

Week 1: Problem Identification

In Week 1, I identified the problem I will focus on for my semester-long project: exploring the correlation between visual/virtual art and mental health, with a specific focus on University of Michigan students. Previous studies have shown the positive impact of art on mental health, but the question arises: does virtual art have the same effect? Given the potential negative connotations of technology, I aim to understand whether the positive aspects of art outweigh the drawbacks of technology. This topic is increasingly relevant due to the technology boom and the rise of online resources, especially during the COVID-19 pandemic. Despite the abundance of information, there is a risk of misinformation, so I am cautious about the sources I rely on. I personally believe in the positive influence of art on mental health, but I need to delve deeper into understanding how this relationship works and what user experience (UX) solutions might be needed. Throughout this project, I aim to remain open to learning and avoid bias, especially when dealing with sensitive topics like mental health. My goal is to uncover both the needs and wants of the target audience to inform my project effectively.

References

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