

## The Impact of Guided Imagery and Emotional Catharsis on Psychological Well-Being

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### ABSTRACT

This study examines the role of the impact of guided imagery and emotional release on psychological well-being in India in the 21st century. Currently, it is seen that a lot of work is being done. about stress and its factors, psychological disorders, personality disorders, etc. in the field of mental health after emerging from the corona pandemic. This study was conducted using various techniques such as guided imagery, meditation, muscle movement to achieve emotional catharsis and develop overall positive psychological health. Analytical research uses various tools such as pilot studies, sampling, data collection, questionnaires and statistical analysis to obtain results. The study concluded that the null hypothesis of the study was accepted, which stated that there would be no effect of guided imagery and emotional release on the psychological well-being of adults.

**Keywords:** *Guided Imagery, Emotional Catharsis, Psychological Well-Being, Analytical Study, Pilot Study*

### Definition of catharsis:

The term itself comes from the Greek *katharsis* meaning "purification" or "cleansing." The term is used in therapy as well as in literature. The hero of a novel might experience an emotional catharsis that leads to some sort of restoration or renewal. The purpose of catharsis is to bring about some form of positive change in the individual's life.

### Definition of guided imagery:

Any of various techniques (as a series of verbal suggestions) used to guide another person or oneself in imagining sensations and especially in visualizing an image in the mind to bring about a desired physical response (as a reduction in stress, anxiety, or pain)

### Definition of psychological well-being:

Psychological well-being (PWB) is defined as "one's level of psychological happiness/health, encompassing life satisfaction, and feelings of accomplishment". At the risk of being dualistic and separating physical well-being from PWB, it is helpful to note that physical well-being encompasses physical health, including disease states, fitness level, and ability to perform activities of daily living (ADL). PWB encompasses the person's perspective on life, including not only perceptions of physical health but also of self-esteem, self-efficacy,

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## The Impact of Guided Imagery and Emotional Catharsis on Psychological Well-Being

relationships with others, and satisfaction with life. A monistic perspective, wherein it is recognized that physical well-being and PWB are integrally interrelated, is preferable.

### CONCEPTUAL FRAMEWORK

#### *Guided Imagery*

A stress-reduction approach called guided imagery asks you to visualize a person, place, or time that will help you feel calm, at peace, and joyful. In that it makes use of all of your senses, imagery differs slightly from other stress-reduction methods. In your imagination, for instance, you might hear birds chirping, see dew drops on the grass, feel the breeze on your skin, smell wildflowers, and taste a cold beverage. Using all of your senses while engaging in imagery produces a very calming experience, which is why it's so effective for reducing stress and dealing with challenging circumstances. There are plenty additional approaches you might take.

#### *The Use of Guided Imagery*

- **Step 1: Locate a Quiet Area**  
Find a location to sit quietly if at all possible. This might be your office, an empty space, or a park bench. To calm down, close your eyes and take several deep breaths.
- **Step 2: Choose Your Setting**  
Conceive yourself in the most serene setting you can imagine once you've calmed down. This could be an imagined location or a particular time or place that holds special value for you. The scene you see is very personal and should ideally evoke strong feelings in you. But if you're having difficulties coming up with an illustration, think about employing the following: Unwinding on a warm sunny beach while hearing
- **Step 3: Unwind**  
As long as it makes you feel comfortable or as long as your schedule permits, remain in your calm environment. Continue to breathe deeply while attempting to block out any outside ideas. When you're ready to go, sit quietly and allow your thoughts to return to the current circumstance. Now that you're feeling much more at ease, in charge, and prepared to take on your challenges.

#### *Emotional Catharsis*

A catharsis is a release of emotion. This emotional release is connected to a need to relieve unconscious tensions, according to psychoanalytic theory. For example, being stressed about a work-related scenario may result in feelings of dissatisfaction and anxiety. Stress, worry, fear, rage, and trauma can all lead to the accumulation of powerful and challenging feelings over time. At some time, it appears like there is so much emotion and upheaval that it is overpowering. People may even feel as if they are about to "explode" if they do not find a way to release this bottled-up emotion. Rather than unnecessarily venting these sentiments, the individual may release them in another way, such as via physical activity or another stress-relieving activity.

#### *Catharsis's Therapeutic Applications*

The phrase has been used since the time of the Ancient Greeks, but it was Sigmund Freud's colleague Josef Breuer who used it to define a therapeutic procedure for the first time. Breuer devised what he called a "cathartic" cure for hysteria. During his treatment, patients were hypnotized and asked to relive horrific memories. Breuer discovered that by actively releasing long-repressed emotions, his patients got alleviation from their illnesses.

### REVIEW OF LITERATURE

Amir Amin, Hossein Shirvan, Behzad Bazgir; (2022) The findings of this study supported the notion that a training-guided visualization and mental imagery strategy might reduce perceived stress and improve psychological well-being and sleep quality in armed forces retirees by influencing the coping mechanism, hence promoting well-being. This study found that guided visualization and mental imagery techniques might help to avoid and reduce perceived stress, as well as enhance psychological well-being and sleep quality in veterans of the armed services.

Diyan Lestari, Anastasia Sri Maryatami, (2018) Clinical aspects of low psychological well-being in hemodialysis patients include: feeling apprehensive about the future, feeling dependent on others to do daily duties, feeling lost, difficulties adapting to the surroundings, losing interest, and withdrawing. Pre-test results utilizing the Ryff Psychological Well-Being (RPWB) scale with a total score of 84 in the poor category back up the findings. The application of supportive therapy with emotional catharsis and relaxation techniques in hemodialysis patients resulted in him feeling calm to face the next life, able to independently perform daily activities, have a clear purpose of life, master the environment well, develop themselves, and build a positive relationship with others.

Staff, H. (2008, December 30) According to the study, guided imagery has been advised for many different health issues. Although guided imagery has not been proven effective for any specific condition, research is still in its early stages and is not conclusive. Do not rely only on guided imagery to address potentially harmful medical issues. If you're thinking about trying guided imagery therapy, talk to your doctor first. Natural Standard's professional staff compiled the information in this monograph after conducting a thorough systematic review of scientific evidence. The Harvard Medical School Faculty reviewed the material, and Natural Standard approved the final edits.

Bakke, A. C., Purtezer, M. Z., & P. N. (2002). According to the study, various investigations over the last 15 years have established linkages between the central nervous and immune systems. While stress has been shown to have a deleterious influence on immunological responses, there have also been published findings that psychological therapy can favorably modify the immune system. Despite the intricacies of immune system kinetics, the temporary nature of any psychological influence, and the insensitivity of immunological tests, our findings suggest that hypnotic-guided imagery has a function as an adjuvant treatment.

Sean TenBrook, (Spring Semester, 2018) Music provides nearly endless options for emotionally engaging individuals in some way, indicating that there are several genres of music that will not resonate with people. This is a plausible explanation for why there were no significant differences in emotional discharge between music majors and non-music majors. Some people just did not connect with the music. The current study, on the other hand, attempted to control for this, so if it did have an effect on participants, future research should try to control for it even more by having more musicians react to different types of music and coding their responses for emotional reactions to use in future studies. Happy music proved to have a beneficial overall effect.

#### *Rationale of Study*

This analytical study was developed to learn more about how guided imagery and emotional catharsis affect people's psychological wellbeing. Participants must be between the ages of 18 and 60 in order to determine the benefits of guided imagery and emotional catharsis on

## The Impact of Guided Imagery and Emotional Catharsis on Psychological Well-Being

psychological wellbeing. Two groups of five volunteers, each with an age range between 18 and 60, will participate in this experimental investigation. When the group is offered emotional catharsis and guided imagery, the benefit on psychological well-being in one's life is examined.

In both non-clinical and clinical populations, guided imagery and emotional catharsis in relation to traumatic, stressful, or emotional situations have been found to improve both physical and psychological health.

### RESEARCH METHODOLOGY

1. **Objective** - To assess the effect of guided imagery and emotional catharsis among adults who are provided with the instructions of guided imagery and emotional catharsis.
2. **Hypothesis  $H_0$**  – There will be no effect of guided imagery and emotional catharsis on psychological well-being among adults.
3. **Sample size** – 20-30 sample will be taken from the province of Madhya Pradesh age of 18-60 years, provided with the intervention or instruction of guided imagery and emotional catharsis during their counseling session.
4. **Type of research** – Analytical research
5. **Variables: Independent Variable** - Guided imagery and emotional catharsis; **Dependent Variable** - Psychological well-being.
6. **Pilot study** - To assess the effect of guided imagery and emotional catharsis on psychological well-being, study will be done by pre – posttest design.
  - **Pre - post design:** Study measures outcomes in a group of participants before introducing a product or other intervention, and then again afterwards. Any changes in the outcomes are attributed to the product or intervention.
  - **Pre – test:** firstly, sample group of 10 people whose experiencing stress, anxiety or past bad childhood memories will be selected and their psychological well-being will be assessed.
  - **Post – study:** secondly, provided with the intervention of guided imagery and emotional catharsis their past bad memories for 10 days then psychological well-being will be assessed to analyses to see the effect of guided imagery as an emotional catharsis and its benefit on subjects' psychological well-being.
7. **Type of sampling: Purposive Sampling:** A purposive sample is a non-probability sample which is chosen dependent on attributes of a population and the target of the examination. This sort of sampling can be helpful in circumstances when you have to arrive at a focus on test rapidly, and were examining for proportionality isn't the principal concern.
8. **Method of data collection: Primary data collection** - At the point when the information is gathered straight forwardly by the analyst just because it is called Primary Data. It is unique in nature and is explicit to an examination issue under investigation. It may be collected either through observation or through direct communication with respondents in one form or another through personal interviews.
9. **Tools used for data collection: Questionnaire** - Questionnaire is the most apparent technique for information assortment, which is included a lot of inquiries identified with the exploration issue. This technique is exceptionally helpful on the off chance that the information is to be gathered from a various populace. It basically incorporates the printed set of inquiries, either open-finished or shut finished, which

## The Impact of Guided Imagery and Emotional Catharsis on Psychological Well-Being

the respondents are required to reply based on their insight and involvement in the issue concerned.

- **The Ryff scales of psychological well-being:** - Today, psychological wellbeing is its own separate construct, defined as comprising six core dimensions (adapted from Ryff & Keyes, 1995):
  - **Self-acceptance:** Positive attitude toward the self; acknowledgment and acceptance of multiple aspects of self, including good and bad qualities; positive feelings about one's past
  - **Positive relations with others:** Warm, satisfying, trusting relationships with others; concern for the welfare of others; capacity for strong empathy, affection, and intimacy; understanding of the give-and- take of relationships
  - **Autonomy:** Self-determination and independence; the ability to resist social pressures to think and act in particular ways, regulate behavior from within, and evaluate oneself based on personal standards
  - **Environmental:** Sense of mastery and competence in one's environment; the ability to control a complex array of external activities and leverage opportunities; the capacity to choose or create contexts that suit needs and values
  - **Purpose in life:** The possession of goals and a sense of direction; the feeling that there is meaning to present and past life; holding beliefs that give life purpose as well as aims and objectives for living
  - **Personal growth:** Feelings of continued development and the sense that one is growing and expanding; openness to new experiences; realization of one's potential and perceived improvement in self and behavior over time; change that reflects greater self- knowledge and effectiveness.
- 10. **Statistical Analysis:** Mean, standard deviation, t test and any other statistical tests may be used by SPSS

### EXPECTED OUTCOME

In this study, the dependent variable is psychological well-being, which is required to cope with the day-to-day demands of a person's existence, which leads to poor mental health conditions in children. As a result, when adults get guided imagery and emotional catharsis to eradicate the traces of traumatic experiences, they may experience a calm state of mind. In conclusion, several studies have demonstrated that guided imagery method AND psychodynamic approach/therapy are effective in a variety of disorders, notably chronic stress, trauma, anxiety, and various medical diseases. One of its noteworthy characteristics is that it improves general well-being or medical symptoms without causing particular changes in depression measurements in some cases. There have been studies.

### RESULT AND INTERPRETAION

t-Test: Paired Two Sample for Means

	<i>Variable 1</i>	<i>Variable 2</i>
Mean	82.44	169.56
Variance	768.84	1052.09
Observations	25	25
Pearson Correlation	0.635474898	
Hypothesized Mean Difference	0	
df	24	
t Stat	-16.73084468	
P(T<=t) one-tail	4.9218315	
t Critical one-tail	1.71088208	
P(T<=t) two-tail	9.8436615	
t Critical two-tail	2.063898562	

### LET US INTERPRET THE RESULTS

- **MEAN:** This is the mean for each sample. The mean of pre – test (variable 1) score is **82.44** and the mean of post – test (variable 2) score is **169.59**.
- **VARIANCE:** this is the variance for each sample. The variance of pre – test score is **768.84** and the variance for the post – test scores is **1052.09**.
- **OBSERVATIONS:** This is the number of each observation. Both the samples have **25** observations.
- **PEARSON CORRELATION:** the correlation between the pre – test scores and post – scores turn out to be **0.635474898**.
- **HYPOTHESIZED MEAN DIFFERENCE:** The number that we “hypothesize” is the differences between the two means. In this case, we chose 0 because we want to test whether or not there is any difference at all between pre - test and post – test scores.
- **Df:** The degree of freedom for the t – test. This is calculated as  $n-1$  where  $n$  is the number of pairs. In this case, **df = 25-1 = 24**.
- **T-stat:** the test statistic  $t$ , which turns out to be **-17.43**.
- **P(T<=t) two tails:** the  $p$  – value for the two tailed t-test in this case is **p=9.8436615**. the two tails  $p$  – value is less than **0.0001**. By conventional criteria, this difference is considered to be extremely statistically significant.

### CONCLUSION

By the above interpretations we can see that the null hypothesis has been accepted as there is no significant difference between the two variables. Also, the post – test is greater than the pre – test.

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## The Impact of Guided Imagery and Emotional Catharsis on Psychological Well-Being

### ***Acknowledgment***

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### ***Conflict of Interest***

The author(s) declared no conflict of interest.

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