

Craft process – future of a happy and creative human being

Creative process on background of learning

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The creative crafts can be a tool for the human being, in which the creative abilities are able to come true and this way it is possible for the person to become own himself, to accept himself, to be familiar with the healthy self-esteem and at the same time to produce concrete product by hand which can be enjoyable.

The creative craft process can be examined as a method of the learning. Among the teaching and learning methods the creative working methods are suitable for a wide strategy.

The creative methods are interesting and challenging. They can be used to learn the versatile methods of the problem-solving.

Learning strategies

The crafts are a possibility to practice the concrete creative action in which the methods of control and strategy ways of situations come true as a result of the own doing. With this practising the situations of creative problem solving might have some influence to the person's later behaviour and to coping over difficulties. Then this process could be compared in positive way with the learning strategies.

The concrete processes help to reach in the best way the feeling of welfare and competence. The self-esteem depends on relation of the successes to the expectations. For instance the flow experience requires the optimum in regard to the challenges and skills. Flow is connected to the favourite hobbies, such as to gardening, to the listening of the music, to physical education and cooking. This state is not usually connected to the passive being. The crafts can be flow.

Creativity

Creative processes and their significance for the human being appears nowadays in many quarters; in knitting hobbies of young people, in maintaining of aged people's mental agility, increasing the psychic welfare, in the disabled persons' therapy, as 'soft' treatment method, in maintaining working capacity – and of course in education.

The creativity is always connected to the crafts. In creative process the whole person is involved sensing the reality. An open mind and ability to take risks are needed here. The aesthetic readiness, the artistic working and problem solving skills combine in the creative crafts process. Creative craft process is both the concrete form of doing and mental activity.

One of the most suitable model for creativity and education is Clark's Integrative Education Model, IEM, The Integrative Approach. In the model there are: 1) rational thinking, cognitive funktion, 2) function of feeling, affective funktion, 3) aspect of physical / sensing, physical funktion and 4) function of intuitive, intuitive funktion. In craft process you can find the creativity steps:

1 Thinking (cognitive funktion)

- methodical skill enough
- skill of the adapting, analysis
- thinking of the working order
- thinking over the facts
- making solutions

2 Feeling (affective funktion)

- problem open
- struggle
- positive feelings
- pleasure
- enjoy
- satisfied with himself

3 Sensing (physical funktion)

- materials near
- technical performance
- connecting of a technical skill and imagination
- conceptualization the wholeness

4 Intuitive (intuitive function)

- wishful thinking
- concentrated working
- visual alternatives

Self-esteem

Experiencing the pleasure and the psychic work during the creative crafts process can strengthen the effect of the process of behaving in the future and help the human being to reach the balance of his inner self. In the craft process there are the perceiving of the wholeness and also the visual fantasy. The crafts maker feels lot of pleasure in his doing. The experiences of the pleasure are likely to raise self-esteem and to expand psychic resources. The promotion of the creative working in artistic or handicraft process can give the model also to the progress of the learning or even of life process.

The human being creates the order to his consciousness with the aims appointed by him. The aims are closely connected to the self-esteem. The self-esteem depends on relation of the successes to the expectations. When self-esteem increases, the learning will be easier.

Positive feelings

Working with materials, colours and forms probably increase imagination, tolerance and existence of positive feelings. The experiencing of feeling premises which is significant from the point of view of the psychosomatic welfare is seen at different stages of the creative process. The creative crafts process can so increase such pleasure and the growth of the internal motivation that the person willingly will take part the learning process and also later start similar functions. From the point of view of the psychological and somatic welfare the clear experiencing of feeling premises is connected to the successful control of emotions. Then it is possible to receive the informative and motivating factors which are hidden in the feelings.

Brain activity

The use of brain, ability to concentrate, creativity, remembering and the motivating himself are skills of practising the cognitive activity of the human being. These methods are important and useful for the learning process and are saving him even from the dementia. The crafts and the forms of the artistic activities require the collaborative work of both hemispheres of brain and both hands and thus are extremely impressive as a comprehensive form of activity from the point of view of the brain activity of the human being. To the appearance of the pleasure participate several transmitters of brain. During the art and craft experiences there has measured influences in the different brain areas. When persons were listening to their favourite music, it was noticed that the brain activity increased at the pleasure centres and even at direct relation to the intensity of the experience informed by the persons themselves.

Therapeutic

The crafts activate the thinking and gives stimuli. The maker of the crafts calms down, feels pleasure of touching materials, his doing and skills. It happens that he likes doing because he has experiences of pleasure and the possibility of practise manual skills. The crafts does not always reach for the finished product but takes an active part in spontaneous action which is above all in accordance with the own desire. Without his knowledge the crafts maker acts in a therapeutic way.

Largely the deep layers of the personality outside the verbal expression gather new strength with the help of a creative process and are able to affect to the health of both the mind and the body. In the process like this are the material dimensions, emotions, imagination, alert consciousness and skills combine as the intuitive entirety of the action. The presence of a material reality and conditions, direct contact to the changing environment, intensive process and sensor motor integration mean together very high-quality mental action.

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