

The psychological and expressive implications of The drug addicts dreams By drawings

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Abstract :

Dreams are a kind of mental activity that happens in the brain during sleep, and it's different in detail and images from person to person, depending on the circumstances of his life, his social creation, his mental abilities, and his thoughts, where dreams include many visual images that reflect the previous day or events in human life, or events, or his aspirations. Dreams are therefore natural and healthy phenomena to maintain our mental capabilities with strength after the tense daily events that occur during vigilance.

The phenomenon of drug addiction is a phenomenon that has occupied many researchers in the world, given its gravity on all aspects of the life of the person and society, which threatens the ingredients of any society and its youth in the flower phase, leading to the fragmentation of families and societies in general. Addiction leads to some changes in the character of addiction, such as frustration, psychosocial disorders, which adversely affects the way it is compatible and adapted to the surrounding environment, so dreams are a means of venting and transmission of visual mental images.

Drawings are a fertile source of emotion to reflect and to highlight the needs of the individual and not to achieve them. Art reveals the consciousness of knowing past factors that have an influential role in the individual's personality. The person is making this balance between him and the environment through his or her breathing operations. This is because it gives the individual the opportunity to project his or her internal psychological components and self-perception, to breathe his or her emotions and to reflect his emotions through formal and visual symbols.

Keywords:

psychological , Dreams , addicts ,Drawings

Introduction :

Since ancient times, man has known the meaning and importance of dreams, as they are an important part and experience in a person's life, because they are meaningful and expressive of a person's thoughts and desires, which helps him understand himself and try to solve the problems he faces. The ways of human expression vary. In psychology literature and its theories, we see different ways for a person to express himself, including (drawings - literature - dreams) as dreams are a psychological activity that has a meaning and an indication that expresses the desires and ideas of a person through structures and symbols. Dreams play an important role in Human life, as it helps him understand himself and those around him, through its meaning and implications.

Ancient dream books provide an explanation and an explanation of how dreams reveal the future, as primitive tribes were looking for good omen and predictions in the events of their dreams. And such a sacred dream (the vision) was viewed as a lameness that would cure them of all physical and mental hardships. (Adler, 2005: 134)

Dreams are a kind of mental activity that occurs inside the brain during sleep, and it differs in its details and images from one person to another, depending on the circumstances of his life, his social upbringing, his mental abilities, and his thoughts, as dreams include many visual images that express the previous day or past events in life. man, or his ideas and aspirations. Therefore, dreams are considered one of the natural and healthy phenomena to preserve our mental abilities with their strength after the various daily events that occur during wakefulness.

There are many definitions of dreams, they are:

- an expression of an unhappy situation, an expression of unresolved conflicts.
- It is the behavior of the main motive in which it reduces the tension that threatens the sleeper to wake up, and it is the guardian of sleep.

Freud explained that dreams are the royal way to reach the subconscious of every person in an attempt to explain his personality, and to reach normal psychological health by understanding what is going on in the subconscious. The dream, and this requires an examination of the present and the past, which meet in the unity of the apparent content of the dream, where unconscious processes are more freely at work during sleep. The dream is a kind of commentary on previous events that arises from the deeper unconscious layer of the ego and includes traces of memories of the distant past (Lewis Kamel, 1996: 61)

The Study Problem :

The idea of research arose by conducting another research on addicts, in order to identify the psychological secrets of addicts and the impact of addiction on their private and public lives, as the cultures and degree of education of each addict differ from the other, even the difference in economic and social terms affects the type of dream of addicts and ordinary people. As well as reading a research on "Dreams of Addicts: An Exploratory, Civilized Approach to Dr. Muhammad Hassan Ghanem."

The dreams of addicts differ in their nature and content from the dreams of non-addicts, so the psychological and expressive connotations that express the apparent content and the subconscious content of dreams differ, some of which are compensatory, and some of which are discharges of different motives, and some of which are representations of desires that are not fulfilled in reality, as they appear Differences and similarities in the content of dreams among addicts depending on their psychological state. Drug addiction affects a person's mental abilities, which negatively affects the way he judges different situations, whether in the stage of sleep or wakefulness.

Addiction is one of the global problems on the personal, societal and international levels, as it is based on destroying the person on all personal and social aspects, which leads the addict to destroy himself and others. Hence the importance of using the meaning of dreams in an attempt to interpret and understand the meaning of what the addict does in his life, and what are the problems that helped him enter the circle of addiction, by exploring the depths of dreams. The addict's dreams are a subliminal human activity based primarily on changing reality and

distance from it, in an attempt to compensate for what the addict has lost due to his addiction, and as a defensive means to satisfy motives that are impossible to satisfy in reality.

The current research is based on interpreting the dreams of addicts and comparing them and identifying their symbolic, psychological and expressive significance by identifying the differences between the interpretation of dreams of addicts and the way they express them through drawings (colors - shapes). The use of drawings to identify the meaning and significance of dreams of former addicts. This is done by answering the following questions:

- 1) What are the symbols that appear in the dreams of addicts and express the suffering they went through through drawings?
- 2) How to express the nature of repressed desires and emotions that appear in the dreams of addicts through drawings?
- 3) What are the expressive and psychological connotations of the dreams of addicts in the drawings?
- 4) What are the differences in the drawings of addicts' dreams according to the different age groups?
- 5) Is there a possibility to prepare a form for analyzing the dreams of addicts?

the importance of studying :

- 1) Identify the similarities and differences between the significance of the dreams of addicts, the research sample.
- 2) Exposing the psychological and social problems caused by addiction and its devastating effects on the addict, society and the state.
- 3) Clarifying the role of addicts' dreams and the psychological indications that distinguish addicts' drawings
- 4) Identifying the nature of addicts' dreams and their expressive connotations (shapes - colors).
- 5) Recognizing the types of dreams as a human activity through graphic expression (shapes and colors).

Objectives of the study :

- 1) Detection of individual differences and the nature of dreams of addicts in the research sample.
- 2) Detection of psychological and expressive connotations in addicts' drawings.
- 3) Preparing a form for analyzing the dreams of addicts.

Terminology of study :

- 1) Dreams and psychoanalytic theory
- 2) Drugs and addicts
- 3) Psychological connotations of dreams
- 4) The expressive connotations of dreams (drawings)

Study Methodology: The research follows the descriptive analytical approach to describe what is happening about addicts and the theories that explain it, and analyze the drawings of addicts' dreams to identify their types and psychological and artistic implications through the lines, artistic forms and color tones used. In analyzing and interpreting what is, by defining common conditions and practices. Where we start with the analysis, where the study of the characteristics

of the total sample of the study is to identify the dreams of addicts, through drawings and verbal projections on the drawings. and extract common characteristics

Recommendations:

1 - Developing a solid strategy to confront the phenomenon of drug abuse based on the solidarity of all state institutions to raise awareness and warn of the dangers of drug spread and abuse.

2 - Statement of the bad psychological, social, moral and economic effects of drug abuse.

3- Explaining the importance of art therapy (plastic art) in relieving the emotions, thoughts and dreams that the addict faces in an attempt to reduce the negative effects of addiction.

4 - Building artistic programs (plastic art) and using expressive and psychological connotations to work to reduce the phenomenon of drug addiction, and to provide the addict with the opportunity to know and appreciate himself in an attempt to reach an appropriate stage of treatment by expressing himself and his secrets.

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