

# Jewellery For Feel and Heal

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## Abstract

‘Jewellery for Feel and Heal’ is a set of exclusive signature healing jewellery that is designed for people with minor depression. These pieces of jewellery will assist in uplifting their mood, make them feel calm, relax their overthinking mind and bring out their inner confidence. The lack of effective and genuine healing jewellery that uses authentic healing stone, appropriate encouragement words and outstanding design aesthetic is the reason for the inefficacy of healing jewellery. The objective of this research is divided into two which are to investigate the type of healing jewellery that can encourage positive behaviour with the usage of the healing stones and design aesthetics and examine the properties of jewellery that affect minor depression. Mix methods were applied in this research. The subject of this research involves minor depression which incorporates emotion, feelings and attitude while quantitative highlighting the numbers of respondents participating in the survey. Methodology tools include interviews with the professionals, surveys, observation and experimentation of the jewellery on the respondent. The jewellery was designed based on the suggestion from the experts. This research will benefit psychiatrists, doctors, family members and jewellery designers while the jewellery line will benefit people with minor depression.

*Keywords - Healing, Jewellery, Minor Depression, People*

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## 1. Introduction

### 1.1 Jewellery for Feel and Heal

Jewellery for Feel and Heal is a study that investigates alternative tools that can alleviate minor depression. Jewellery for Feel and heal is also known as healing jewellery. Individuals usually will try to consider alternative tools or therapy in avoiding medication or drugs to conserve their health especially their kidneys. Guna (2020) affirm that men usually will try their very best to search for an alternative therapy before they commit to the medical solution which leads them to alternatives such as acupuncture, essential oil, herbal remedies, healing gemstone, reflexology, physiology and many more.

#### 1.1.1 The terminology of Feel

Feel is known as feeling that represents the emotion of a person that is currently facing. As an example, happy, sad, angry, frustrated and others. Healing is a process of a person getting better. Feel is encountered with the somatic and psychological of a person defined by Cambridge Dictionary (2020). Holinger (2016) explained that feeling and emotion are influenced based on age and symbolization of self- reflection. It is said that feelings and emotion are a convoluted state.

#### 1.1.2 The terminology of Heal

Healing is a recovery process for a person. Healing is divided into two types which are physical healing and mental healing. Physical healing is an injury and cuts while mentally healing are things that are related to mental

health like depression, stress, adhd and others. The Free Dictionary (2003), defines healing as restoring the condition of the injury, illness or psychological state.

## 1.2 Minor Depression

Depression is one of the psychological illnesses that are common in Malaysia and it's on the news headlines every single day primarily during the pandemic outbreak. Depression is a condition of the mind which affects an individual's thoughts, behaviours, mood, emotion and feelings. Minor depression is a frame of mental disorder that is the starting point of the continuous sentiment of low mood, sadness and loss of interest, explained George (2020). He added that it can steer into various other emotional and physical problems.

Minor depression individuals in Malaysia avoid getting treatment from medical professionals because of the public stigma that is cast upon them. Ning (2016) clarify that the public prejudice behaviour towards people with minor depression is in a serious condition especially in Malaysia. The consequences of this behaviour affect people with minor depression to refuse their condition and avoid searching for help and their condition change from minor depression to major depression and some even commit suicide. Laderer (2017), elaborate the endangerment of public discrimination toward people with depression will make them upset and avoid reaching for help due to the widespread agitation from the public in labelling them as psycho, maniac, crazy and others.

The purpose of this study is to design signature healing jewellery that cater for people with minor depression which would assist in elevating their mood, make them feel calm, shift their overthinking mind to the jewellery and enhance their low mood. The objective of this study is to investigate the type of healing jewellery that could assist individuals with minor depression. Secondly is to examine the nature of jewellery that influences minor depression, psychological state, which means the reaction of the individuals with energy from the gemstone, aromatherapy, the impactful encouragement word, and the movement produced by the jewellery that interrelate with the brain signal that encourage the organs to work productively due to human mind and physical is the greatest healer. Kaur (2019) clarified that our mind and body could heal any sickness or diseases naturally with the help of nutrients or any alternative tools.

## 2. Literature Review

The literature review in this study is divided into four sections which are depression, people, healing and jewellery. All these four elements are interrelated to one another which is the key element that influences the flow of the study.

### 2.1 Criteria of Depression

Depression is one of the prime issues globally currently. WHO (2020), elucidate that depression is one of the prevalent mental diseases and about 264 million and more individuals experienced depression from all walks of life and age range. In addition, depression is the main reason for disability worldwide which leads to consequential ailment and in a serious state of mind would be suicide. Depression is examined as censorious well-being of individuals due to the disturbance towards the functionality system of an individual particularly if the severity of the depression became worse explained WHO (2020). Bernama (2020) Tan Sri Lee Lam Thye, the patron of befriender Kuala Lumpur and Malaysian Psychiatric Association clarify that the pandemic outbreak and the movement control order which also known as MCO have triggered emotional stress or in another way of saying would be depression due to the switch of working environment and adaptation of the new norm such as work from home, not able to go out for leisure, losing a source of income, losing their job and worry about their safety as well as their family. Tan Sri Lee Lam Thye elucidate that a survey conducted by a specialist exhibit that depression in Malaysia rose to 50% between 2011 to 2015 (Bernama, 2018). Mohd Nasir (2012), elaborate that psychological disease is a disease encompassing the affliction of the functionality of the brain and as the result, it affects an individual's thoughts and feelings. They will struggle in performing their day to day activities as well. Rodríguez et al., (2012) analyse the result acquired from nine studies which is the minimum length of time for minor depression would take about a minimum of two weeks. Kuboki &

Hashizume (2011) elaborate the prime symptoms encounter by individuals with minor depression are physical symptoms and difficulties of sleeping. As an example lower back pain, heaviness of the head, stiffness on the shoulder, abdominal pain, and loss of appetite and depressive symptoms.

## 2.2 Target Respondent

The respondent of minor depression comes from various backgrounds, age range, race and gender. The World Health Organization (WHO) (2020), manifest that about 300 million people of various social status and ages were diagnosed with depression yearly. Adults as young as 15 to 29 years old were one of the age groups that committed suicide due to depression. In addition, the National Health Morbidity Survey (NHMS) display that about 265,827 females undergo minor depression more than male while there were about 297,699 people who lived in urban areas were diagnosed with depression more than the rural area. Guan (2014) epitomized 57 articles on depression and the analysis exhibit that the percentage of women with minor depression are higher largely women from low socio- economic backgrounds or those with medical conditions. Loheswar (2020) explained that 18- 26 % women that live in a low cost housing area display noticeable signs of stress, depression and anxiety. Suraya Yusoff et al., (2012), elaborate that individuals who have depression are mainly because of unstable financial or low income, social issues and poor health conditions. The highest age group that suffered from depression was 25 to 29 years old, which was about 118,087 people followed by 20-24 which was 89,345 and 30-34 years old embody about 47,340. Nevertheless, unemployed individuals and private sectors employees are among the highest with depression. Lastly, people who earned below RM1000 up to RM3999 are also individuals that have depression (Mohd Shaiful Azlan et al., 2019).

## 2.3 Alternative Healing Tool

Healing embodies alternative tools that were incorporated in the signature jewellery which are aromatherapy, placebo effect and healing gemstones. Siti Maisurah (2017), clarify that alternative therapy embody various category of therapy that can be utilised as natural remedies for mental diseases. Essential oil or mostly known as aromatherapy are becoming a prominent trend the past three years and adapt as part of their needs in daily life in Malaysia. Nichols (2018), expound that aromatherapy oils are formulate from plants, fruits, flowers and herbs which are very advantageous in reducing depression. Essential oils is a colourless oil that are used in therapies, cosmetics, aromatic fragrance and even during meditation (Ali et al. (2015). Ali and his associate added that the aroma oils could alleviate stress, act as stress relief, enhance calmness, rejuvenate, antibacterial, antiviral, suitable as a memory booster and other significance. Aromatherapy is incorporated in phytotherapy as a solution as a remedy for fatigue.

The placebo effect, on the other hand, is a body reaction towards psychological occurrences that will influence a person's mind and body with the help of their emotion, spiritual, aims and perception (Dispenza, 2014). Dispenza added that the placebo effect could uplift an individual's mood, increase their self-esteem and fight against diseases that could not be cured. However, several psychologists and neurologists deny the power of healing gemstones and surmise that it is an act of the placebo effect. Marshall (2018), explained that Stuart Vyse, an American Psychologist that wrote a book on "Believing in Magic: The Psychology of Superstition", agrees on the efficacy of the healing gemstone due to the placebo effect which generates the mind that influences the gemstone to reflects its benefits towards the user. As for healing gemstones, it is the essence of this research study. Gemstone is a type of crystal and precious stone that embody the energy that can heal the human body. Juckett (2020), clarified that several gemstones could encourage the energy to the highest potency. As an example, Clear Quartz was used as a healing tool during the ancients. As compared to today's world, stones are used for devices. Such as computers, televisions, and phones. It could absorb, let go, store and balance the energy. Locke (2018), explicate about a French physicist known as Pierre Curie was an expert in crystallography, magnetism, piezoelectricity and radioactivity. Curie explained that he managed the production of electricity from a pressured crystal which is known as the 'Piezoelectric effect'. Due to the energy that is being produced by crystals and gems, they are used in watches, iPhones, computer chips and others. Similar concepts are being applied towards individuals, whereby the energy from the crystals or gems could help in aligning it with the body and assist in the recovering.

## 2.4 Placement of Jewellery

Jewellery is known as a form of wearable decorative art that can uplift an individual's confidence, mood and enhance their inner self-esteem. Ogi Ltd (2020), clarify that some psychologists mentioned that jewellery could be worn to attain self-actualization and increase self-esteem. Statement Made Jewellery (2018), stated that jewellery could enhance an individual's self-confidence. In addition, a positive aura will linger around them when they are wearing jewellery that is meaningful to them which can increase an individual's confidence immensely. To attain an effective result, the healing jewellery needs to be worn closer to the heart and pulse. Brilliance (2016), specify that there is a widespread of jewellery selection besides rings that are appropriate for anxiety and depression which are stud earring, stacking bangle, bead necklace or bangle and even necklace with kinetic parts will succour anxiety.

## 2.5 Conceptual framework

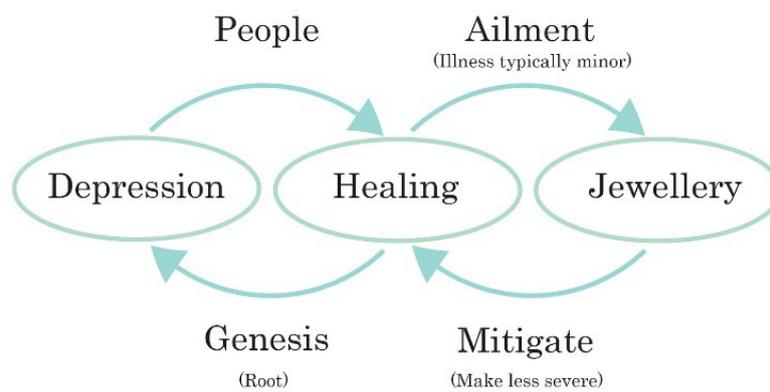


Figure 2.0 Healing Jewellery Conceptual Framework

Figure 2.0 illustrates the healing jewellery conceptual framework which emanated from the finding of the literature review. The connection between the attributes forms a conceptual framework which exhibits the key point of the whole research. The main keywords in the framework are depression, healing and jewellery while the attributes are people, ailment which is minor illness, mitigate is reduce and genesis which is defined as root. Individuals with depression usually will look for a healing solution for their ailment which they utilize the healing jewellery. By wearing the jewellery it could mitigate the ailment due to the healing component in the jewellery that is able to heal from the genesis of depression. The framework is very versatile and it could be exploited both ways.

## 3. Methodology

This study implements the mix method which is qualitative and quantitative. The qualitative methods practice several methodology tools which are interview, observation and experimental. Quantitative on the other hand, employed the survey method to collect data of the respondent. The exploration of this research commenced by interviewing four experts from three different professions. The interviewees are psychologist, general practitioner doctor, astrologer and jewellery designer. The reason for interviewing the experts from different professions is to be able to apprehend the research from the experts' perspective (Anwar et al., 2016; Siran & Anwar, 2020). The interview was conducted with psychologists mainly to be able to understand the attributes of people with minor depression, specific symptoms, tools used to measure the minor depression symptoms, treatment offers and others. The doctor explained the way she diagnosed patients with minor depression, treatment that was prescribed for her patient, consultation with her patient, understanding their lifestyle and food consumption of her patient and several other questions. The interview with the astrologer is to learn about the energy of the healing gemstones, types of stones that can accommodate people with minor depression and several other stone related questions. The questions that were prepared for the jewellery designers are leaning

towards healing jewellery and elements in the healing jewellery which she was able to share her experience in designing and producing several healing jewellery and its workability. The four experts were chosen by using the snowball technique.

The attributes obtained from the interview were used in designing and producing the design of the healing jewellery and developed the questionnaire for the minor depression respondent. The respondent persona for this study are women at the age of 21-35 years old, who lived in urban areas that suffer from minor depression that would like to elevate their mood, reduce their depression and love wearing jewellery. The questionnaires are divided into three sections which are demographics, psychographics and need analysis. There are about 37 questions in the questionnaire. The demographics section contained general information such as age, gender, marital status, income group, employment status, area of living and others (Siran et al, 2020). As for the psychographic section, the questions correspond to the characteristics of minor depression, symptoms that the respondent are facing and condition. The third section is need analysis (Anwar, 2016), which query about the respondent's jewellery preference, design that they desire, material that they prefer, element that they prefer to be part of the healing jewellery, price that they would pay for a good quality healing jewellery and several other questions. The sample size for the questionnaire was based on the total amount of the psychologist's patients which was ten at that current moment. As for the observation and experiment, the finished jewellery was passed to the minor depression patient for them to try it out approximately three to five days to observe the workability of the healing jewellery towards minor depression individuals.

#### **4. Discussion**

Healing Jewellery is to cater for people with minor depression. By wearing healing jewellery, could help uplift their mood, make them feel calm and confident. However, without the proper material being used and integration of unique elements as part of the design aesthetics, it would not be able to contribute the functionality of the healing jewellery towards the wearer. Interviews and questionnaires were used in this research, in order to understand in-depth, the right healing jewellery and to be able to identify the characteristics of the jewellery that would benefit the consumer with minor depression.

The design aesthetic and the usage of precious material are the main components of healing jewellery. Komminos (2020) elaborate that aesthetics can influence the interaction towards the product and the positive feelings towards it. The cooperation of kinetic movement, healing gemstones, aromatherapy and encouraging words in the healing jewellery that uses precious metal like silver or gold will attract minor depression consumers due to the appealing look and interactive movement. Some people can experience the effectiveness of the jewellery due to the speed of their body reacting towards the jewellery, while others might take slightly longer to experience the effectiveness and how their body interacts towards each element that is incorporated in the healing jewellery. In the future, the healing jewellery should be integrated with technology in producing better healing jewellery that could evaluate the level of depression, anxiety and encourage the benefits of the healing stones based on the needs of the individual.

#### **5. Conclusion**

Jewellery for Feel and Heal is an alternative tool that could assist in uplifting the mood of people with minor depression, make them feel calm and confident. The purpose of this research is to make signature healing jewellery with good design aesthetics and several elements that contribute to the successfulness of the product. This body of work is significant towards society especially people that are suffering from minor depression. By producing healing jewellery will enable Malaysia or even globally decrease the percentage of mental illness and be able to prevent the condition of the existing people with minor depression to be more in control.

The significance of this research will benefit the psychologist and doctor. They could utilize the research findings and use it as a new perspective in helping their patient with minor depression aid naturally without medication. Family members of the individual with minor depression will get the most benefit out of this research because they will be able to use it as a guideline in helping their family members. Jewellery designers

will benefit in terms of information of this research, process and idea development of the healing jewellery. Lastly, the signature jewellery will benefit people with minor depression to heal naturally using the healing jewellery.

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