

Psychological Study on Current Sinhala Poetry for Mental Well-being

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Introduction

Mental well-being refers to the growth and enhancement of various traits and characteristics that form an individual's unique Psychological identity. This process includes self-awareness emotional regulation, Interpersonal skills and cognitive flexibility. In recent years Sri Lankan non-traditional methods of personality development, such as an art therapy, Literature and Creative writing have gained prominence. Among these poetry has emerged as a unique medium with the potential to foster personal growth and Psychological well-being.

This research is an investigation into the extent to which contemporary Sinhala poetry is important for individual mental well-being and the research objective is to identify poetry as a form of Psychotherapy. Since the Anuradhapura era, Sinhala poetry has become a popular art medium in the present day because of its high potential to capture the individual life from a compassionate perspective. It is necessary to create a suitable mental environment to positively look at, endure and face the minor or complex problems faced by the individual in daily life.

That is why the hopes, challenges, problems and questions faced by the person in life do not happen in the way that he expects, so he gets into normal or severe mental problems and is tempted to commit suicide. For this purpose, there is a possibility of using aesthetic method as psychotherapy and poetry and entertainment are special. The use of poetry for mental relaxation is evident in the poems of Lullaby poems, folk poems, Didactic poems, Jataka poems and the current poetry seems to address the individual life with sympathetic dynamic through various poetic styles. Although life is a very problematic place, the development of the individual's mind to face life is done through poetry, which raises the cognitive abilities of reason and logic.

Research objective

The primary objective is recognize the importance of using poetry for personal well-being and Residual objective is identify the psychological background of the poem.

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Research Problem

What is the contribution of modern poetry to personal well-being?

Literature Reviews

The practice of poetry and the psychology of well - being~ (Croom, Adam M: 2015) The recent literature on poetry therapy has also suggested that poetry practice may be utilized as an effective therapeutic tool for a patient suffering from a variety of ailments so it seems plausible that practicing poetry can be positively contribute to one flourishing with greater psychological well-being.

Furthermore research in —Poetry as a way to express emotions in mental health (Jose Carlos, Marques Carvalho. 2021) aimed at providing nursing students with in-depth knowledge about mental health through free poetic production. In that research results confirmed about Poetic writing enhances creativity and fosters introspection, acting as an important facilitator of the complexity of mental health related issues and contributing to improving therapeutic communication skills.

According to the research in —Fiction, poetry and mental health: expressive and therapeutic uses of literature~ (McCardle. S: 2001) in addition, therapeutic storytelling, bibliotherapy and poetry have been used. Positive treatments have been reported in research papers and other literature with particular evidence of clinical effectiveness in some studies of bibliotherapy, therapeutic writing and poetry therapy.

In the reference in —Folk poems in Sri Lanka~ included —It is revealed that the poem reflects our ancestors' outlook on life, thoughts, beliefs, livelihoods, sufferings.~ (Senarathne, P.M: 2010)

This research was also carried out taking into account the above literature investigations and clearly stated how poetry contributes to the mental well-being of the individual for better mental well-being.

Methodology

For this research, the literature analysis method under the qualitative research method was used. Primary and Secondary literature were used as source.

Results and Discussion

Poetry is close to personal life because it creates optimistic view of personal problems. In current day Sinhala poetry it is common to suggest looking at economic problem from a rational perspective. In the face of severe economic

difficulties, Women are tempted to engage in prostitution, selling children, selling organs and the poet discusses this by pointing out that innocence and purity are the most important wealth. Moreover there is no doubt that many poets discuss the child abuse that is common today with compassion, and that the self - confidence to face life is built in the abused children. The poet who engages in a conversation about the anxiety and subject disinterest of the child who engages in a non-stop competition in the playground of education uses the beauty of nature to make a sensitive speech about the children lost in the exams. Moreover, Contemporary poetry seems to focus more earnestly on love and marriage and attempts to identify true love and creatively point out what true marriage is. Also, while suggesting to look positively at losses, deprivation and rejections, it also seems to suggest that poetry is a real cure for getting rid of such mental discomforts. Due to the creative language skills used by the current poet in his poetry, it was revealed through many anthologies that the individual is naturally motivated to look positively at the pains in his life and use poetry as a medium to express it.

Conclusion

Thus, it is revealed that more attention is paid to the mental well-being of the individual in the current Sinhala poetry, and the personal problems that arise frequently are discussed through various poetic viewpoints. Therefore, the individual has a real understanding of his life as well as the opportunities to follow up on the values in life. It helps to build a positive attitude towards the present without regretting the past and looking forwards to the future. The current poet heals the deep worries and frustrations of the individual about the past through creativity thoughts.

Keywords: Current Sinhala Poems, Human, Mental Well-being, Psychological Study

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