CHAPTER VI

SUMMARY AND CONCLUSION
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The main aim of the study was to examine whether creativity was related to mental health. Mental health can manifest itself positively in the form of better adjustment with one's own self and the environment with strong ego-strength; or it can manifest negatively in the form of mental ill-health where the individual tends to show maladjustment along with increased psychopathology.

In the light of this differentiation i.e., the presence or absence of positive mental health, investigation was conducted to find out whether positive mental health enhanced creativity, or mental ill-health diminished creativity.

Apart from attempts to examine whether psychopathology was present or absent aspects like personality, intellectual efficiency, educational background, and family background were also examined.

**Tools used were:**

(i) Creativity was assessed by Wallach and Kogan tests.

(ii) Mental health status was measured by (a) Bell's Adjustment Inventory, and (b) Delusions Symptoms
States Inventory.

(iii) Raven's Progressive Matrices was used to assess the level of intellectual functioning.

(iv) Personality profile was assessed through 16 P.F Questionnaire, Rorschach Test, and Sentence Completion Test.

(v) Biodata sheet was used to study biographic and demographic details.

Findings:

The study revealed the following findings:

(i) The creative group has 'good' adjustment in the areas of home, health, and occupation, and 'average' adjustment in emotional and social spheres, as indicated by Bell's Adjustment Inventory.

(ii) The creative group exhibited the traits of self-sufficiency, tough-mindedness, conscientiousness, moderately shy, and relaxed mood on 16 P.F. Questionnaire.

(iii) The creative group was found to be capable of healthy emotional relationship with others as revealed by Rorschach Test. Also, the test indicated them having an active and healthy interplay of conscious and unconscious forces.
with good ego-strength. They had ability to view their problems objectively and dispassionately. They showed keen perception and a disposition to do things differently.

(iv) The creative group was found to be moderately reserved, self-confident, and generally optimistic as seen on Sentence Completion Test.

(v) The creative group was found to be functioning at a superior level of intellectual efficiency as found out on Raven's Progressive Matrices.

(vi) Also, the creative group was found to be having low levels of anxiety and depression as revealed by Delusions Symptoms States Inventory, the intensity of which was much less than the neurotic group, and at the same time a little more than the normal group.

(vii) The performance of the creative group was better on creativity measures.

**Conclusions and Hypotheses:**

The above findings revealed the creative group to be characterized by good ego-strength, self-confidence, self-sufficiency, strong self-concept, capable of having lively emotional relationship with others though
moderately reserved, and also with a superior level of intellectual functioning. However, the creative subjects showed much lower levels of anxiety and depression in comparison to the neurotic group. The normal group showed neither anxiety nor depression.

The two hypotheses that were laid down in Chapter III, Section 1 are:

(1) that creativity has a positive relationship with positive mental health, and

(2) that creativity has a negative relationship with mental illhealth.

The present study revealed that the creative group of subjects possessed a status of positive mental health to a large extent, and minimal psychopathology was present in the form of anxiety and depression. In spite of having minimal psychopathology, they were still able to exhibit good adjustment more than the control groups.

Therefore the conclusion can be drawn that positive mental health favours creativity. Accordingly, the first hypothesis i.e., creativity has a positive relationship with positive mental health is retained. The second hypothesis that creativity has a negative relationship with mental ill-health was found to be only marginally correct and hence not accepted.
SUGGESTIONS FOR FURTHER WORK

i) A study of creativity between children of creative artists and non-creative normal individuals might help to understand the familial influence.

ii) Neurosis is supposed to bring down creativity, and the level of creativity could be studied both before and after successful psychotherapeutic interventions.

iii) A study of creativity in self-actualizing people may be conducted in relationship to mental health.

iv) Different age groups may be examined in relation to creativity in view of controversial results in the relationship of creativity and age.

v) A comprehensive study of creativity between homogeneous groups of artists such as writers and musicians may reveal certain unique patterns.

vi) Studies of child prodigies may enable better understanding of creativity in several aspects which are not influenced by society.