

Connection between Making Collages and the Concept of the “Self” among Adolescents

– Through an analysis of the Twenty Statements Test and via semi-structured interviews –

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The present study explored the relationship between making collages and the inner self, and how these collage works are related to self-formation.

In this study, 10 high school students and 20 undergraduate students were recruited and asked to create collages individually. The Twenty Statement Tests (TST) was administered before and after their work. The statements written in the TSTs were then classified, and any changes were analyzed statistically. For the high school students, statements regarding desires increased. For the university students, statements related to social aspects decreased, but there was an increase in statements about interests. Semi-structured interviews were then conducted to review the student’s collages, and the responses were analyzed using the Modified Grounded Theory Approach (M-GTA). The results showed that both types of students had placed high value on selecting pictures and that they were able to gain a clear view of their own self-image and of important aspects of themselves through this process. By looking at their work, the participants were able to more closely identify their own unique characteristics regarding their work and also their own personalities. In addition, it was suggested that reflecting on the question of “Who am I?” is an important factor in creating a closer relationship between one’s self and one’s collage, along with the promotion of inner contemplation.