

“Art is the Language of Emotions”

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Abstract

Art, in its many forms, transcends the boundaries of spoken language and communicates directly with the human soul. “Art is the language of emotions” explores how visual, auditory, and per formative expressions articulate complex emotional landscapes that words often fail to convey. This perspective emphasizes the universality of art, suggesting that emotions are experienced and understood universally, regardless of cultural or linguistic differences. Through various mediums—painting, sculpture, music, dance, and literature—artists create visual and sensory representations that evoke emotional responses, offering an outlet for both the creator and the observer to process and understand emotions. Emotions and the views are mingled by the art. So art is a kind of language or the representation. As we convey our views through language, in the same way we do the same through artifacts. Art considered as a communication of feelings. Art is language of feelings and stimulates the mental condition. some example have been given in the paper. Leonardo said that “The object created by an artist are based upon his inner feelings”. So art images are representation of the emotions of the artist. I must say that art is the only form by which some one could express his feelings.

Key Words :

Art, Language, Emotions, Human, Feelings.

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Fine arts or creative expressions are an essential part of every human’s development. Through them, we give a meaningful form to thoughts, personal reflections, and environmental impressions at a public and societal level. Fine arts provide a platform where individuals can express their inner thoughts freely and without restrictions.

Every artist has their own language through which they express emotions, feelings, ideas, imaginations, and critical perspectives across any medium. Art is not about replicating objects exactly; it is a visual reaction to significant events in the environment. It should not be limited to drawing and painting alone—it includes other forms such as dance, music, sculpture, graphic art, drama, aesthetics training, various crafts, creative writing, and speech. Art is the language of emotions, and its origins can be traced back to early human evolution. A great example is the artwork found in prehistoric caves.



You may be familiar with those drawings, or at least have read about them. These caves don’t contain everyday items like utensils or scenes of people dancing for pleasure—they used drawing to communicate their needs. Since there was no spoken language at the time, they used drawings to explain things like hunting techniques or tool usage. Thus, drawing became their language.

Understanding someone’s psyche and evaluating their creative expression is essential, though sometimes difficult. In art education, a child’s creative process is more important than the aesthetic result. What matters is how the creative process influenced the student’s personality—what objects were selected and how successfully the message was conveyed. Emotional openness doesn’t necessarily equate to creative intellect. Some may have immense innovation and creativity but lack aesthetic development, which impacts their ability to organize visual elements.

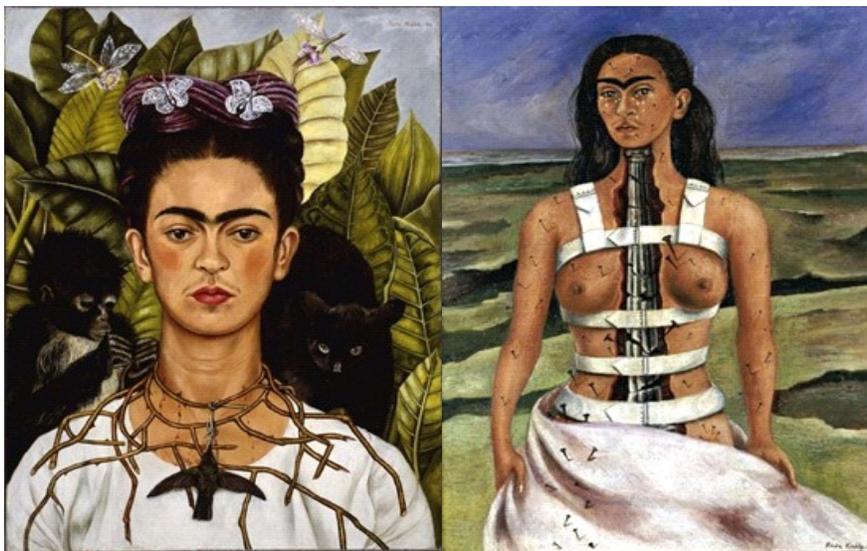
Let me now share a few examples that will help you understand how giving expression to one's thoughts can deeply influence emotional, mental, physical, cognitive, social, and aesthetic development. This process is easily facilitated through art.

My research is divided into four sections. The first introduces you to masterpieces by renowned artists and their thoughts. The second focuses on country artists and their perspectives. The third highlights student works and the guidance provided by teachers to understand and correct student ideas, thereby helping develop critical thinking. The final section looks at how students develop their ability to critique their environments artistically.

Observation shows that art helps express thoughts that exist deep in our minds but cannot be articulated in words. When we convey them through art, our confidence, imagination, problem-solving skills, self-awareness, decision-making power, and ability to take responsibility improve.

Art has its own language. It plays a crucial role in resolving emotional struggles and providing mental peace.

Frida kahlo



Self-Portrait with Thorn Necklace

Broken Column

Frida Kahlo was a Mexican artist. She created 55 self-portraits in which she depicted the pain of her life. She had a horrific bus accident that broke her spinal cord in several places, along with many other bones in her body. She was confined

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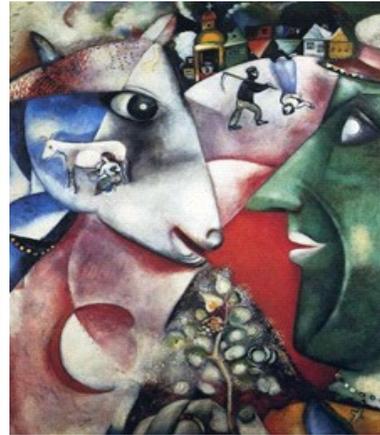
to bed and began painting during that time. Her painting *The Broken Column* shows the condition of her body and how broken she felt inside. The spinal column appears fractured in many places—this was her way of expressing pain.

Frida painted with Mexican culture and social values in mind, which is why her paintings are still considered significant for her country. She said, “I painted myself because I know myself best—my desires, my pain.” Through painting, she found peace for her mind and body. In another painting, she wears a thorn necklace with a dead hummingbird hanging from it, symbolizing how hard she worked and struggled—like a hummingbird. Around her, she included butterflies and monkeys, which symbolized her husband Diego Rivera, with whom she often had a troubled relationship.

Marc Chagall



The birthday



I and the Village

Marc Chagall was born in a Russian village. His passion for art took him to France, where he was influenced by the artists of that time. Cubism was a prominent movement, and Chagall adopted their spatial division and color use, though his themes remained personal.

In *The Birthday*, painted just weeks before his wedding, he shows himself and his fiancée Bella floating in the air, full of excitement. The painting is dream-like and reflects his emotional state. Another painting, *I and the Village*, is a nostalgic tribute to his childhood village. It features Russian landscapes and symbolic memories, divided into five parts. There's a church, houses, a green face representing himself, a hand holding flowers, a ball—perhaps a childhood memory—and a goat with a woman milking it inside its mouth. The painting reflects both Cubist and Fauvist influences.

Arpana Caur



Forgotten Citizens, 1984

Arpana Caur is an artist from Delhi. Though not formally trained, she expresses her impressions vividly through painting. Her work *Forgotten Citizens* 1984 shows a Sikh face against a background of fire, symbolizing the 1984 anti-Sikh riots, where Sikhs were burned in the streets while bystanders watched. She also created series on the Partition and romantic folklore like *Sohni Mahiwal*.

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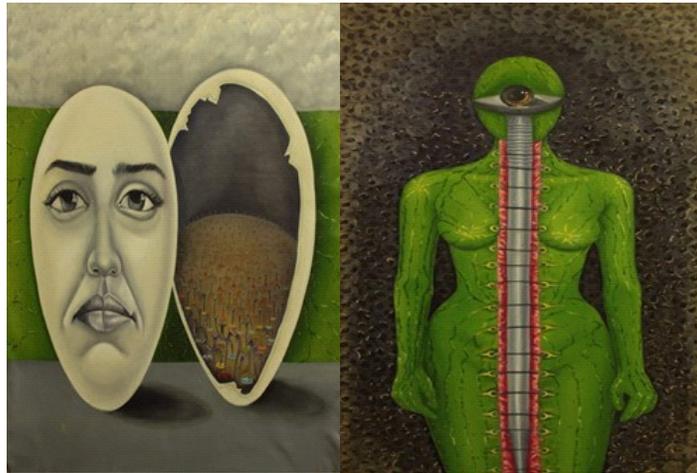


Tsunami 1

Tsunami 2

These two paintings reflect the emotional aftermath of the 2004 tsunami. Even hearing and seeing the news was terrifying. When I sat down to work, every painting somehow carried its reflection. In this series, I showed waves containing human faces—some peaceful, others terrified. These faces represent our shared emotions. The series was made using dry pastel. The goal was to show that every wave took someone away and each face represented a lost soul.

Nimrah Shakeel



A student from the MFA program who used to struggle with body image. In 11th grade, she gained weight and was bullied for it. She stopped eating properly and only ate cucumbers, which led to other health issues. During BFA, she was withdrawn and mentally disturbed. She began drawing herself as a cucumber to express how it affected her identity. Her paintings showed an iron nail driven into her body, symbolizing her pain, and an eye on the nail's head to represent the desire for equal treatment and perception.

In her first painting, nails are shown piercing her brain—symbolizing hurtful thoughts. Her work was a powerful way to release emotional pain that she couldn't express in words. She admitted that without painting, she might have taken her own life. Art became her therapy.

Joy



Another student who was talented in line drawing but lost interest in his second year of BFA. He confided that he had no passion for this course—his true interest was music, but he wasn't accepted into that department. His teaching practice was lackluster, and his grades reflected his disengagement.

I asked to see his work. In one painting, he showed himself sitting with a book, head in hands, overwhelmed. A noose is subtly placed in the background, indicating suicidal thoughts. In another, he hides behind a curtain from a monstrous face—representing his fear of his parents who forced him into this field. After seeing his work, we spoke with his parents and urged them to support his passion. Today, he excels in both painting and music.



Unnamed Student from Another College

I came across this student's work while evaluating exam papers. Sadly, by the time I saw it, she had already taken her life. Her paintings revealed deep emotional battles she had never shared with anyone.

In the first painting, she shows three white eggs symbolizing the start of life, two children already born, and a tree symbolizing grown individuals with successful lives. But her world is surrounded by fire—representing a hostile environment. The sky is half full of stars (souls of the deceased) and half empty—waiting for more.

In the second painting, she paints herself wanting to rise but blocked by fire. Her face is surrounded by water and a noose—she sees only two escape routes: drowning or hanging. Her face is haunted, with disheveled hair and empty eyes.

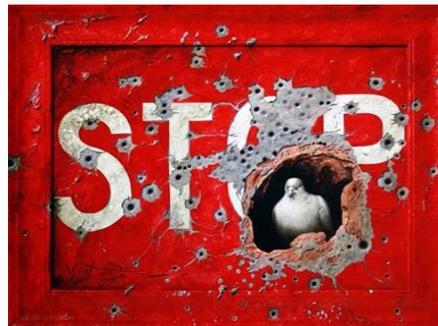
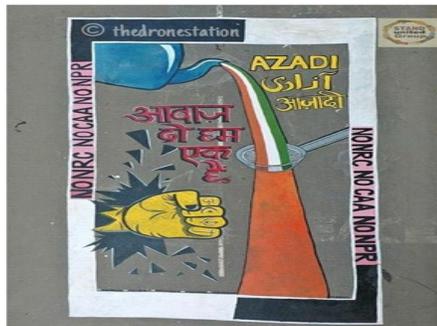
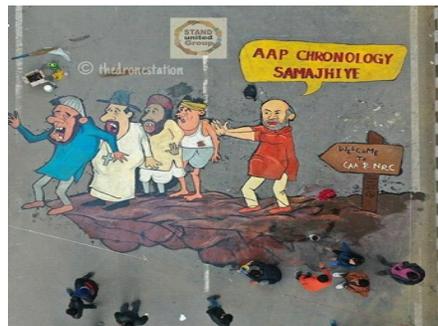
The third painting shows a flower in a bright garden, surrounded by beautiful flowers in harmony. But this flower is surrounded by dark, murky colors—depicting her toxic environment. She was forced to pursue engineering instead of art. Even on her exam day, she was told not to attend and give up her art dreams. She came, submitted her exam—and ended her life.

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We later found out she wanted to be a painter but faced constant pressure and scolding from her family. Her artwork spoke volumes. Her teachers deeply regretted not recognizing the signs sooner. Her paintings had become her only language.

Now I want to show you some works that reveal the artist’s emotions just through lines. You won’t need words. Their expressions will reach you directly through the strokes and visuals—they have become a language of their own.



Vijendra sharma