

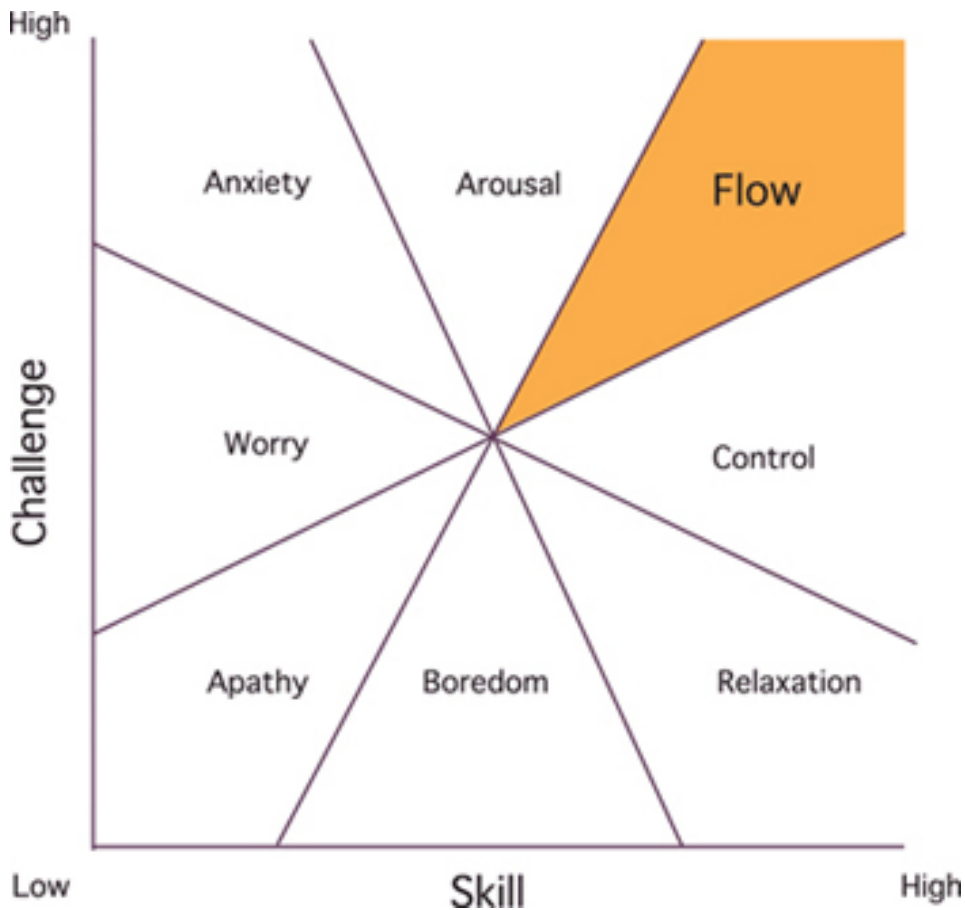


# Creating the Aesthetic Experience Questionnaire

The relationship between viewing art and well-being

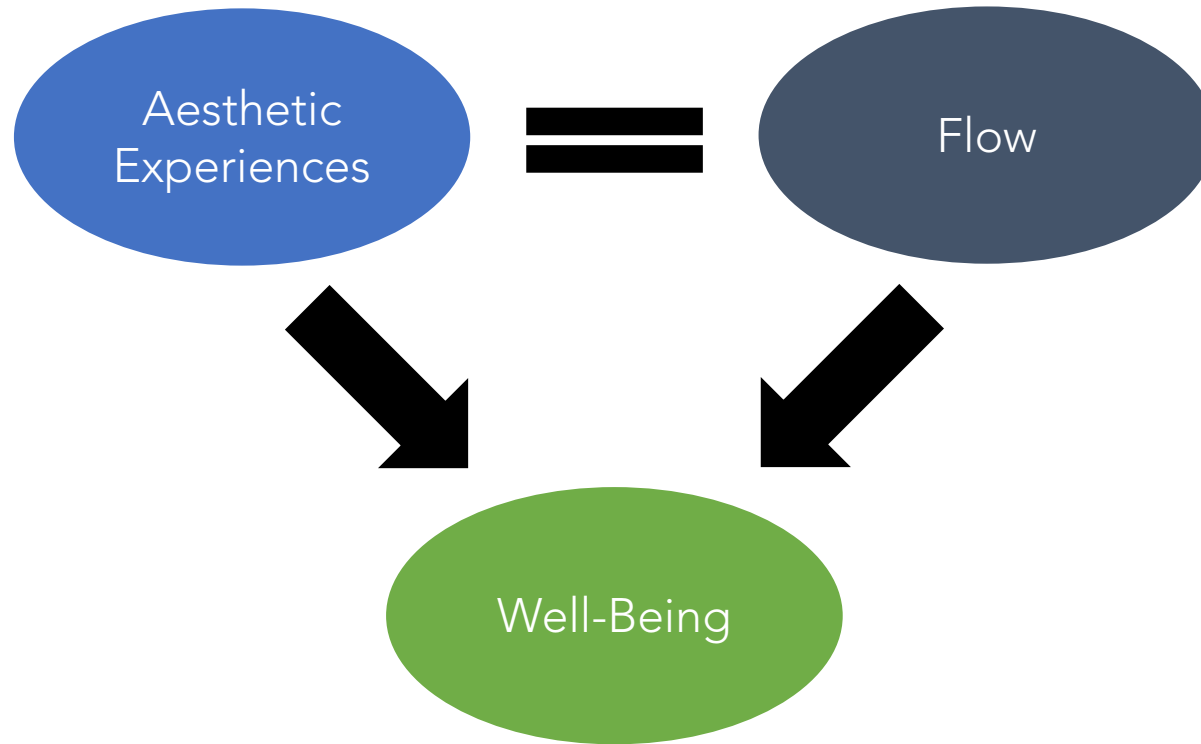
Dana L. Wanzer, MA and Kelsey A. Procter, MA

# What are aesthetic experiences?



1. Perceptual
2. Emotional
3. Cognitive
4. Communicative

# Relationships with Well-Being?



Are aesthetic experiences related to life satisfaction and meaning in life?



# Creating the AEO

Item  
Generation

Survey

Factor  
Analyses

Validation

Well-  
Being

Next  
Steps

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# THE ART OF SEEING

*An Interpretation of the Aesthetic Encounter*



MIHALY CSIKSZENTMIHALYI · RICK E. ROBINSON

Item  
Generation

# Survey Procedures

Screenener

Main Survey

Qual

Last experience  
viewing art

Scales

AEQ

SWLS & MLQ

OE, CEI, IS

Background

Demographics

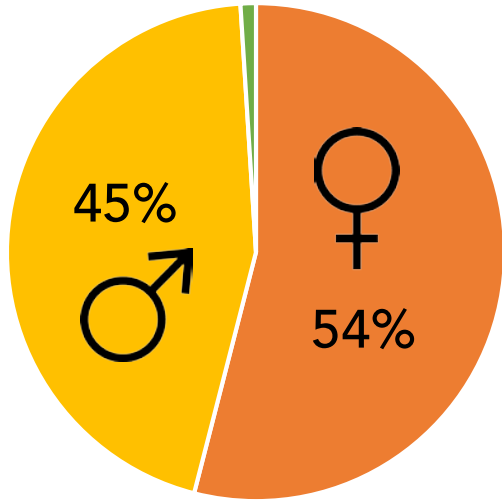
Artistic Experience



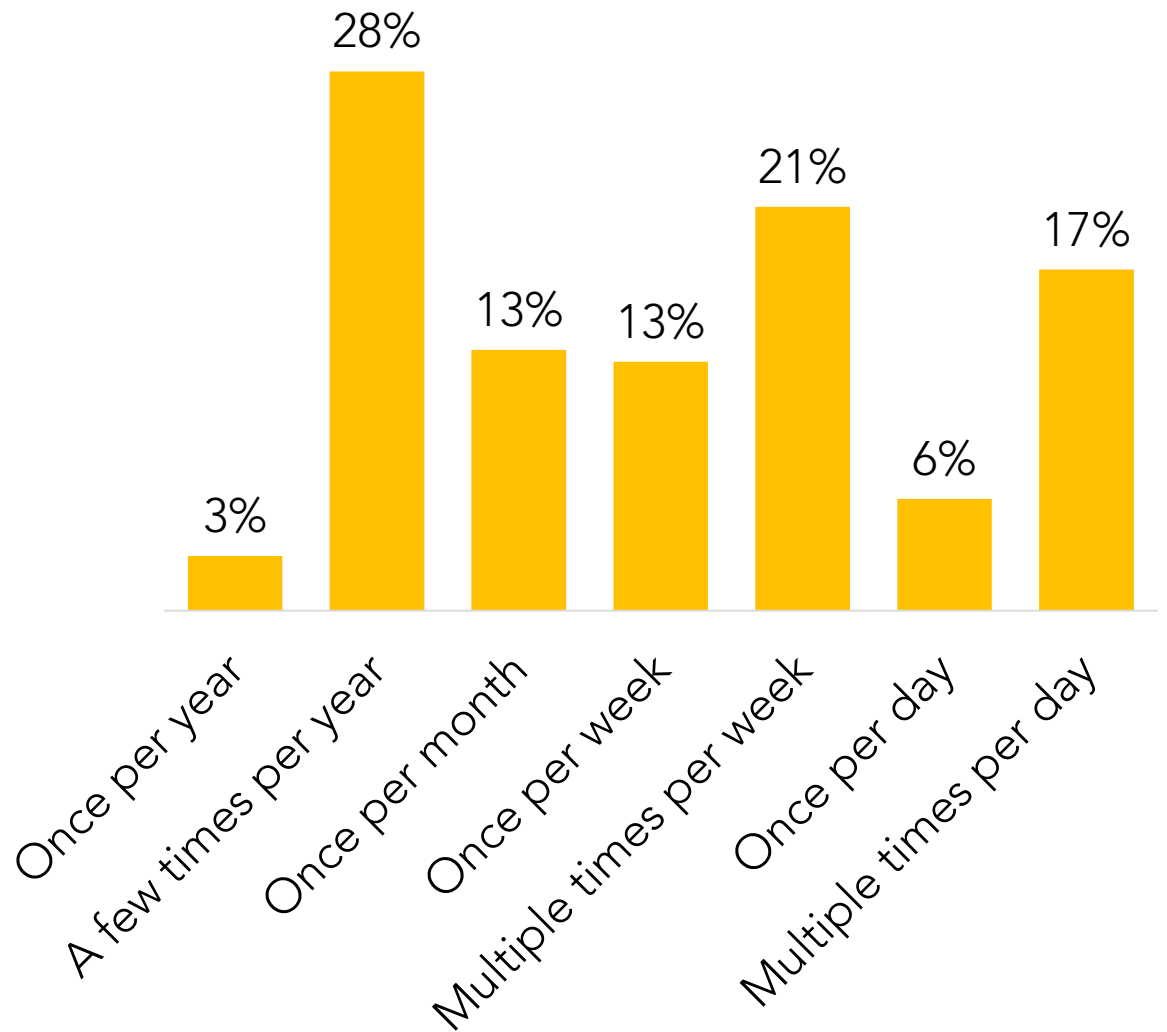
amazon mechanical turk  
beta

Item  
Generation

Survey



35 (10.6) years old  
 < \$75k income  
 College-educated



19.5% ever worked in art-related job

7.8% received art-related degree

Item  
 Generation

Survey

# Principal Axis Factoring with oblique (direct oblimin) rotation

## Hypothesized

- Perceptual
- Emotional
- Communicative
- Cognitive
- Flow

## Resulting

- Perceptual
- Emotional
- Cultural
- Personal
- Experiences
- Conditions

$\alpha$ 's: AEQ = .904; subscales = .686-.839

Item  
Generation

Survey

Factor  
Analyses



Cultural	Personal
I compare the past culture of the art with present-day culture. (Cm)	I try to understand the work completely. (Cg)
I see the work of art as an extension of its time period. (Cm)	I try to understand what the artist is trying to communicate. (Cm)
I try to place the work of art in its historical context. (Cg)	I gain new insights the work of art itself. (Cg)
I relate it to other works of art. (Cg)	I see the work of art as an extension of the artist. (Cm)

**Cg = Cognitive, Cm = Communicative**

Item  
Generation

Survey

Factor  
Analyses

# Convergent Validity

## Correlations with AEO

Inspiration Scale	$r = .45, p < .001$
Openness to Experience Scale	$r = .43, p < .001$
Curiosity and Exploration Inventory-II	$r = .26, p < .001$

Item  
Generation

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Factor  
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Validation

# Qualitative Examples

Factor	Sample Response
Perceptual	"I always love enjoying all of the <u>little details</u> that make up the piece and finding something new..."
Emotional	"Staring at the piece I felt like I was in a forest and lost in a world of trees and fog. It was an <u>intense and positive</u> experience."
Cultural	"I was viewing Greek and Russian iconography on some of the websites of monasteries on Mount Athos in Greece. It was a very positive experience, because it enabled me to gain <u>breadth of knowledge</u> regarding my faith; putting more <u>historical context</u> and foundation to it."
Personal	"... it appear[ed] to have a message of <u>what the artist may have gone through</u> at the time of the painting (emotions like anger, disgust, envy, happiness, all sorts of emotions)."
Flow	"The art piece <u>required most of my attentions</u> so I was able to <u>phase out other distractions</u> such as the people in the room with me."

Item  
Generation

Survey

Factor  
Analyses

Validatio  
n

## AEQ Individual Differences

Art Frequency  $r = .19, p < .001$

Art Training  $r = .14, p = .012$

Art Degree  $t(300) = 2.254, p = .025$  (Degree > None)

Art Job  $t(330) = .86, p = .392$

Gender  $t(328) = 3.21, p = .001$  (Females > Males)

Age  $r = .18, p = .001$

Income  $r = -.14, p = .014$

Education  $r = -.16, p = .005$

Item  
Generation

Survey

Factor  
Analyses

Validation

# Relationships with Well-Being

## Correlations with AEQ

Search for Meaning (MLQ)	$r = .20, p < .001$
Presence of Meaning (MLQ)	$r = .15, p = .007$
Satisfaction with Life Scale (SWLS)	$r = .02, p = .756$

Item  
Generation

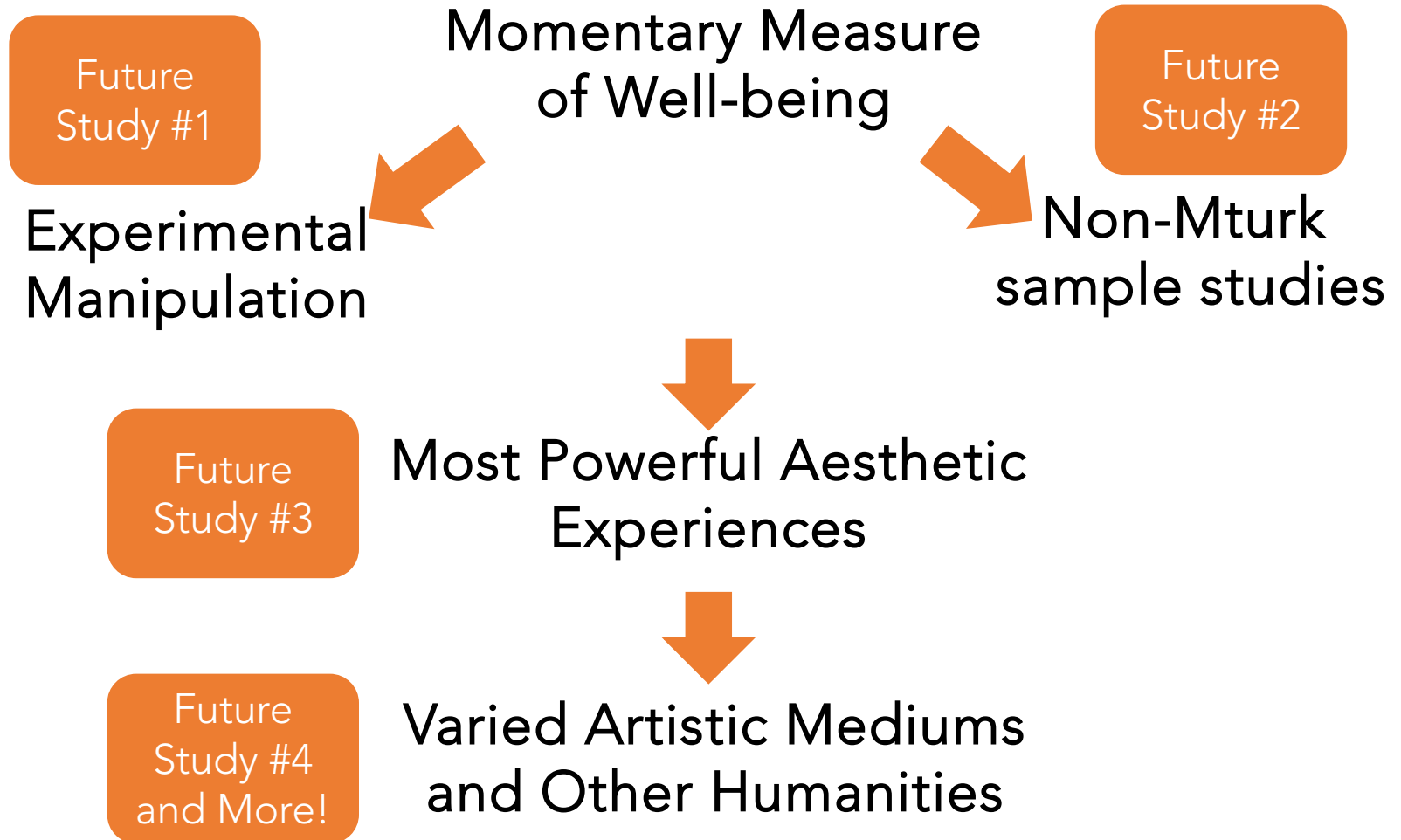
Survey

Factor  
Analyses

Validation

Well-  
Being

# Next Steps!



Item  
Generation

Survey

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Next  
Steps



**Thank you!**