

Reality, Belief and Community

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Context

In this proposal I will be uncovering three words that are linked with three artists artwork images. This will be in an attempt to discover a better conclusion towards my dissertation in the coming year. The three keywords that will be used for this proposal are, reality, belief and community. The artists that will be used in conjunction with the chosen three images are Sunra (Reality), Eric ZeKing (Belief) and HIJACK (Community). The study around these artists and images will enable me to determine further what my dissertation paper will focus on.

Reality

Reality has many different meaning depending on the perspective of the person defining it. Although the official meaning of reality can be broken down into two parts. The first definition is “the true situation and the problems that actually exist in life, in contrast to how you would like life to be”. The second definition is “a thing that is actually experienced or seen, in contrast to what people might imagine”(Oxford Learner’s Dictionaries, 2020). The different interpretations of reality are vast however this proposal will focus on the reality of a child’s perspective when growing up and how these perspectives alter as reality begins to set in as children become adults. Younger ages tend to be more innocent and go through life being oblivious to the reality of this world. Therefore, when human being get older they receive a ‘reality check’ as more of life’s problem begins to surface. However, if they believe in themselves and continue to have

high expectations in their creative life, their mind-set will can change a dream to reality.

Another example of this is can be the notion that many children and young adults dream to one day be seen on TV but TV shows can cause body image issues. According to an article by Busby 2019, it states that reality TV is playing a role in young people's anxiety about their body image. This show that its can lower their self-esteem and lower their confidence as young adults may still not understand the reality of the human body shape. According to 4,505 of UK adults who have taken part in YouGov, one in four people aged between 18-24 said that reality TV had made them worry about their body image. This also indicates that it can prevent individuals in pursuing a career path in the media industry.

According to a report from the OECD international economics, children from the ages of seven are already facing limits on their future aspiration in work due to in-built stereotyping of social background, race and gender. The article also emphasises that young individuals only think about jobs that are familiar to the individual due to their families or friends and it also states that you cannot be what you cannot see (Coughlan 2019). This can destroy a dream of a young individual that lacks knowledge of jobs in the outside world.

Individuals need to prevent young people from ruling their options because they believe, explicitly or implicitly, that their future career choices are limited by their gender, ethnicity or socio-economic background (Sellgren, 2020).

This leads to the discussion of children becoming adults with their hopes and dreams coming to an end as they get a job at minimum wage and are still living at their parents house or they have a decent job that pays good but isn't fulfilling their aspirations as they would have hoped it would.

Moreover, they would eventually have kids in the future and their kids would dream just as big as their parents once. However, it is unlikely that the children would receive much support in their dreams, as most adult's dreams do not work out. Therefore, why not break another child's dream and be selfish about it? This is the truth behind reality.



(Sunra 2017) spray-painted

The artist Sunra created a piece on the street of France at Montpellier of a child painting a love heart with a bucket of red paint to show its love for this world.

The child still has an open mind in this reality and is filled with affection and creativity as he begins his journey to success in this world. Whereas, to the right it shows a grown man dressed exactly the same as the child as if it is an older version of him but is now gilled with emptiness on his side of the heart. It is plain and empty where there's no love but broken dreams. It also shows the bucket being filled up in white paint to show a sign of surrender as his battles of dreams have ended with surrender. It is like a white flag surrendering to show like he has given up in life itself and that the reality of this world is nothing but plain and wrecked.

Furthermore, the description underneath the heart is written in French saying "Toutes les grandes personnes ont d'abord été des enfants" which means, "All grown-ups were children". This just shows how much detail this piece truly has from showing a child starting to believe in something than turning into a regular being in just giving up in what they believe as reality hits.

Belief

There are many types of belief in this world; belief can be like many other religions that are out there like Islam, Christianity and many more. But belief can also be put in what you would want in this world such as social media to get as many likes as possible, trying to get to the top of being the most popular person in your surroundings, or even belief in the prime minister/ president in taking care of the country. The definition of belief shows "a strong feeling that something/somebody exists or is true; confidence that something/somebody is good or right" the second definition shows "something that you believe,

especially as part of your religion” (Oxford Learner’s Dictionaries, 2020). The main point of view in belief is the belief in God, many religions focus on the belief in God like praying 5 times a day in Islam or praying on a Sunday morning for Christianity but their some others such as Buddhism as they prefer to respect the Buddha than to think it’s a god to meditate as their way of praying. Others have a belief in there being no God at all and they believe once you have died there is no afterlife. Whereas, there is no heaven or hell and others don’t believe in God but they believe when they’re dead they’ll go somewhere in the universe.

Also, belief in religion isn’t the only belief that people would use themselves to ask for forgiveness or to be at the day of paradise, heaven, but they would use they’re belief in asking for themselves to be wealthy so they could get whatever they would want in this world, or ask for themselves to be famous or popular in their school just to grab attentions from other people and get thousands of likes on social media than to focus on the important matter of life in this world.

Another way to talk about a different way of belief is putting belief in someone into taking care of your family. Also, having country such as president or prime minister into taking care of the people around us hopefully.

An article by Breines 2015, states that beliefs can impact your character on a fundamental level as research has suggested that to feel guilt can have a role to motivate within self-improvement whereas to feel ashamed can create self-fulfilling prophecy. This can lead to reduced feelings of hope and also undermining efforts to change. Research has also suggested that beliefs have an

impact on our health, as a study carried out on middle aged adults who had a more positive beliefs on their illness and tried to be happy have lived on an average of 7.6 years longer to those who had a more negative belief.

Beliefs are created from what we hear and what we hear from others. Beliefs are a choice therefore it a power within ourselves to choose our beliefs (Rao 2009). To have a belief in religion, it is shown by researchers that it does good to your health. As shown by the researchers at the Mayo Clinic it was shown that it has an involvement on religion and being spirituality religious has an outcome for better health. This included having better coping skills, less anxiety, less thoughts of suicide and depression. Around 80% of research on the subject of religiousness and spirituality had focused on mental health due to most associations with faith are related to how individuals think about the world and the individual role within the world (Fisher 2019).



(Eric ZeKing 2017) spray painted

This Artist has created a touching piece that appears to be a woman covered up praying but with Wi-Fi signal symbol on top of her head. Is it showing her belief in calling out to god in asking for forgiveness? Or is it her calling out to God in asking for a better social media status? How could we know when there are people who act religious in front of peoples eyes but really want nothing but the latest technology in this world or keeping up with the latest trends to become more popular.

Community

Community can be defined in different variations when talking about religion, local areas or representing one another. But there are three definitions that community can be split into; the first is “all the people who live in a particular area, country, etc. when talked about as a group”. The second definition is “a group of people who share the same religion, race, job, etc.”, and lastly is “the feeling of sharing things and belonging to a group in the place where you live” (Oxford Learner’s Dictionaries, 2020).

The word ‘Community’ can be seen as people who share similar belief and opinions between each other. These can be linked people who have things in common, through social friends or groups, people who like closely or are somehow associated. However, it has been found that people with diverse backgrounds, experience a community differently but would define it similarly to others (MacQueen et al 2001).

In this article from MacQueen it has shown that people from different communities have different “values, norms, mind-set” which affect their upbringing. Many such as, gangs related communities does not fit into today’s society as their beliefs are breaking the laws. People socialise or want to be wealthy but there past stops them from achieving what they desire so they turn to crime.

One of the main problems in these communities is skin colour as shown by Macqueen in the past, skin colour was one of the biggest problems due to racism/ segregation and many more. At that time many believed in white supremacy and that people with different races were not welcomed and were treated as if they were not human beings. Although it was in the past it still sometimes happens now. When we talk about communities there is always a difference of races in them and is less likely to have more than two races joined together. Many people label different races, for example: the Caucasian race is labelled as more successful and will succeed whereas the black race were labelled as scary, most likely to be in gangs and many of them in prisons. Communities with different races may clash due to people views on each other; this would result in hatred to one another.

Communities usually accomplish goals, work together and get together which would grow a stronger bond with each other and make them get along more, usually communities share similar interest and goals which makes them feel comfortable and trust each other. Social ties would be the groundwork of a community as it would show a stronger connection of the people in it, having a strong social tie means that the community is used for sharing experiences, knowledge and becoming very strong, however weak ties are when the community are not considered friends but acquaintances/strangers and have the same cultural background. Many communities have stronger ties and it would help each other bring up their children with the same norms and values, which would help them, behave in the correct manner, care about each other, improve

the neighbourhood, and help the community form a special relationship with each other (Macqueen et al 2001).



(HIJACK, 2019) spray-painted

The artist Hijack made a spray-painted piece that shows two people playing jenga while the world is on top, this would emphasize that two powerful people that control the world are risking what they do to the world, one wrong move the world would fall and be destroyed.

These two people illustrate the problems of today's society because each problem they cause they hide behind a shadow and pretend it hasn't caused anything. Each block they take out represents all the issues they have caused and it would be one step closer until the world collapses. (Williams, 2019)

The future of the younger generation is determined by the higher ranking (which the two people represents). This affects the communities as half of the

people would agree on what they are doing to the world but the other half has completely different views and would disagree. This would create conflict as the different views would clash and cause major problems. This problem would make people have extreme views on the topics and may use violence within the communities.

Context

Overall, I have assembled my proposed key words by clarifying on how each one of the words relate to one another through different understanding and can be put into various other meanings from a similar prospect. It has shown how there are many different realities, which can take you to success, or can shut your dreams down. Reality can be harsh in relation to what you believe in, by not having enough confidence to show off and prove that you can be successful, you are setting yourself up to failure. Also having little information about the outside world can mean that you cannot be what you cannot see if following footsteps from family or friends. Another reason it has led me into wanting to put further research towards my dissertation is their lack of information in combining belief and health together because there isn't any simpler answer when coming up about the problems in this world. There are powerful individuals controlling us in how we should be living, and can show many different theories in what the community can put us through good or bad. Furthermore, this shows us why this society wants us to question whether this reality is normal or fixed. Lastly, the information I have gathered has led me to build a question on whether the reality of life, having belief and the support of the community plays a role within human psychological health?

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