

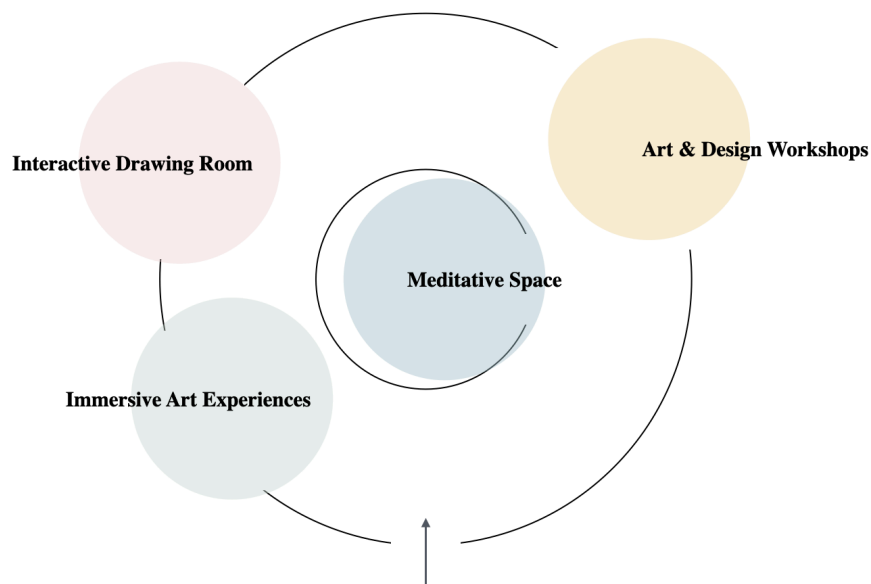
MY RESEARCH ABOUT ARTISTIC EXPERIENCE AND ADULT EMOTION REGULATION IN SHARED SPACES IN CHINA'S FIRST-TIER CITIES.

Practice: (experiment)

I plan to design 3 to 4 different art experience rooms in shared spaces.

However, before 11 August, I will first design an art experience room.

In my presentation this Friday, I will make an immersive art experience experiment that allows adult participants to engage in the experience and explore whether it can help alleviate their emotions.



Checklist

- Have you identified a sub-question, theme, keyword, or concept to develop through practice?

My research centres around the keywords “art experience”, “emotional relief”, and “shared space”, and explores the relationship between art experiences and emotional regulation through practical experimentation.

Theme :

Explore how spatial characteristics affect the emotional intensity of art experiences.

- Compare the effects of different spatial characteristics (open vs closed, social vs immersive, natural elements vs VR/AR) on emotional responses.

- Analyse the role of spatial ambience (light, sound, materials) in supporting or interfering with the experience.

- Does your practice test variables, and how many?

Yes, I am testing at least three variables:

- 1. Type of sensory stimulation (visual, auditory, olfactory/tactile).**
- 2. Thematic content (Interactive Drawing Room, Meditative Space, Art and Design Workshop and Immersive Art Experiences).**
- 3. Adults' emotional change before and after the experience.**
- 4. The role of different technologies in shared spaces.**

- Can you link a variable to other research, practices, influences, experiences, or something you've read?

Yes. My work draws on art therapy research, immersive design and psychology case studies.

One of the key variables I am exploring is multisensory stimulation. In particular, how multisensory elements in immersive environments affect emotion regulation. This is supported by research in the fields of environmental psychology and art therapy. Relevant research suggests that environments rich in sensory stimulation can help reduce stress. For example, natural images and sounds (e.g., forests, water flows, birdsong) have a relaxing and calming effect on people.

I have also been inspired by immersive art creations, such as TeamLab's work, that stimulate strong emotional responses from viewers through the integration of light, sound and spatial flow.

Additionally, I will observe in immersive exhibitions how people's emotional responses change during the art experience.

These have led me to move away from traditional 'art displays' to designing more emotionally responsive multi-sensory experiences.

- Have you documented how these influences, experiences, or readings have shaped your thinking and evolved your practice?

YES. Throughout the process, I record key influences, personal observations, and how they led me to further reflect on the design of the immersive room.

I also recorded feedback from people's experiences with art in urban spaces. These real-world observations helped me understand which sensory details (such as soft lighting, ambient sound, or spatial openness) made people pause, reflect, or change emotionally.

These insights have shaped the way I now prototype immersive art rooms - testing lighting, sound, and spatial layouts not only for aesthetics, but also for emotional impact.

This ongoing reflection has become a central part of how my practice evolves.

- Have you experimented with design, for example, by creating visuals, sounds, or concept art?

I have experimented with designing 3D spatial models and developing different artistic experiences for each space.

I also used visual sketches, 360-degree videos, and sound clips to simulate the experiential scenes and prepare for each round of testing.

The three mini presentations will serve as phased experiments, each focusing on testing the first immersive art experience room within a shared space.

- Have you identified what information you are gathering from the audience, how you will gather it, and what you hope to discover?

Yes. I will collect qualitative data through questionnaires:

- **Emotional state changes (before-and-after comparison)**
- **Subjective feedback on sensory stimuli such as sound and visuals**
- **Willingness to re-experience the session and the reasons why**

My goal is to discover which elements of the immersive experience are most effective in helping adults release or regulate their emotions. (only first mini presentation)