

Effects of Art Education on Social Skills: Review

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ABSTRACT

Human beings are sociable creatures and we have developed many ways to communicate our messages, thoughts and feelings with others. Therefore this review articles analyzed the effects Arts education as on social skills. Arts education is often said to be a means of developing critical and creative thinking. The arts challenge us with different points of view, compel us to empathize with “others,” and give us the opportunity to reflect on the human condition. Empirical evidence supports these claims. Social skills are the skills we use to communicate and interact with each other, both verbally and non-verbally, through gestures, body language and our personal appearance. Various benefits have been alighted.

Keywords: Art Education, Social Skills, Human, communication.

INTRODUCTION

Engaging with art is essential to the human experience. Almost as soon as motor skills are developed, children communicate through artistic expression. The arts challenge us with different points of view, compel us to empathize with “others,” and give us the opportunity to reflect on the human condition. Empirical evidence supports these claims. Among adults, arts participation is related to behaviors that contribute to the health of civil society, such as increased civic engagement, greater social tolerance, and reductions in other-regarding behavior [1]. Yet, while we recognize art’s transformative impacts, its place in K-12 education has become increasingly tenuous. A critical challenge for arts education has been a lack of empirical evidence that demonstrates its educational value. Though few would deny that the arts confer intrinsic benefits, advocating “art for art’s sake” has been insufficient for preserving the arts in schools despite national surveys showing an overwhelming majority of the public agrees that the arts are a necessary part of a well-rounded education. Over the last few decades, the proportion of students receiving arts education has shrunk drastically [2]. This trend is

primarily attributable to the expansion of standardized-test-based accountability, which has pressured schools to focus resources on tested subjects. As the saying goes, what gets measured gets done. These pressures have disproportionately affected access to the arts in a negative way for students from historically underserved communities. For example, a federal government report found that schools designated under No Child Left Behind as needing improvement and schools with higher percentages of minority students were more likely to experience decreases in time spent on arts education [3].

Social skills are the skills we use to communicate and interact with each other, both verbally and non-verbally, through gestures, body language and our personal appearance. Human beings are sociable creatures and we have developed many ways to communicate our messages, thoughts and feelings with others [4]. What is said is influenced by both verbal language and the way we use it tone of voice, volume of speech and the words we choose - as well as by more subtle messages such as body language, gestures and other non-verbal communication methods. The fact that

some people are better 'social interactors' than others has led to detailed investigations into the nature and function of interpersonal interaction. Developing social skills is about being aware of how we communicate with others, the messages we send and how methods of communication can be improved to make the way we communicate more efficient and effective [5].

Benefits of an Arts Education

1. Growth Mindset

Through the arts, students develop skills like resilience, grit, and a growth mindset to help them master their craft, do well academically, and succeed in life after high school [6]. Ideally, this progression will happen naturally, but often it can be aided by the teacher. By setting clear expectations and goals for students and then drawing the correlation between the work done and the results, students can begin to shift their motivation, resulting in a much healthier and more sustainable learning environment. For students to truly grow and progress, there has to be a point when intrinsic motivation comes into balance with extrinsic motivation. In the early stages of learning an art form, students engage with the activity because it's fun (intrinsic motivation). However, this motivation will allow them to progress only so far, and then their development begins to slow or even stop. At this point, lean on extrinsic motivation to continue your students' growth. This can take the form of auditions, tests, or other assessments [7]. Like the impact of early intrinsic motivation, this kind of engagement will help your students grow and progress. While both types of motivation are helpful and productive, a hybrid of the two is most successful. Your students will study or practice not only for the external rewards, but also because of the self-enjoyment or satisfaction this gives them.

2. Self-Confidence

A number of years ago, I had a student enter my band program who would not speak. When asked a question, she would simply look at me. She loved being in band, but she would not play [8]. I

wondered why she would choose to join an activity while refusing to actually do the activity. Slowly, through encouragement from her peers and myself, a wonderful young person came out from under her insecurities and began to play. And as she learned her instrument, I watched her transform into not only a self-confident young lady and an accomplished musician, but also a student leader [9]. Through the act of making music, she overcame her insecurities and found her voice and place in life.

3. Improved Cognition

Research connects learning music to improved "verbal memory, second language pronunciation accuracy, reading ability, and executive functions" in youth (Frontiers in Neuroscience) [10]. By immersing students in arts education, you draw them into an incredibly complex and multifaceted endeavor that combines many subject matters (like mathematics, history, language, and science) while being uniquely tied to culture. For example, in order for a student to play in tune, he must have a scientific understanding of sound waves and other musical acoustics principles [11]. Likewise, for a student to give an inspired performance of Shakespeare, she must understand social, cultural, and historical events of the time. The arts are valuable not only as stand-alone subject matter, but also as the perfect link between all subject matters and a great delivery system for these concepts, as well. You can see this in the correlation between drawing and geometry, or between meter and time signatures and math concepts such as fractions.

4. Communication

One can make an argument that communication may be the single most important aspect of existence. Our world is built through communication [12]. Students learn a multitude of communication skills by studying the arts. Through the very process of being in a music ensemble, they must learn to verbally, physically, and emotionally communicate with their peers, conductor, and audience. Likewise, a cast member

must not only communicate the spoken word to an audience, but also the more intangible underlying emotions of the script [13]. The arts are a mode of expression that transforms thoughts and emotions into a unique form of communication art itself.

5. Deepening Cultural and Self-Understanding

While many find the value of arts education to be the ways in which it impacts student learning, I feel the learning of art is itself a worthwhile endeavor. A culture without art isn't possible. Art is at the very core of our identity as humans [14]. I feel that the greatest gift we can give students and humanity is an understanding, appreciation, and ability to create art.

Advantages of social skills

There are distinct advantages to having well developed social skills, the following are listed below:

1. More and Better Relationships

Identifying well with individuals leads to more relationships and, at times, friendships. By developing your social skills you become more charismatic, a desirable trait. People are more interested in charismatic people as charismatic people are (or at least appear to be) more interested in them. Most people know you cannot advance far in life without strong interpersonal relationships [15]. Focusing on relationships will help you get a job, get promoted and make new friends. Well honed social skills can increase your happiness and satisfaction and give you a better outlook on life. More relationships can also help to reduce the negative effects of stress and boost your self-esteem.

2. Better Communication

Relating with people and being able to work in large groups naturally develops one's communication skills [16]. After all, you cannot have great social skills without good communication skills and being able to convey one's thoughts and ideas may be the single most important skill that you can develop in life.

3. Greater Efficiency

If you are good with people, you can more easily avoid being with the people you do

not like as much as others. Some people dread social interactions because they do not wish to spend time with individuals who do not have similar interests and viewpoints [17]. It is a lot easier to attend a meeting at work or a party in your personal life if you know at least some of the people who will be there. If you are in a social situation and do not want to spend time with 'John' because you don't like him or he cannot help you with a particular issue, a good set of social skills will allow you to politely convey that you need to spend time with other people at the get together.

4. Advancing Career Prospects

Most worthwhile jobs have a 'people component' and the most lucrative positions often involve a large amount of time spent interacting with employees, media and colleagues. It is rare that an individual can remain isolated in their office and still excel in their job [18]. Most organisations are looking for individuals with a particular, tactical, skill set: the ability to work well in a team and to influence and motivate people to get things done.

5. Increased Overall Happiness

Getting along and understanding people will help to open many personal and career-related doors [19]. Having the confidence to start a conversation at a work-related conference may lead to a new job offer with a higher salary. A smile and 'hello' in a social situation may lead to a friendship being formed.

Characteristics of Social Skills

- Social skills are goal-directed.
- Socially skilled behaviours are interrelated in the sense that one person may use more than one kind of behaviour at the same time, for the same goal.
- Social skills should be appropriate to the situation of communication. Different social skills will be used for professional and personal communication.
- Social skills can be identified as certain types of behaviour whereby an individual can be judged on how socially skilled they are.

- Social skills can be taught, practiced and learned.
- Social skills should be under the cognitive control of the individual - learning them involves learning when to use particular behaviours, as well as what behaviours to use, or how to use them [20].

Functions of Art Education on Social Skills

Below are 10 things arts can do for our children possessing social skills [21].

- 1. Strengthens communication skills.** Arts improve public speaking skills as well as interpersonal communication.
- 2. Builds on skills in other disciplines.** The arts frequently integrate with other subjects- particularly history, literature, math.
- 3. Fosters community.** Connects kids to the larger world and gives them a sense of belonging.
- 4. Boosts critical thinking.** problem-solving and looking at challenges beyond just an analytical perspective.

A critical challenge for arts education has been a lack of empirical evidence that demonstrates its educational value. Though few would deny that the arts confer intrinsic benefits, advocating “art for art’s sake” has been insufficient for preserving the arts in schools despite national surveys showing an overwhelming majority of the public

5. Keeps students more engaged in school. This leads to higher attendance rates and, in turn, higher graduation rates.

6. Encourages children to express their feelings. The arts allow children to explore their feelings both verbally and non-verbally. They also nurture compassion and kindness toward others.

7. Builds confidence. Arts instill pride, raise a child’s self-esteem, and allow them to have a better sense of self.

8. Cultivates collaboration. Teaches children how to work as an ensemble or team and share responsibility.

9. Encourages accountability. Children learn their work impacts the whole and their actions affect others as well as the end production or product. Learn the value of deadlines and how to take responsibility.

10. Improves dedication. Arts require commitment and practice. Students will learn to schedule and develop healthy work habits.

CONCLUSION

agrees that the arts are a necessary part of a well-rounded education. Over the last few decades, the proportion of students receiving arts education has shrunk drastically. This trend is primarily attributable to the expansion of standardized-test-based accountability, which has pressured schools to focus resources on tested subjects.

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