38] emphasize the urgent necessity of addressing the mental health of retirees, a demographic whose psychological problems significantly impact the overall well-being of society. They promote the use of interventional research to address retirement syndrome, a condition that substantially impacts the quality of life for retirees and their families. They emphasize the need for psychoeducational therapy in this regard. Based on these observations, this study suggests utilizing Chinese freehand painting as a form of therapy to mitigate the psychological effects of retirement. This study aims to investigate the capacity of cultural therapies to improve the mental health and well-being of retirees.

Deng^[39] emphasizes the urgent necessity of tackling retirement syndrome, as it negatively affects both physical and mental well-being and the overall quality of life and family relationships after retirement. Deng's research focuses on the causes and adverse effects of the illness, providing a basis for future studies on potential treatments. This research seeks to investigate the psychological aspects of retired senior adults. It will utilize Chinese freehand painting as a form of art therapy for older individuals affected by this condition. This approach aligns with the suggestions made by Deng^[39]. This strategy aims to alleviate the adverse effects of retirement by improving retirees' mental well-being and overall life satisfaction.

Fu and Chen^[40] stress the worldwide significance of investigating mental health in older adults to encourage active aging, emphasizing that mental well-being and care are fundamentally more intricate, culturally distinctive complicated than physical demands. They contend that it is imperative to tackle these difficulties within the framework of Chinese socialism and the achievement of the Chinese dream, which requires cooperation among families, communities government through various tactics. They examine mental healthcare methods comprehensively for older people in developed countries, emphasizing the practical difficulties and the need for such care. This research aligns with the findings of Fu and Chen (2015), highlighting the importance of enhancing mental health assistance for older adults. This approach recognizes that mental well-being is essential for physical health and care. It emphasizes the need for a detailed understanding and culturally appropriate interventions. The need for family, societal governmental involvement is emphasized as crucial in

tackling the intricate issues of mental health in older adults, taking into account the specific traits and ambitions of the Chinese context.

Inouye^[41] emphasize the importance of improving the mental well-being of older adults as a means of preventing a range of ailments, including mental health disorders. The correlation between low emotions in older individuals and the onset of diseases highlights the significance of specialized mental health care for this population. So, to prevent adverse psychological changes and serious consequences (such as depression and suicidal tendencies) in older adults, it is critical to address low mood and regularly assess their mental health. This body of research highlights the importance of enhancing the mental well-being of older adults since it reduces the likelihood of physical and mental illnesses and has a favorable impact on their overall health.

Wang (2012) discusses the important topic of mental healthcare for older adults, highlighting the significant influence that psychological problems can have on their overall well-being, sense of meaning the overall harmony of their family and community in China. This study highlights the considerable negative consequences of these problems, emphasizing the need to enhance mental health, particularly among retired adults who are especially susceptible to these difficulties. This study supports Wang's findings, which highlight the urgent need to treat and improve the mental well-being of the senior population to reduce these harmful effects.

Retired older individuals have a wide range of mental health difficulties, such as sadness, anxiety, feelings of isolation, sleep problems deterioration in cognitive abilities. These challenges are typically worsened by the adjustments that come with retirement, health problems, loss of social connections, or the experience of losing a loved one. The association between retirement and mental health is multifaceted, with positive and negative implications. However, the intricacies of this relationship demonstrate intricate dynamics. Heller-Sahlgren^[42] discovered a notable adverse impact on mental health in the period following retirement, highlighting the complex influence of retirement on overall well-being. According to Xie^[43], retirement has been shown to decrease depression and enhance mental well-being, particularly among individuals who do not have chronic illnesses, have lower socioeconomic positions, or possess restricted educational attainment.

Additional studies, such as the one conducted by Kim^[44] have investigated the connection between retirement satisfaction and mental health. These studies indicate that being dissatisfied with retirement can potentially result in depression. Li^[21] and Picchio

and Ours^[22] observed that retirement has a distinct negative impact on men, particularly solitary males, who have more significant reductions in mental health compared to women. Lee and Lee^[45] have demonstrated that urban green spaces, among other environmental elements, can impact the mental health of elderly individuals. This influence may worsen dementia and contribute to increased social responsibilities. Liu^[46] identified the digital gap as a significant obstacle to active aging, emphasizing retirees' diverse difficulties.

The significance of mental health in older persons is crucial for their overall well-being, physical well-being social involvement. Optimal mental well-being benefits adapting to retirement, enhancing social engagement promoting a positive outlook. Engaging in cultural activities and participating in social interactions are crucial for improving the mental well-being of older adults (Zhang^[47]). The COVID-19 epidemic has brought attention to the influence of social isolation on the mental well-being of elderly individuals (Maggi^[48]). Moreover, engaging in intergenerational exchanges and caring for grandchildren has been shown to benefit older individuals' mental well-being (Murayama^[49], Yang and Yin^[50]). Maintaining an active lifestyle, which includes regular exercise, is crucial for older populations' mental and physical well-being (Battaglia^[51]). The social environment and support systems, including social participation and perceived support, have a crucial role in shaping the mental well-being of older individuals (Zhang^[47], Paknejad^[52], Shokry Abd Allah^[53]). It is crucial to consider aspects such as social engagement, physical activity support systems to enhance mental health in older adults, especially in reducing the negative impacts of social isolation.

In general, mental health holds significant importance for elderly adults. Optimal mental well-being is essential for retired seniors to effectively adapt to retirement, cultivate a favorable perspective actively participate in social interactions, augmenting their overall quality of life. To effectively address mental health challenges in older people, it is essential to consider their distinct characteristics and offer appropriate assistance and remedies.

The Methods to Promote the Mental Health of the Retired Elderly: Huang and Qiao^[23] and Zhao^[54] observe that retired adults frequently encounter diminished social engagements, resulting in feelings of loneliness and other adverse emotions. They promote psychological adjustment tactics for retirees, which include managing emotions and participating in activities such as gardening, fishing, stamp collecting arts to counteract negative emotions. Their research

centers around the distinct social and psychological attributes of aging, emphasizing the necessity of mental healthcare, health education psychological counseling for seniors experiencing retirement syndrome. In his study, Yang^[55] investigates the therapeutic advantages of Chinese painting in treating retirement syndrome. He discovers that engaging in this activity helps individuals redirect their attention from internal worries to outward aspects of life, resulting in enhanced work abilities, aesthetic appreciation emotional well-being. This exercise diminishes adverse feelings and promotes self-assurance.

Zhang^[36] and Chang^[56] highlighted the efficacy of positive thinking behavioral training in improving the quality of life and reducing negative feelings in older persons with retirement syndrome. These studies highlight the vulnerability of retirees to negative emotions and the advantages of positive behavioral therapies. Li^[21], Fan^[57], Lin (2017) Meng^[35] have all conducted research that demonstrates the therapeutic benefits of group activities in controlling retirement syndrome. Their studies specifically examine how these activities can be part of a therapy plan. The research supports the use of psychological adjustment coaching to enhance mental well-being. This coaching includes strategies for emotional control, adopting a non-utilitarian orientation to life engaging in enriching activities such as painting. Combining art therapy, namely Chinese painting, with positive thinking and behavioral training is advisable to effectively address psychological difficulties in retired adults and promote positive emotions and interests.

Yuan^[58] presented painting therapy as a novel approach to mental health care. He highlights its ability to enhance mental well-being by cleaning the mind. Yuan suggests that painting activates several cerebral hemispheres, similar to the manifestation of psychological feelings, which makes it especially beneficial for patients with mental diseases. This artistic method provides a means for emotional catharsis, assisting individuals who have difficulty expressing their emotions to communicate via their artwork. Painting therapy differs from standard psychotherapy methods by its emphasis on human psychological development and its ability to offer insights into psychological circumstances through the expressive medium of painting. Yuan's research highlights the use of painting, specifically Chinese freehand painting, as a powerful means of emotional expression and regulation for individuals with mental health difficulties.

Kim, S. K.^[59] conducted a randomized controlled study that showed how art therapy can promote healthy aging by enhancing self-esteem and decreasing

negative emotions, leading to improved emotional well-being. This study examined the impact of art therapy on Korean-American seniors, highlighting its capacity to facilitate the expression of internal emotions, resolve emotional challenges enhance mental well-being among older individuals. Furthermore, Petrillo and Zhang^[60] endorse art therapy as an effective means of uncovering emotional issues and enhancing psychological well-being in older adults. Bedding and Sadlo^[61] examined the advantages of art lessons for retired individuals, highlighting how painting can provide fulfillment, stimulation, serenity a feeling of achievement, especially among elderly British citizens of Caucasian descent. These studies jointly emphasize the function of art therapy in augmenting happy emotions among older people. Based on these observations, this study will investigate the influence of art therapy on retired senior adults in China to comprehend its effectiveness in improving their emotional and psychological well-being. This emphasis recognizes the widespread advantages of art therapy while customizing the method to suit the particular cultural circumstances of Chinese retirees.

Guan^[62] emphasizes the significant influence of emotional states on the well-being of older adults, emphasizing that positive mental attitudes are crucial for preserving both physical and psychological health. On the other hand, negative emotions can significantly harm general health, highlighting the importance of implementing techniques to promote happiness. Guan highlights the advantages of painting for maintaining a positive mental state among retirees without providing precise details about the interventions involved. Expanding upon Guan's observations, the study concurs that engaging in painting and other creative endeavors can provide older adults with feelings of happiness, stimulation, a sense of achievement enhanced self-assurance. This viewpoint is consistent with previous studies that link involvement in creative activities to improved overall health and the beneficial impact of positive emotions on well-being. In addition, this study endorses the idea that art therapy is an influential instrument in fostering optimistic mental attitudes, enhancing self-worth, reducing adverse feelings consequently enhancing the emotional welfare of elderly adults.

According to Heenan^[63], art therapy is a helpful intervention for enhancing mental health by promoting higher self-esteem and empowerment. This therapy is very efficacious for individuals who require psychological support. Similarly, Qiu^[64] contributed to our comprehension of the role of drawing therapy in psychological rehabilitation. They emphasized its potential as a non-pharmacological method to mitigate the adverse effects of medication and enhance social

and psychological well-being. This study centers on the efficacy of art therapy in improving the mental well-being of elderly individuals, as supported by their research. This technique has been examined for its comprehensive influence on the quality of life, well-being mental health, emphasizing the therapeutic significance of creative activities in enhancing the well-being of older individuals.

Cui^[65] examined the positive impact of calligraphy and painting on the psychological well-being of older college students. The findings imply that engaging in these hobbies can help reduce negative emotions among retirees in senior centers. He emphasized the importance of establishing dedicated areas within educational institutions for retired folks to participate in and exchange ideas through calligraphy and painting. This research further underscores the potential for Chinese freehand painting activities, based on Cui's previous work, to decrease negative emotions and enhance the overall mental well-being of elderly retirees.

Davies^[66] emphasized art involvement's substantial and beneficial influence on individuals' mental well-being. They observed a noticeable contrast in the level of well-being between individuals who participated in creative activities and those who did not. Their study primarily examined the discrepancies in mental health outcomes associated with engagement in artistic activities. This study seeks to investigate the advantages of participating in creative activities for enhancing mental well-being based on the research conducted by Davies *et al.* The study will specifically explore the application of Chinese freehand painting as a form of art therapy for retired senior adults. It will examine how this practice can foster positive mental states, diminish negative emotions improve overall mental well-being.

Retirement is a pivotal phase in life that often presents psychological and social adaptation challenges. Numerous retirees must discover efficient methods to maintain and enhance their emotional well-being. The following strategies have demonstrated particular efficacy in improving the psychological well-being of retired elderly adults.

Customized art activities effectively address the mental health of retired older individuals within the context of art therapy. Art therapy is often regarded as an effective means of self-expression and emotional release, mainly through the employment of activities such as painting, sculpture, or music. According to Uttley^[67], this therapy has demonstrated effectiveness in facilitating the expression of complex emotions, such as loneliness, grief memories, among older persons. Furthermore, engaging in collective artistic endeavors, such as joining choirs or participating in community

painting workshops, can assist older individuals in refining their creative skills while improving their social interactions and feelings of inclusion (Habron^[68]).

Retired older individuals can obtain assistance and direction for postretirement concerns and emotional matters by participating in private counseling sessions with qualified therapists (Cohen-Mansfield and Regev^[69]). Furthermore, group counseling offers a pleasant social setting for elderly individuals to share their experiences and acquire perspectives from the narratives of others. Studies indicate that various group therapy methodologies are suggested for effectively addressing psychological issues in elderly individuals (Moghadam^[70]). Group therapy enables members to utilize behavioral strategies and provide mutual support to one another (Stead and Lancaster^[71]). Engaging in active listening, responding with empathy relating to others' life experiences can foster a conducive atmosphere for positive social interactions, thereby enhancing the well-being of older persons (Gaggioli^[72]). Furthermore, studies indicate that group treatment can benefit elderly individuals (Husaini^[73]).

Yoga and meditation have been found to improve mental well-being in older persons by reducing stress and promoting emotional equilibrium, according to a study by Kukihara^[74]. Liu^[75] demonstrated that participating in moderate physical activities, such as walking, Tai Chi, or mild exercise, can improve physical health and positively impact mental well-being.

Liu^[76] and Wang^[77] have highlighted that engaging in community activities and volunteering might enhance the social engagement and support networks of older persons, hence positively influencing their mental well-being. Furthermore, maintaining regular contact with family members is essential for preserving the mental well-being of older individuals. This study is because the support and care provided by family members significantly contribute to the emotional health of older people (Wang^[78], Sepúlveda-Loyola^[79]).

Improving retired seniors' cognitive and emotional health requires a thorough and all-encompassing approach. By combining art therapy, psychological counseling, mind-body exercises social engagement, seniors can efficiently adapt to retirement, enhancing their overall quality of life and psychological well-being.

RESULTS AND DISCUSSIONS

In general, mental health is an essential component. Employing freehand painting in art therapy can facilitate the development of a positive mind set and mitigate negative emotions. It has the potential to reduce negative emotions such as depression, fear, worry, despair low self-esteem while

simultaneously improving the mental well-being of retirees. Analyze the recurrence of sentences and find significant sentence structures. First, acknowledge the importance of advocating for improving mental health, then propose the beneficial therapeutic influence of Chinese freehand painting as a method of art therapy to improve mental well-being. The importance of mental health cannot be overstated using freehand

neglecting these issues, which can lead to sadness and even suicidal tendencies. Chinese freehand painting is proposed as a dual strategy to cultivate positive attitudes and provide therapeutic relief for negative emotions, thereby improving the mental well-being of retired elders.

By thoroughly examining retirees' psychological challenges, the study demonstrates the effectiveness of Chinese freehand painting in promoting a positive mental state and reducing negative emotions in seniors. These findings highlight the role of Chinese freehand painting as a valuable art therapy practice for enhancing the mental well-being of elderly retirees in China.

This research is crucial as it advocates for implementing a meta-analysis of current knowledge and integrating Chinese freehand painting into a comprehensive therapeutic approach for older people. It calls for the greater adoption of this art therapy to address the psychological challenges faced by seniors in a society with a growing aging population.



Fig. 1: Point of Departure (POD) Tree Diagram for Study on mental well-being (Adapted from Ibrahim and Mustafa Kamal)



Fig. 2: Proposed conceptual framework based on promoting psychological health(adapted from Ibrahim and Mustafa Kamal)

painting as an art therapy can be crucial in promoting a positive mind set, alleviating negative feelings improving the mental well-being of retired older adults. (Fig. 1) synthesizes the literature review to generate a theory on facilitating the utilization of Chinese freehand painting as a therapy. As a result, the conceptual framework depicted in (Fig. 2) was developed.

CONCLUSION

This study urgently investigates the therapeutic effects of Chinese freehand painting on the mental well-being of elderly retirees in China. It emphasizes the significant impact of retirement on increasing adverse emotions that can severely affect physical and psychological health.

The study underscores the attributes of mental health in older adults and the severe repercussions of

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