

# **PUNCH NEEDLE EMBROIDERY AS AN ART THERAPY TO OVERCOME MILD DEPRESSION**

Nurul Farah Shazleen Binti Sarajuddin and Rose Dahlina Binti Rusli

*Universiti Teknologi MARA Shah Alam in Faculty of Art and Design*

*Email: farahshazleen14@gmail.com*

## **ABSTRACT**

Punch needle is another tool of embroidery that uses a hollow needle to create loops of thread on fabric. It is also known as thread painting for the texture and complexity of the design and this technique. This art and tool are easy to handle and can create cool stuff with it. This punch needle has a variety of sizes for the needle, same goes as the thread so it can fit in and just punch through the cloth. With this exploration and experiment of sampling, such as the pattern, shape, colour and then the researcher can finalise the good quality for the respondent and also search some motivational words to build up confidence for mild depression. The objectives are to establish the punch needle embroidery as a one of art therapy methods in conveying mild depression and to develop interest in punch needle embroidery amongst youngsters through pattern design. The target of this research is to focus on youngsters having mild depression. Punch needle embroidery is another method of art therapy for them to overcome the illness. The researcher will be collecting by interviewing some psychologists, psychiatrists and doing some online survey through google form and collect 100 respondents according to this issue. The respondents give some idea for the pattern or some motivational words that can make them feel stronger and can brighten up their day.

**Keywords:** punch needle embroidery, art therapy, youngsters, mild depression

## **1. INTRODUCTION**

Art therapy is like a classic psychotherapy, makes the unconscious conscious which leads to insight and change. It is also an integrative mental health and human services field enriching the lives of people, families and societies by constructive art-making, innovative methods, applied psychological theory, and psychotherapy connection with human experience.

Next, art therapy, facilitated by a professional art therapist, effectively supports personal and relational treatment goals as well as community concerns. Art therapy is used to improve cognitive and sensory-motor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, reduce and resolve conflicts and distress, and advance societal and ecological change. This is proven that two systematic reviews on art therapy (AT) and depression indicate that, for an all ages sample, art therapy has been utilized successfully (Blomdahl et al., 2013) and presents a cost-effective treatment model for mental health symptoms (Stevenson et al., 2015).

Depression is a serious mental health issue in today's world. It occurs in all age groups and in all parts of society. It affects one fourth to one third of women and one sixth of men sometime in life. The American Art Therapy Association defines art therapy as the therapeutic use of art making, within a professional relationship, by people who experience illness, trauma, or challenges in living, and by people who seek personal development (Betts, 2009).

In this research, punch needle embroidery will be tools of experimenting as an art therapy method for the youngsters that have mild depression. With the punch needle as a tool and techniques, the researcher will try to find out if it's suitable to overcome the mild depression in youngsters. Punch needle seemed like the perfect craft as in a textile art that represents imagery, with a natural organic softness, and an approach that feels like you are drawing with yarn said (Arounna, 2019) in her book that title Punch Needle.

## **REFERENCES**

1. Blomdahl et al, (2013), Stevenson et al., (2015), page 335, The State of the Art in Creative Arts Therapies.
2. Betts, D. (2009), Art Therapy, Journal. Retrieved from [http://www.art-therapy.us/art\\_therapy.htm](http://www.art-therapy.us/art_therapy.htm)
3. Arounna K. (2019), Punch Needle: Master Art of Punch Needling Accessories for you and your home.



Surat kami : 700-KPK (PRP.UP.1/20/1)  
Tarikh : 30 Ogos 2022

YBhg. Profesor Ts Sr Dr Md Yusof Hamid, PMP, AMP  
Rektor  
Universiti Teknologi MARA  
Cawangan Perak



YBhg. Profesor

**PERMOHONAN KELULUSAN MEMUAT NAIK PENERBITAN UiTM CAWANGAN PERAK  
MELALUI REPOSITORY INSTITUSI UiTM (IR)**

Perkara di atas adalah dirujuk.

2. Pihak Perpustakaan ingin memohon kelulusan YBhg. Profesor untuk membuat imbasan (*digitize*) dan memuat naik semua jenis penerbitan di bawah UiTM Cawangan Perak melalui Repositori Institusi UiTM, PTAR.
3. Tujuan permohonan ini adalah bagi membolehkan akses yang lebih meluas oleh pengguna Perpustakaan terhadap semua bahan penerbitan UiTM melalui laman Web PTAR UiTM Cawangan Perak.

Kelulusan daripada pihak YBhg. Profesor dalam perkara ini amat dihargai.

Sekian, terima kasih.

**“WAWASAN KEMAKMURAN BERSAMA 2030”**

**“BERKHIDMAT UNTUK NEGARA”**

Yang benar