ABSTRACT

Nowadays college students are stressed a lot. When they are stressed they realize it as something wrong and don't do anything and just let it go. The good part of art as a therapy is the ability for a person to express their feelings through any form of art and which is easy to join in. Art therapy is a form of expressive therapy that uses the creative process of making art to improve a person physically, mentally, and emotionally better. In bookstores, we find many books about how to relieve stress. They are long, boring and without an illustration inside. Nobody wants to read a long and boring textbook. This stress release kit is designed for college students who are suffering from college stress. Also, it makes art therapy and activities to be enjoyable and easy to understand. Lastly, it suggests healthy ways of relieving stress to the college student.

When I think about college life, convenience food is a great part of my life. Many college students will agree with me on this. Most of them stay separately, away from their parents. They don't know how to cook or don't want to cook the food. So they go to a convenience store and pick the frozen food or cup noodles to eat. When they eat convenience food, they are not stressed by the long process of cooking, they can eat in a short time and they don't have to wash dishes. That's why many college students love to use a convenience store. So this concept will make college student take interest in trying and convenient to access. They will not think that relieving stress is boring and hard to do. It easy to use like eating convenience food. This kit has 10 pieces of a food box. Each food represents each activity. For example the frozen spaghetti represents the activity that uses the line and the bubble gum balloon activity.

In my conclusion and suggestion, the main part of my thesis project is to help the college students understand the healthy way to relieve college stress. If the design does not touch their heart, they not going to enjoy playing it and being interested in it. So, I need to be more concerned with the design and the art therapy activity so as to interest the college students.