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Leia R. Steingart

Loyola Marymount University, LeiaSteingart@gmail.com

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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
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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