



VIEWING CREATIVITY THROUGH THE CRITICAL LENS

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ABSTRACT

The aim of this review article is to see creativity from the negative angle, all this while creativity has been seen in the positive light with its beneficial effects in the form of catharsis and its link with intelligence, but by focusing on the negative aspects. Which had gained popularity through the famous words of Aristotle, which were: “No great genius has ever been without some madness”. One can become careful, so that while making assessments in the mental health clinics such points can be kept in mind and necessary precautions can be taken, so that more and more lives are not lost and simultaneously we don't lose our artists to the hands of a pill.

Keywords: *Creativity, Mental disorders, Schizophrenia and Mood disorders.*

Introduction:

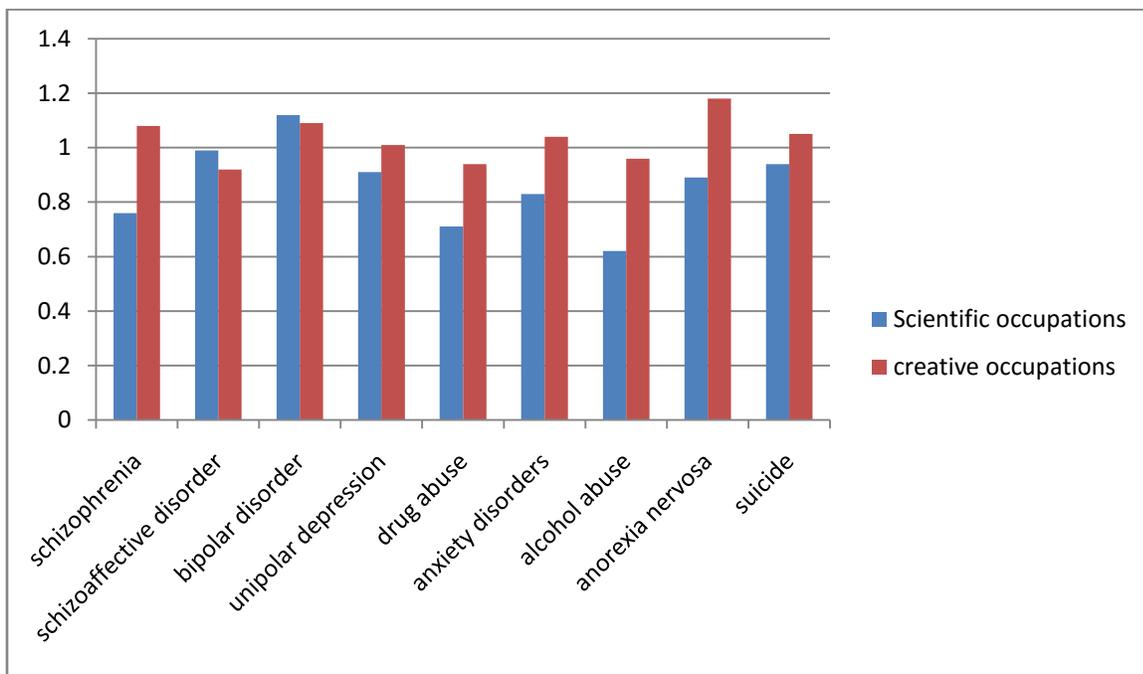
Our whole lives we have been surrounded by creativity; either in the form of art by an artist, songs of a singer, lyrics of the lyricists, prose of the poems, in the writings of a writer or the speeches of the politicians. But have we ever given a thought, regarding how the creativity is linked to psychology, apart from the obvious ever going debate between creativity and or that we have read through the case histories of Sylvia Plath, Martin Luther, etc.

However it's important to see if creativity is linked to any other aspect of psychology, which can have disadvantages for our health and mood.

According to vast number of researches, it can be clearly seen that creativity is highly linked to very popular and common mental disorders such as mania, depression, schizophrenia and

substance abuse and dependence, not only this research studies have shown that the common link between mental disorders and creativity is the unusual functioning in the frontal lobe of an individual (Alice, 2005). These findings were well corroborated by Dr. Kenneth Heilman in 2003, where his findings revealed that due to abnormal functioning at the frontal lobe in the minds of schizophrenics, maniacs and creative people different unique and novel ideas which are stored in the parietal and temporal lobes gets linked to each other and find expressions through unique behaviors. And that's not all, creativity in artists and behavior patterns of schizophrenics and maniacs have one more things common amongst them and that is the role played by the neurotransmitter dopamine (Flaherty, 2005).

GRAPH: REPRESENTING PSYCHOLOGICAL DISORDERS BETWEEN SCIENTIFIC OCCUPATIONS AND CREATIVE OCCUPATIONS.



Looking at the above displayed graph we can clearly see that individuals who are into creative occupations such as artists, singers, poets, writers, painters and writers are more likely to suffer from psychological illnesses such as schizophrenia, alcohol and drug abuse, eating disorders, unipolar depression and suicide; while at the other end those individuals who are into scientific occupations such as military, doctors, engineers, etc. are more likely to be predisposed towards schizoaffective and bipolar disorders (Kyaga, 2012). These findings were also in sync with some earlier research work of Beveridge and Yorstone, 1999, where they had found through their

research that artists and writers are more likely to be diagnosed with depression or substance abuse. Other researches by Kyaga et al. in 2011 and work by Sass in 1998 also found that empirical evidence has shown there to be a link between psychopathology and creativity.

Conclusion:

Looking at the literature on this and going through the research paper, we can clearly conclude that creativity in any form for example in art, music, dance, writings, etc. can have both beneficial and detrimental effects on our mental health and when at one end it helps calm us down, on the other hand, it might just be dangerous and harmful for us. Therefore, since early age onwards parents and caretakers should be observant if an individual starts displaying tendencies, where he/she prefers solitary activities to a greater extent and starts showing behavior patterns which might have poor consequences for the mental well being of an individual in the longer run, therefore to restore positive mental states and not deprive a person of its novelty, more and more rehabilitation measures can be taken and less of severe types of treatment should be used, which includes shock treatments and heavy doses of medications for mental disorders. However at the same time on the basis of limited literature so far between the association between mental illness and creativity, we cannot generalize that all creative people will have some form of psychopathology in the form schizophrenia or mood disorders, or that individuals suffering from any of these disorders are creative.

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