

## Evaluation of expressive arts therapy on the resilience of university students in COVID-19

Li Yue  
Shenzhen University Faculty of Art, China

Dealing with stressful public interactions, such as those associated with COVID-19. Furthermore, since network analysis appears to be a popular approach in psychological research, it has not been used in recent intervention studies for resilience. As a result, the current study utilized a network analysis approach to university in China were selected for the therapy group between March and November 2021. In a pre-post design, students' resilience was assessed using the 5HVL0LHQF\ 6FDOH IRU 8QLYHUVLW\ 6WXGHQWV 5686 ,W ZDV GLVFRYHUHG WKDW VLJQL¿FDQW GL¿HU DUWV WKHUDS\ )DFHWV RI VHOI H`FDF\ VHOI DFFHSWDQFH DQG SUREOHP VROYLQJ LQ UHVL0LHQFH Z VWDEL0LW\ VVWDLQHG DW WKH PHDQ OHYHO 0HDQZKLOH WKH QHWZRUN DQDO\VLV KDV KLJK0LJKWH friends in the post-intervention. The connectivity among the components of problem solving, support from friends, and support from family was enhanced, with support from friends playing the role of hub nod in the following network. By utilizing a network analytic approach, expressive arts therapy can be more targeted LQ LQWHUYHQLQJ LQ UHVL0LHQFH PHFKDQLVPV \$V D SUR[ \ IRU H`FDLFXV SUREOHP VROYLQJ LQWHU especially in the support from friends.

### Biography

Li Yue is a deputy director of Arts Therapy Centre in Faculty of Art, Shenzhen University. She is also a lecturer, psychological counsellor with arts therapy traineeship, doctor of education. And she is from the Faculty of Arts, Shenzhen University, Shenzhen, China.