

Title

## **Effects of Self-Efficacy and Motivation on Self-Disclosure Through Artwork**

Scholar's Week Abstract

Art therapy provides a non-verbal method for individuals to express themselves and process their experiences (Luzzatto & Gabriel, 2000). Self-disclosure of emotional states and personal experiences through art and creative activity is important for clients to experience the full benefits of art therapy (Haeyen, Chakhssi, & Van Hooren, 2020). Self-disclosure occurs when individuals willingly reveal information about themselves and their experiences (Wheless & Grotz, 1976), but some individuals may be reluctant to engage in this process. Clients may also experience differing levels of motivation for therapy, and although intrinsic motivation generally leads to the greater investment in any activity, many clients may be involved in art therapy to reach certain personal wellness goals or even as a part of a hospital stay (Cho & Lee, 2018) rather than for the process of the therapy itself. These motivations would be classified as extrinsically motivated, or engaged in for benefits outside of the activity itself (Guay, Vallerand, & Blanchard, 2000; Ryan & Deci, 2000), and could provide a barrier to individuals' involvement in therapy if other factors are not present. Self-efficacy, or an individual's view of their own effectiveness when completing a task (Bandura, 1977; Mitchell et al., 2021), is another important factor for individuals engaged in art therapy, as individuals who have low self-efficacy may not put as much effort into activities they deem themselves incapable of completing. This study attempts to explore potential relationships between the self-efficacy levels that individuals involved in a creative activity have regarding the medium they are creating with, motivation level, and level of self-disclosure through this activity. It is expected that higher levels of intrinsic motivation will be associated with higher levels of self-disclosure regardless of self-efficacy levels. For those reporting lower levels of intrinsic motivation, it is expected that higher self-efficacy will be associated with higher levels of self-disclosure. It is hoped that this information will provide greater insight into possible relationships between motivation, self-efficacy, and self-disclosure in creative activities which may be useful for the field of art therapy.

Keywords

Art therapy, self-disclosure, self-efficacy, motivation