

5-2018

The Fear of Aging and the Self: A Heuristically Influenced Study

Leia R. Steingart

Loyola Marymount University, LeiaSteingart@gmail.com

Follow this and additional works at: <http://digitalcommons.lmu.edu/etd>



Part of the [Art Therapy Commons](#)

Recommended Citation

Steingart, Leia R., "The Fear of Aging and the Self: A Heuristically Influenced Study" (2018). *LMU/LLS Theses and Dissertations*. 490.
<http://digitalcommons.lmu.edu/etd/490>

This Research Projects is brought to you for free and open access by Digital Commons @ Loyola Marymount University and Loyola Law School. It has been accepted for inclusion in LMU/LLS Theses and Dissertations by an authorized administrator of Digital Commons@Loyola Marymount University and Loyola Law School. For more information, please contact digitalcommons@lmu.edu.

THE FEAR OF AGING AND THE SELF, HEURISTIC INFORMED STUDY

by

Leia Rachel Steingart

A research paper presented to the

FACULTY OF THE DEPARTMENT OF
MARITAL AND FAMILY THERAPY
LOYOLA MARYMOUNT UNIVERSITY

In partial fulfillment of the
requirements for the degree
MASTER OF ARTS

May, 2018

ABSTRACT

This research paper is an art-based heuristic influenced study on the fear of aging and the self using an art-based modality of exploration. The researcher sought to study three questions. First, to explore the relationship between aging, beauty, youth, and social pressures. Second, to explore the fears related to aging, (losing appearances, finance, health, and death). Thirdly, to considering the implications of findings to the clinical realm. The art based methodology offered a form of investigation which, informed by heuristic steps of inquiry, augmented both personal meaning and growth. Data consisted of art made over a three-month period as well as structured journaling regarding the research questions and art making process. The imagery, journaling and observations were then collected during the illumination and explication phase, culminating in a final art response of the findings in a creative synthesis.

Keywords: aging, fear, heuristic research, art based research.

For more information about this research please contact:

Leiaseingart@gmail.com