

A Study on Emotional Healing Trends after 2005

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Abstract

This study starts with the premise that many problematic situations in modern society can seriously damage personal feelings and that this phenomenon can create anxiety in individuals and society. In order to address such anxiety in individuals and society, we would like to propose measures to heal emotions. Accordingly, 270 research trends related to emotions studied from 2005 to 2020 will be analyzed to establish the direction of future research on emotion healing. As a result of analyzing the trends of healing papers, active healing studies have been conducted since 2010, but reading and writing healing through specific academic societies has been the main focus. Theoretical research accounted for a large portion, and emotional research was steadily conducted. Although healing methods are expanding to various topics, they have not been commercialized as specific methods. As a result, we hope that concrete research to heal individual emotions will be expanded and measures to implement a stable future society will be proposed.

Keywords: *Personal Emotions, Emotional Healing, Anxiety, Stability, Emotional Research*

1. INTRODUCTION

Due to rapid economic growth and 'COVID-19' pandemic, modern people are consuming a lot of emotions from "Corona Blue" to "Corona Red" to "Corona Black". These emotions go beyond the stress of emotional labor and cause serious damage to emotions. Repeated emotional damage in the absence of healing wounds to emotions causes constant anxiety and reduces the quality of life for modern people.

As a result, many people pursue a life of healing, which permeates our lives in various ways. Various methods for healing are constantly being studied, but healing of emotions is still limited in scope. Therefore, we would like to analyze various studies on emotion-related healing from 2005 to 2020 and suggest ways to heal emotions.

This study focuses on 270 healing papers published in academic journals from 2005 to 2020. Emotional healing begins with the intention of healing the emotional hurt in that life and is analyzed, including literary healing, reading, writing, theater, and film related to emotional healing except for certain academic societies.

2. THEORETICAL BACKGROUND

Looking at the dictionary definition of the area of emotion, it refers to "the energy or emotion that one realizes with the body's sense or mind", "the feeling or feeling that occurs about a phenomenon or thing." "Emotion" means "a feeling or atmosphere that evokes various emotions or emotions in a person's mind", and "Jeongdong" means "a feeling that occurs temporarily, such as joy and sorrow, a state of intense emotion in progress, or physical change"[1]. In this work, we integrate these emotional domains and refer to them as the term "emotion."

Emotion can be largely divided into psychological and sociological definitions. Psychologists define emotion as "a state of an organism accompanied by physical change, a state of excitement and agitation caused by intense feelings and impulses". As a result, I value the state of emotion. On the other hand, sociologists are interested in the cause of emotions such as "For what reason do people laugh when they are happy and cry when they are sad?" In particular, it emphasizes the emotional structure caused by social relationships. It also emphasizes events, situations, and backgrounds that condition emotions. Sociologists stress that emotions have a social nature because they are viewed as a reaction to a situation, not a physiological response, and can also be experienced through the cognitive element of evaluating situations [2].

As for the meaning of healing, healing is the result of being completely healed by the overall aspects of physical, biological, mental, emotional, and social factors. In general, people experience different personalities, social conditions, and cultural backgrounds due to physical or mental abnormalities they feel [3].

In this work, healing is defined as a comprehensive concept 'healing' that encompasses human life, including physical, biological, mental, emotional and social factors. Healing can be cured through environmental, social, psychological, and cultural things, reducing stress and leading to an effective, healthy life for disease healing.

Emotional healing encompasses a variety of literary and artistic and medical practices as a way to heal hurt feelings. But in this study we intend to study a variety of healing methods except medical ones. In addition, we would like to create an opportunity to improve the quality of life of modern people by presenting the direction of healing literature that modern society should move forward, including various healing methods studied so far.

3. RESULTS

3.1 Research Design

This study analyzes academic papers related to healing for 16 years from 2005 to 2020. The scope shall be limited to emotional healing, literary healing, reading healing, writing healing, and art activities for healing, excluding medical activities. The study of collective counseling for healing is excluded from this study.

The criteria for selecting academic papers for quantitative analysis are as follows.

First, the author prioritized research on academic papers using the term 'emotional oil'. Second, the study of healing through literature was also included. Here, the Literary Therapy Society research paper included only some articles related to emotion. Third, it includes a paper on emotional healing through reading, and a paper studied by the Reading Therapy Society included only a part of emotion related. Fourth, writing papers for emotional healing were included.

3.2 Analysis Results

3.2.1 Annual Status

The annual status is the annual publication status of academic papers related to emotional healing, and a total of 270 studies were conducted over 16 years from 2005 to 2020, as shown in Table 1. Here, overlapping papers by field are excluded.

Table 1. The status of research related to emotional healing by year

Year	2005	2006	2007	2008	2009	2010	2011	2012	2013
Number of papers	3	2	1	2	3	9	5	22	14
Ratio (%)	1.11	0.74	0.37	0.74	1.11	3.33	1.85	8.15	5.19
Year	2014	2015	2016	2017	2018	2019	2020		Sum
Number of papers	13	24	32	24	24	49	43		270
Ratio (%)	4.81	8.89	11.8	8.89	8.89	18.15	15.93		100.0

The study of emotional healing began before the 2000s, but it can be said that the study began after 2010. Reading and writing healing seemed to be actively studied for a certain period of time due to literary healing, but the research did not expand significantly due to the limitations of the subject and scope of research. Since then, active research has been conducted since 2016 as healing of emotions has been recognized along with social phenomena and various studies have begun. In addition, active activities of relevant academic societies by sector have been made, but the limitations of research methods and expertise appear to be insurmountable (Figure 1)[4][5].

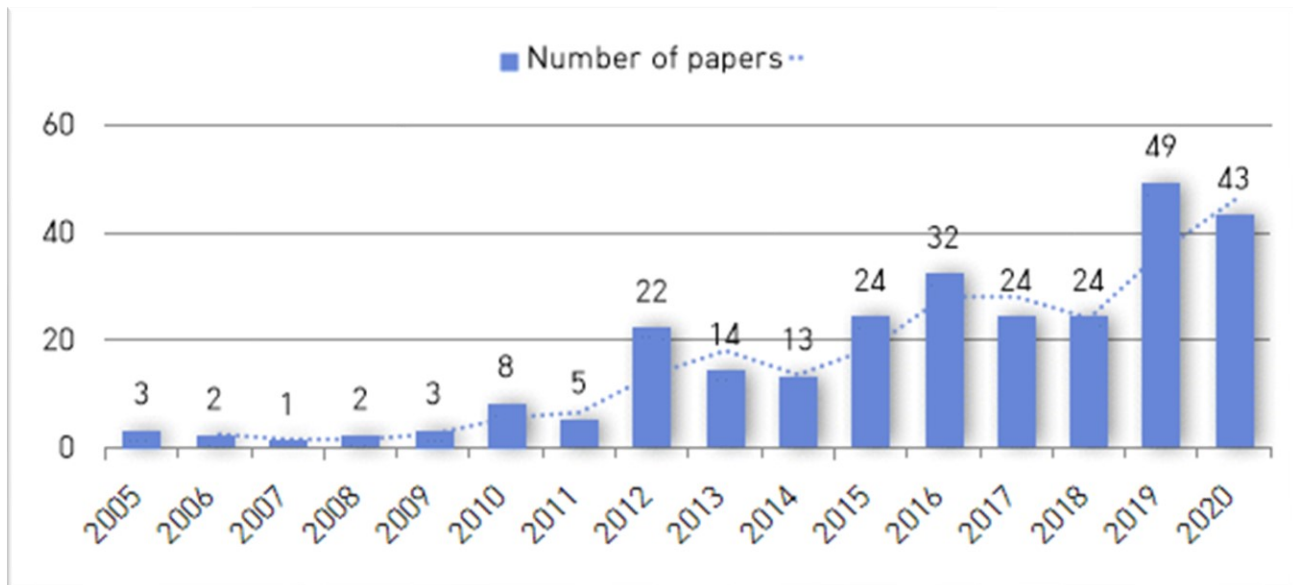


Figure 1. Emotional Healing Study 2005-2020

3.2.2 Current Status by Research Area of Study

The current status of the subject range of research related to emotional healing is as follows Table 2.

If you look at the annual study on emotional healing, there are not many studies from 2005 to 2009. About one study was also conducted on reading healing, writing healing, and self-healing. The study of healing began active research in certain research societies in 2010, but its scope was often limited to reading and writing [6][7]. However, since 2016, the subject range of the study has been expanded, and the research has been conducted in various fields. In addition to healing through philosophy, classics, and storytelling, the existing self-healing research, along with the expansion of healing research in the arts such as music and art from 2019, healing and photography through environmental improvement [8][9]. This can be seen as the influence of the various social and environmental problems and the "Corona 19" situation that we have faced.

The study of self-healing began in 2005 and has been consistently studied until the present year of 2020 [10][11]. However, it is not easy to assess its effectiveness in terms of its content, and further research will have to be conducted due to limitations of research methods. Furthermore, healing learning through various healing and writing related to reading, except for certain academic societies, is steadily being conducted [12][13][14]. Furthermore, as a semantic characteristic of healing, research related to religion appears to be carried out steadily through religious societies, etc. [15]. Since 2009, healing programs have been conducted through artistic expression activities related to dance, music and art, and research on them has been underway steadily since then [16]. In addition, various healing methods can be grouped into one field under the name of literary healing, but it seems necessary to clearly distinguish more specific and diverse healing methods in literature.

Table 2. Current status of research topics related to emotional healing by year

Topic/ Year	2005 -2009	2010 -2015	2016	2017	2018	2019	2020	Number	Ratio(%)
Self-healing	2	17	10	4	1	5	10	49	18.148
Reading	4	16	1	3	2	9	6	41	15.158
Writing	1	16	5	4	6	8	5	45	16.666
Religion	1	9	2		3	2		17	6.296
Art	1	9	1	3	2	6	7	29	10.740
Program Study	2	5	3		3		6	19	7.037
Movie		1				1		2	0.740
Poem		2		4	4	4	1	15	5.555
Fairy tale		2	2	1		1	3	9	3.333
Culture		1						1	0.370
Humanity		6	5					11	4.074
Epic healing		2						2	0.740
Philosophy		1		1		1	1	4	1.481
Classic			2	3	2	3	1	11	4.074
Storytelling				1	1	2	1	5	1.851
Environmental			1			5	2	8	2.962
Photo						2		2	0.740
Sum	11	87	32	24	24	49	43	270	100.000

3.2.3 Status by Study Type

The status of each type of study was categorized into emotional, theoretical, case-based, and learning studies with statistics on the nature of the study related to emotional healing.

In emotional healing, theoretical studies (54%) were the most common, combining various theories such as literary healing, reading healing, and writing healing. The term "literary healing" includes a variety of healing, but in fact, these can be largely seen as the term "literary". However, in terms of research, it is necessary to refine the field of study and clarify its research value. The largest number of theoretical studies to date may mean that theoretical studies are still difficult to prove clearly. Only when the theory determines whether there is a clear healing effect, will the theory be widely used.

Emotional research (35%) is to heal injured egos such as healing minds, stress, and relationship conflicts and restore self-esteem. Emotional research can be seen as the closest to the field of emotional healing, and research on it will have to be sufficiently studied as a way to solve various social problems in modern society.

The following is a learning study (7%) in which various ways to utilize healing as a method of education are studied. The last case study (4%) is to identify and verify the healing effect through cases that create a healing environment and various healing literature education, except for counseling treatment conducted in

general counseling. This is a method of implementing with interest from 2019 and could be a more necessary way of creating a healing environment for future societies [18].

4. CONCLUSION

Currently, the whole world is practicing social distancing between each other under the pandemic of "Corona 19." These social distancing and various social situations can cause serious problems with individual emotions. Therefore, research to heal individual emotions can be a good way to realize a stable society.

This work focuses on 270 interrelated research papers from the perspective of healing emotions in a paper related to healing. Annual research on healing has been conducted since 2005, but professional research has been conducted since 2010. Since then, research has been stagnant, and research on healing has been expanded in the wake of certain social phenomena in 2016 and 2019. The status of annual research topics was minimal from 2005 to 2009, and the theme was expanded to healing religion, art, programming, poetry, and humanities, along with existing research topics. In particular, in 2019, healing methods using classical healing, storytelling, and healing methods of various methods that directly affect modern people's lives were expanded. Looking at the status of each research type, theoretical studies on healing accounted for 53.7% and emotional studies accounted for 35.19%. Other learning and case studies are underway. It is noteworthy that theoretical research still accounts for a large portion of the research type, which suggests that theory of healing has not yet been specialized in practical methods, and that more practical measures should be prepared for this.

Emotional research, in particular, accounts for the second largest portion, but it will have to be studied more in modern society in the future. Many people today suffer countless emotional wounds in relationships or social phenomena, unaware of themselves. This may require longer hours of healing than external healing. The study of emotional healing could be a good foundation for building a stable future society.

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