

# THE VISUAL AESTHETIC OF HAPPINESS

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## ABSTRACT

“The Visual Aesthetic of Happiness” is a two-dimensional painting using acrylic technique on canvas. This artwork depicts a cat in a dreamy atmosphere which gives a cozy feeling. The purpose of the painting is to give reflection to people’s minds by comparing them with cats' lives. Cats could live their lives happily in their own way. However, human beings spend most of their life time searching for external happiness that may not exist. This painting could be an encouragement for humans to believe and find hope from what we have in the present, and to leave the past. Human beings thought that they have the highest knowledge among others living. They could have an image of death even they have not experienced. On the contrary, cats live a simple life, taking care of their paws, licking their fur to clean their body as they live their lives simply and happily. They do not need to search for an excessive source of happiness. Looking back at human lives, they continue searching for the meaning of happiness endlessly.

From the above contents, this acrylic painting was created and inspired by the story of enjoying life in the simple way of a cat. To reflect people's awareness of the value of time and happiness in the present, the image of a cat standing in the colorful atmosphere of the universe presents the aesthetics and beauty, affecting the feeling of happiness, which is a wish of everyone.

**Keywords:** Painting, Cat, Happiness, Visual Aesthetic

## INTRODUCTION

The inspiration for this two-dimensional painting artwork comes from the mental happiness given when raising cats. Based on the researcher's perspective from observing the behavior of cats with its cozy lifestyle, researchers realize that living life is not supposed to be serious. Compared to the cats, they could live freely and happily with surroundings, and doing what they pleased. By observing cat’s behavior, the researcher assumed that cats could create a space of love and comfort from inside. Cats are peace-loving animals and have their own standpoint, and are proud to be themselves. Cats express directly what they think and show what they want. It doesn't care how other people view or judge. Therefore, when we studied the behavior and various postures of cats. These things give us questions to review our life experiences. It is a nature of life to overcome disappointment, laugh, tear, and sorrow. However, we will gain experience, and learn from the past as a path to improve ourselves physically and mentally. Eventually, experience will help us improve and solve problems in life to be us in the best version.

From the researcher's experience in raising cats from childhood until the present, the researcher has learned and observed the behavior of cats, showing that each cat has a different personality. Yet there is often a common behavior such as licking fur, which they do for cleaning the body. Cats love to take rest during the day and travel at night. They do not seem to pay much attention to the owner, and will show up to the owner for feeding. This behavior truly shows that cats love themselves very much both physically and mentally because they know what they desire. Cats enjoy small happiness by expressing action without causing other

people trouble. According to the cat's actions, humans could learn how to adapt themselves in a daily environment. To live life, in order to reach the goals that we have set whether we succeed or not, the author would like to encourage everyone to have faith for happiness in our lives.

Pet (cat) gives happiness not only to the owner but also to those who see them from touching, including senses and sounds. These senses could heal our heart and soul.

Stress is one of the first factors that cause heart disease in which humans could face these unpleasant conditions some time. Different people have different ways of dealing with stress. Having a pet is another way to relieve stress. Dogs, cats, and hamsters are pets that humans love to raise. Having our beloved pets near us is a great way to relieve stress. There is a study that shows that when owners feel stressed, their dog's pulse beats faster and their blood pressure rises as well. Snuggling from a dog can reduce the owner's stress. Even though it may not relieve stress immediately, it will gradually de-stress and lower blood pressure. One study claimed that a dog's life purpose is to maintain its owner's health and happiness. Stroking the silky fur of a pet dog or cat lowers heart rate and blood pressure. Humans feel happy and calmer after petting your pet because petting them raises the amounts of neurotransmitters such as dopamine and serotonin in the brain. The immune system functions better and stress hormone production is decreased when pets soothe and avoid stress. Numerous ailments, including diabetes, bronchitis, asthma, chronic pain, and headaches, have been linked to those who experience stress on a regular basis, according to studies. Additionally, stress is harmful for heart disease. As a result, owning dogs could be related to a longer lifespan especially for those who suffer with heart disease and minimizing the symptoms of the disease (Mahanonda,N. 2015).



**Figure 1 : Jidrid**

**Source:** Jaruwan Mueangkhwa



**Figure 2 : Kapi**

**Source:** Jaruwan Mueangkhwa

Based on researcher experience in raising cats for a long period, the researcher was able to perceive happiness in various aspects. Cats are lovely companions for people. Their various postures and behavior naturally fulfill the human mind with joy. The relationship between cats and humans is about giving and sharing without expecting anything in return. Therefore, it is considered good that the author was touched by his own experiences and wanted to convey them through this work.

In order to communicate with the audience, one of the most crucial aspects of creating a piece of art is understanding the manner in which the author wishes to deliver the work or how to convey the author's point of view into a work of art. The attitude toward creativity is a crucial basis that must be explored before from the beginning, because art is creative in a specific manner. Art is not imitation, whether it is nature, an idea, or other people's experiences. Realistic art is the creation of new things in the world by using shapes from real things among nature as inspiration. New creation of artwork is created by the idea or imagination, emotion, feeling or even beauty that is base on personal opinion of the artist through creativity from stories or experiences which then show through unique techniques of creator as to be used in appropriate expressions consistent with qualifications and aims ( Techawiriyataweesin,N. 2016). Painting (Painting) is about the medium or process of creating a form of art by painting with various techniques and methods on the two-dimensional plane. At one time, artists believed that art must imitate nature and create it as closely as possible to the eyes (Sriwiriyaakit, Gulpisal, Pichetpruth, & Puntien, 2016).

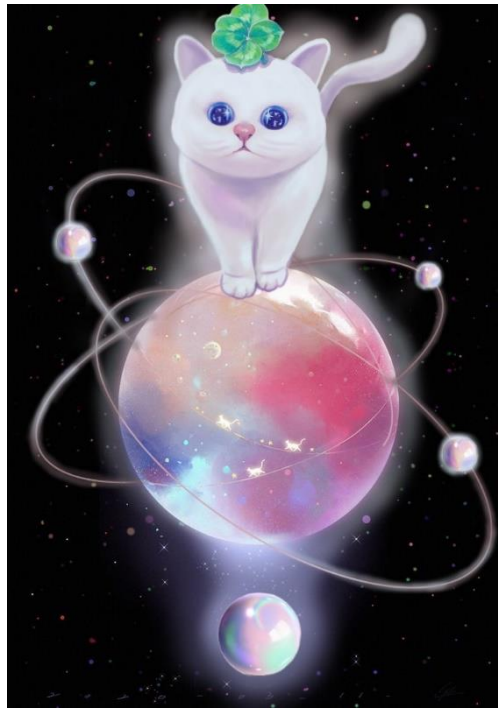
This research article is based on positive experience and happiness from raising cats to tell the story of a beloved cat. The cats in this research are meaningful. They bring happiness to the people. It lit the light of hope and morale for people to live happily depicted in a two-dimensional acrylic painting on canvas. Creative images of cats in bright colors and a dreamy atmosphere express hope as well as belief that there will be luck for humans.

## **OBJECTIVES**

1. To create a two-dimensional drawing inspired by the positive aspect of a lucky cat.
2. To create and exhibit the artwork in order to inspire and motivate viewers for an aesthetic purpose.

## **RESEARCH METHODOLOGY**

1. Studied from myths and legends relating to cats
  - 1) Studied from the behavior of cats raised by the researcher.
  - 2) Reviewed from available sources such as books/ documents and other related works
2. Collected and analyzed data, and created sketch
3. Created and developed the artwork based on concept/ objectives
4. Publish and present the artwork in an exhibition



**Figure 3 : sketch**  
**Source : Jaruwan Mueangkhwa**



**Figure 4 : Creation process using acrylic on canvas technique**  
**Source : Jaruwan Mueangkhwa**



## RESULTS

### Artwork

Based on the introduction, methodology and objectives, the details of this artwork could be shown as following

- The two-dimensional painting on canvas under title of “Cat Marble/ 2023”
- The acrylic technique was used
- Size of the artwork is 50 X 40 cm



**Figure 5 :** Cat Marble/ 2023, the acrylic on canvas painting 50 X 40 cm  
**Source :** Jaruwan Mueangkhwa



**Figure 6:** Display of artwork in DIAS The 9th Deajeon International Art Show 16 – 19  
November 2023 at DCC Convention Center 2 in Deajeon (1F), South Korea.  
**Source :** Jaruwan Mueangkhwa

## DISCUSSION

### Summary

This research is the Art Creative Research. This chapter presents the findings from the data analysis by the creation of visual arts and presents aesthetic value to the public.

### Analysis of the Artwork

The findings of the study "The Visual Aesthetic of Happiness" can be interpreted that humans derive happiness from behavior and the daily life of cats. By notice cat action, human will find that cat express their lives simply, sincerely, and innocently. If humans try to analyze and apply the simple and cozy life of cats to their daily lives. They will discover more "simple" satisfaction in life. The term "simple" in this context may remind us of being with the present, and acknowledge our condition. Life should not be extremely complex, and we would better express what we want directly. For example, eat when you're hungry, get some sleep at night, be honest about what is on your mind, have the guts to make decision, and do not be afraid of failure. By doing those things, we will find that we may live simply and joyfully in this world.

Thus, the artist portrays an image of the cat, which is a symbol of lucky. The cat in this artwork is portrayed in a cheerful environment with the designs, colors, and weighting of shapes based on the cat's postures, which symbolizes freedom, peace of mind, and being a part of the huge universe. Everyone's happiness, beginning with oneself, is the aim of this dedication, which combines tiny lines, points, and visual elements to create beauty.

### Summary and Benefit of the Research

This study's findings revealed that we may simply find happiness anywhere and anytime when humans embrace everything situation, view it from a different angle, and simply accept it as another sequences in lifetime. Everyone has flaws which is a nature of ourselves. Errors are inevitable for everyone. We have the right to do anything that is incapable of harming other people. Compare to cats, they live their lives simply and happily in every moments. Therefore, Thus, people should always keep in mind that the goal of life is to enjoy the present moment without worrying too much about the future. Then, every moment of our lives will be filled with bliss.

The pleasure that arises from observing cats portrayed in this painting is the result of the work's creation. It displays images of adorable cat gestures along with vibrant colors and the creator's response to the question of what makes people happy in life. This work intended to inspire and uplift the viewers to question about real happiness. In the author's perspective, having supportive friends in life would be the answer for this question.

## ACKNOWLEDGEMENT

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