

Efficacy of Transpersonal Art Intervention in Mitigating Relationship Trauma-Induced Distress among Young Adults: A Focus on Inner Peace

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Abstract

Objectives: Modernity promotes romance as critical life stages, but the loss of a relationship as a form of heartbreak severely affects inner peace quests which leads to depressed thinking patterns that threaten both emotional and physical health. Therapeutic approaches align with arts-based activities and spiritual techniques which create healing mechanisms that lead people expanding their vision of current hardships. The focus of this study investigates how both positive and negative relationship memories affect young adults' ability to forgive and show resilience and their tendency toward neurotic behavior while using pre-intervention measurement methods. **Methods:** The study examines how Transpersonal Art Intervention (TAI) affects these psychological aspects by comparing the data before and after the intervention. The research selects ten college students aged 18 to 25 from Kolkata who are experiencing romantic problems as its methodological sample. A pre-experimental design structure guides the research process by giving participants PANERT Scale, Heartland Forgiveness Scale, Connor Davidson Resilience Scale, and Depression Anxiety Stress Scale and repeating them before and after the intervention period. Analytical procedures encompass descriptive statistics and non-parametric tests (Wilcoxon and Mann Whitney U) via SPSS. **Results:** Study results affirm some aspects of the anticipated positive effects but also demonstrate that neurotic behavior is more negatively affected when thinking positively about a previous romantic partner when compared to negative reflection. **Conclusion:** The effectiveness of Transpersonal Art Intervention proves major in increasing forgiveness and resilience and decreasing neurotic tendencies because this demonstrates its significant impact on post-heartbreak mental health care for affected individuals.

Keywords: Forgiveness, Relationship Trauma, Neurotic Traits, Resilience, Transpersonal Art Intervention

The Transpersonal Art Intervention constructs an integrated healing method which combines artistic activities with principles from transpersonal psychology to create comprehensive emotional recovery. The method demonstrates special importance for psychological treatment of youth who face emotional trauma from ending romantic relationships. Breakups produce emotional problems that surpass momentary sadness which triggers severe psychological issues such as grief and anxiety and emotional instability in affected individuals. The mature developmental phases of young people are notably affected by these disruptions because identity formation stands essential for their essential emotional and psychological growth process (Arnett, 2000). Adults who experience relationship termination in their early lives encounter a major psychological event which influences their self-image and their potential future relationships (Erikson, 1968). The recovery process for young adults requires complete heartbreak treatment since these interventions directly support psychological development while maintaining their future emotional vitality.

The TAI methodology applies transpersonal psychology methods together with art therapy principals because it employs creative activities as emotional processing channels. Art functions energetically to let people express complicated feelings through nonverbal means thus enabling expression beyond words. Through externalization methods people obtain emotional and psychological insight which promotes awareness of feelings and emotional self-growth (Malchiodi, 2003). The therapeutic strategy holds particular worth for young adults because it helps them explore identity modifications from relationship failures while it reconstructs their unified self-concept (Allen, 1995). Through its therapeutic power TAI presents people with an effective tool to unite conflicting personality aspects and achieve self-unification (Grof, 2000).

The therapeutic capability of TAI gains strength through its attention to psychological variables including forgiveness along with resilience and neurotic tendencies. These vital components help people recover emotionally after suffering a broken heart. Counseling calls for complete forgiveness which means both forgiving oneself and others to achieve emotional healing (Brown 2003; Fredrickson 2001). Healing depends heavily on resilience because this capability helps patients overcome emotional breakdowns that appear following split-ups. People with neurotic tendencies frequently struggle to recover after losing a relationship because nerves magnify and make the process more complex (Brown, 2003). With its variable focus TAI creates an orderly method through which individuals can reach emotional stability as well as build sustained psychological resilience.

The establishment of TAI bases its theory on the initial transpersonal psychology concepts developed in the 1960s to transcend traditional psychoanalysis and behaviourism methods. Artistic practice within TAI utilizes Carl G. Jung's collective unconscious theory by allowing people to retrieve unconscious materials while integrating their psychological components (Jung, 1964). Charles T. Tart established in his research how creative engagement creates neurological and psychological advantages along with altered states of consciousness (Tart, 1972). The healing qualities of art in different cultural settings receive backing from Anderson (2005) and Preble, Preble, and Frank (2013) through their respective research findings. The intervention uses chakra healing and colour therapy as

spiritual elements to help people resolve physical and psychological health problems. The therapeutic techniques employ emotional and spiritual techniques which work toward restoring inner harmony in people (Johari, 1998; Judith, 2004; Azeemi & Raza, 2005). Potential deep transformation through recovery happens when one combines psychological healing with spiritual and emotional approaches (Myss, 1996).

Transpersonal Art Intervention provides an entire integrative strategy to treat emotional distress which develops after romantic relationship breakups. Through their fusion of artistic meditation and psychological methods alongside spiritual principles TAI enables young adults to find healing tools for dealing with heartbreak alongside resilience techniques and emotional recovery methods. Researchers consider the method to be an efficient remedy for people who face psychological difficulties after romantic relationships end.

LITERATURE REVIEW:

The exploration of psychology through spiritual lenses in transpersonal psychology puts its emphasis on complete healing methods. This approach understands human experiences to surpass standard boundaries because it emphasizes self-transcendence and spiritual growth together with inner peace attainment. Art therapy serves as an integration of transpersonal psychology with therapy because it combines creativity with emotional healing and psychological treatment methods. Through established psychological practice art therapy enables people to process emotions and explore themselves by creating art. Scientists suggest art therapy provides people access to their subconscious mind to generate meaningful expression from complex emotional processes according to Naumberg (1966). Art therapy shows particular benefit for persons who cannot easily express their emotions because they experience traumatic events.

Relationship Trauma and Its Impact on Mental Health

Relationship trauma among young adults develops into a major psychological stressor that causes them distress. During young adulthood when people develop their identities through interpersonal connections, they encounter powerful emotional situations in their romantic relationships which might cause emotional or interpersonal harm. According to Mikulincer and Shaver (2016) relationship trauma endangers the mental wellness of victims through depression and anxiety and emotional dysregulation development. Trauma in intimate relationships produces attachment-related wounds which appear as insecure feelings alongside fear together with diminished self-worth and cause lasting difficulties.

When mental health faces relationship trauma the effect becomes severe. Victims of trauma commonly display feelings of emotional detachment and problems building trust with others and establishing sound romantic bonds in the future. People who experience such trauma end up having complicated mental and emotional problems that require professional medical help for treatment.

Transpersonal Psychology in Trauma Healing

The spirituality combined with self-evolution forms the foundation of transpersonal

psychology which extends beyond traditional self-psychology during trauma recovery treatment. Transpersonal approaches to relationship trauma treatment emphasize individual self-healing and self-awareness to enable people to overcome harmful emotions so they can return to their higher consciousness and deeper self. Holotropic breathwork together with mindfulness practices demonstrate transpersonal techniques that help people handle repressed emotions and traumatic experiences by restoring their transpersonal self (Grof, 2000).

Through its tools transpersonal psychology enables people experiencing relationship trauma to transcend psychological suffering associated with previous relationships and find their inner peace back. The mindfulness techniques promote emotional regulation and self-acceptance according to Kabat-Zinn (2011). Transpersonal psychology teaches people to foster empathy and compassion and cultivate forgiveness since these skills form the foundation of healing relationship trauma.

Art Therapy as a Tool for Trauma Recovery

Through art therapy patients can effectively recover from trauma when they struggle to communicate their distress through normal speech. The artistic process enables one to express themselves while releasing emotional states and advancing their cognitive abilities. Through art therapy clients can observe emotional responses and face traumatic events and understand their experiences without being limited to simply verbalization according to Malchiodi (2020).

The fear of discussing traumatic experiences becomes very notable for young adult trauma survivors who are healing from relationship difficulties. Through art therapy for relationship trauma patients learn to express their inner pain by using symbolic and physically engaged methods of processing their experiences. The non-verbal nature of this method permits individuals to process specific emotions tied to relationship harm such as shame and guilt as well as grief (Kramer E. 2000). Through art productions which include drawing painting and sculpting people can communicate sophisticated feelings that many find challenging to voice.

Transpersonal Art Therapy: Integrating Spiritual and Creative Healing

The interaction between transpersonal psychology and art therapy produces transpersonal art therapy. Through this integrated framework emotional healing takes place by combining artistic activities with spiritual exercises. Art therapy with a transpersonal approach enables patients to leave behind personal boundaries in order to achieve spiritual self-reconnection leading to emotional and spiritual well-being. Franklin (2016) describes transpersonal art therapy as a practice which examines religious elements of human existence and demonstrates how creating art leads to transformative outcomes. The process involves artmaking activities which enable people to reach elevated states of consciousness that promote internal healing.

The healing process of both psychological and spiritual aspects for relationship trauma patients benefits tremendously from the application of transpersonal art therapy as an effective therapeutic tool. This process enables people to move beyond their private trauma through developing their inner peace together with discovering their authentic self. The artistic process in this system functions beyond pain

expression to become a mechanism that allows one to explore as well as enhance their spiritual essence.

Inner Peace and Mindfulness in Art Therapy

The core principle in transpersonal psychology focuses on developing inner peace inside individuals. Inner peace emerges through mindfulness which connects both transpersonal psychology and art therapy because it helps individuals accept the present moment. Practices of mindfulness help people accept their pain without criticism, so they develop better emotional reactions and gain stronger emotional strength (Siegel, 2007).

Transpersonal art therapy can develop mindfulness as people practice creating art. Focusing on artwork creation drives attention toward mindfulness thus allowing people to completely focus on what they are doing in the current time. Being mindful through art-making offers special support to those healing from relationship trauma because it creates a non-critical emotional connection with their feelings. Through the artistic process people achieve emotional balance as part of their mindfulness practice. People who engage in creative production gradually develop tranquillity along with emotional harmony. Such internal peace functions as a vital foundation for people who are healing from relationship damage because it acts like an emotional stabilizer during unstable moments.

The Role of Embodiment in Art Therapy

Art therapy requires embodiment methods to deliver proper treatment for trauma victims. Film director Van der Kolk reports (2014) that trauma stays within the body appearing through physical reactions which people display following exposure to previous traumatic experiences. Through approaches like guided drawing or body mapping in art therapy patients can retrieve and terminate their bodily retained trauma.

Embedded mindfulness techniques enable these methods to help patients establish bodily intuition while working towards emotional recovery. Art therapy techniques that involve embodied practices enable trauma patients to handle their experiences through mind-body integration therefore resulting in complete therapeutic recovery. Embodiment through this process helps young adults with relationship trauma to communicate blocked emotions while creating physical expressions of their pain to reach inner peace and integration.

Efficacy of Transpersonal Art Therapy in Trauma Healing

Transpersonal art therapy shows strong evidence as a treatment approach to reduce traumatic distress according to multiple research studies. Kaplan and Kaplan (2011) proved that art therapy as a creative expression enabled traumatized individuals to process their emotions toward healing through their research. Gantt, L. & Tripp, T. (2016) demonstrated through their research that art therapy yields the ability to build emotional strength and provide self-empowerment to traumatized patients in recovery. The healing process for relationship trauma becomes more effective through transpersonal art therapy because it helps develop crucial self-awareness together with emotional regulation capabilities and essential interpersonal skills.

Transpersonal art therapy provides total trauma recovery because it combines creative expression with spiritual practice to heal both emotional and spiritual aspects of patients during their

healing process. Transpersonal art therapy demonstrates its ability to reduce relationship trauma effects by providing complete emotional and mental and spiritual therapeutic benefit. Through the art-making process people learn to explore themselves while working through trauma and reaching peace within their being (Ahmadi, 2023). People who practice transpersonal psychology through meditation and self-examination can heal their attachment wounds and emotional instability which stem from relationship trauma according to Banerji (2024). This approach fosters self-awareness, resilience, and emotional regulation, vital in the recovery process (Bowers, 2019).

Transpersonal Art Intervention Program: A 3-Day Journey to Emotional Healing and Self-Discovery

This research develops a shortened version of Transpersonal Art Intervention group training spanning three days which aims to simplify access to therapy methods based on art intervention alongside CBT and DBT and mindfulness principles. This program follows the teachings of Susan I. Buchalter and Ivztan & Lomas about mindfulness and well-being to assist participants through their relationship trauma healing and develop stronger self-esteem and emotional strength. Every one-hour session of the program covers activities designed to help participants identify their thoughts as well as accept emotions while reconstructing behaviours and granting forgiveness while instilling hope and gratitude toward healing and seeking happiness. The program includes detailed second-to-second explanations about planned daily sessions together with their intended outcomes alongside necessary supplies and therapeutic effects that participants should experience.

- 1. Thought Identification with Honesty:** This activity aids in cultivating mindfulness and self-awareness, allowing participants to observe their thoughts and emotions objectively, which is crucial for healing and personal growth.
- 2. Acceptance of Emotions:** Encourages emotional acceptance and resilience, emphasizing the ability to navigate through and recover from emotional turbulence by acknowledging and expressing repressed feelings.
- 3. Rebuild the Behaviour:** Focuses on shifting perspectives from blame to self-improvement and manifestation, promoting a proactive stance on personal happiness and relationship satisfaction.
- 4. Taking the Responsibility of Forgiveness:** Facilitates emotional release and closure, underscoring the healing power of forgiveness in moving past resentment and self-criticism towards a place of peace and acceptance.
- 5. Be the Positive Energy (Hope and Gratitude):** Cultivates a mindset of hope and gratitude, essential components for building a positive outlook on life and fostering emotional resilience.
- 6. Be the Positive Energy (Healing and Happiness):** Encourages participants to embrace healing and find happiness within themselves, highlighting the importance of self-care and positive emotional engagement in achieving well-being.

METHODS

Research Design:

A Pre-Experimental Design serves as the foundation for this study since it examines how Transpersonal Art Intervention affects young adults dealing with post-romantic relationship heartbreak. The research evaluates individual-level changes along with Intervention impacts on forgiveness and resilience and neurotic tendencies by employing both nomothetic psychometric assessment and idiographic hypothesis evaluation. This research employed a pre-test and post-test design for observing therapeutic effects which occurred offline among group participants.

Statement of the Problem:

The study seeks to explore the connection between positive and negative thoughts about past relationships in addition to assessing how well Transpersonal Art Intervention affects forgiveness and resilience and neurotic tendencies in young adults.

Research Objectives:

1. To assess the impact of positive and negative ex-relationship thoughts on forgiveness, resilience, and neurotic tendencies among young adults aged 18-25 through pre-Intervention data analysis.
2. To evaluate the effectiveness of Transpersonal Art Intervention in altering levels of forgiveness, resilience, and neurotic tendencies by comparing pre- and post-Intervention data.

Hypotheses:

1. **HO1:** There is no significant difference in pre-Intervention measures of positive and negative ex-related thoughts concerning forgiveness, resilience, and neurotic tendencies.
2. **HO2:** No significant difference exists between pre- and post-Intervention measures of forgiveness.
3. **HO3:** There is no significant difference in resilience between pre- and post-Intervention measures.
4. **HO4:** No significant difference is observed in neurotic tendencies between pre- and post-Intervention measures.

Operational Definitions:

- **Positive and Negative Ex-Relationship Thought:** Cognitive styles regarding past relationships, characterized as either positive or negative reflections on the former partner.
- **Forgiveness:** A psychological process enabling individuals to overcome grievances and resentments toward oneself, others, or circumstances.
- **Resilience:** The capacity to recover from difficulties; a measure of how individuals psychologically withstand or bounce back from stress, adversity, and trauma.
- **Neurotic Tendencies:** Behavioural patterns or psychological states that indicate a higher level of stress, anxiety, depression, or other emotional instability.

Sample and Techniques:

The study sampled ten college students from Kolkata, aged 18-25, employing purposive sampling to select individuals who have experienced romantic relationship heartbreak within the last six months. Data were collected through self-report questionnaires in an offline group setting to ensure a controlled environment for administering pre- and post-tests.

Inclusion and Exclusion Criteria:**Inclusion Criteria:**

- Individuals aged 18-25 years.
- Those who have experienced romantic relationship heartbreak in the past six months.

Exclusion Criteria:

- Individuals currently in another relationship and reporting functional well-being.

Variables:

Primary variables include Positive and Negative Ex-Relationship Thought, Forgiveness, Resilience, and Neurotic Tendencies. Demographic variables encompass Name, Age, and Gender.

Instruments:

1. **PANERT Scale** (Rachel E. Brenner, 2015): A 20-item measure assessing cognitive styles towards past relationships.
2. **Heartland Forgiveness Scale (HFS)** (Laura Thompson et al., 2005): An 18-item scale measuring forgiveness self, others, and situations.
3. **Connor Davidson Resilience Scale (CD-RISC)** (Connor & Davidson, 2003): A 25-item scale evaluating resilience levels.
4. **Depression Anxiety Stress Scale (DASS)** (Lovibond & Lovibond, 1995): A 21-item scale measuring depression, anxiety, and stress indicators.

Procedure:**Pre-Test Phase:**

1. The study selects participants through inclusion criteria before requesting them to complete relationship status questionnaires to confirm enrolment.
2. Participants receive the Positive and Negative Ex-Relationship Thoughts (PANERT) Scale which determines their cognition about former relationships. The evaluation of the PANERT Scale establishes the starting point for investigating the independent variable in this research.
3. Participants proceed to take the Heartland Forgiveness Scale (HFS) and the Connor-Davidson Resilience Scale (CD-RISC) and the Depression Anxiety Stress Scale (DASS) for initial assessments of forgiveness together with resilience and neurotic tendencies.

Intervention Phase:

Participants undergo a 3-day Transpersonal Art Intervention program divided into six sessions. Each session lasts one hour and is held in an offline group setting with 10-15 participants. The sessions are designed to focus on specific therapeutic activities intended to address and modify thoughts, emotions, and behaviours related to past relationship experiences.

Day 1 Activities:

1. Thought Identification with Honesty:

- Materials Required: Drawing A4 paper, colour pencils, pens, pastels.
- Activity Details: The participants listen to reiki music during a mandala meditation session to notice and accept the thoughts and sensations and emotional experiences that appear mostly associated with former relationship pain. Participating clients are guided through a body-and-mind illustration process during which they should indicate pain areas using negative-coloured markers alongside their emotional and thought experiences. This identification method enables participants to detect when such thoughts or emotions affect their overall health status.

2. Acceptance of Emotions:

- Materials Required: Same as the previous activity.
- Activity Details: People who complete the thought identification exercise receive a Taoist story about adapting to life situations. The breathing exercise with contemplative music guides participants to reach inner peace through personal and emotional connection. The participants use visual art as a form to depict their emotions which represent their path and strength during difficult times.

Day 2 Activities:

1. Rebuild the Behaviour:

- Materials Required: Drawing A4 paper, colour pencils, pens, pastels.
- Activity Details: The participants engage in body scanning meditation to grow their self-knowledge before doing artistic work on future relationship visualization that emphasizes their desired personal traits and behavioural changes. The visual representation functions as a formal dedication to achieving growth that converts into favourable relationship results.

2. Taking the Responsibility of Forgiveness:

- Materials Required: Same as the previous activities.
- Activity Details: Through guided meditation, participants work on forgiving others and themselves for past grievances, visually representing this forgiveness through heart drawings coloured in healing tones. This process includes acknowledging pain points and surrounding them with symbols of healing and learning.

Day 3 Activities:

1. Be the Positive Energy (Hope and Gratitude):

- Materials Required: Drawing A4 paper, colour pencils, pens, pastels.
- Activity Details: Participants construct a spinal representation of their power by adding colour and thankful messages that represent their hope and self-affection. The session includes subjects drawing plants surrounding their spine together with leaves which feature thank-you notes for different aspects of their existence.

2. Be the Positive Energy (Healing and Happiness):

- Materials Required: Same as the previous activities.
- Activity Details: The final activity involves drawing a bowl filled with colours that represent healing, surrounded by notes of things that bring happiness to the participant. This symbolic act encourages participants to focus on the sources of joy and contentment in their lives.

The 3-day Transpersonal Art Intervention program uses therapeutic art and mindfulness practices together with cognitive-behavioural strategies for participants to build emotional skills. The activities help participants build stronger self-knowledge, foster emotional resilience, and cultivate a positive outlook towards life and relationships.

Post-Test Phase:

1. The participants take the PANERT and HFS and CD-RISC and DASS again after finishing their work in the Intervention program to study changes in cognitive style and forgiveness dimensions alongside resilience and neurotic traits.
2. The post-Intervention measurements serve to directly compare Intervention results with baseline data for determining the outcome effectiveness of Transpersonal Art Intervention techniques.

Test Scales and Their Reliability and Validity:

PANERT Scale:

- Designed to capture an individual's cognitive approach to reminiscing about past relationships.
- The reliability and validity in the Indian context would need to be confirmed through a separate validation study, ideally with a large and diverse sample to establish its psychometric properties.

Heartland Forgiveness Scale (HFS):

- Measures forgiveness of self, others, and situations with both positively and negatively worded items on a 7-point scale.
- Previous research indicates that HFS has good reliability and construct validity, with Cronbach's alpha typically above 0.70, suggesting acceptable internal consistency.

Connor-Davidson Resilience Scale (CD-RISC):

- Comprises 25 items that assess various aspects of resilience.
- The CD-RISC has demonstrated high internal consistency, with Cronbach's alpha often reported around 0.89, and has been validated across different cultures.

Depression Anxiety Stress Scale (DASS):

- A 21-item self-report instrument measuring depression, anxiety, and stress.
- The DASS is widely used and has been found to have high internal consistency (Cronbach's alpha values ranging from 0.81 to 0.97) and convergent and discriminant validity.

DATA ANALYSIS**Table 1: Effects of Positive Ex-Relationship Thoughts on Forgiveness, Resilience, and Neurotic Tendencies in Young Adults**

Category	Z Score	Asymptotic Significance (2-tailed)	Significance Level
SELF-FORGIVENESS	-1.072	0.014	Negatively Significant
SITUATION-FORGIVENESS	-0.94	0.343	Not Significant
OTHER-FORGIVENESS	0	1	Not Significant
FORGIVENESS	-2.803	0.065	Negatively Significant
RESILIENCE	-2.805	0.05	Negatively Significant
ANXIETY	-2.82	0.005	Negatively Significant
DEPRESSION	-2.553	0.011	Negatively Significant
STRESS	-2.255	0.024	Negatively Significant

Effect of Positive Ex Relationship Thoughts:

- Analysis shows that positive thoughts about an ex-partner relationship produce statistically no significant impacts on forgiveness, but a negatively significant effect on resilience, anxiety, depression, and stress levels. Participants showing positive thoughts about their ex-relationships scored significantly lower on self-forgiveness and resilience measures and recorded higher results in depression, stress, and anxiety measures.
- The variable ‘self-forgiveness’ showed a statistically significant negative effect, suggesting that positive ex-relationship thoughts hinder self-forgiveness. Similarly, resilience was negatively impacted, indicating reduced capacity to bounce back from adversity. Additionally, anxiety, depression, and stress levels were significantly higher for participants with positive thoughts about their ex-relationships.

- The variables ‘situation-forgiveness’ and ‘other-forgiveness’ showed no significant effects during the study, indicating that positive relationship reflections did not produce measurable effects within these domains.

Table 2: Effects of Negative Ex-Relationship Thoughts on Forgiveness, Resilience, and Neurotic Tendencies in Young Adults

Category	Z Score	Asymptotic Significance (2- tailed)	Significance Level
SELF- FORGIVENESS	-0.715	0.475	Not Significant
SITUATION- FORGIVENESS	-0.97	0.332	Not Significant
OTHER- FORGIVENESS	-0.511	0.009	Negatively Significant
FORGIVENESS	-2.803	0.005	Negatively Significant
RESILIENCE	-2.803	0.005	Negatively Significant
ANXIETY	-2.033	0.042	Negatively Significant
DEPRESSION	-1.684	0.092	Not Significant
STRESS	-1.123	0.261	Not Significant

Effect of Negative Ex Relationship Thoughts:

- Positive thoughts Analysis shows that negative thoughts about a previous relationship appear to negatively affect forgiveness, resilience, anxiety, depression, and stress levels. Participants showing negative thoughts about their ex-relationships scored significantly lower on forgiveness and resilience measures and recorded higher results in anxiety, depression, and stress measures.
- The variable ‘self-forgiveness’ showed no significant effect, indicating that negative thoughts about an ex-partner did not affect one's ability to forgive themselves. Similarly, ‘situation-forgiveness’ showed no significant effects, suggesting that such thoughts did not impact forgiveness toward specific situations.
- The variables ‘other forgiveness’, ‘forgiveness’, and ‘resilience’ showed statistically significant negative effects, indicating that negative ex-relationship thoughts hinder forgiveness in general and toward others, as well as reducing resilience.
- The variables ‘anxiety’, showed significant negative effects, indicating that negative thoughts about an ex-partner were associated with higher anxiety.

- The variables ‘depression’ and ‘stress’ showed no significance, while anxiety, forgiveness, and resilience had stronger statistical significance, highlighting the broader emotional and psychological impact of negative relationship thoughts.

Table 3: Comparison of Psychological Measures Between Two Groups Using Mann – Whitney U Test.

Measures	Group 1 (Before the intervention)	Group 2 (After the intervention)	Mean Rank 1	Mean Rank 2
SELF	10	10	5.9	15.1
OTHERS	10	10	8.35	12.65
SITUATION	10	10	7.15	13.85
FORGIVENESS	10	10	6.3	14.7
RESILIENCE	10	10	7.4	13.6
DEPRESSION	10	10	14.7	6.3
ANXIETY	10	10	13.8	7.2
STRESS	10	10	14.9	6.1

- **SELF:** The self-perception of participants seems to have improved following the intervention, as indicated by the increase in the mean rank from 5.9 to 15.1.
- **OTHERS:** Perceptions or feelings regarding others have also shown improvement post-intervention, with the mean rank increasing from 8.35 to 12.65.
- **SITUATION:** There's an improvement in how participants perceive their situations after the intervention; the mean rank rose from 7.15 to 13.85.
- **FORGIVENESS:** The ability to forgive (whether oneself, others, or the situation) increased significantly after the intervention, with the mean rank going up from 6.3 to 14.7.
- **RESILIENCE:** Participants' resilience, or their ability to recover from difficulties, improved post-intervention; this is reflected in the increase in mean rank from 7.4 to 13.6.
- **DEPRESSION:** The intervention appears to have a substantial impact on reducing depressive symptoms, as the mean rank decreased from 14.7 to 6.3.
- **ANXIETY:** Like depression, anxiety levels decreased following the intervention, with the mean rank dropping from 13.8 to 7.2.
- **STRESS:** Stress levels also saw a significant reduction after the intervention, as evidenced by the decrease in mean rank from 14.9 to 6.1.

Overall, the intervention seems to have had a positive effect on all the measured psychological variables. There was a notable improvement in positive attributes like self-perception, perception of others, situational interpretation, forgiveness, and resilience. Meanwhile, there was a significant decrease in the negative psychological attributes of depression, anxiety, and stress. These changes

suggest that the Intervention was effective in enhancing the mental well-being of the participants post-heartbreak.

Table 4: Statistical Analysis of Psychological Measures Pre- and Post-Intervention Using Mann-Whitney U Test

Category	Pre-Therapy	Post Therapy	P Value	Significance Level
SELF	4	59	0	Significant
OTHERS	28.5	83.5	0.102	Not Significant
SITUATION	16.5	71.5	0.011	Significant
FORGIVENESS	8	63	0.001	Significant
RESILIENCE	19	74	0.019	Significant
DEPRESSION	8	63	0.001	Significant
ANXIETY	17	72	0.012	Significant
STRESS	6	61	0.001	Significant

- **SELF:** The test result is significant ($p < .001$), suggesting a statistically significant difference between the two groups on this measure post-Intervention.
- **OTHERS:** The result is not significant ($p = .102$), indicating no statistically significant difference between the groups regarding their thoughts or feelings about others.
- **SITUATION:** The difference is significant ($p = .011$), showing a change in how participants perceive their situation after the intervention.
- **FORGIVENESS:** There is a significant result ($p = .001$), indicating the intervention had a substantial impact on the participants' levels of forgiveness.
- **RESILIENCE:** This measure also shows a significant difference ($p = .019$), suggesting improved resilience following the Intervention.
- **DEPRESSION:** The intervention seems to have significantly reduced depressive symptoms ($p = .001$), indicating its effectiveness.
- **ANXIETY:** The result is significant ($p = .012$), meaning there was a statistically significant reduction in anxiety levels post-intervention.
- **STRESS:** The test indicates a significant reduction in stress ($p < .001$), suggesting the Intervention effectively mitigated participants' stress.

Overall, except for the measure "OTHERS," all other measures showed significant changes post-Intervention, suggesting that the intervention had a positive impact on self-perception, situational perception, forgiveness, resilience, depression, anxiety, and stress among the participants. This overall trend suggests the efficacy of the therapeutic intervention in enhancing mental health and well-being.

RESULTS

The research evaluated Transpersonal Art Intervention (TAI) as a possible solution to decrease psychological distress after relationship breakups among young adults. The pre-experimental design served to evaluate how individuals who reflect on their past relationship experiences demonstrate change in psychological areas like forgiveness along with resilience and their neurotic behaviours involving stress depression and anxiety. This research examined both psychological factors affected by TAI alongside specific evaluations of the TAI intervention.

Effects of Reflecting on Past Relationships

People showed different psychological responses when thinking about their former love relationships because their thoughts were either positive or negative. Those who had positive memories about past relationships showed major negative consequences for their self-forgiveness capabilities alongside damaging results for both resilience and their anxiety and depression along with stress levels. Self-forgiveness along with resilience decreased in participants who imagined their previous relationship positively which demonstrated their difficulty in forgiving themselves and moving on. The participants demonstrated increased depression and stress, and higher anxiety triggers due to their positive memories from past relationships according to research data. Participants who looked back on their relationships with positive emotions did not demonstrate better forgiveness either toward others or situations.

Participants who had negative thoughts about their past relationships displayed decreased forgiveness and increased feelings of anxiety as well as resilience problems. Negative reflections about previous romantic relationships led the participants to show both a decline in their ability to forgive others as well as lower levels of resilience. The analysis shows that negative thinking about the end of previous relationships prevents emotional healing along with forgiveness processes. The study established that negative reflections produced a strong positive relationship with higher anxiety scores. Negative reflections did not significantly affect depression or stress despite the participants' difficulty with forgiveness and resilience.

The Therapeutic Effects of Transpersonal Art Intervention

The evaluation of pre-intervention and post-intervention results demonstrates the therapeutic value of TAI. All examined psychological variables showed measurable progress during the session. All subjects demonstrated major improvements in their own assessment, understanding of situations and perspectives about other individuals.

The results showed significant improvements in forgiveness and resilience which suggests how TAI aids in emotional recovery in cases of romantic heartbreak. The statistical data showed a

considerable reduction in neurotic tendencies after participants engaged in TAI because the subjects demonstrated marked decreases in melancholy as well as lowered anxiety and stress levels. The collected data demonstrate that TAI represents an effective instrument for minimizing psychological distress from heartbreak by allowing people to attain emotional serenity and balance.

The statistical robustness of the Mann-Whitney U Test supported these observations, confirming the statistical significance of the improvements in forgiveness, resilience, and neurotic tendencies after the intervention (all p -values $< .05$), except for perceptions of others, which did not exhibit a statistically significant change ($p = .102$). Despite this exception, the substantial evidence strongly supports the effectiveness of TAI as a transformative therapeutic approach for young adults dealing with the consequences of ending romantic relationships.

DISCUSSION

The research analyses Transpersonal Art Intervention (TAI) as a tool to decrease heartbreak suffering. The outcomes from this study establish remarkable research results that boost understanding within psychological therapy domains. The comprehensive impact of maintaining pleasant and distressing thoughts about previous relationships along with the restorative nature of Transpersonal Art Integration (TAI) validates incorporating art-based and transpersonal therapeutic methods in helping young adults in recovery from romantic breakups.

The Duality of Reflecting on Past Relationships

Both positive and negative recall of past experiences produce unwanted psychological effects on forgiveness mechanisms and resilience factors and neurotic patterns thus advancing knowledge of complex memory roles in emotional recovery. Research by King and colleagues (2020) supports the finding that sincere memories often lead to worsened emotional pain since they block acceptance progress while extending emotional attachment and making recovery harder. Therapeutic researchers should implement targeted treatments because this research indicates these complex memory aspects require specific attention in relationship-end situations. An individual loses both forgiveness and resilience when dwelling on negative thoughts. This observation supports the study conducted by Afifi et al. (Afifi et al., 2021) which proves the negative impact of thinking about past relationship issues on recovery potential. Neglecting appropriate therapeutic intervention makes it essential to assess previous relationships properly because this helps avoid the damaging consequences of toxic thoughts.

The effectiveness of transpersonal art intervention

The TAI (Transpersonal Art Intervention) demonstrates advantages in forgiveness growth together with resilience development and neurotic tendencies reduction which match transpersonal psychology core concepts. Constant interaction with transpersonal art has demonstrated its capability to begin significant psychological transformations. Grof (Grof, 2000) supports this discovery by explaining how art enables therapeutic advantages when people transcend typical levels of consciousness. TAI delivers this capability by provoking deep self-examination which guides the reshaping of emotional domains while allowing healing to occur and personal advancement.

The therapy program delivered significant positive results in decreasing neurotic tendencies among participants. McNiff (2004) in his research showed that creative artistic activities provide non-verbal methods for people to express and process their inner emotions and control them better. Evidence shows TAI can work as an effective tool to decrease anxiety and despair and tension experienced by people undergoing heartbreak repair therefore expanding present treatment choices.

Implications in Theory and Practice:

The study makes important theoretical contributions because it adds to the discussion regarding heartbreak effects on mental health and art therapy effects during intervention. This research proves TAI to be an effective therapeutic method which delivers practitioners a newly available strategy to help clients emotionally recover and attain psychological wellness after painful experiences.

Limitations and Prospects for Further Investigation:

Although this study offers encouraging results, it does have certain constraints. The current sample size, while adequate for an initial inquiry, requires enlargement in future research to improve the ability to apply the findings to a wider population. Moreover, the study's dependence on self-report measures increases the possibility of response bias, indicating the need for the inclusion of more objective measures in future investigations.

Subsequent studies should investigate the long-term consequences of TAI, specifically analysing its enduring influence on mental well-being. Moreover, investigating the application of TAI in various cultural settings would provide valuable knowledge on the widespread applicability and flexibility of this treatment method.

CONCLUSION

Ultimately, this study presents convincing proof of the effectiveness of Transpersonal Art Intervention in alleviating the emotional suffering linked to romantic heartbreak. TAI is a powerful therapeutic approach for promoting emotional healing and resilience in young adults by exploring the complex complexities of past relationships and utilizing the transforming power of art. This research enhances the overall comprehension of therapeutic interventions by emphasizing the importance of combining art and transpersonal psychology in therapeutic practices to address the intricate emotional needs of individuals going through heartbreak.

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