Art And Affect: Effect Of Art Creation On The Positive And Negative Affect In The LGBTQIA+ Population Of India

Hemakshi Motwani[1*]

[1*]Department of Psychology, Institute for Excellence in Higher Education, Bhopal, Kaliyasot Dam, 462016,
Email- hemakshi135@gmail.com, Tel: 9109433302

ARTICLE INFO	ABSTRACT
	Purpose: LGBTQIA+ community undergo a lot of stress as a result of their stigmatised social status and lack of constitutional rights in India. The present paper tries to ascertain whether the practice of Art could play a protective role against the Negative Affect experienced by these people and enhance the level of Positive Affect, despite the systemic marginalisations faced by them.
	Method: A sample of 113 LGBTQIA+ people was selected using the Snowball sampling method. Quantitative analysis was done on the data obtained using the PANAS-SF Scale. The data was analysed using One-Way ANOVA Analysis, Multivariate Analysis and Linear Regression Analysis.
	Significant Findings: The results showed that one's Gender Identity plays a significant role in the Affect experienced by them. As per the Regression analysis, the Art Creation can predict Positive affect.
	Keywords- Art Creation, LGBTQIA+, India, Positive Affect, Negative Affect, Gender

To study sexual and gender minorities, one must look at their lives through the lens of the Minority Stress theory which clearly states that a lot of the sexual minority health disparities are produced by excess exposure to social stress faced by sexual and gender minority populations due to their stigmatized social status (relative to heterosexual populations). Minority stressors constitute the excess stress burden that places sexual and gender minority people at greater risk for negative health outcomes compared with cisgender straight people. Certain examples of these include: prejudice, discrimination at the hands of institutions, microaggressions and internalised stigma and resulting concealment (Frost, 2023).

All of these factors combined lead to highly adverse effects on the health and well-being of people belonging to the LGBTQIA+ community.

The present study aims at finding out whether positive practices like art and expression through different mediums of art can play a protective role against the Negative Affect experienced by the members of these marginalisations.

Positive and Negative Affect

The positive psychology literature distinguishes between two forms of positive wellbeing: eudaimonic and hedonic wellbeing. Hedonic wellness refers to good emotions such as pleasure and satisfaction. Hedonic psychology investigates the factors that contribute to a happy or unpleasant existence (Diener, Suh et al. 1999; Kahneman, Diener et al. 1999).

Measures of hedonic wellness assess the extent and strength of positive emotions. On the other hand, eudaimonic wellbeing refers to the emotions that arise when one is making progress towards their full potential. These emotions are usually assessed via sensations of energy, interest, and engagement, as shown by studies conducted by Diener (2000), Fredrickson (2001), and Fredrickson and Losada (2005).

Research conducted by Gençöz (2000), Joiner, Catanzaro, and Laurent (1996), and Watson, Clark, and Tellegen (1988) demonstrates that affects consist of two distinct basic components: a negative component and a positive component. Bradburn (1969) first examined positive affect and negative affect and defined happiness as the equilibrium between the two.

A positive affect refers to a collection of traits including willingness, joviality, mental alertness, and determination. On the other hand, a negative affect encompasses a variety of unpleasant emotions such as

melancholy, fear, anxiety, fury, and guilt (Watson, 1988; Watson & Pennebaker, 1989). Gençöz (2000) defines positive affect as the experience of active pleasure and delight in life, whereas negative affect refers to the activation of unpleasant emotions such as tension, fear, and rage. Research on the concept of meaning in life and personal effects (King et al., 2006; King & Hicks, 2009) indicates that positive emotions are the main factors that contribute to the perception of meaning in life. Situations characterised by positive emotions can be considered as a natural environment for experiencing meaning in life. Additionally, it is suggested that negative consequences arise when people' desires for purpose in life are not fulfilled (Maddi, 1970; Pan, Wong, Joubert, & Chan, 2007).

Positive Affect can be operationalised in different ways. These measures include evaluating feelings of engagement, mastery or progress towards goals, as well as assessing the duration and intensity of feelings of pleasure or satisfaction. Additionally, some studies have used aggregated scores of momentary mood assessments to represent positive affect.

Increasing data indicates that the combined occurrences of pleasant emotions have a crucial role in promoting happiness, flourishing, and general life satisfaction (Cohn et al., 2009).

LGBTQIA+ Community and Art Expression

A scoping review conducted in 2023, showed the dire health status of LGBTQIA+ community members living in India. Multiple studies have identified different forms of stigma and discrimination faced by MSM (men who have sex with men) and TGW (transgender women). These include stigma based on perception, societal norms, HIV, family, non-conformity to gender norms, and internalised stigma. Additionally, they also experience discrimination based on gender and in the workplace, as well as being victims of multiple forms of victimisation. The individuals responsible for engaging in discriminatory and violent acts against men who have sex with men (MSM) and transgender women (TGW), including those who are living with HIV, consist of peers, sexual partners, family members, healthcare professionals, and police (Chakrapani, et.al. 2023).

Fifteen research have shown that stigma and discrimination have a significant impact on the mental health of sexual and gender minorities, leading to depression and other poor consequences such as suicide thoughts or attempts. Two studies have shown a significant occurrence of mental health problems among men who have sex with men (MSM). These concerns include depression (ranging from 29% to 45%), anxiety (ranging from 24% to 40%), thoughts of suicide (ranging from 45% to 53%), actual suicide attempts (23%), drug misuse (28%), and alcohol dependency (ranging from 15% to 22%). Similarly, among the TGW population, there were significant rates of depression (43%), problematic alcohol use (37%), anxiety (39%), depression (21%), suicide risk (75.8%), and violence (52%). The COVID-19 pandemic has been identified as a factor that worsens psychological suffering among LGBTQI+ individuals (Chakrapani, Newman, Shunmugam, Rawat, Mohan, and Baruah, 2023).

The convergence of artistic expression and LGBTQIA+ identification has been a subject of growing fascination in both academic research and wider cultural discussions. LGBTQIA+ persons often have distinct encounters about gender identity, sexual orientation, and social inclusion, which may impact their creative methods and manifestations. Comprehending the significance of art in the lives of LGBT folks provides valuable understanding of the intricacies involved in shaping one's identity, fostering a sense of community, and driving societal change.

Artistic expression has historically functioned as a method for people to examine, navigate, and communicate elements of their identity. Artistic practices may serve as a means for LGBTQIA+ persons to explore and understand themselves, express their identity, and validate their existence. Queer artists use several forms of artistic expression, including painting, sculpture, photography, performance, and digital media, to explore topics related to gender, sexuality, desire, and resistance. Their contributions enrich and diversify cultural environments (Laura, et.al, 2008).

Although art plays a crucial role in LGBTQIA+ communities, there is a lack of studies explicitly examining the experiences of queer persons involved in art creation. This research seeks to enhance our comprehension of the connection between art creation, LGBTQIA+ identities and Affect.

Objectives

- To study the effect of Gender on the Positive and Negative Affect in the LGBTQIA+ population.
- To study the effect of Age on the Positive and Negative Affect in the LGBTQIA+ population.
- To study the impact of Type of Art practiced on the Positive and Negative Affect in the LGBTQIA+ population.
- To study the impact of Frequency of Art practiced on the Positive and Negative Affect in the LGBTQIA+ population.

Hypotheses

H1: There will be a significant effect of Gender on the Positive Affect in the LGBTQIA+ population.
H2: There will be a significant effect of Gender on the Negative Affect in the LGBTQIA+ population.

H3: There will be a significant impact of Frequency of Art practiced on the Positive Affect in the LGBTQIA+ population.
H4: There will be a significant impact of Frequency of Art practiced on the Negative Affect in the LGBTQIA+ population.
H0: There will be no significant effect of Age on the Positive and Negative Affect in the LGBTQIA+ population.
H0: There will be no significant impact of Type of Art practiced on the Positive and Negative Affect in the LGBTQIA+ population.

Participants
A sample of 113 people was chosen for the study. The age group of the sample ranged from below 17 years to above 36 years. The sample was chosen from all over India. It consisted solely of members from the LGBTQIA+ community. Members of different sexual orientations (Gay, Lesbian, Bisexual, Pansexual, Asexual Spectrum, Queer and others) and gender identities (Male, Female, Trans, Non-Binary, Genderfluid, Gender-Expansive, Agender, Intersex and others) were chosen for this research. The Snowball Sampling Technique was used to collect the sample for this study, in which the researchers made use of referrals.

Inclusion and Exclusion Criteria:
Inclusion:
The participants for the study were included based on the following criteria: they were members of the LGBTQIA+ community and were able to understand basic English, to be able to comprehend the questions and answer them, appropriately.

Exclusion:
Heterosexual identities were excluded from this study. People who didn't understand the English language were excluded from the study.

Measures
The Positive and Negative Affect Schedule (PANAS-SF) given by Watson, D., Clark, L. A., & Tellegen, A. (1988) was used for this study. It is divided into two parts: Positive Affect and Negative Affect. The measure consists of twenty elements that are scored on a 5-point Likert scale, ranging from "very slightly or not at all" to "extreme". The answer options were assigned the following scores: 1 corresponded to "very slightly or not at all", 2 corresponded to "a little", 3 corresponded to "moderately", 4 corresponded to "quite a bit", and 5 corresponded to "extremely". The items were associated with 20 distinct emotional states, with 10 items specifically connected to positive affect (PA) and 10 things specifically related to negative affect (NA). The sum of these elements represents the extremes of emotional well-being, with one indicating a high level (PA) and the other indicating a low one (NA). The internal consistency of PANAS has been assessed using Cronbach's alpha coefficient. The alpha reliabilities for both scales are consistently high, often falling within the range of .894 to .90 for PA and .885 to .90 for NA. The construct validity of this schedule is strong, with a cumulative variance of 57.308%.

Procedure
After the tool for the study was finalized, a Google Form was created. It contained the PANAS-SF questionnaire along with additional demographic details. It also contained two questions to record information about one's Art Expression. The questions were:
'What form of art do you practice (as a hobby or professionally)?', with the following response alternatives:
- Visual Arts- painting, sculpture making, photography, filmmaking, design, architecture, etc.
- Performance Arts- acting, music, dancing, stand-up comedy, etc
- Literature- creative writing, poetry and prose writing, etc

'How frequently have you practiced the preferred art form in the last week?', with the following response alternatives:
- everyday
- every 1-2 days
- twice
- once
- haven't practiced the art form in the last week

The link to the form was circulated via multiple social media platforms to collect the sample.
A total of 113 people participated in the study, all of whom were people from the LGBTQIA+ community. The participants were informed of the purpose of the study and were made aware of their rights and the safeguards in place.
After the data collection, the responses for the items were scored and the raw scores were calculated for each participant. Then, analysis of the data was carried out according to the aims and objectives of the present study.

Ethical Consideration
Students' consent was taken to participate in this study. Their personal identifiers like name, affiliated institutes, etc., weren't recorded to maintain anonymity.

Statistical Analysis
One-way ANOVA, Multivariate Analysis and Regression analysis was used to analyse the data. SPSS was used to for this purpose. One-Way ANOVA was used to find the effect of gender and age on Positive and Negative Affect. Multivariate Analysis was used to find the effect of Type of Art and Frequency of Art on the Positive and Negative Effect. Finally, Linear Regression Analysis was used to see whether Art Expression can predict Positive and Negative Affect in this population.

Results
The study was conducted on people who were Lesbian, Gay, Bisexual, Transgender, Queer, Asexual, and of other sexual and gender identities (like Pansexual, Non-Binary, Gender Fluid, Gender Expansive, Agender individuals). A vast majority of the sample fell in the age range of 21-25 years (refer Figure 1.1).
The mean score obtained by the participants on PA was 29.99, while the mean score obtained on the NA was 28.69 (refer Table 1).

	N	Minimum	Maximum	Mean	Std. Deviation
Positive Affect	113	12.00	50.00	29.9912	8.53302
Negative Affect	113	11.00	49.00	28.6903	8.88124
Valid N (listwise)	113				

Table 1 Descriptive Statistics of the sample

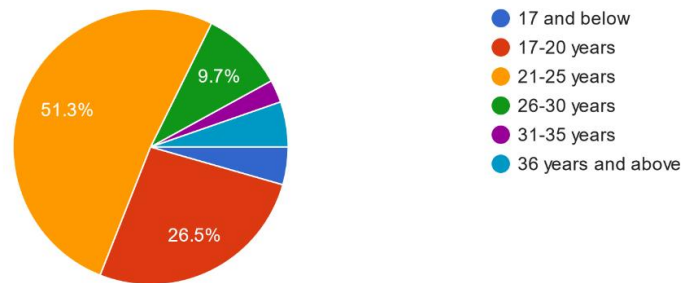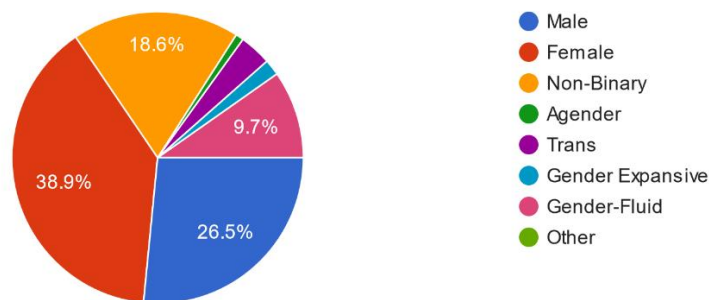*Figure 1.1 Age of the sample*

Figure 1.2 Gender of the sample

Females constituted 38% of the sample, followed by Males (26%), followed by Non-Binary folx (18.6%) (refer to Figure 1.2).

What form of art do you practice (as a hobby or professionally)?
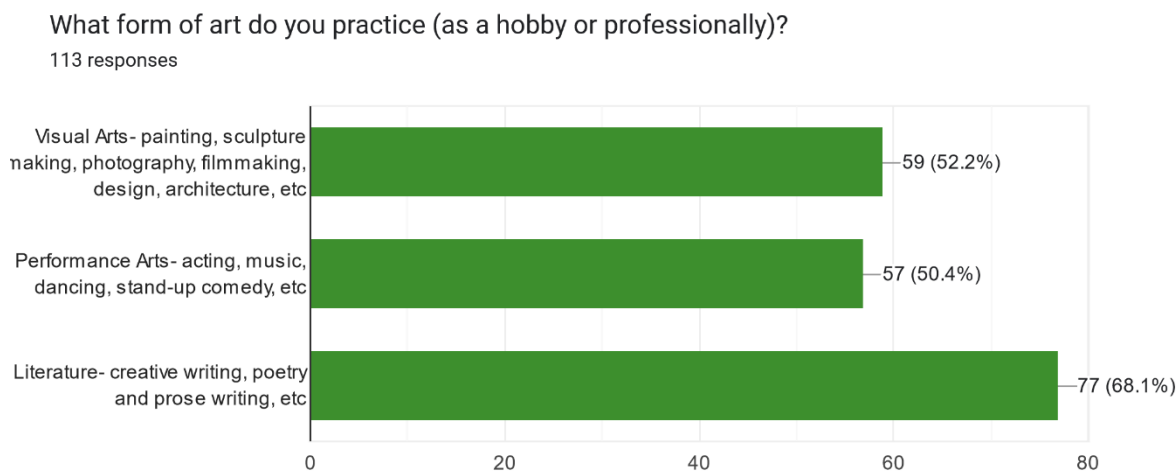113 responses

Figure 1.3 Art form preferred by the sample.

Majority of the population practiced Literature artform (77), followed by Visual Arts (59) and Performance arts (57). A huge chunk of the population practiced multiple art forms (63) (refer to Figure 1.3).
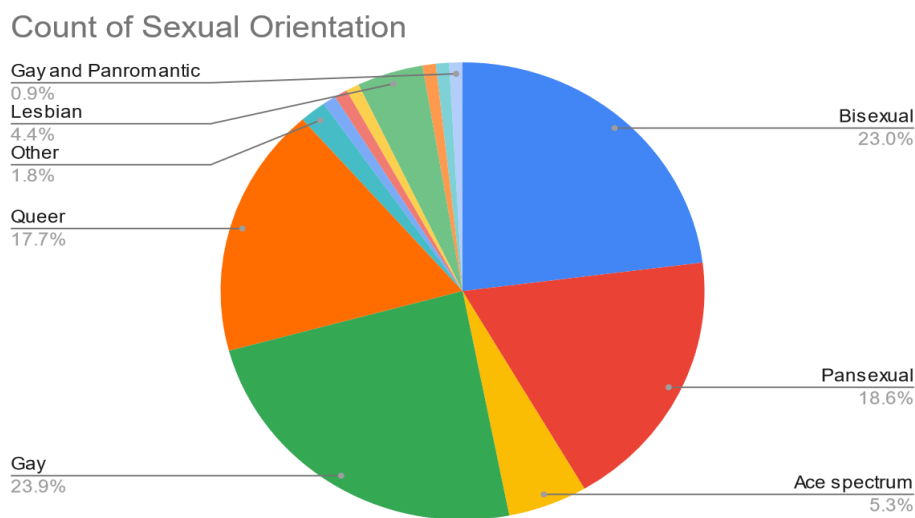

Figure 1.4 Sexual Orientation of the sample

The sample belonged to different sexual orientations, with Gay and Bisexual folx constituting a chunk of the sample (refer to Figure 1.4).

One-Way ANOVA Analysis
The effect of Gender was measured on the Positive Affect and Negative Affect within the sample. The analysis revealed that there is a significant impact of gender on Positive and Negative Affect. Cisgender people, especially males, were seen to have a higher level of Positive Affect and a lower level of Negative Affect than Gender-Diverse folx (Positive Affect- F=3.745, p=0.027; Negative Affect- F= 5.138, p= 0.007) (refer to Table 3).
A Post-hoc Analysis revealed a significant difference between Males and Gender-Diverse people in the Positive Affect experienced by them (p=0.023), with Males having a higher level of Positive Affect than both Females and Gender-Diverse folx. There was no significant difference between the Positive Affect of cis-gender Males and Females. Additionally, there was no significant difference found between the Positive Affect experienced by Females and Gender Diverse folx (refer to Table 4).
When it comes to Negative Affect, the Tukey's test revealed that there exists a significant difference between Males and Gender Diverse folx, with Gender Diverse folx experiencing a higher level of Negative Affect (p=

0.005). There was no significant difference between the Negative affect experienced by Females and Males as well as Females and Gender Diverse people (refer to Table 4).

Descriptives

		N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
						Lower Bound	Upper Bound		
PA	Male	30	32.7000	8.25102	1.50642	29.6190	35.7810	20.00	50.00
	GenderDiverse	39	27.2821	7.97347	1.27678	24.6974	29.8668	12.00	43.00
	Female	44	30.5455	8.68694	1.30961	27.9044	33.1865	15.00	50.00
	Total	113	29.9912	8.53302	.80272	28.4007	31.5816	12.00	50.00
NA	Male	30	25.0000	7.01722	1.28116	22.3797	27.6203	13.00	40.00
	GenderDiverse	39	31.6667	8.56349	1.37126	28.8907	34.4426	14.00	49.00
	Female	44	28.5682	9.48045	1.42923	25.6859	31.4505	11.00	48.00
	Total	113	28.6903	8.88124	.83548	27.0349	30.3457	11.00	49.00

Table 2 Descriptive statistics

		Sum of Squares	df	Mean Square	F	Sig.
PA	Between Groups	519.885	2	259.942	3.745	.027
	Within Groups	7635.107	110	69.410		
	Total	8154.991	112			
NA	Between Groups	754.697	2	377.349	5.138	.007
	Within Groups	8079.462	110	73.450		
	Total	8834.159	112			

Table 3 One-Way ANOVA Analysis showing the effect of Gender on PA and NA

Dependent Variable	(I) GENDER	(J) GENDER	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
PA	Male	Gender-Diverse	5.41795*	2.02322	.023	.6111	10.2248
		Female	2.15455	1.97260	.521	-2.5321	6.8412
	Gender-Diverse	Male	-5.41795*	2.02322	.023	-10.2248	-.6111
		Female	-3.26340	1.83228	.181	-7.6166	1.0898
	Female	Male	-2.15455	1.97260	.521	-6.8412	2.5321
		Gender-Diverse	3.26340	1.83228	.181	-1.0898	7.6166
NA	Male	Gender-Diverse	-6.66667*	2.08126	.005	-11.6114	-1.7219
		Female	-3.56818	2.02919	.189	-8.3893	1.2529
	Gender-Diverse	Male	6.66667*	2.08126	.005	1.7219	11.6114
		Female	3.09848	1.88484	.232	-1.3796	7.5766
	Female	Male	3.56818	2.02919	.189	-1.2529	8.3893
		Gender-Diverse	-3.09848	1.88484	.232	-7.5766	1.3796

Table 4 post-hoc Analysis using Tukey's test showing the effect of different Genders on PA and NA

Age and positive and negative affect

The effect of Age on the Positive and Negative Affect experienced by the population, revealed no significant difference. The age groups 17-20 and 21-25 were used for this analysis and revealed no significant difference (PA= 0.118; NA= 0.546) (refer to Table 5).

		Sum of Squares	df	Mean Square	F	Sig.
PA3	Between Groups	178.091	1	178.091	2.497	.118
	Within Groups	6134.898	86	71.336		
	Total	6312.989	87			
NA3	Between Groups	29.352	1	29.352	.368	.546
	Within Groups	6859.011	86	79.756		
	Total	6888.364	87			

Table 5 One-Way ANOVA Analysis showing the effect of Age on PA and NA

Multivariate Analysis

A Multivariate Analysis was done to find the effect of the following on the PA and NA experienced by people.

- Frequency of Art (How Often Artform was practiced in the last week): There was no significant difference found between the different frequencies of art creation in the last week and the resultant Positive (p= 0.485) and Negative Affect (p=0.744) experienced by people (refer to Table 6).
- Type of Art Form Practiced: There was no significant difference found between the different types of art practiced in the last week and the resultant Positive (p=0.847) and Negative Affect (p=0.157) experienced by people (refer to Table 6).
- Type of Art X Frequency of Art: Both of these variables together had no significant effect on the Positive (p= 0.248) and Negative Affect (p= 0.347) experienced by people (refer to Table 6).

Source	Dependent Variable	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	PA	2615.917[a]	33	79.270	1.131	.323
	NA	3009.642[b]	33	91.201	1.237	.220
Intercept	PA	71786.229	1	71786.229	1023.838	.000
	NA	58737.213	1	58737.213	796.674	.000
TYPEOFART	PA	186.755	6	31.126	.444	.847
	NA	710.718	6	118.453	1.607	.156
FREQOFART	PA	244.188	4	61.047	.871	.485
	NA	144.105	4	36.026	.489	.744
TYPEOFART * FREQOFART	PA	1978.952	23	86.041	1.227	.248
	NA	1894.223	23	82.358	1.117	.347
Error	PA	5539.074	79	70.115		
	NA	5824.517	79	73.728		
Total	PA	109795.000	113			
	NA	101848.000	113			
Corrected Total	PA	8154.991	112			
	NA	8834.159	112			

Table 6 Multivariate analysis showing the effect of Art Creation on PA and NA

Regression Analysis

A Linear Regression Analysis was done to find out whether Frequency of Art and Type of Art could predict the Positive Affect experienced by queer folx. Frequency of Art or the amount of times Art was practiced in the last week showed a mild, significant impact on the Positive Affect experienced by people (p=0.055). Thus, Frequency of Art can predict the Positive Affect experienced by people (refer to Table 7).

However, the Type of Art practiced has no significant impact on the Positive Affect (refer to Table 7).

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	27.832	2.137		13.022	.000
	FREQOFART	1.092	.563	.183	1.939	.055
	TYPEOFART	-.177	.401	-.042	-.440	.661

a. Dependent Variable: PA

Table 7 Linear Regression Analysis showing the impact of Frequency and Type of Art Creation on PA

A Linear Regression Analysis was done to find out whether Frequency of Art and Type of Art could predict the Negative Affect experienced by queer folx.

The Type of Art and the Frequency of Art practiced has no significant impact on the Negative Affect experienced by people (refer to Table 8).

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	30.649	2.251		13.618	.000
	FREQOFART	-.603	.593	-.097	-1.017	.311
	TYPEOFART	-.104	.422	-.023	-.246	.806

a. Dependent Variable: NA

Table 8 Linear Regression Analysis showing the impact of Type and Frequency of Art Creation on NA

Discussion

The purpose of the study was to assess the impact of Art Production (Expressed in terms of the Type of Art practiced and the Frequency with which it was practiced) on the Positive and Negative Affect in the LGBTQIA+ population. Additionally, the effect of one's Gender and Age on the Positive and Negative Affect was also explored in the LGBTQIA+ population.

As stated by the Minority Stress Theory, people of sexual and gender minorities face a lot of challenges w.r.t their mental and physical health due to the social stress faced by them as a result of their stigmatised social status and the resulting discrimination. Minority stressors constitute the excess stress burden that places sexual and gender minority people at greater risk for negative health outcomes compared with cisgender straight people. Certain examples of these include: prejudice, discrimination at the hands of institutions, microaggressions and internalised stigma and resulting concealment (Frost, et.al. 2023).

These factors can be seen in researches done on the LGBTQIA+ population in India. These researches have shown that stigma and discrimination have a significant impact on the mental health of sexual and gender minorities, leading to depression and other poor consequences such as suicide thoughts or attempts (Chakrapani, et.al. 2023).

LGBTQIA+ persons encounter tangible, perceived, and internalised social disapproval. They encounter domestic violence inside their families and face a lack of acceptance from their families. They also endure societal pressure to be married, as well as aggression from both peers and partners. Additionally, they face institutional violence and discrimination in educational institutions and workplaces. Furthermore, they have firsthand experiences of discrimination in employment, housing, and access to healthcare services (Gaur et. al., 2023).

Additionally, gender nonconformity is associated with social stigma, and participants of previous researches have reported experiencing stigma and behavioural standards particular to their gender. For example, stigma connected to how they expressed their gender affected their socially acceptable behaviours. Cisgender women encounter several manifestations of violence stemming from patriarchal ideologies that see them as inferior to cisgender males. Transgender persons face discrimination and prejudice known as trans-negativity. Gay men who do not adhere to traditional expectations of presenting themselves as manly also encounter heightened social disapproval (Gaur et. al., 2023).

The present studies' findings are in line with past researches. The results of this study show that, there is a significant impact of gender on Positive and Negative Affect. Cisgender people, especially males, were seen to have a higher level of Positive Affect and a lower level of Negative Affect than Gender-Diverse folx (Positive Affect- F=3.745, p=0.027; Negative Affect- F= 5.138, p= 0.007).

A Post-hoc Analysis revealed a significant difference between Males and Gender-Diverse people in the Positive Affect experienced by them (p=0.023), with Males having a higher level of Positive Affect than both Females and Gender-Diverse folx. When it comes to Negative Affect, the Tukey's test revealed that there exists a significant difference between Males and Gender Diverse folx, with Gender Diverse folx experiencing a higher level of Negative Affect (p= 0.005).

LGBTQIA+ persons often have distinct encounters about gender identity, sexual orientation, and social inclusion, which may impact their creative methods and manifestations. Comprehending the significance of art in the lives of LGBT folks provides valuable understanding of the intricacies involved in shaping one's identity, fostering a sense of community, and driving societal change (Laura, 2008).

Artistic expression has historically functioned as a method for people to examine, navigate, and communicate elements of their identity. Artistic practices may serve as a means for LGBTQIA+ persons to explore and understand themselves, express their identity, and validate their existence. Queer artists use several forms of artistic expression, including painting, sculpture, photography, performance, and digital media, to explore topics related to gender, sexuality, desire, and resistance. Their contributions enrich and diversify cultural environments (Laura, 2008).

Art plays a crucial role in LGBTQIA+ communities and the present research validates this claim. Frequency of Art or the number of times folx from the LGBTQIA+ community practiced expression through Art in the last week showed a mild, significant impact on the Positive Affect experienced by people (p=0.055). Thus, Frequency of Art can predict the Positive Affect experienced by people. Additionally, there is also a negative, albeit insignificant, relationship between Art Creation and Negative Affect.

In the light of these findings, we can say that, all our hypotheses, except H4, are accepted.

Limitations

This study has several limitations.

First, it doesn't take into account or study the actual art created by the people. Second, the Frequency of Art was measured using one subjective question, which could be yield inaccurate answers as there was no way to ensure the accuracy/honesty of the responses. The PANAS-SF scale also relies on and can be easily swayed by the subjective Affective States of the individuals at the time of taking the test. Third, the participants were not equal in number in the categories of Gender identity and Age Group. Lastly, whether or not the people in the study practiced Art as a profession was not taken into account separately. More people who practice Art frequently need to be included in the sample.

Conclusion

From this research study, we can see that Gender has a significant impact on the Positive and Negative Affect experienced by LGBTQIA+ folx. A Regression Analysis revealed that the Frequency of Art can predict the amount of Positive Affect experienced by the LGBTQIA+ population.

Implications

As stated above, queer people face a lot of systemic and social stressors which have a vastly negative impact on their physical and mental health. People belonging to gender minorities face an additional level of stress. This could be validated by the present findings. Additionally, with the growing importance of Art and the growing scope of Art Therapy in India, it is helpful to know that Art creation, in itself, can, on some minute level, predict Positive Affect even in a population that is subjected to additional stressors on every level. It shines a light on the bright future that Art has as a means of intervention in Gender and Sexual minorities.

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