

Title

**Paths of Happiness:
Exploring Joyfulness through Generative AI
Image Creation**

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Abstract

This thesis argues that Generative AI image creation shows promise as a personalized self-help art therapy tool for individual happiness, particularly in the changing landscape of Society 5.0 and post-pandemic mental wellness. It begins by exploring the interconnectedness of four key areas: art therapy and self-help during the pandemic, Society 5.0 and personalization concepts, Generative AI and image creation, and theoretical insights into happiness. Through auto-ethnographic exploration, the researcher reflected on her personal experience during the pandemic to gain insight into how the Generative AI tool – Midjourney – could facilitate self-help art therapy. Findings suggest that engagement with Generative AI image creation can enhance personal well-being when tailored to individual needs, emphasizing the importance of leveraging technological advancements in mental wellness pursuits. The conclusion proposes the design of a learning flashcard deck, "Create Joy with AI," to aid individuals in customizing their self-help art therapy practice within Society 5.0

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Chapter One: Introduction

The COVID-19 pandemic has reshaped our understanding of mental health, shedding light on the pervasive impact of stress, anxiety, and isolation, as illuminated by the World Health Organization (2022). As an artist and graphic designer, I have found solace and relaxation in the act of creation during times of stress. This personal experience has fueled my interest in exploring the therapeutic potential of art, particularly in light of its prevalent use as a form of self-help therapy during the pandemic, as documented in the literature (Ahn & Park, 2022; Lee, Park & Hahn, 2023).

Amidst the challenges posed by the pandemic, there has been an increasing recognition of alternative approaches to mental well-being, with art therapy emerging as a notable avenue for healing (Brandão et al., 2019; Geue et al., 2010). Knowing the effectiveness of self-help art therapy during this time has sparked my curiosity, prompting a deeper exploration into the intersection of creativity and mental wellness.

As society navigates the complexities of the post-pandemic era, there has been a notable acceleration toward Society 5.0, characterized by the seamless integration of technology and human needs (Sarfraz et al., 2021). Within this framework, Generative AI (GenAI) tools, such as the Midjourney text-to-image generator, have emerged as promising avenues for self-help art therapy (Azuaje et al., 2023; Yilmaz & Yilmaz, 2023). These tools offer individuals innovative ways to engage in creative expression and self-reflection, aligning with the ethos of Society 5.0 by harnessing technology to enhance individual well-being.

This research-creation thesis seeks to bridge the realms of self-help art therapy and Generative AI, exploring their combined potential to foster happiness and well-being. By examining the capability of GenAI tools like Midjourney to enhance individual happiness and well-being, this thesis aims to contribute to our understanding of technology's role in promoting mental health within Society 5.0 (Boardman, Odem & Lam, 2022). Through auto-ethnographic inquiry and drawing from personal experiences, this study endeavors to deepen our understanding of how personalized self-help art therapy facilitated by GenAI tools can positively impact individual well-being. The development of a practical tool, a printed learning flashcard deck titled "Create Joy with AI," serves as both a culmination of the research and a guide for individuals seeking to leverage GenAI tools for self-help art therapy and the pursuit of happiness.

Chapter Two: Literature Review

This literature review section explores four interconnected themes: the therapeutic efficacy of art therapy and self-help art therapy amidst the COVID-19 pandemic, the societal implications of Society 5.0 and its integration of technology, the advancements and applications of generative AI (GenAI) in image creation, and the theoretical underpinnings of happiness. Each theme is examined to elucidate its significance within contemporary society. It begins by examining the role of art therapy in promoting mental well-being and facilitating self-expression during the COVID-19 pandemic. Transitioning to Society 5.0, the discussion focuses on the concept of a technology-driven society that prioritizes human needs. Subsequent exploration focuses on key advancements and applications of generative AI, highlighting its potential to reshape societal frameworks through image creation. Finally, the review addresses the multifaceted nature of happiness, tracing its theoretical evolution. This comprehensive overview elucidates the interconnectedness of these topics and their significance in contemporary society, contributing to the theoretical framework of the thesis.

2.1: Art Therapy, Self-Help Art Therapy, and the Context of the COVID-19 Pandemic

Art therapy is a therapeutic approach that uses the creative process to help individuals express themselves and explore their emotions (British Association of Art Therapists, cited in Hu et al., 2021). It prioritizes the act of creation over technical skill, providing a way for individuals to communicate emotions that may be difficult to put into words. Art therapy often incorporates visualization techniques to support introspection and emotional exploration. Research by Kaimal, Metzl, and Millrod (2017) demonstrated that engaging in visual artmaking significantly reduces stress levels, indicating the therapeutic benefits of the creative process. By providing an outlet for suppressed emotions, art therapy promotes healing for conditions such as depression and anxiety.

Furthermore, art therapy has gained significant attention for its therapeutic advantages (Brandão et al., 2019; Geue et al., 2010). This approach involves translating thoughts and emotions into visual forms or using art as a medium for meditative and mindfulness practices. It is important to emphasize that art therapy is accessible to everyone, regardless of artistic ability. Many individuals discover hidden talents and insights during therapeutic artistic activities, highlighting the potential of art therapy to facilitate emotional release and personal discovery through creative expression.

The emergence of the COVID-19 pandemic has led to exploration of self-help online art therapy, as evidenced in scholarly literature (Miller & McDonald, 2020; Morse, Fine & Friedlander, 2021). Studies have shown that engaging in artistic activities positively influences mental well-being in digital environments (Zubala, Kennell & Hackett, 2021). Remote art therapy aims to promote peace and happiness for individuals. For example, one case report highlighted the pandemic-induced shift in therapeutic dynamics between an art therapist and a Deaf client diagnosed with schizophrenia, illustrating the role of art in facilitating this transition

(Shalev, 2023). The widespread impact of the pandemic on global mental health, including increased levels of stress, anxiety, and social isolation (Mahil et al., 2021), has led to interest in alternative self-care and therapeutic approaches, including art-based methods of expression and healing (Ahn & Park, 2022; Lee, Park & Hahn, 2023).

The research on the COVID Feel Good program, a self-help virtual therapeutic initiative aimed at mitigating stress, sadness, loneliness, and fostering a sense of connection during the pandemic, yielded promising results. Riva et al. (2023) demonstrated that the program effectively reduced psychological distress and bolstered perceived social connection among participants. Additionally, academic investigations, such as those conducted by Morse, Fine, and Friedlander (2021), have consistently highlighted a positive correlation between creative engagement and enhanced psychological well-being amidst the challenges of the pandemic.

It is noteworthy to recognize the evolving landscape of art therapy, particularly in response to the unique circumstances of the pandemic. As discussed in the aforementioned studies, there is a growing inclination towards adopting a non-prescriptive approach in art therapy, influenced by factors such as mobility restrictions and the demonstrated effectiveness of virtual self-help interventions in stress reduction. This shift blurs the distinction between self-directed and therapist-directed art therapy, impacting the therapeutic relationship between client and therapist. Moreover, the emergence of human-centered technology during the pandemic raises the possibility of it replacing therapist-directed therapy methods, further reshaping the self-help art therapeutic landscape.

2.2: Society 5.0 and Personalization

The concept of Society 5.0, as envisioned by the Japanese government and detailed by the Hitachi-UTokyo Laboratory (H-UTokyo Lab), represents a significant societal paradigm shift towards a human-centric, technology-integrated society (H-UTokyo Lab, 2020). This vision, outlined in Figure 1, delineates the evolutionary trajectory from earlier societal stages, including hunting, agrarian, industrial, and information societies, to a future where cyberspace and physical space seamlessly converge to address societal challenges while driving economic prosperity (H-UTokyo Lab, 2020). This transition sets the stage for a deeper examination of the societal implications of Society 5.0.

	Society 1.0	Society 2.0	Society 3.0	Society 4.0	Society 5.0
Society	Hunter-gatherer	Agrarian	Industrial	Information	Super smart
Productive approach	Capture/Gather	Manufacture	Mechanization	ICT	Merging of cyberspace and physical space
Material	Stone•Soil	Metal	Plastic	Semiconductor	Material 5.0*
Transport	Foot	Ox, horse	Motor car, boat, plane	Multimobility	Autonomous driving
Form of settlement	Nomadic, small settlement 	Fortified city 	Linear (industrial) city 	Network city 	Autonomous decentralized city 
City ideals	Viability	Defensiveness	Functionality	Profitability	Humanity

Figure 1: Contextualizing Society 5.0 (H-UTokyo Lab, 2020, page xii).

The emergence of Society 5.0 has attracted considerable academic interest, particularly within the context of the COVID-19 pandemic, with a focus on healthcare innovation and delivery (Sarfraz et al., 2021). Figure 2 visually illustrates the historical trajectory of societal development, spanning from the first industrial revolution to the current era of Society 5.0. This depiction provides a comprehensive overview of societal evolution, laying the groundwork for further exploration. The primary finding of Sarfraz et al.'s (2021) study stresses the importance of personalization and mass customization in Society 5.0, offering insights into the potential connection between remote health therapy and the achievement of a human-centered Society 5.0 in a pandemic-affected world.

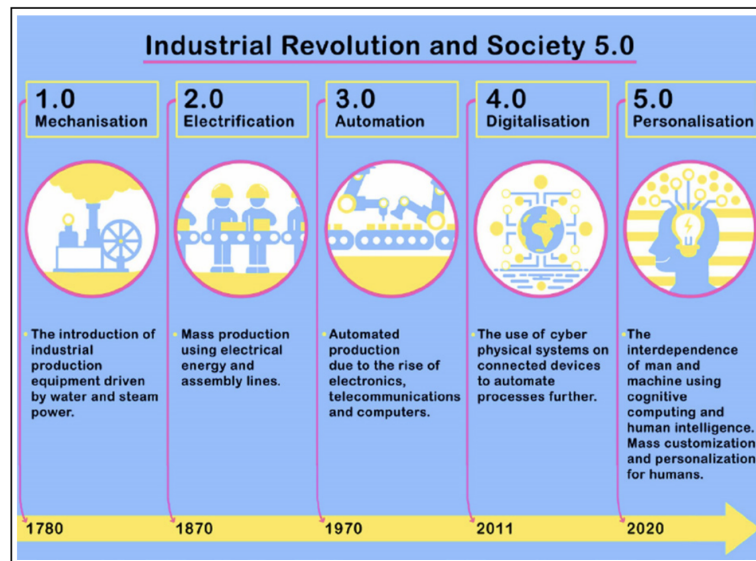


Figure 2: The timeline of industrial revolutions and the emergence of society 5.0 amid the COVID-19 pandemic in 2020 (Sarfraz et al., 2021, figure 1, p. 592).

In another research study, Xu, David, and Kim (2018) examined the implications of the fourth industrial revolution for the realization of Society 5.0. They highlighted the fusion of physical, digital, and biological

technologies, promising enhanced connectivity and quality of life. However, this transition poses challenges such as job displacement and ethical considerations. Notably, they emphasize the significance of creativity and personalization in shaping a human-centered Society 5.0, aligning with the ethos of self-help art therapy as a means of individual empowerment. This exploration elucidates the multifaceted nature of Society 5.0 and its intersection with personalization, paving the way for further examination of its implications for individual well-being.

In essence, Society 5.0 represents a transformative shift towards a technologically advanced and human-centric society, where the integration of technology aims to enhance individual well-being and address societal challenges. As individuals navigate modern life, the fusion of technology and art therapy offers innovative solutions for managing mental health and fostering personal growth. By leveraging technological advancements responsibly, such as Generative AI, Society 5.0 has the potential to revolutionize the way individuals engage with art therapy, creating new opportunities for self-discovery and healing. This section provides a foundation for further exploration of how human-centred Society 5.0 can enhance the practice and accessibility of art therapy, contributing to a more holistic approach to mental health care.

2.3: Generative AI (GenAI) and Image Creation

In the domain of technological advancement, artificial intelligence (AI) has undergone remarkable progress over recent decades, despite its inception dating back to the 1950s. The advent of generative AI (GenAI) has brought about a significant paradigm shift in the realm of image creation. AI's primary objective is to replicate human cognitive processes by meticulously analyzing human behavioral patterns through data analysis. This comprehensive scrutiny and interpretation of data have propelled AI's emulation of human intelligence, with forecasts indicating the eventual achievement of superhuman cognitive capabilities (Aggarwal et al., 2022).

This trajectory has led to the pervasive integration of AI across various sectors, including business, healthcare, and defense, as highlighted by Aggarwal et al. (2022), who pinpoint AI's substantial strides in enhancing operational efficiency, decision-making processes, and security measures within these sectors. The deployment of AI continues to evolve, characterized by an escalating level of complexity and sophistication.

Generative Adversarial Networks (GANs), trained on extensive datasets sourced from the internet, empower the creation of diverse and realistic content that surpasses the capabilities of manual creation (Epstein et al., 2023; Salvaggio, 2023). The infiltration of AI into residential settings is epitomized by the concept of smart homes, which harness AI for task automation and energy optimization. AI-powered smart home devices enable homeowners to manage various facets of their living environments, thereby fostering sustainable living practices through reduced energy consumption (Aggarwal et al., 2022).

AI models have also showcased their proficiency in generating images based on textual prompts, facilitated by techniques such as RePrompt, which enhance the conveyance of emotions (Wang, Shen, & Lim, 2023). In recent years, there has been a notable rise in the prominence of image generation within the field of AI research. This technology facilitates the creation of visually captivating images across various artistic styles or abstract concepts.

Noteworthy advancements have led to the emergence of trailblazers in image creation, such as Midjourney and DALL.E in 2022, who have continually refined the technology. Particularly, Midjourney has demonstrated superiority in generating high-resolution images and has found applications in diverse domains, including video game character creation, cinematic production, and architectural design innovation (Aggarwal et al., 2022). Users can further manipulate the outputs of these models by making geometric alterations to realize their creative visions (Huang et al., 2021). In brief, AI harbors the potential to reshape societal frameworks by improving the quality of life and addressing global challenges. Image generation technology epitomizes this transformative potential, heralding an era of unprecedented innovation and creativity (Aggarwal et al., 2022).

2.4: Theoretical Understanding: Paths of Happiness

To conduct a philosophical and theoretical understanding of happiness, I seek a historical survey on the evolutions of the interpretation of happiness throughout different periods of social conditions (**table 1**).

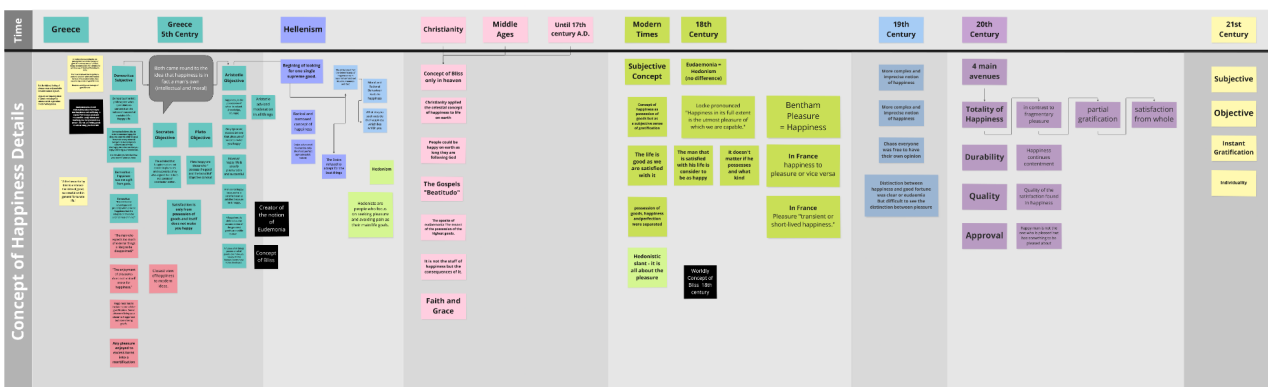


Table 1: Timeline for a Brief Survey on the Meanings of Happiness.

The survey showcases happiness as a multifaceted and adaptable concept, with individuals interpreting it diversely. Historically, its definition has been shaped by religious and political influences. However, in modern times, happiness is personalized, centering on individual experiences and the intricacies of the human psyche. Contemporary perspectives encompass pleasure, joy, gratification, good fortune, and material possessions. Thus, fostering happiness through practices like gratitude, enjoyable activities, and meaningful relationships is recommended.

Scholars extensively study happiness, acknowledging its complexity and individual variability. While some argue that happiness alone doesn't ensure overall well-being, it's widely seen as pivotal for a fulfilling life (Haybron, 2013). Supporting this view, Tatarkiewicz (1976) explores the intricacies of happiness in his work "The Analysis of Happiness," suggesting that it encompasses various types in a general sense. He suggests that happiness is an abstract concept often invoked when comparing individuals, their life trajectories, or experiences. His analysis aligns with the findings of contemporary scholars who argue that happiness can be conceptualized in different ways and is not limited to a single definition (Diener & Biswas-Diener, 2008; Diener et al., 1999).

Tatarkiewicz (1976) emphasizes that while there may be common characteristics observed in the lives of those deemed happy, the specific attributes of happiness may vary from person to person. This notion is supported by recent empirical studies that highlight the subjective nature of happiness, with individuals experiencing happiness in diverse ways based on their unique values, goals, and cultural backgrounds (Joshani, 2019; Diener et al., 2003).

In examining happiness, scholars have also explored the distinction between objective and subjective happiness. Objective happiness is typically associated with external markers of success, such as wealth, career achievements, and social status (Lyubomirsky, King, & Diener, 2005). On the other hand, subjective happiness refers to the personal feelings of joy, contentment, and satisfaction that individuals experience in their day-to-day lives (Diener et al., 1999). This duality of happiness is consistent with numerous studies finding that both external circumstances and internal states of mind influence overall well-being (Diener & Suh, 1999; Diener et al., 1985). Moreover, happiness can appear as fleeting moments of pleasure or as long-lasting states of contentment.

This understanding aligns with the differentiation between hedonic and eudaimonic happiness. Hedonic happiness involves seeking pleasure and avoiding pain, while eudaimonic happiness is connected to the pursuit of personal growth, meaning, and self-realization (Ryan & Deci, 2001). Both forms of happiness contribute to individuals' overall well-being and life satisfaction (Waterman, 1993; Diener et al., 2009). Tracing the historical origins of the notion of happiness, Tatarkiewicz (1976) notes that in ancient times, happiness was mainly perceived as good fortune. This reflects the prevalent belief in the favor of sympathetic deities and fortunate circumstances. Throughout history, interpretations of happiness have evolved, and philosophers and thinkers have examined its deeper meaning and significance (Veenhoven, 2008).

Individuals often contemplate the concept of happiness more deeply during times of discontent, seeking comfort or refuge from their present situation. This aligns with the idea that happiness is often appreciated more in its absence, leading individuals to reflect on their own well-being and the factors contributing to a fulfilling life (Diener et al., 2006; Scollon & King, 2004).

The concept of happiness is complex and multidimensional, extensively explored by scholars. Tatarkiewicz's (1976) work provides insights into different forms of happiness, the subjective nature of happiness, and its historical development. The distinction between objective and subjective happiness, as well as the various manifestations of happiness, further enhances our understanding of this concept. By considering academic references and diverse perspectives, I deepen my comprehension of happiness and its significance in human lives.

Chapter Three: Research Methodology

This thesis stems from my personal encounter with pandemic-induced anxiety, a sentiment resonating with individuals worldwide, as highlighted by the World Health Organization (2022). Navigating through the emotional turbulence of the pandemic, I noticed a surge in artistic engagement and grew intrigued by the potential of self-help art therapy, particularly when supported by digital tools, to mitigate stress and anxiety. This curiosity led me to explore the capabilities of Generative AI, with a focus on Midjourney, for translating natural language prompts into visual artworks. Embracing an auto-ethnographic approach, I embarked on a journey to acquire new digital skills and investigate the potential of GenAI art as a personalized self-help therapy tool for individual happiness within the framework of Society 5.0 and post-pandemic mental well-being. Through documenting and reflecting on my creative journey with Midjourney, my aim was to contribute to the understanding of how such tools can be harnessed to foster well-being in an increasingly digitized society. This auto-ethnographic research method unfolds across three distinct stages: learning, exploring, and designing, each contributing to the iterative process of self-discovery and knowledge creation.

3.1: Learning

Auto-ethnography is a research approach that blends personal experiences with wider cultural, political, and social contexts to probe their meanings and significance. This method is often situated within the realm of qualitative research, particularly within the domain of arts-based research. As scholars such as Ellis et al. (2011) have noted, auto-ethnography offers a unique lens through which researchers can investigate lived experiences and their connections to larger societal structures, fostering a deeper understanding of individual narratives within broader socio-cultural contexts.

To enrich my personal experience and knowledge of art therapy and GenAI, the first stage of the research involves self-directed learning through online courses. This phase is important for gaining the necessary knowledge and skills to articulate my personal feelings and navigate the relevant digital tools and platforms for the study. This initial phase lays the foundation for exploring artistic processes and developing the self-help art therapy tool within the context of Society 5.0 and post-pandemic mental well-being.

From May to September 2023, I enrolled in three online courses on Udemy to deepen my understanding of these subjects and completed them later in the year. These courses included "Midjourney Mastery: Create Visually Stunning AI Art," "Therapeutic Art Life Coach Certification," and "ChatGPT: Complete ChatGPT Course for Work 2023 (Ethically)." Each course provided valuable insights and skills relevant to my research. For instance, the "Midjourney Mastery" course focused on using text-to-image prompts for visual exploration, allowing me to experiment with different artistic styles and techniques. The "Therapeutic Art Life Coach Certification" course introduced me to the principles and techniques of art therapy, emphasizing its positive impact on emotional well-being and personal growth. Finally, the "ChatGPT" course deepened my understanding of the ethical implications of GenAI, particularly in the context of ChatGPT. These courses

equipped me with the necessary skills to design and execute subsequent research stages, allowing me to embark on my own creative exploration journey using Midjourney as a comprehensive GenAI model.

3.2: Exploring

In the subsequent phase of the research, I engaged into exploring artistic processes on the path to happiness using an auto-ethnographic method with Midjourney. This stage involved several key steps typical of art-based research. Firstly, I immersed myself in the creative exploration, utilizing Midjourney's capabilities to generate images based on natural language prompts. This process allowed me to experiment with different prompts, themes, and artistic styles, fostering a dynamic engagement with the creative process (Reavey, 2011). Each session of creative exploration provided me with opportunities to reflect on the generated artworks and their symbolic meanings in the context of my personal journey towards happiness (Bochner & Ellis, 2016).

Following each the creative session, I engaged in reflective practices to interpret the generative process of the creation of GenAI artworks and to understand their significance. This reflective process involved self-examination and critical analysis, enabling me to uncover insights, emotions, and connections between the AI-generated images and my own experiences (Leavy, 2015). Through iterative experimentation, I explored diverse avenues of expression, refining my understanding of happiness and its relationship to the artworks generated by Midjourney.

Throughout the exploration phase, I maintained an ongoing dialogue with Midjourney, using natural language prompts to guide the generation of artworks aligned with my evolving understanding of happiness. This interactive exchange facilitated a collaborative approach to artistic expression, fostering a dynamic and reciprocal relationship between myself and the AI system. I documented my thoughts, feelings, and observations within the history of Midjourney, enabling me to track my progress, identify emerging themes, and reflect on the evolution of my artistic practice over time.

Finally, I integrated the findings of my auto-ethnographic exploration with Midjourney into the broader framework of the research. Drawing connections between the generated artworks, my personal experiences, and the conceptual underpinnings of happiness within the context of Society 5.0 and post-pandemic mental well-being, I aimed to enrich the understanding of the role of art in fostering individual happiness and well-being (Bochner & Ellis, 2016).

By following these steps, I engaged in a reflective process of artistic inquiry, using Midjourney as a tool for self-expression and self-discovery on the path to happiness. Through the integration of auto-ethnographic insights with artistic exploration, I sought to contribute to the growing body of knowledge on the intersection of art, technology, and well-being in contemporary society.

3.3: Designing

In the design stage of the auto-ethnographic method, the focus shifts to refining the approach based on insights gleaned during the exploration phase. This entails several critical aspects. Firstly, reflective analysis plays a pivotal role, necessitating a comprehensive examination of the experiences and insights gained thus far. Ellis et al. (2011) emphasizes the importance of reflective analysis in auto-ethnography, highlighting its role in deepening understanding and informing subsequent stages. This involves identifying recurring themes, significant moments, and personal growth observed throughout the creative journey with Midjourney. These reflections are synthesized to deepen understanding and inform subsequent stages.

Following reflective analysis, the development of a conceptual framework becomes evident. This framework serves to elucidate the connections between personal experiences, societal contexts, and the utilization of Generative AI as a self-help art therapy tool. It delineates the interaction between individual narratives and broader socio-cultural dynamics within the context of Society 5.0 and post-pandemic mental wellness.

Subsequently, attention is directed towards tool prototyping and iteration. Building upon the conceptual framework, prototypes of the envisioned self-help art therapy tool—such as the proposed learning flashcard deck—are crafted. These prototypes integrate elements generated by Midjourney, accompanied by prompts and exercises designed to foster self-directed creativity, and emotional well-being. Due to the time constraints of the project, speculation on how this tool would have been used during the pandemic will be elaborated upon by the creator rather than conducting participatory testing.

Emphasizes the importance of ethical considerations during the design process of a self-help art therapy tool. I paid close attention to issues such as privacy, consent, and potential biases in the content generated by artificial intelligence. The goal is to ensure that the design of the tool follows ethical standards and places the well-being of its users as the top priority.

In summarizing this research method section, it becomes evident that the auto-ethnographic exploration with Midjourney has provided valuable insights into the role of art therapy and Generative AI in promoting individual happiness amidst the challenges of Society 5.0 and the post-pandemic landscape. The comprehensive approach encompassing immersive creative exploration, reflective analysis, and iterative experimentation has laid a strong foundation for the subsequent stages of the study. Moving forward, the focus will shift to analyzing the results derived from this methodological framework, engaging in a critical discussion of the findings, and their implications for theory, practice, and future research in the field of self-help art therapy and technology-mediated well-being.

Chapter Four: Results and Discussion

In this section, I reviewed and reflected on my auto-ethnographic creative journey with Midjourney, an AI-powered platform for image creation. Starting as a novice, I used basic prompts to generate images and gradually advanced to the explorer level. Here, I inquired into understanding AI by experimenting with different prompts and parameters. Eventually, I reached the expert level by combining my professional experience in art and design with a comprehensive understanding of GenAI image creation technology. Throughout this progression, I reflected on my experiences and explored various artistic processes. I practiced my ability to guide the AI model through prompt engineering, refining prompts to achieve the desired effects. The transformative power of intentional and dedicated craftsmanship brought about happiness and fulfillment for me. This section has reviewed my insights gained from this journey and their implications for self-help art therapy.

4.1: Navigating Midjourney: Progressing Through Proficiency Levels

My journey with Midjourney, an AI-powered platform for image creation, commenced in May 2023, marking the beginning of my self-directed creative exploration in preparation for my August 2023 thesis proposal. Initially, I immersed myself in learning the basics through the Udemy course "Midjourney Mastery: Create Visually Stunning AI Art," which offered a comprehensive study of AI, covering its historical development, operational details, and various software applications. Utilizing a Midjourney account (fig. 3) accessed via a Discord bot (fig. 4), I engaged in creating image art by entering prompts into Discord. This resulted in personalized image options accompanied by my unique Discord handle, @EB_Design, within the Discord interface (fig. 5). This interactive process facilitated the creation of customized AI-based images, showcasing the instantaneous capacity of GenAI to generate a wide variety of artworks.

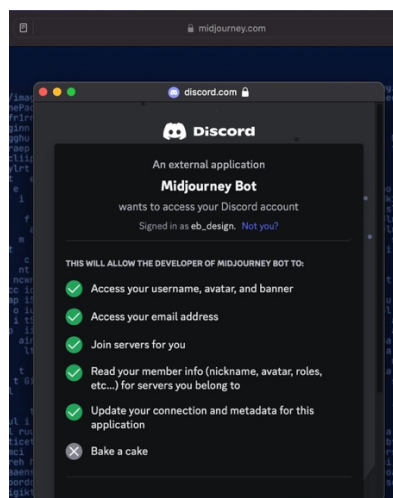


Figure 3: My Midjourney profile.

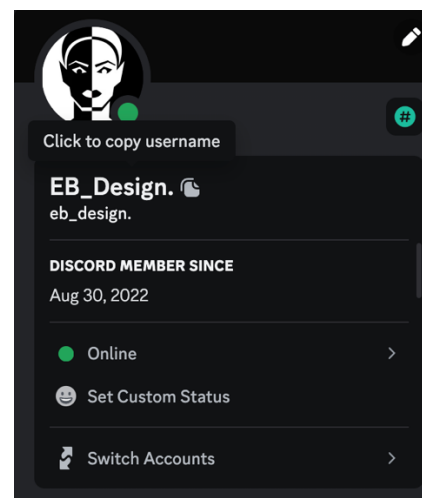


Figure 4: My Discord profile.

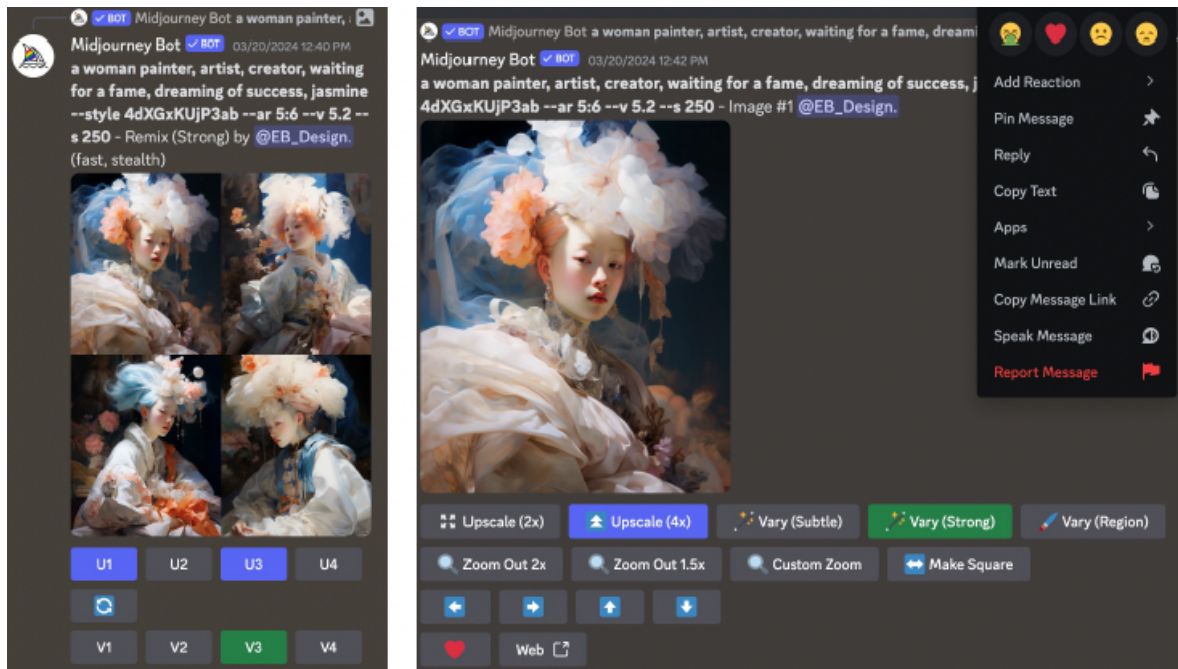


Figure 5: Screen capture showing the appearance of the Discord handle, @EB_Design in Discord interface.

With a basic understanding of text-to-image prompt inputting (appendix A) and controls (appendix B) via Discord bot commands and components, I was amazed by the efficiency of GenAI in generating images that would have taken hours to create using traditional mediums. Throughout my creative exploration journey, I witnessed firsthand how prompt engineering guided the AI model to understand my artistic intentions. Reflecting on this journey, I conducted a self-examination and critical analysis to uncover insights, emotions, and connections between the AI-generated images and my experiences (Leavy, 2015).

After analyzing the progression, I categorized my creative exploration journey into three proficiency levels: beginner, intermediate, and expert (table 2). The beginner level offered instant gratification with concise prompts, accessible even to individuals with basic technological understanding. Progressing to the explorer level, I began to acquire a fundamental understanding of AI, requiring above-average technological proficiency and curiosity. At the expert level, I merged extensive professional experience in art and design with a comprehensive grasp of contemporary technology, particularly GenAI image creation.

While computational language aspects guided my technique progress, my primary focus remained on exploring artistic processes on the path to happiness, utilizing auto-ethnographic methods to reflect on my personal journey. This reflection serves as a foundation for the subsequent section, where I will review the findings and discussions arising from my exploration with Midjourney.

Level 1: Beginner	At this level, I experienced instant gratification by using basic prompts that don't require extensive knowledge of AI parameters. It's accessible even to individuals with basic technological understanding, making it easily mastered. AI significantly influences the outcomes, indicating its predominant role in shaping the results.
Level 2: Explorer	Moving to the next stage involves embarking on a more extended creative journey, building upon the positive experiences from Level 1. I geared towards my eagerness to deepen the understanding of GenAI. This level required above-average text-to-image prompt proficiency, curiosity, and self-discipline. AI's influence in determining outcomes remains significant, with a larger role compared to human control.
Level 3: Expert (Designer/Artist)	Reaching this level signifies a prolonged creation process, merging my extensive professional experience in art and design with a comprehensive grasp of contemporary technology. Tailored for passionate users like myself, determined to bring their ideas to life, this level grants greater influence on human input in shaping the outcome, with AI playing a smaller role in comparison.

Table 2: Individual Happiness of Creation in GenAI Based on the Author's Midjourney Exploration.

While computational language aspects play a role and guide my technical progress, my primary focus is centered on exploring artistic processes on the path to happiness. I utilize auto-ethnographic methods to reflect on my personal journey, which will be reviewed in the following section.

4.2: Analysis of Text-to-Image GenAI Creations: My Path of Happiness

4.2.1: Prompt Engineering: Instant Gratification through Profound Understanding

There are many resources available for creating images based on natural language prompts, such as the free eBook titled "*Stable Diffusion Prompt Book*" brought by OpenArt (<https://openart.ai/promptbook>), which provides a quick reference for users. According to this source, "prompt engineering is the process of structuring words that can be interpreted and understood by a text-to-image model. Think of it as the language you need to speak to tell an AI model what to draw" (OpenArt, 2022, p. 6). It further explains that the key to generating good images lies in "a well-written text consisting of modifiers and good sentence structure" (p. 7), along with different types of modifiers, elements, re-roll prompts, and endless possibilities of parameter settings. However, I find this explanation could only serve as a reference. Text with poor writing and sentence structure also works well, as machine learning will pick up on the random patterns of the users.

Armed with this basic understanding, I initiated my first prompt input by describing the desired image that I wanted Midjourney to generate. This prompt was very simple, consisting of just two words: "green cat" (fig. 6). While I experienced satisfaction from prompting the tool to draw what I instructed with its instant display, I was not entirely content with the quality. This sparked my curiosity to experiment further with the prompt input by adding more descriptions into the "prompt to imagine" field, including "blue hut" and "cherry," through the Discord bot commands (fig. 7).

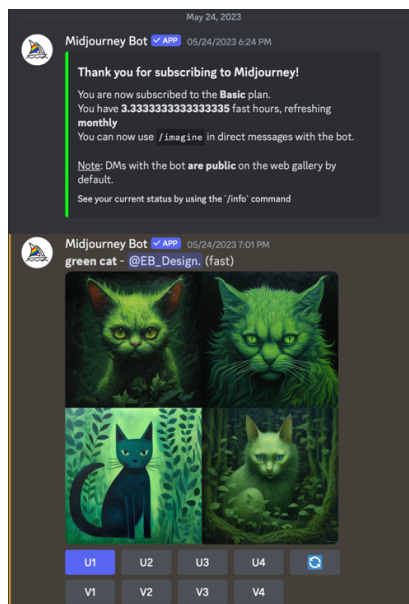


Figure 6: Basic description of the "subject" input.

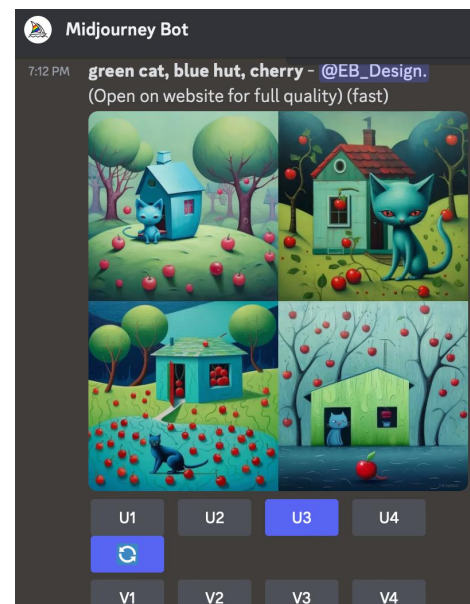
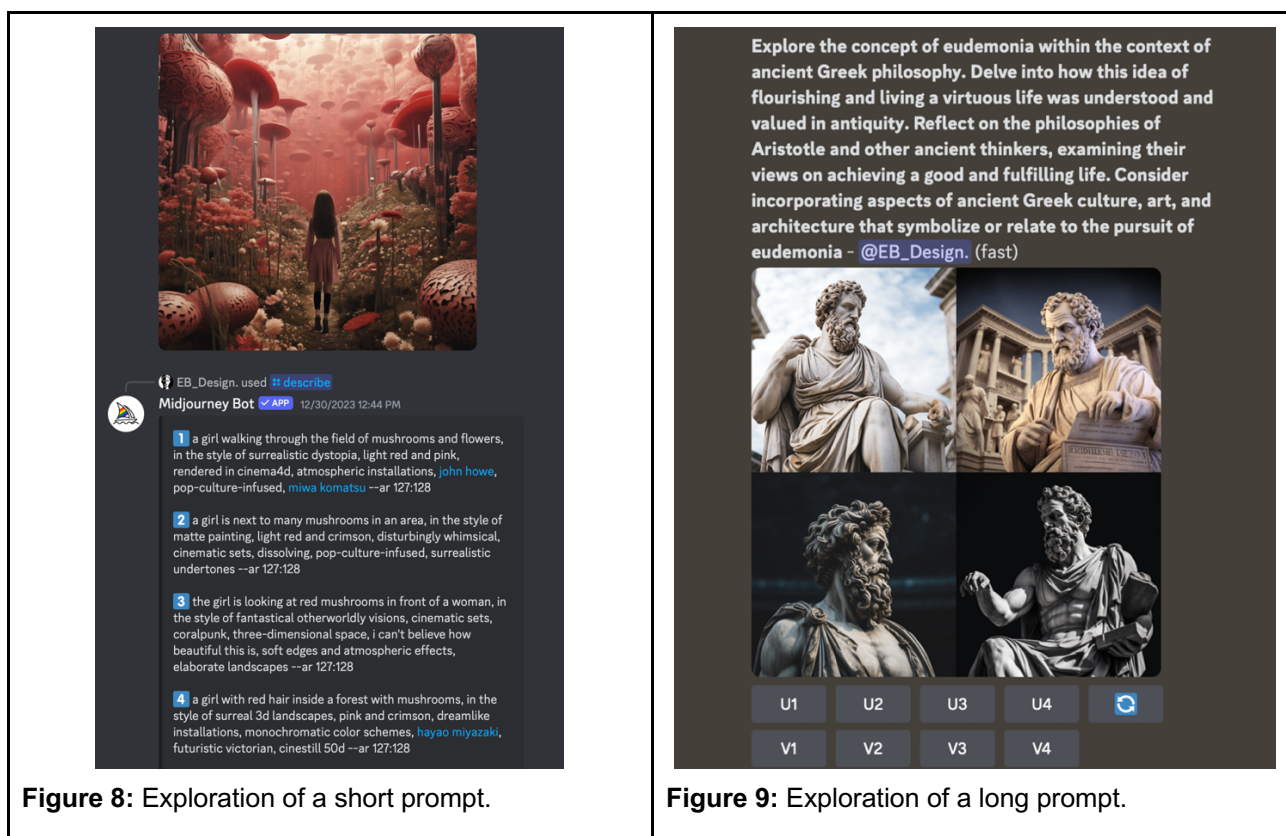


Figure 7: Additional subjects added to the prompt commands.

Expanding beyond basic experimentation after completing the Udemy course, I ventured into exploring a single, conceptually rich term from the history of happiness: "Eudemonia," representing a state of well-being and fulfillment. Given its abstract nature, I inputted the command "describe" to provide additional context for image generation. I also specified certain artists' styles, such as those of John Howe, Miwa Komatsu, and Hayao Miyazaki. Through multiple iterations of prompt generation, image selection, upscaling, and re-rolling, I observed the unpredictable responses that complex words can elicit from AI, as their meanings may be subject to various interpretations (fig. 8).



Subsequently, I probed deeper into the exploration of Eudemonia, eager to see what images would be generated. To further assess the effectiveness of a longer prompt, I aimed to create a more intricate depiction (fig. 9). However, I was puzzled when Midjourney generated images of statues of ancient philosophers in response to the detailed description I provided for the concept of Eudemonia. These images did not align with the AI-generated art I had hoped for, leaving me feeling unfulfilled. This experience taught me that an extensive and elaborate description does not always guarantee success, as this particular attempt proved to be unsuccessful.

Despite this minor setback and a feeling of lacking inspiration, I turned to the images displayed in the Midjourney public gallery for inspiration. Among them, the work created by .brucehe caught my attention, particularly due to the intricate textures adorning the attire of the dragon figures (fig. 10). Inspired by these texture effects, I clicked on the “copy prompt” button from .brucehe’s work in the Midjourney public gallery and pasted it into my Discord bot. I modified this prompt to further my own exploration. The brucehe's prompt revealed to me the possibilities of diverse artistic styles, alterations of attributes, adjustments of color palettes, and drawing from personal muses.

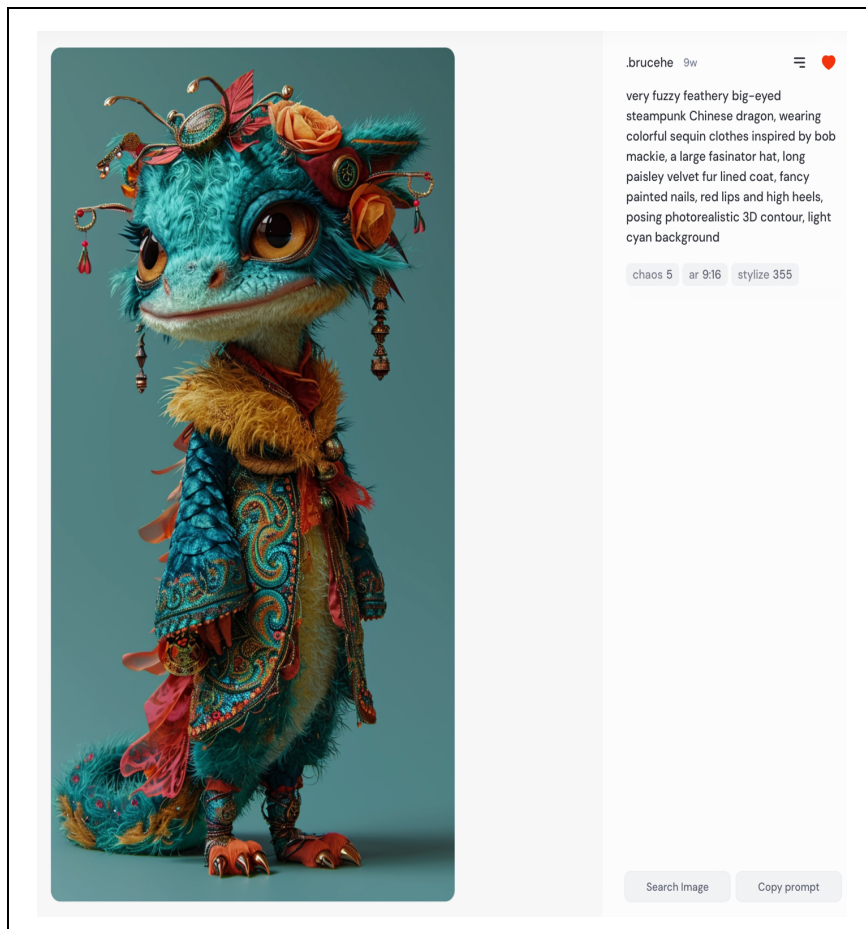


Figure 10: Work from the Midjourney Gallery by .brucehe.

With that reference in mind, I ventured into blending diverse artistic styles, tweaking attributes, and fine-tuning color palettes, drawing inspiration from my personal muses. However, as I explored the feature of "copy prompt" sharing, I found myself grappling with anxiety about sharing my work in the public gallery. It dawned on me how easily others could replicate my creations without giving proper acknowledgment. As a graphic designer with experience of works being plagiarised, I held a deep-seated concern about the possibility of my concepts and work being appropriated without credit—a fundamental value in my professional practice. Nevertheless, as I progressed, I began to understand the intricate interaction between my textual prompts and the processing algorithms within Midjourney.

4.2.2: Exploring Beyond Basics: Unveiling the Prompts of Proficiency

As I explored deeper into the capabilities of AI, I discovered its remarkable ability to analyze the linguistic context and semantic meaning of my prompts. This personalized approach, unique to each user, allayed my concerns about potential plagiarism. With increased proficiency in crafting prompts and manipulating various parameters, my confidence in my creations soared. Instead of viewing sharing as a vulnerability, I embraced it as a challenge to achieve the visual results I desired.

Through continuous refinement and remixing of visuals, the outcomes surpassed my initial expectations. Inspired by .brucehe's prompt, I was thrilled to discover how to achieve desired effects with extended prompts (fig. 11). Unlike previous attempts, I formulated prompts in sentences, providing detailed instructions to the machine regarding parameters such as artists, colors, camera angles, artists' styles, and photographic effects, offering endless mix-and-match possibilities (appendix C). I selected the upscaled image here to showcase (fig. 12).

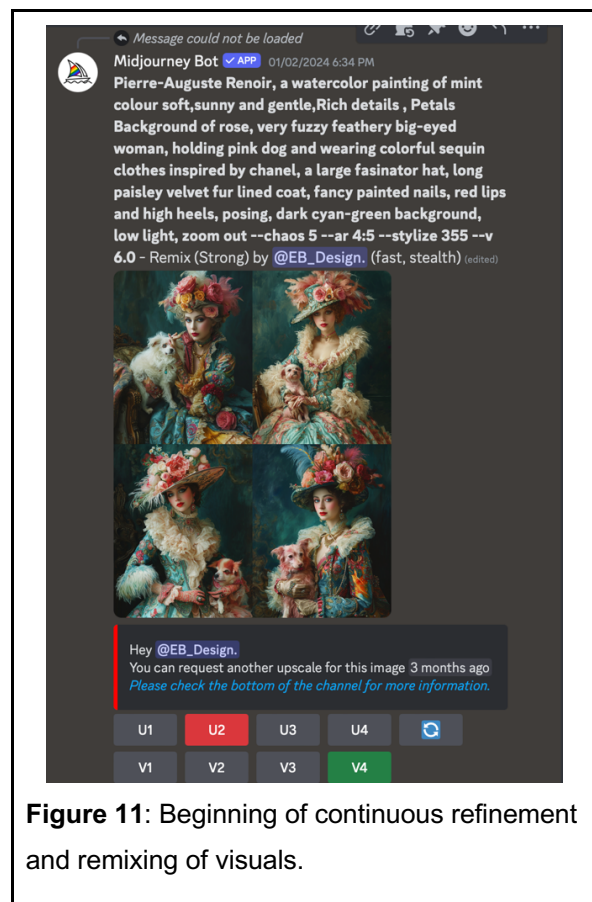


Figure 11: Beginning of continuous refinement and remixing of visuals.

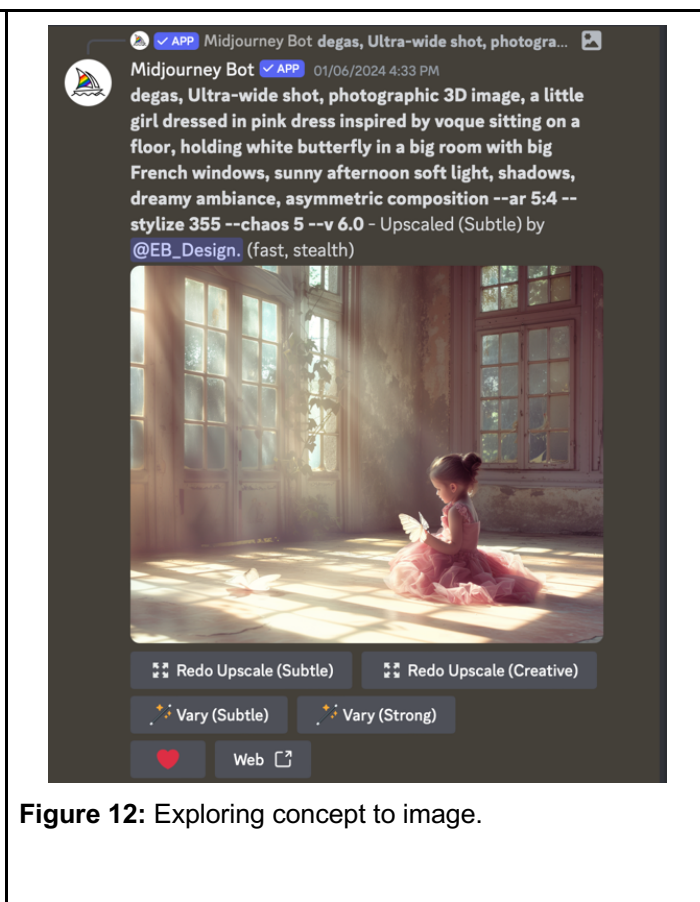


Figure 12: Exploring concept to image.

As I reached the milestone of mastering the setup of styles and parameters prompts, I experimented further into controlling modifiers to add meaningful details. These included aspects such as photography, art mediums, artists, illustration, emotions, and aesthetics. As I progressed towards the explorer level, I tested with modifiers to guide the data, such as adjusting lighting parameters (fig. 13) and using emojis to engage in dialogue with Midjourney (fig. 14). I began to notice that the generative images I produced showcased a harmonious, seamlessly blending with contemporary AI-enhanced styles, as I had envisioned.

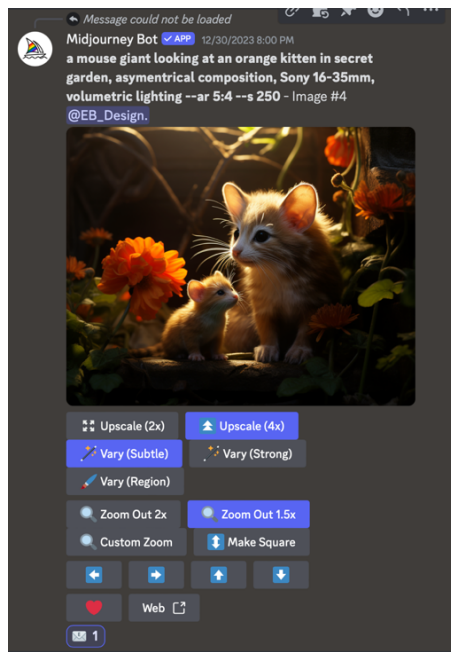


Figure 13: Understanding the impact of lighting parameters.

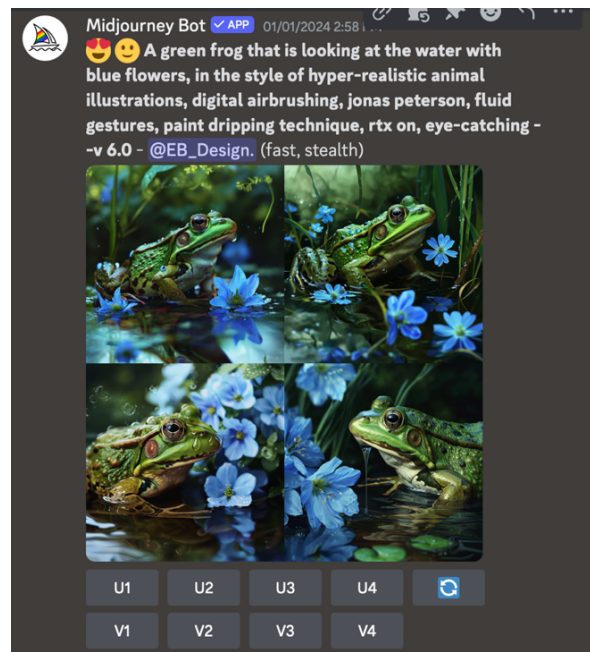


Figure 14: Exploring the functions of emojis in conveying personalized preferences to the machine.

This stage marked a significant breakthrough for me in honing my ability to guide the machine in generating my desired effects. I further explored different formats and image ratios, focusing on areas where I previously had uncertainty about how to achieve the desired outcomes. This exploration compelled me to push the boundaries, recognizing that creative expression should not be confined by constraints. As I searched further into utilizing parameters to refine my vision and aesthetic preferences, I made notable discoveries. One such discovery was the photorealistic 3D contour parameter (fig. 15), which I eagerly experimented with, bolstering my confidence in my ability to exert greater control over the desired image effects based on customized concepts, rather than relying solely on randomly generated outcomes.

Exploring the incorporation of artist styles into my prompt commands opened up new dimensions of understanding. By adding references to artists and their distinctive styles, I began to grasp how these elements could profoundly influence the visual results. For instance, I experimented with referencing Edgar Degas, the renowned French artist associated with Impressionism and Post-Impressionism. While Degas's oeuvre often showcased innovative techniques and subject matter through unconventional compositions (fig. 16), achieving a specific desired outcome in terms of image style and aesthetic required iterative steps of upscaling, varying, and re-rolling the prompt until the desired effect was achieved.

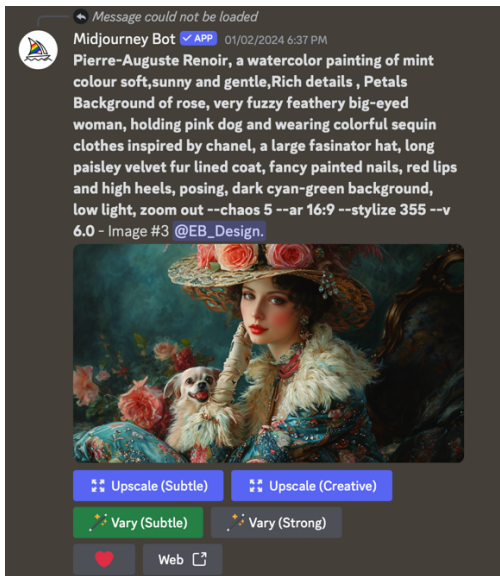


Figure 15: Experimenting with different format

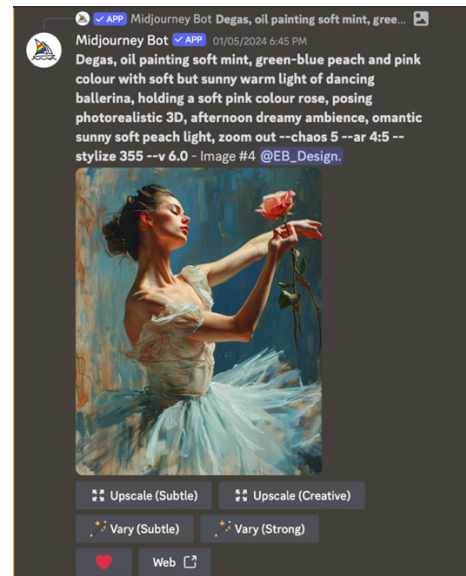


Figure 16: Experimenting with oil painting effects to achieve a dreamy effect inspired by Edgar Degas.

In experimenting with the art style of Frida Kahlo, the renowned Mexican artist known for her striking and often surreal self-portraits, I aimed to pay tribute to her as a cutting-edge woman of her time. I generated a series of themes inspired by flamenco dancers to see if Kahlo's style and artistic spirit could be mimicked. After numerous rerolls of the same prompt, I selected a sample from the hundreds generated, which is included here (fig. 17).

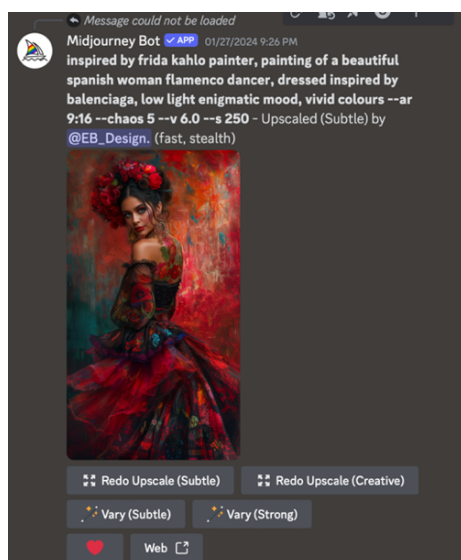


Figure 17: Flamenco Dancer, inspired by the artistic style of Frida Kahlo.

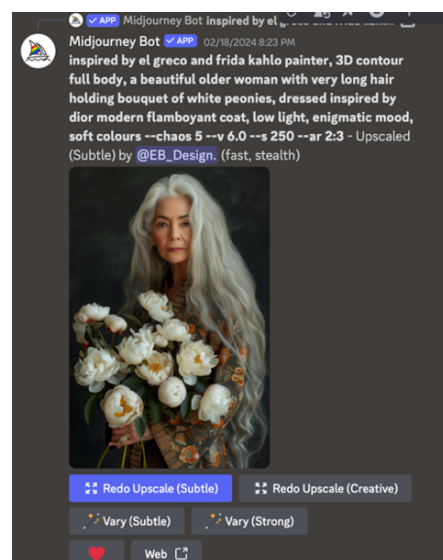


Figure 18: Inspired by the painters El Greco and Frida Kahlo, I tested an advanced technique of mixing artistic styles.

4.2.3: Excelling in Expertise: Proficiency with Passion, Poised for Lifelong

Using a similar prompt input and parameters as in previous explorations, I attempted to render an older woman inspired by El Greco, a prominent Greek painter from the 16th century considered one of the most important figures of the Spanish Renaissance. Known for his work characterized by elongated figures, vibrant colors, and dramatic lighting, El Greco's style contrasts with that of Frida Kahlo. While these two artists may not have a direct connection in terms of style, my intention was to experiment with mixing their artistic styles as an advanced prompting technique. However, the results generated did not successfully blend the styles of the two artists (fig. 18). Despite this, I am excited about the creative adventure of allowing AI to generate possibilities for me.

At this stage, I reflected on how profound and enduring the creative process had been. My understanding of art, stemming from the manifestation of my creative vision into tangible form, had evolved to an advanced level as both an artist and designer. Each moment dedicated to refining and perfecting my creations was infused with purpose and fulfillment, fueling my passion and inspiring me to push the boundaries of my artistic expression further. The happiness I experienced during this stage of the creative process was a testament to the power of deliberate intention and the transformative potential of dedicated craftsmanship. It marked a celebration of the creative journey itself, punctuated by moments of clarity, inspiration, and fulfillment.

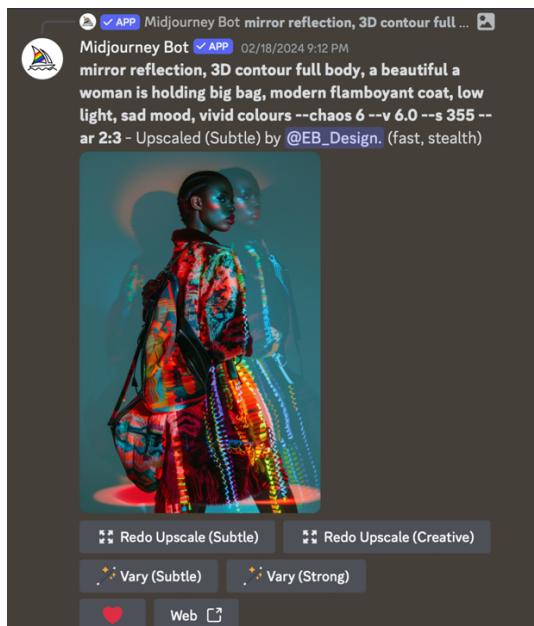


Figure 19: Testing with mirror reflection, mood, and color parameters.

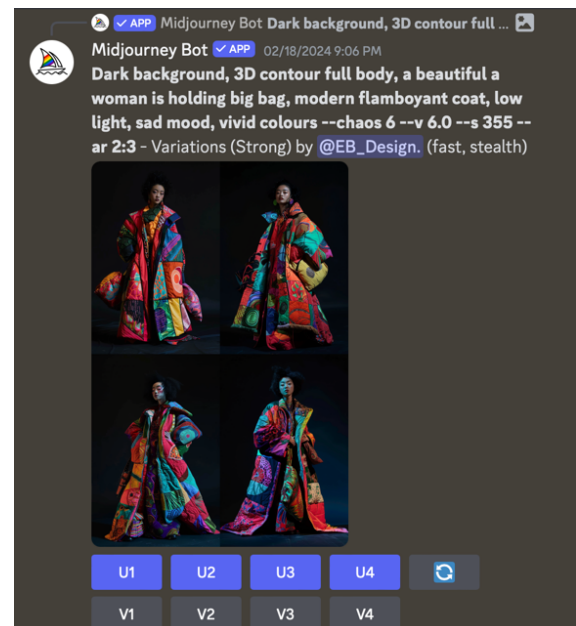
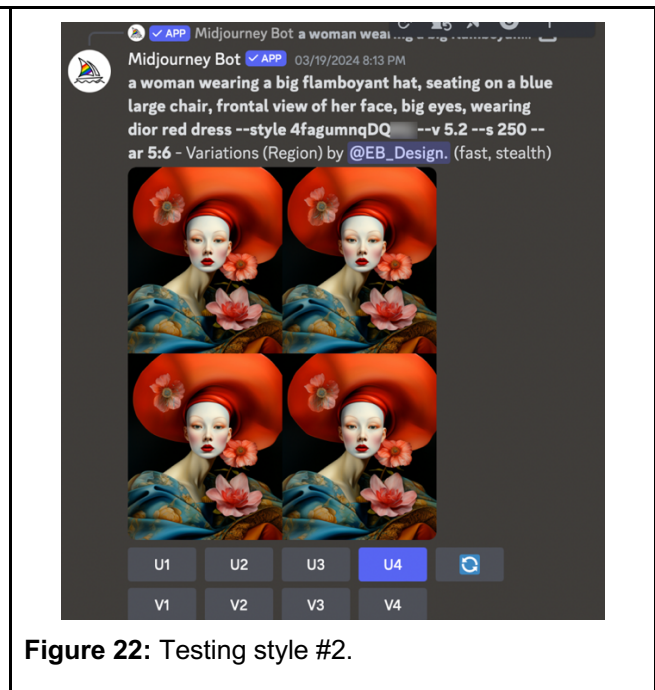
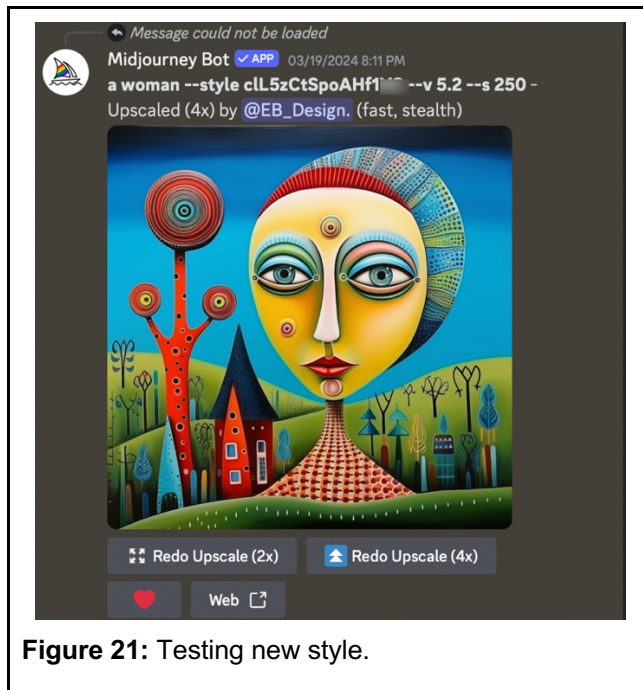


Figure 20: Similar prompt but different result.

The sense of joyfulness and happiness felt during this artistic journey is profound and enriched by the process itself. Moving away from exploration with artist styles, I looked into more parameters such as mirror

reflection (fig. 19) and experimented with different variations by recycling the prompt (fig. 20). I transcended mere satisfaction or fleeting pleasure; it embodied a deep sense of fulfillment and emotional resonance that arose from the intimate connection between the artist and their creations. By refining my prompt, consisting of modifiers and employing good sentence structure and magic words, I came to understand how to generate better results by fine-tuning parameters and strengthen my ability to bring my creative dream images to life. However, I was still not content with my achievements in March 2024, almost 10 months after I first used Midjourney. I wanted to discover how to create my own style, allowing me to have control over the results with my own original concepts (fig. 21 & fig. 22).



This transformative journey has forged a profound connection between myself and the images, fostering unity and synergy between my vision and artistic expression. Through extensive exploration and experimentation, I've developed a deep understanding and appreciation for the Midjourney creative process, generating nearly 8,000 images for this thesis project between May 2023 and March 2024. Appendix D showcases screen captures of selected thumbnails from my Midjourney Gallery, while Appendix E features four works from my latest exploration stage, employing customized styles in Discord.

Each interaction empowers me as my ideas materialize, igniting my passion to explore the limitless possibilities of creativity, particularly in visualizing concept-specific images. I value the freedom to innovate without constraints, refining my ability to envision outcomes with precision and intent. Collaborating with AI through prompts has led me down uncharted creative paths, enhancing my craft and strengthening my connection to it. The joy and fulfillment derived from this journey stem from a profound sense of connection, achievement, and creative satisfaction. I am deeply optimistic about the future of GenAI creation and remain driven by passion to continue innovating.

Chapter Five: Designing and Project Limitations

This section reviews the reflection on the researcher's narrative of her creative journey with Midjourney, encompassing both the advantages and concerns surrounding GenAI tools. Also, it introduces the design of GenAI self-directed art therapy learning flashcards, aimed at providing accessible resources for self-help through art. These flashcards are crafted to stimulate dialogue, nurture artistic exploration, and promote inclusivity. The section also acknowledges research limitations and suggests future avenues, including the continuous evaluation of AI capabilities, ethical considerations, and the integration of diverse perspectives. Ultimately, it underscores GenAI's potential to enrich personal growth, foster artistic expression, and enhance overall well-being in the digital era.

5.1: Reflections on the Pursuit of Individual Happiness and Personalization in Society 5.0

In the pursuit of individual happiness within the context of Society 5.0, Sarfraz et al. (2021) underlined the significance of personalization and mass customization. Their work emphasized the transition towards a human-centered society, with remote health services and computational human intelligence playing pivotal roles. Building upon these insights, this thesis contends that Generative AI image creation stands as a promising avenue for personalized self-help art therapy, especially in the realm of post-pandemic mental wellness.

In the preceding section, I recounted my self-directed creative journey with Midjourney. Through this auto-ethnographic process, I found moments of happiness and joyfulness amid various stages of learning. This journey, akin to a form of self-help art therapy, became instrumental in navigating the challenges posed by the pandemic and the stresses inherent in completing this Master of Design thesis.

This creative expedition has reinforced my belief in the nuanced and adaptable nature of happiness, shaped by personal experiences and the complexities of the human psyche. Facilitated by Midjourney, an AI-powered platform utilizing advanced algorithms for image creation, my journey features the importance of personalized approaches in the pursuit of happiness in contemporary society. This transition toward personalized happiness isn't solely a reaction to the emergence of Society 5.0; it's a testament to the evolving relationship between humans and technology in our modern world.

With the advent of GenAI tools like Midjourney, the once time-consuming process of image creation—previously requiring hours with conventional software such as Adobe Photoshop and Adobe Illustrator—now takes mere seconds or minutes with the simplicity of textual prompts. As a creative professional with over two decades of experience in art and design, I have acquired my trade skills using industry-standard software. I am concerned about potentially losing proficiency in these tools, particularly in advanced techniques like masking and layering in photo editing.

I'm captivated by the boundless possibilities offered by Midjourney for image creation. This juxtaposition of pride in my expertise and apprehension about its potential erosion coexists within me. I recognize this as an inevitable aspect of the progression towards Society 5.0, characterized by the deepening interdependence between humans and machines, as noted by Sarfraz et al. (2021). Reflecting on my creative journey, I emphasize the importance of sharing my experience and hope to inspire others to pursue individual mental wellness by harnessing technological advancements.

Advocating for self-help through creative expression and experimentation, I seek to normalize and popularize self-help art therapy for mental well-being, making it more accessible and affordable. This endeavor opens up vast opportunities for new art creators outside the traditional artist mold. Here, I am proposing a set of learning flashcards aims to simplify the process for those interested in self-help or aiding others, merging technology and creativity for all. This initiative could inspire new applications of technology in the realm of art and art therapy, further expanding the horizons of self-help and mental wellness.

5.2: The Design of GenAI Self-Directed Art Therapy Learning Flashcards

Drawing from my auto-ethnographic study of my creative journey with Midjourney, I extensively explored the fundamentals of prompting. This exploration encompassed understanding format, elements, modifiers, and parameters, which served as a reassuring antidote to my anxiety. Equipped with this newfound knowledge, I crafted a set of learning flashcards aimed at assisting individuals in finding happiness through Midjourney, aptly named "Create Joy with AI" (fig. 23).



Figure 23: *Create Joy with AI*: GenAI Self-Directed Art Therapy Learning Flashcard–Packaging Design.

These flashcards distill prompt principles for utilizing GenAI creative images with text-to-image prompts in art, serving as a valuable resource for individuals seeking self-help through art, particularly focusing on the

theme of happiness. Offering a physical set of cards facilitates immediate engagement with self-help art therapy techniques, eliminating the need for digital devices initially. The design comprises a total of 32 cards, including 2 instructions and 6 steps, each containing 5 cards (fig. 24). One instruction card provides basic setup guidance for Midjourney and an explanation of the happiness theme, while the second elucidates the Discord basic interface.



Figure 24: Create Joy with AI: GenAI Self-Directed Art Therapy Learning Flashcard–Overview.

The 6 steps encompass Subject selection, Action, Object interaction, Setting, Mood and atmosphere, and Style or Era. Each step also includes one blank card, allowing users flexibility for free association of input

(appendix F.1–F.6). The flashcard deck is expected to generate conversation starters and prompts, stimulating dialogue and fostering artistic exploration collaboratively. With a structured yet flexible framework, the flashcards empower users of all skill levels to engage in creative activities effortlessly, promoting inclusivity and participation, thereby preparing them to engage in GenAI art creation.

The tactile interaction fosters a deeper connection with the therapeutic process and encourages social interaction, whether informally among friends or in structured support groups. Amidst the challenges of the pandemic, the "Create Joy with AI" learning flashcards could have provided a valuable tool for individuals seeking comfort and creative expression. With lockdowns and social distancing measures in place, many faced isolation, anxiety, and uncertainty about the future. In such circumstances, engaging in therapeutic activities like art could have offered a much-needed outlet for emotional expression and stress relief. Overall, this flashcard deck could have played a significant role in supporting mental health and well-being during the pandemic, offering a creative means of finding joy and connection in challenging times.

This research-creation thesis integrates traditional therapeutic principles with technological solutions, aligning with Society 5.0. By leveraging GenAI-driven creative tools, the thesis aims to enhance personal growth, artistic expression, and overall well-being in the digital age. The instructional flashcards aim to facilitate accessible, engaging, and impactful experiences in self-help art therapy, thereby contributing to a resilient and empowered community.

5.3: Limitations and Future Research Directions

This study aims to investigate the subjective nature of happiness and joy, highlighting the importance of personal perspectives and expertise in comprehending these concepts. Insights are provided from the perspective of a designer, adding a unique dimension to the research. However, it is important to acknowledge that these interpretations are subjective and may not encompass the full range of individual experiences.

Continual evaluation of the validity and reliability of findings in this field is crucial. Transparent and methodologically rigorous examinations of AI's capabilities and its implications for the creative process can advance knowledge in this emerging field. This may involve assessing the limitations of AI in terms of creativity and artistic expression, while also identifying its strengths and potential applications. This research contributes to the understanding of AI's role in the creative industry and its impact on society.

The introduction of GenAI for text-to-image conversion has raised concerns among designers and artists regarding job displacement and copyright infringement. However, as an enthusiast, I view GenAI as an innovative tool with limitless possibilities. Proficiency in art does not solely depend on access to tools, but also on how they are utilized. AI, guided by human input, will not replace human creativity. Our choices and judgments in guiding AI reflect our unique perspectives and experiences, resulting in distinctly shaped AI-

generated art. When assessing the validity and reliability of this research-creation project, it is important to acknowledge its basis in exploring the themes of “happiness” and the creative process within the context of GenAI image creation. This exploration is informed by observations and insights derived from the use of GenAI tools. However, these limitations are inherent in any research endeavor and do not diminish the value of the gained insights.

It is crucial to recognize that the nature of this inquiry is subjective, as it is influenced by the individual perceptions and interpretations of the researcher. However, this subjectivity is balanced by the researcher's expertise in the fields of design, art therapy, and AI, enabling an informed and nuanced analysis of the data. While this research-creation project may have limitations due to its reliance on individual observations and perspectives, it offers valuable insights into the intersection of happiness, creativity, and AI technology. The study contributes to our understanding of these complex and interconnected phenomena through multidisciplinary research and a transparent methodology.

Future research could involve incorporating a more diverse range of voices and perspectives by collaborating with individuals from various backgrounds and disciplines. Examining the long-term effects of AI-generated images on mood enhancement and emotional well-being would provide valuable insights into the effectiveness of AI as a self-help tool, contributing to the development of AI-powered interventions for improving emotional well-being.

Further exploration is needed regarding the ethical considerations surrounding the use of GenAI for text-to-image conversion, particularly concerning copyright infringement and the potential displacement of human creativity. Understanding the implications and consequences of utilizing AI for creative purposes is crucial for upholding ethical practices and protecting the rights of artists.

Chapter Six: Conclusion

My thesis explored the intricate relationship between art therapy, self-help art therapy, technology integration within Society 5.0, GenAI, and image creation. Through an auto-ethnographic inquiry, I shed light on the potential of GenAI tools, particularly in challenging times like the COVID-19 pandemic, drawing from my experiences with Midjourney. Building upon the proven efficacy of art therapy in enhancing mental well-being and self-expression, I demonstrated how these tools could foster emotional engagement, generate insights, and facilitate the creation of meaning.

Aligned with the principles of Society 5.0, which prioritize human needs alongside technological advancements, the integration of advanced technologies like GenAI presented promising opportunities. My investigation into generative AI and its application in image creation revealed its ability to redefine creative processes and offer immediate satisfaction. These platforms empowered users to create visually captivating imagery, promoting mood enhancement, stress reduction, and overall well-being. Importantly, they were inclusive and accessible, catering to users across diverse skill levels, aligning with the ethos of art therapy that embraces technology for personal growth and self-expression.

Moving forward, it was essential to acknowledge the inherent limitations of this study and outline paths for future research. Further exploration of GenAI-based self-help art therapy interventions among diverse demographic groups held potential for uncovering therapeutic effectiveness and associated benefits. The practical implications of this research could inform the development of tailored instructional materials for both individual users and professional art therapists interested in integrating GenAI into their practices.

In conclusion, I viewed my thesis as a catalyst for ongoing scholarly exploration and innovation in the realm of self-help art therapy. By combining traditional therapeutic principles with artificial intelligence solutions, I paved the way for new avenues of emotional expression, self-discovery, and personalized experiences within the context of a human-centered Society 5.0. I hoped that this research would inspire further investigation and adoption of GenAI-driven methodologies, ultimately enhancing well-being and nurturing creativity on a broader societal scale.

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Appendices

Appendix A: An example of Midjourney cheat sheet, "/imagine: The Ultimate Midjourney Cheat Sheet," is a free resource available by Rory Flynn, a self-proclaimed Midjourney Mastery for Marketers and AI Training + Consulting.

[illegible]

Appendix B: An example of Midjourney cheat sheet, "Midjourney Controls Cheat Sheet," is a free resource available by Rory Flynn, a self-proclaimed Midjourney Mastery for Marketers and AI Training + Consulting.

Midjourney Controls Cheat Sheet.

DISCORD INTERFACE

IMAGE (1)

IMAGE (2)

IMAGE (3)

IMAGE (4)

U1U2U3U4

V1V2V3V4

UPSCALE (U): Make selected image bigger.

VARY (V): Generate (4) more varied versions of selected image.

RE-ROLL (🔄): Rerun the same prompt.

COMMANDS

U1Upscale Image (1)

U2Upscale Image (2)

U3Upscale Image (3)

U4Upscale Image (4)

🔄Re-Roll Your Prompt

V1Vary Image (1)

V2Vary Image (2)

V3Vary Image (3)

V4Vary Image (4)

Upscale

01020304

>>U1>>01

Vary

01020304

>>V1>>

01.101.201.301.4

Re-Roll

01020304

>>🔄>>

01020304

DISCORD INTERFACE

UPSCALED IMAGE

Vary (Strong)Vary (Subtle)Vary (Region)Upscale (2x)Upscale (4x)

Zoom 2xZoom 1.5xCustom ZoomMake Square

←→↑↓

❤️Web

COMMANDS

Vary (Strong)Generate (4) strongly varied versions.

Vary (Subtle)Generate (4) slightly varied versions.

Vary (Region)Select + regenerate select regions.

Upscale (2x)Upscale image by 200%

Upscale (4x)Upscale image by 400%

Zoom 2xZoom out by 200%

Zoom 1.5xZoom out by 150%

Custom ZoomZoom out between 1X-2X

Make SquareMake any image 1:1 aspect ratio

←Pan Left: Extend image to the left

→Pan Right: Extend image to the right

↑Pan Up: Extend image to the upward

↓Pan Down: Extend image to the downward

❤️Favorite an image

WebOpen image in web browser.

@Rory Flynn

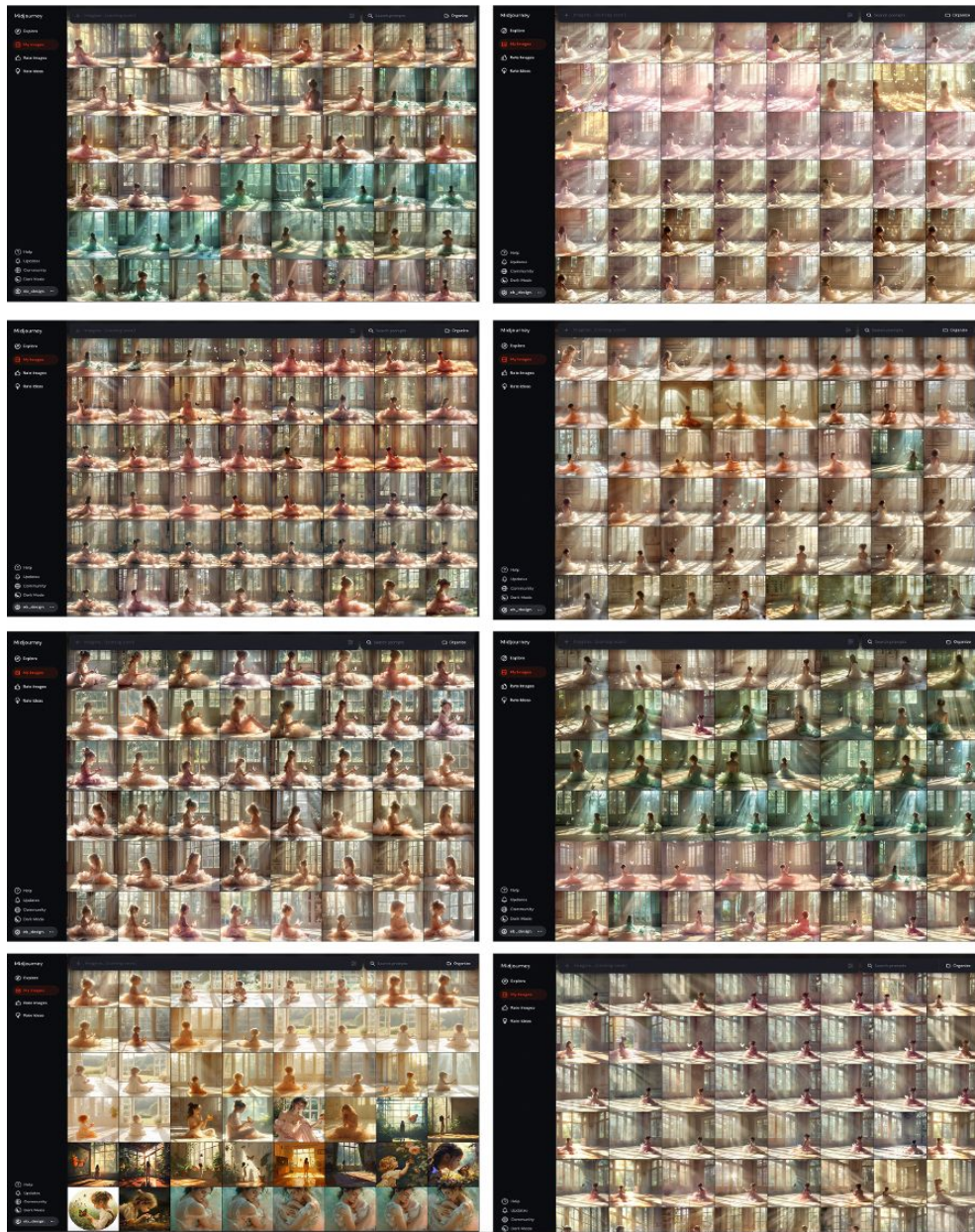
👍

💬

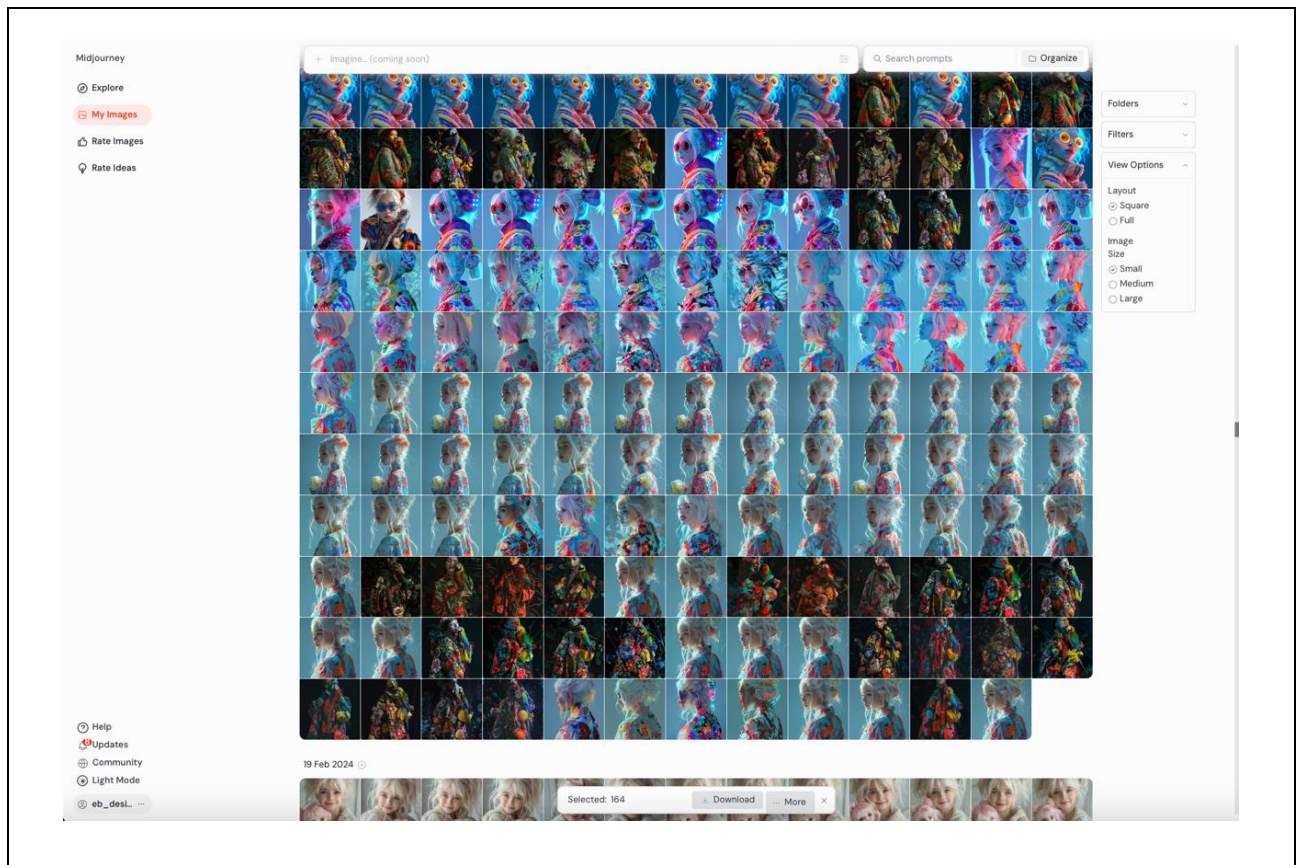
🔄

35

Appendix C: Prompting exploration: A concept with endless mix-and-match possibilities of images.



Appendix D: Almost 8,000 images were generated between May 2023 and March 2024 during my GenAI image creation journey.



Appendix E.1: The selected work #1 from my last exploration stage showcased the development of my GenAI art style.



Appendix E.2: The selected work #2 from my last exploration stage showcased the development of my GenAI art style.



Appendix E.3: The selected work #3 from my last exploration stage showcased the development of my GenAI art style.



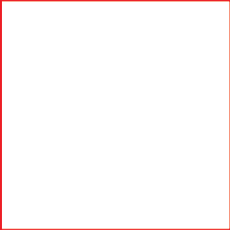
Appendix E.4: The selected work #4 from my last exploration stage showcased the development of my GenAI art style.



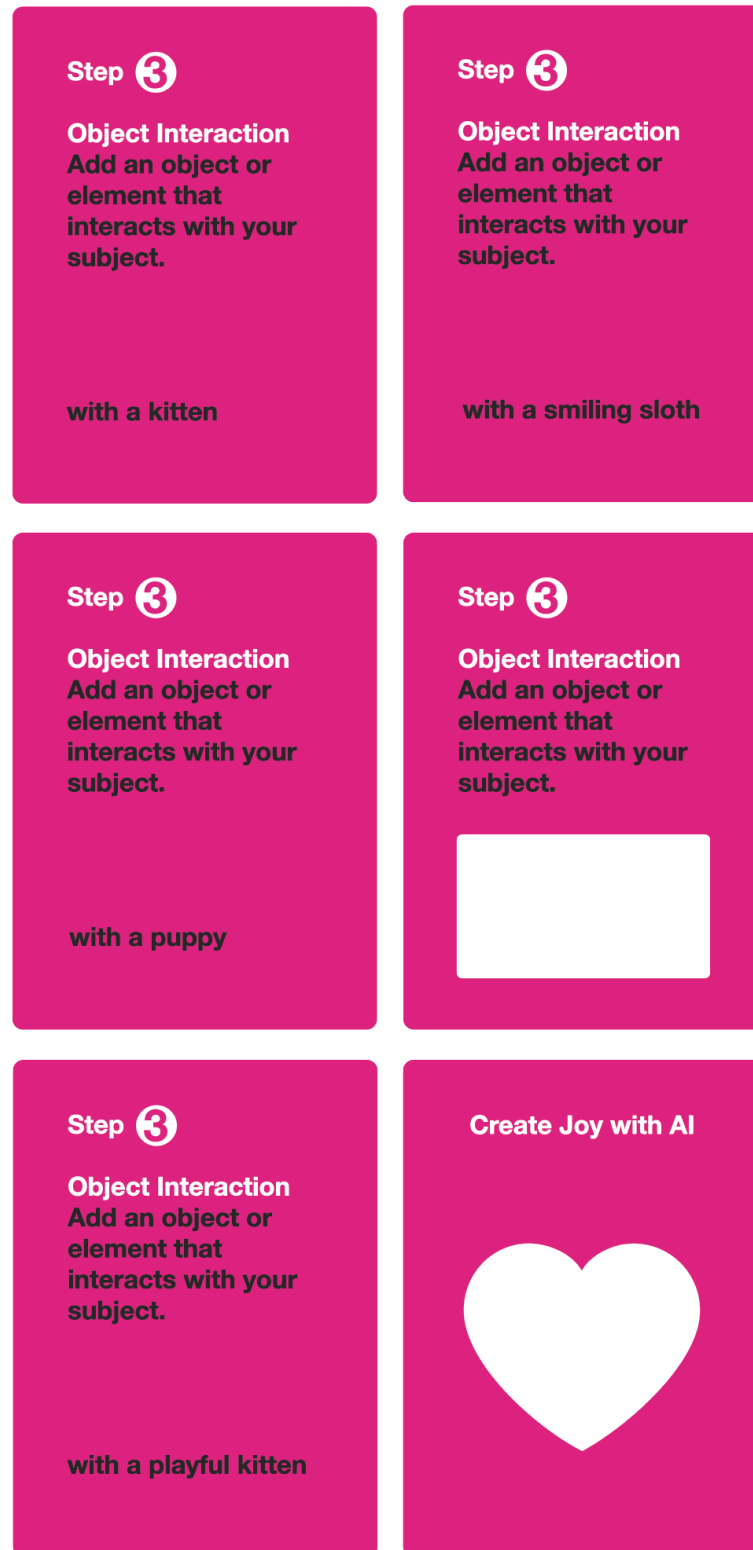
Appendix F.1: Create Joy with AI: GenAI Self-Directed Art Therapy Learning Flashcard–Step 1: Subject Selection.

Step 1 Subject Selection Choose your main subject. /imagine: Prompt A playful kitten	Step 1 Subject Selection Choose your main subject. /imagine: Prompt A cheerful turtle
Step 1 Subject Selection Choose your main subject. /imagine: Prompt a happy chipmunk	Step 1 Subject Selection Choose your main subject. 
Step 1 Subject Selection Choose your main subject. /imagine: Prompt A contented panda	Create Joy with AI 

Appendix F.2: Create Joy with AI: GenAI Self-Directed Art Therapy Learning Flashcard–Step 2: Action.

Step 2 Action Decide on an action for your subject. eating a large cake	Step 2 Action Decide on an action for your subject. dancing among blooms
Step 2 Action Decide on an action for your subject. sunbathing quietly	Step 2 Action Decide on an action for your subject. 
Step 2 Action Decide on an action for your subject. munching popcorn	Create Joy with AI 

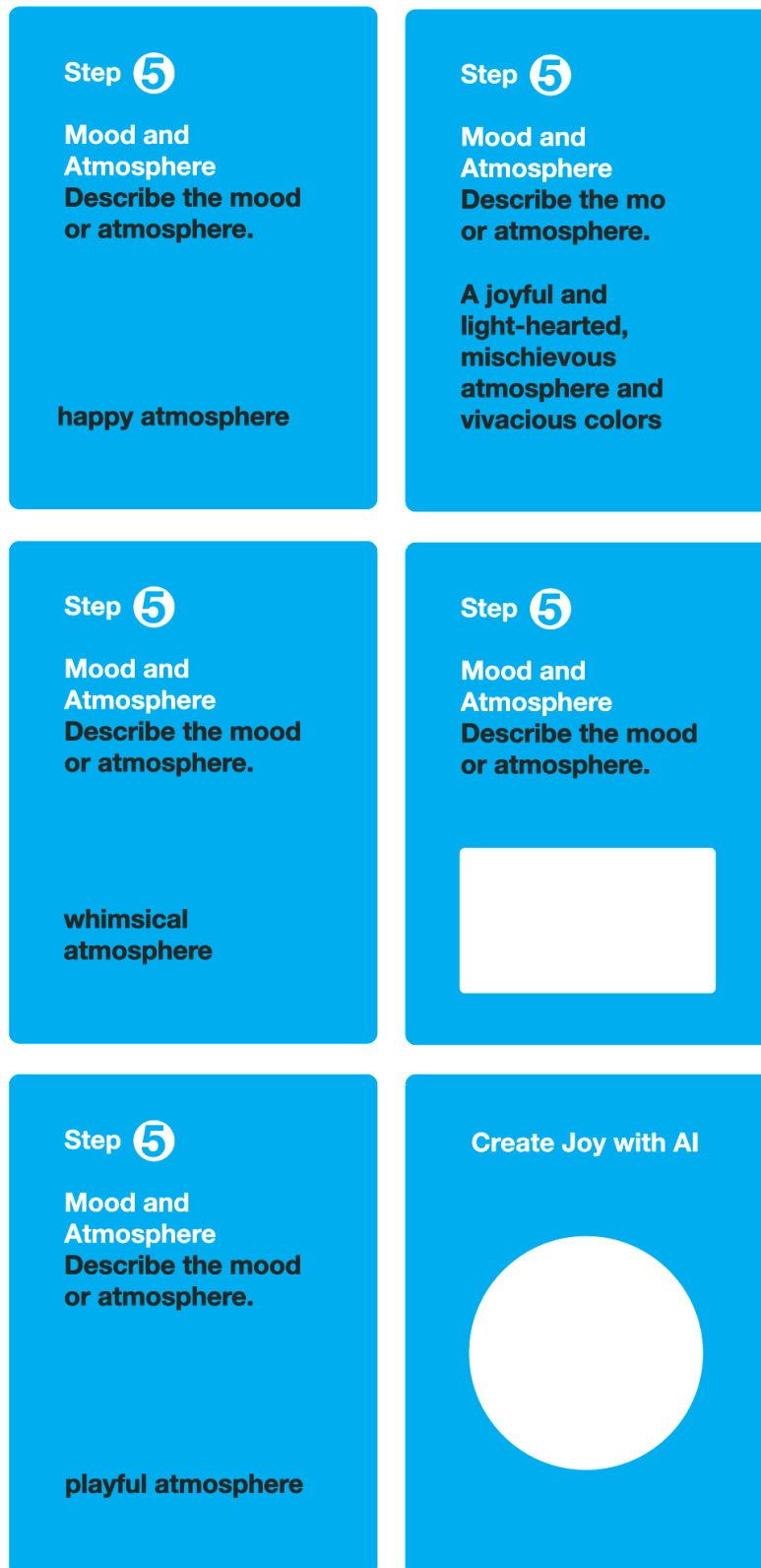
Appendix F.3: Create Joy with AI: GenAI Self-Directed Art Therapy Learning Flashcard–Step 3: Object Interaction.



Appendix F.4: Create Joy with AI: GenAI Self-Directed Art Therapy Learning Flashcard–Step 4: Setting.

Step 4 Setting Set the scene. Where is this happening? in a secret garden	Step 4 Setting Set the scene. Where is this happening? playful and joyous settings
Step 4 Setting Set the scene. Where is this happening? in a candy forest	Step 4 Setting Set the scene. Where is this happening? 
Step 4 Setting Set the scene. Where is this happening? on the exotic beach	Create Joy with AI 

Appendix F.5: Create Joy with AI: GenAI Self-Directed Art Therapy Learning Flashcard—Step 5: Mood and Atmosphere.



Appendix F.6: Create Joy with AI: GenAI Self-Directed Art Therapy Learning Flashcard—Step 6: Style or Era.

