

The health effects of flower arrangement

Forum 3

Green Technology and its applications



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DOI: 10.52428/27888991.v5i8.1064

Abstract

The art of Chinese flower arrangement has always followed the tradition of natural aesthetics and paid attention to the theory that man is an integral part of nature. In the long history of more than 2000 years, Chinese flower arrangement, as a cultural symbol, has become a rather elegant art form with its unique style, enriched people's yearning for a better life. Participating in floriculture activities and creating floriculture works can reduce heart rate and relieve bad emotions, and have great help for people's psychological or physical recovery.

中文字幕

插花作为人类的一种文化活动，由来已久。无论在东、西方，均有约2000年的历史。人们以剪切植物为素材，经过艺术加工，赋予这些素材文化内涵，形成了一门独特的艺术--插花艺术，在中国称为插花，在日本称为花道，在欧美国家称为花艺。

插花艺术与书法、绘画等平面艺术不同，它是一门立体艺术，但又与雕塑、建筑等立体艺术不同，它是一门有生命的立体艺术。因此，作者不但要遵循美学法则，进行艺术创造;要吸收文学精髓，赋予精神内涵;还要掌握植物的生理、生态特征，合理加工，予以恰当表现，并延长观赏期。从这个意义上说，插花艺术综合的是艺术和技术。

插花艺术既是一门学科，也是一个创意产业。对插花者而言，既要掌握构图、色彩、植物、文学等知识，同时又要对材料、光学、力学等知识有所了解，结合自身的悟性，方能创作出好的作品。

插花艺术的作用

1.环境作用

(1)柔化空间

人们在生活的空间中，接触建筑、家具等硬线条实物较多，视觉较为单一、生硬。布置线条优美的插花作品，能使人们的视觉得到缓冲，感到赏心悦目。

(2)给环境带来生机

人们在工作或生活环境里接触无机物较多。布置有生命的插花作品，能增添生气。尤其到了冬天，室外万物萧条，室内春意盎然，带给人们生机勃勃的感受。

(3)优化生活

插花是高雅艺术，是家庭或工作场所的软装潢。在工作或生活的环境里，布置几件插花作品，能保护视力，调节心情，享受自然。

2.文化作用

(1)传承祖国优秀文化

中国插花艺术是东方插花的基础和重要组成部分,也是我国的“国粹”。普及和提高中国插花艺术有益于弘扬祖国优秀传统文化，发展健康有益的民族文化。

(2)陶冶情操

插花是一种追求真、善、美的高雅文化活动，无论是创作插花还是欣赏插花，插花形态美和意境美的熏陶，有利于培养人们高雅的生活情趣，追求高尚的行为准则。

(3)提高文化艺术素养

人们在学习和创作插花艺术过程中，会不断丰富构图色彩、植物、文学诗歌等知识。日积月累，插花水平提高了，文化艺术素养也会相应提高。

3.感情作用

花卉是世界上最美好的象征物，人们在不同的节日或特定的时间场合，通过送花来传递友情、亲情、爱情乃至爱国之情。花卉在人们感情生活中起了无法替代的润滑剂作用，可以说插花是服务于人们昨天、今天、明天的感情使者。

随着人们生活水平的不断提高，在城市水泥森林里的人们迫切希望拥抱和回归自然，应运而生的园艺疗法是现代园林园艺的新兴产物。广义的园艺疗法，是以园艺为媒介，以人为对象，通过植物及与植物相关的活动达到促进体力、身心、精神的恢复疗法。莳花弄草已被社会大众当作一种减压康复的疗养手段，作为园艺疗法从属之一的花艺疗法，就是利用鲜花插花及其相关活动，从其社会、教育、心理以及身体诸多方面进行调整更新的一种有效方法。

花艺疗法是城乡居民生活调适减压的有效方法。生活中人们会感到生气、暴躁、悲伤、哀愁，但多数人一看到花，心灵自然会得到一种油然而生的莫名安抚。中国有着悠久的园艺养生文化传统，花艺疗法的实施更多强调体验，是感受植物对人的刺激，不追求尽善尽美，而追求实施过程中的乐趣。花艺已成为目前我国发展园艺疗法的生力军，为改善健康状态和生活质量发挥重要作用。

中国的插花艺术一直遵循自然美学的传统，并重视人是自然不可分割的组成部分的理论。在2000多年的悠久历史中，中国插花作为一种文化象征，以其独特的风格，丰富了人们对美好生活的向往，成为一种相当优雅的艺术形式。参加花艺活动，开展花艺工作，可以降低心率，缓解不良情绪，对人们的心理或身体恢复有很大的帮助。

插花包括了构思、采摘、插制和分享等过程。

首先，构思，本身是让自己静下来的过程。静，是身心自我修复的最佳条件。想一想今天要插什么样的花？选一个什么样的花瓶？用几种色彩搭配？造型是什么样的？表达一个什么样的主题？等等。构思的过程，其实是让自己专注于插花这一件事的过程。

构思完成后，无论你去花店买花，还是在周围环境中采花，更甚者去山林里去采摘鲜花。那种心情，特别是在大自然中采花的心情，是放松的，是愉快的，是对身心最好的安抚。道理很简单，因为你面对的是特别美好的事物。就算是在高楼大厦，车水马龙闹市里的花店。当你面对色彩斑斓的鲜花，芳香的韵味也会很容易让你把一切的烦恼抛在脑后！

插制，你要小心翼翼地裁剪、制作、变换位置。。。直到插出自己满意的作品。这个过程，是不可能一心二用的，除非你在插那种千篇一律的商品花。在插制的过程中，你会发现，你会很容易跟花打成一片。随着你审美的不断提高，插制技巧不断熟练，手里的花会越来越配合你，很默契地跑到你需要的位置。而疲惫的身心，就会在这和谐的感觉中修复如初！

最后，就是分享了！动人的作品，会引起观众的共鸣；美丽的作品，会让大家赏心悦目；出色的作品，会让大家回味无穷。总之，只要你是用心插出的作品，就一定会有感动人的地方。你会在赞美的回馈里，得到最大自我满足！而这种幸福的感觉，正是千金难买的疗愈神药！

INGLÉS

Flower arrangement, as a kind of cultural activity of human beings, has a long history. It has a history of two thousand years in both the east and the west. In flower arrangement, people cut plant materials through artistic processing, and give them cultural connotation, which has been developed into a unique art called flower arrangement(Chahua) in China, Ikebana in Japan, and floriculture in European countries and USA.

Flower arrangement art is a three-dimension art which is different from graphic arts (like calligraphy and painting). Unlike sculpture and architecture, it is a living three-dimension art. Therefore, artists must not only follow the laws of aesthetics to create art works, but also absorb the essence of literature and give spiritual connotations, grasp the plant physiological and ecological characteristics, rational processing and proper performance so as to extend the

viewing period. In this sense, flower arrangement art integrates art with techniques.

Flower arrangement art is both a discipline and a creative industry. The flower arranger must not only master the knowledge of composition, color, plant, literature, and the like, but also gain some understanding of materials, optics, mechanics, and the like. Only by combing his or her own understanding can the flower arranger create good works.

Functions of Art of Flower Arrangement

1.Environmental Function

(1) Softening space

People are in touch with more hard-edged objects such as architecture, furniture and others in their living space. The vision is single and blunt. Decorating graceful flower arrangement can make people's vision pleasant and buffering.

(2) Bring vitality to the environment

In working or living environment, people are exposed to many inorganic substances. Arranging some living flower arrangement works can add vitality to environments. Especially in winter, outdoor environments are in all depression, Indoor environments are furious spring, which bring people a vibrant feeling.

(3) Optimizing life

Flower arrangement is a refined art and a soft decoration of family and working places. In working or living environments, arranging several flower arrangement works can protect eyes, regulate mood and enjoy nature.

2.Cultural Function

(1) Inheriting national excellent culture

Chinese flower arrangement art is the basic and important part of the Oriental flower arrangement. It is also the “Quintessence” of Chinese culture. Popularity and improving Chinese flower arrangement art is good for carrying forward our national excellent traditional culture and developing healthy and beneficial national culture.

(2) Cultivating mind

Flower arrangement is an elegant cultural activity that pursues the truth, the goodness, and the beauty. Both creation of flower arrangement and appreciation of flower arrangement are beneficial for cultivating people's graceful living interests and pursuing noble behavior standards through flower arranging formal beauty and edification of artistic conception beauty.

(3) Improving cultural and artistic accomplishment

In the process of learning and creating flower arrangement art, people will continuously enrich composition, colors, plants, knowledge of literature and poems and so on. With the accumulation over time, flower arranging levels are improved, and cultural artistic accomplishment will be improved accordingly.

3.Emotional Function

Flower is the most beautiful symbol in the world. People send flowers to express their friendship, affection, love and even universal love for the whole country in different festivals or at a special time. Flower plays an irreplaceable

part in people's emotional life as lubricant. It is flowers that serve people as emotional messengers yesterday, today and tomorrow.

With the continuous improvement of people's living standards, people in the urban concrete forest are eager to embrace and return to nature, and the horticultural therapy become the emerging product of modern garden horticulture.

Horticultural therapy, in a broad sense, is a therapy that promotes physical strength, physical and mental recovery therapy through plants and plant-related activities through horticulture as a medium and people as objects.

Planting flowers and grass has been regarded by the public as a means of decompression rehabilitation. As a subordinate of horticultural therapy, floral therapy is an effective method through flower arrangement and related activities to adjust and update the social, educational, psychological and physical aspects of flower arrangement and related activities.

Floral therapy is an effective way for urban and rural residents to adjust and decompress their lives. In life, people will feel angry, hot-tempered, sad, sorrowful, but most people see flowers, the soul will naturally get a spontaneous inexplicable comfort.

China has a long tradition of horticultural health culture, the implementation of flower therapy emphasizes more on experience, which is to feel the stimulation of plants to people, not to pursue perfection, but to pursue the fun in the process of implementation.

Floriculture has become a new force in the development of horticultural therapy in China, and plays an important role in improving health and quality of life.

The art of Chinese flower arrangement has always followed the tradition of natural aesthetics and paid attention to the theory that man is an integral part of nature. In the long history of more than 2000 years, Chinese flower arrangement, as a cultural symbol, has become a rather elegant art form with its unique style, enriched people's yearning for a better life.

Participating in floriculture activities and creating floriculture works can reduce heart rate and relieve bad emotions and have great help for people's psychological or physical recovery.

Flower arrangement involves the process of conception, picking, planting and sharing.

First of all, ideation itself is the process of letting oneself calm down. Tranquility is the best condition for physical and mental self-repair. Think about what kind of flowers you want to plant today. What kind of vase to choose? How many colors to use? What's the styling like? What kind of theme will you express? And so on. The process of ideation is actually the process of allowing yourself to focus on one thing: flower arrangement.

After the idea is completed, whether you go to the florist to buy flowers, or pick flowers in the surrounding environment, or even go to the mountains to pick flowers. That kind of mood, especially the mood of picking flowers in nature, is relaxed, pleasant, and the best comfort for the body and mind. It's simple, because you're dealing with something really beautiful. Even a florist

in a tall building, busy downtown. When you are faced with colorful flowers, the fragrant charm will make it easy for you to leave all your worries behind!

Arrangement process, you have to carefully cut, make, change the position... Until you finish a work that you are satisfied with. In this process, it is impossible to do two things, unless you are inserting the same kind of commodity flowers. During the arrangement process, you will find that you will easily mingle with the flowers. With the continuous improvement of your aesthetics and the continuous proficiency of your arrangement skills, the flowers in your hands will cooperate more and more with you, and run to the position you need very tacitly. Your tired body and mind will be recovered in this harmonious feeling!

Finally, it's time to share! Moving works will resonate with the audience; Beautiful works will make everyone happy; Excellent works will leave you with endless memories. In short, as long as you make the work with your heart, there will definitely be something touching about it. You will get the greatest self-satisfaction in the feedback of compliments! And this feeling of happiness is a healing elixir that is hard to buy!

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