



# Analyzing the Opportunities of Art Trends Based on Contemporary Spiritual Needs

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**Abstract:** The art trend of thought should adapt to the contemporary art needs and promote the help and progress of art for the group. Modern art should help build the spiritual level of each person and heal the mental and spiritual health of the individual. By popularizing basic art education and providing entry points for art viewing, enhancing the personal empathy and tolerance of the general public is a new opportunity to adapt to the artistic trend of human development and needs. This paper provides an idea of one of the possibilities of artistic trend of thought. Artists leave traces of clues in artistic works to give viewers a breakable entrance, that is, the guiding function of artworks themselves is strengthened, so as to form a personalized private chemotherapy field among viewers, artists and artistic works.

**Keywords:** art trends, healing, empathy

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## 1. Introduction

This article aims to promote the formation of new trends in modern art and the development of corresponding art genres. Throughout the history of art, personal power is limited, just a drop in the ocean of history. However, when a certain number of artists unite to form their own artistic movement, there is a greater probability of leaving their own traces in the history of art

## 2. Background of artistic trends and demands

The formation of many artistic trends corresponds to major social events and has a certain relationship with the social needs at that time. On the surface, it seems to be an artistic trend led by a few people, but from the perspective of social needs, his motivation has long existed. Quite a number of artistic trends are related to the civil rights movement and the renewal of cultural values, and the artistic trends that appear at each stage are related to the needs of the stage at that time. In the early stage, the yearning for a beautiful romantic life is followed by the pursuit of freedom. The more obvious artistic needs and motivations are the formation of pop art after the end of World War II. This is the artist's attitude and depiction of the war, and the motive against the American government and the entire capitalist system. In order to follow up the trend of art, we should follow the needs of society closely, which is to explore and pursue the real needs of contemporary human beings, so as to realize the real needs of art.

## 3. Artistic opportunity of contemporary spirit

The trend of thought in art has always been around us, but we need to go back to the bottom of the problem. In China, I have noticed two phenomena: one is that ordinary people have insufficient understanding and appreciation of art, and they can only appreciate and appreciate art works from the appearance and the absence of resemblance. This is the reason why the basic aesthetic education of the people has not reached the universal effect. Most illiteracy has been eliminated, but there is the appearance of beauty blindness. Through a large number of data collection and research, it is found that people with more artistic experience have higher ability to empathize.[1] The phenomenon that modern people are becoming more and more indifferent is the huge difference in popularity between art and economy. People are not tolerant to the fields and phenomena they do not understand, and they pay more attention to economy and logic than to empathy for some events. Second, the material needs of contemporary society have been widely and quickly met, and people's spiritual needs have been broken, most people feel empty, and a large number of mental diseases have emerged in endlessly. Maslow's hierarchy of needs theory points out that in addition to the basic needs of human beings, people also have aesthetic needs.[2] Art can meet people's needs from the aesthetic point of view, to enrich people's real life. From the point of view of psychogenesis, art has the effect of psychotherapy and is related to the psychological needs of individuals.

After more than 30 years of reform and opening up, great changes have taken place in rural China, the economy has made great progress, and people pay more and more attention to spiritual life. Art is a way for people to satisfy their spiritual enjoyment. Through the creation of art, people can relax and feel happy. Obviously, it is impossible to meet one's own needs without sufficient economic foundation. After the reform and opening up, with the various economic reforms of the country, people have a certain economic foundation, and then meet their spiritual needs through various entertainment. To carry out public welfare oil painting in rural areas is to reflect the economic development. Spiritual life is based on material life. Only with economic development can people have the economic strength to enjoy spiritual life. The rural economy is developing rapidly with the Chinese economy. As the main consumer group, the rural areas are gradually showing their population advantages. Whether it is the material life or the spiritual life standard, the consumption level of the rural areas is rising year by year, and the construction of spiritual civilization is getting more and more attention.[3] Art creation and art acceptance is a basic human need, which is the fundamental driving force of human progress. For the human soul, art reception is often the development of a series of pleasant psychological fluctuations.

#### **4. Discussion on the possibility of the origin of contemporary art trends**

Many of the works of artists are for the "know" people to see, in the past, perhaps because of economic limitations, art belongs to the aristocracy, with the change of national conditions, now art should be more open to the public. Many artists have indeed noticed this point and thus created more popular works. I think it may be more important to strengthen the guiding function of the artwork itself than to weaken the deep language of the works only by starting from the ontology language of the picture, leaving clues and giving people a broken entrance. For example, Zao Wow-ki's solo exhibition can clearly see his artistic context and clues, and his series of works can see that he internalizes objects into symbols, and then desymbolizes symbols with wrinkle method (also like the difference between regular script and cursive script).

In the process of appreciation and creation, people can also obtain great satisfaction, and then achieve the healing of their own psychological and spiritual functions. In the Sui Dynasty, the case of art treatment was recorded in the history books, after the Sui Emperor Yang Guan "Kyoto everywhere snow" and "plum ripe season garden Spring" two paintings, he was cured because of the death of the concubine too sad to cut the disease.[4] With the emergence of spiritual needs and the special national conditions of today, we should seize the needs of human development and realize the promotion of art again.

Today's society is full of all kinds of mixed information, we have negative emotions in such a situation is inevitable, we should master some way to transform emotions, rather than in emotions can not be separated, to the extreme of thinking.[5] However, the complicated text makes some people who fall into the emotional extremes unable to receive positive guidance and spiritual comfort. In contrast, the education and healing methods of art are more acceptable.

#### **5. Problems faced by artistic trends**

In the information age, technology has become a part of human life. We cannot predict how people will communicate in the future, and whether the phenomenon of burnout society is still a problem, but at present, human beings as biological organisms, physical and mental health is the basis for their survival. Art therapy has its advantages, the first is its direct, expressive and broad spectrum, this effect is difficult to achieve language. However, people also need a certain reserve of artistic knowledge to feel healed from art. Nowadays, the development of art is more inclined to weaken this knowledge reserve and more directly present the power and language of the picture itself. People who have no artistic foundation feel that there is actually a blank field in the core of artworks, which has been ignored by artists so far. We can not only show a final result, but also the clues of the entire artworks can be completely displayed like a job, but this is also a big challenge for the artists themselves. Artists are also very fond of their own creative ideas and methods.

In addition, in the development of art, the general public's love for art is not enough. In order to understand the general public's love for painting, we interviewed people of all ages in Pingnan County, Fujian Province. Only a rural grandmother would go to the studio to paint every day, while a few middle-aged people would go to paint once a month, and even fewer children. Backward ideological education of rural families. Through the visit to the people in Pingnan County, it is found that the primary purpose of most ordinary people to paint is to make money, only a few love painting and do it, and pay little attention to art education. According to the above phenomenon, the conclusion can be drawn that "in rural areas, the general public's love for art is not high enough." At present, the government has put forward many measures to improve the development of art in each village, but the implementation of the villagers is not high, and the lack of correct guidance.

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