

草稿 draft of Research in Practice

中英青年的心理健康/Youth Mental Health in China and the UK

中英的青少年都面临着压力，焦虑，孤独等问题，但是由于文化差异之类的原因情绪表达的方式不一样。有时，视觉艺术或者插画是很有有效的表达与疗愈方式。

Adolescents in both China and the UK face common struggles such as stress, anxiety and loneliness. However, cultural differences lead to distinct ways of understanding and expressing emotions. At the same time, visual art and illustration serve as powerful tools for emotional expression and psychological healing.

3 keywords:

Youth mental health 青少年心理健康

Visual Narrative 视觉叙事

Cross-culture 跨文化

当前，中英两国的青少年都普遍面临着来自学业、社交、成长环境以及网络环境带来的多重压力，焦虑、孤独、情绪内耗、自我怀疑等心理问题日益突出。尽管两国年轻人所面对的心理困扰十分相似，但由于文化背景、社会观念、家庭模式与情感表达习惯的差异，他们在感知情绪、接纳情绪、表达情绪的方式上存在明显不同。在很多时候，负面情绪难以通过语言准确传达，也不容易被理解。而视觉艺术与插画创作恰好能够跨越语言障碍，以直观、温和、富有共情力的方式呈现内心状态，成为一种非常有效的情绪表达与心理疗愈途径。通过图像的叙事力量，不仅可以让青少年的真实感受被看见、被接纳，也能在跨文化的视角下，让不同文化背景下的心理困境得到更广泛的理解与关注。

Currently, adolescents in both China and the United Kingdom commonly face multiple pressures stemming from academics, social interaction, living environments and online spaces. Psychological issues including anxiety, loneliness, emotional fatigue and

self-doubt have become increasingly prevalent. While young people in the two countries experience similar mental struggles, differences in cultural backgrounds, social values, family structures and emotional expression habits lead to obvious distinctions in how they perceive, accept and convey their feelings.

Negative emotions often cannot be accurately articulated through words and are hard for others to understand. Visual art and illustration, however, can break down linguistic barriers, capturing inner feelings in an intuitive, gentle and empathetic manner, and acting as an effective method for emotional expression and psychological healing. With the narrative power of visuals, the genuine emotions of young people can be recognised and validated. From a cross-cultural perspective, this also enables wider understanding and awareness of mental health challenges across different societies.

基于以上背景，我确定了本次研究的三个核心关键词：**青少年心理健康、视觉叙事与跨文化**。本研究将以中英两国青少年的心理现状为切入点，借助跨文化的比较视角，探讨视觉叙事如何成为表达、传递与疗愈青少年心理情绪的有效方式，并通过插画与视觉艺术的实践路径，为青少年心理健康议题提供更具共情力与传播力的视觉表达可能。

Against this background, this study identifies three core keywords: youth mental health, visual narrative and cross-culture. Taking the psychological situation of adolescents in China and the UK as the starting point, this research adopts a cross-cultural comparative perspective to explore how visual narrative acts as an effective method for expressing, conveying and healing young people's emotions. Through the practical dimension of illustration and visual art, it also aims to deliver more empathetic and influential visual expressions for youth mental health issues.

paragraph 1

青少年心理健康是当下全球青年群体共同面临的重要议题,而艺术与视觉创作已被证实是缓解情绪、实现心理疗愈的有效途径。

Youth mental health has become a vital global issue shared by young people worldwide, and artistic and visual creation has been proven to be an effective means of easing negative emotions and achieving psychological healing.

paragraph 2

视觉叙事以图像为核心载体,能够跨越语言障碍,直观、细腻地传递难以言说的内心情绪与心理状态。

Visual narrative takes imagery as its core carrier, transcending language barriers to convey ineffable inner emotions and psychological states in an intuitive and delicate way.

paragraph 3

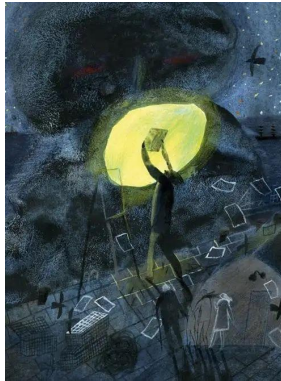
在跨文化视角下,中英两国不同的社会文化背景与价值观念,直接影响着青少年对情绪的认知与表达方式。

From a cross-cultural perspective, the differing social, cultural and value systems of China and the UK directly shape how adolescents understand and express their emotions.

用来佐证的我的观点的画师和作品
Artists and artworks used to support my arguments

Western (British) Artists

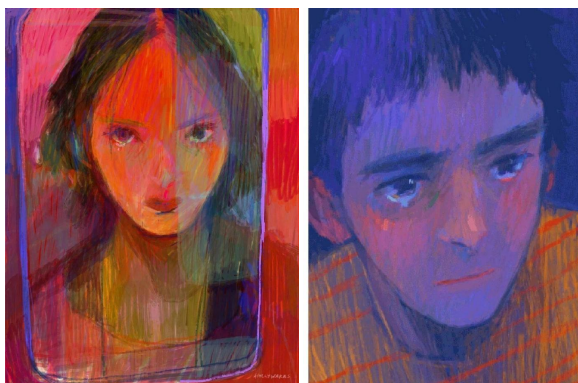
Laura Carlin: Artwork: A World of Your Own



Charlotte Ager: Office Environment



Holly Warburton: Untitled Portrait Series



Chinese Artists

Pei-Hsin Cho: Crown Shyness



Zhang Zhanzhan: PUPU Bear Series



LOST7: Night Series



Laura Carlin 和 Charlotte Ager 的作品用来佐证 “艺术与视觉创作已被证实是缓解情绪、实现心理疗愈的有效途径。” 的观点。

The works of Laura Carlin and Charlotte Ager support the view that artistic and visual creation has been proven to be an effective way to relieve negative emotions and achieve psychological healing.

Pei-Hsin Cho 和张占占的作品拿来论证 “视觉叙事以图像为核心载体，能够跨越语言障碍，直观、细腻地传递难以言说的内心情绪与心理状态。” 的观点。

The works of Pei-Hsin Cho and Zhang Zhanzhan demonstrate that visual narrative, centred on imagery as its core medium, can transcend linguistic barriers and convey ineffable inner emotions and psychological states in an intuitive and delicate manner.

LOST7 和 Holly Warburton 的作品要拿来做个对比，说明为什么在跨文化视角下，中英两国不同的社会文化背景与价值观念会直接影响着青少年对情绪的认知与表达方式。

The works of LOST7 and Holly Warburton are compared in this study to illustrate that, from a cross-cultural perspective, the distinct social, cultural and value systems of China and the UK directly shape how adolescents perceive, understand and express their emotions.

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