

## THE THERAPEUTIC EFFECTS OF COLOUR IN PAINT POURING

By

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### **Abstract**

Colour is an element of art that is very important, vibrant and vast. There are some deficiencies in the use of colours in painting. The management of colour contrast and harmonization in painting gives the right aura and renders required therapy to viewers. In considering this issue, the writer starts by defining colour. This paper explores the character and significance of colours as placed in the environment and also in artworks. It further explains how colour helps to us to understand the aesthetics and the artistic composition of works. It analyses colour and its interpretation which aids its therapeutic effect. Colour is used/applied in many ways; one of which is colour pouring to create spontaneous effects. Colour experiments should be done constantly to perfect the application and placement of in artworks.

**Keywords:** Colour, harmonization, Experimental, Effects

### **Introduction**

Colour is the reflection of light. It is the quality possessed by an object as it reflects light. The reflection of light from objects produce varying sensations on the eye that makes us to tell what we see. Every natural object has its original colour. Artificial objects also possess colours given to them by their manufacturers, taken from nature. The colour of an object depends on both the physical components of the object, space or environment it is placed and the characteristics of the perceiving eye and brain. Everywhere we turn to, we see colours embedded around. Colour brings vibrancy. When you compare a black and white scenerio to that of a colourful one, you find the eyes tending to look more at the colourful scenerio.

Colour is an element of visual design brings out the vibrancy of an artwork, a characteristic of visual acuity portrayed through the colour categories such as red, orange, yellow, green, blue and purple. These hues can either be tinted by the addition of white or they can be toned by the addition of black. The quantity of white or black determines the degree of brightness or shade of the colour. Colours have various wavelengths of electromagnetic energy seen through our eyes when there is sunlight. The colour we see is the part of the visible spectrum that is reflected back by any object.

### **Significance of colour in artworks**

Colour is a fascinating phenomenon that is so broad and diverse. It has entertained explorations and research from artistic, scientific and historic research areas. The observation of colour is a key factor of human vision. Its appearance of colour in an artwork finishes off that work and adds to the meaning of the work. Colour endows a work with greater power of expression and sophistication.

In the cause of a faded surface as a result of the effects of the agents of denudation, when the faded surface is repainted with colours, it come alive. Vibrancy is a phenomenon that goes with the application of colours on surfaces.

### **Therapeutic Nature of Colours**

In colour therapy, we find colours having different kinds of effects on people with various psychological conditions. Some calm colours have a soothing feel on people. Hot or warm colours in their intensity are known to spur and indicate action. Some colours are best for children while others are not. Different colours mean different things and each colour carries its own meaning and symbolism.

According to Singh & Misra, (2018), "Chromo therapy literally means curative treatment by means of colours. It is the one of the alternative medicine based on seven colours (VIBGYOR) of solar system. Spectro-chrome therapy is best used as supportive therapy along with other natural methods such as proper diet, adequate rest and relaxation , exercise, yoga and so on." Colours are active and we respond to various colours differently which makes colours capable of affecting how we feel at some point when we see certain colours.

Colours are proficient enough to influence almost every aspect of our lives, such as our mental state, energy level and entire mood. This phenomenon is based on the law of resonant colour interaction in frequency characteristics of the body system and mind. The manner of application of colours by the artist can repel or attract an individual depending on their colour aura and how they perceive colours.

Bearing these in mind as an artist who works with colours, one needs to put these colour factors into consideration as the entire look and outcome of the work will depend on these colour factors mentioned earlier on. In projecting a colour, one must ask about what that colour stands for, what it symbolizes because such meaning will be carried on in the work. For instance, when an artist splashes an intensified red colour or makes it to drip, it will be interpreted as a bloody scene and all that goes with it, while a yellow colour depicts a joyful scene. Green indicates vitality and life, white signifies purity, blue suggests calmness and so on. All the colours ought to be appropriately used to avoid misinterpretation.

### **The Use of Colour in Experimental Art**

There is a philosophy behind every work of art and the philosophy is brought about by the ideology of the artist which directs him/her in selecting various materials to work with. The artist works with the materials in a certain way to portray his idea. Even in situations where the materials tend to make accidental creations, there is a synergy between the artist and his work that brings about such unplanned outcome.

The free-flowing paints are the number one requirement for the paint pouring process. The fluidity of the paints determines how fast the paints will move, meet and interact with each other. Acrylic paints may require water for thinning to make the paint flow more freely. Turpentine or oil soluble fluids can be used for thinning oil colour paint.

Colour splash is the spontaneous use of colours that allows the paint to make random designs across the surface. It occurs when an artist intentionally swipes colours with his brush across the work surface. Usually the artist is not in total control of the medium when a solvent such as water, kerosene, linseed oil or turpentine is added to the colour. The colour becomes less of a semi-solid and is immediately liquified, thereby

making it move or flow as a stream. It meanders and forms lines, shapes and contours.

The artist can decide to tilt the paper surface; paper, canvas or board to manage the flow of colour. By so doing, more impressions are made in other areas of the surface. This is also done to ensure balance in the work – an essential principle of art.

There are many surface used for colour splash art such as canvas, paper, board, etc. Some are more absorbent than others. In any case, the priming of the surface helps in holding the paint or absorbing in.

There are artists who specialize in colour splashing. An example is Jackson Pollock who thrived in the period when the center of art world moved from Europe to America. Pollock's paintings were done in grand action as he worked from different angles, throwing paint unto the canvas. His paintings are drawn with a technique that color dropper full of stains and colorful levels that have come into existence by chance. Sharp images and intense details form a uniform background. Indistinguishable parts of the painting as well as an intense and psychological violence increase its overall effect on the viewer (Hajali, 2016). It seems that Pollock of fluid motion and create free-form lines and apparently irregular in seeking to achieve the rhythm of nature. Rhythms that form a pattern repeated in plant growth, living organisms and other organisms, micro and macro environment is created.



**Colour pouring experimental art by Charity Ide**

Work title: Blackgold Eruption

Year : 2019

Medium: Oil on paper

Size: 27 x 34cm



Work title: Pushing through

Year : 2019

Medium: Enamel Oil and pen on paper

Size: 12 x15cm



Work title: The Seal

Year : 2019

Medium: Oil on paper

Size: 12 x15cm

### **Challenges of Colour Pouring in Experimental Art**

To achieve consistent results in pouring colours can be tasking and costly especially when you have a particular concept in mind to achieve. Paint pours are known for unplanned and unexpected designs that might be unpleasant and unaccepted.

Other chemicals such as retarder, clear gel, isopropyl alcohol and silicon are used along side with acrylics and the artist has to master the mixing techniques in order by getting the proportions right. Learning to practice this at first may result in wastage of materials. Other materials and tools such as palette knives, trowels and squeegees with smooth edges are also

needed to carefully spread the paint in multiple thin coats until the desired effect is attained.

This method of painting also takes a lot of time; some days for the coats to fully dry to avoid chinks and fissures or cracks. Making this kind of art without patience may make it impossible for the required result to be achieved.

In Nigeria, where good colours are mostly imported, pouring paint is sometimes seen as wastage of colours thereby making such artists very few. Limited studio space is another major problem inhibiting the paint pouring experiments. This is because the canvases ought to be laid on the floor for the paint to be freely poured.

The dry season increases the possibility of cracks on acrylic paint poured work. These fissures appear when the fluid from the acrylic paint skins hard during the initial drying while the underlying liquid paint is still very moist and fresh. Later on, this causes the skin to shrink and tear apart resulting in unwanted physical textures.

Not all surfaces are suitable for paint pours. This type of painting requires expensive surfaces which must be more firm than a stretched canvas. An example of such a surface is the sealed panel which can hold and carry the weight of the wet paint and also allow the liquid paint to move freely.

### **Benefits of Colour Pouring in Experimental Art**

In this practice, the artist is at the peak of expression in producing abstract works of art with a strong philosophy to interpret it. The art of pouring paint allows the colours to meander and create fantastic forms pleasurable to the eyes. The abstraction in paint pouring creates storylines in colourful tones that sends the viewer on a 'thinking expedition'. This exercise sharpens the mind and ability to birth ideas to solve problems.

Each piece produced is unique and can hardly be done again to appear same, except it is reproduced in prints. The patterns created in paint pouring are usually distinctive and inimitable, exclusive to a particular piece. This is because the artist sets the stage which is the surface and allows the paint to move freely around the canvas as it wants. Minimal

control is done most times as the artist desires. Mastering the paint pouring practice makes the artist joyful as new patterns keep occurring, better than the former.

### **Conclusion**

Colour is a strong element of art that creates a soothing feel or vibrancy, depending on the intensity in a given work. The intensity of a colour can be interpreted in so many ways creating depth and meaning. The combination of certain colours in varying intensities can trigger certain moods. It is noteworthy to consider this therapeutic factor in colours while painting or making any genre of art with colours. Paint pouring is an artistic experimentation that avails the artist the avenue to work expressively, interacting with his material and sharpening an entire creative piece. The mastery of the usage and manipulation of materials and pouring process gives good results, however to get to this, various mistakes and wastage are inevitable.

### **Recommendation**

The importance of colours cannot be over emphasized. More artists should master the use of colours in painting and how to apply colour properly. Each colour need to be studied adequately to know its therapeutic qualities.

As regards the colour pouring technique of painting, artists should keep trying out the experiments and not allow the mistakes and large use of materials to discourage them. Also when desired results do not occur immediately, they should not be deterred from trying again. They should take note of the amount of materials combined and the processes, so mistakes will not be repeated.

Works that are not satisfactorily done can be reworked on later. However the artists makes art through paint pouring, the therapeutic effect of the work on viewers should be considered.

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