



Srujanshilta (Creativity)

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ABSTRACT:

With the advancement of modern technology and globalization we humans have involved ourselves into various activities both personally and professionally in various fields. At the personal level we have encountered various relaxing activities which we call it as creativity in today's context.

Keywords- Art, Innovation, Creation, thinking process, personality, motivation

INTRODUCTION:

Creativity has a common meaning Ability to create or create In psychology, creativity means that quality, ability or power of a human being through which he creates something new. Every person has some kind of mental ability. On the basis of which accounts are made by artists, scientists, musicians etc., creativity is expressed in every area of human life.

Creativity is defined as thinking out of the box and making something which no one has tried to make it is a sort of an innovation like a blank sheet of paper which has been given to a child and who has to think what he has to draw on it by using his imagination.

Creativity can also be used by the word as hobby by lay man. A true practitioner of Ayurveda after taking a whole case even tries to find out the hobby of that patient to get some clues about any specific remedy for prescribing. No doubt art is used as a leisure just to relax your mind from the external tensions that stresses your mind. But leisure activities do carry some importance in ayurveda practice. Sometimes creativity comes naturally that to the person is born with some talent whereas some other times because of some unfavourable circumstances or due to temporary explosion of latent power or something which has been causing any kind of distress in life which explodes in a way of creating some artifacts to release the chaos that was going on in the mind.

Definition of creativity: →

• In general terms, the ability to do something new and unique is called creativity. But what is new and unique will be called creative only when it also has the quality of utility.

Features and Benefits –

Innovation

• Different types and different categories of creativity are found in all people. Creativity is not limited to only a few selected people, rather it is a common quality of all people.

• Creativity is a complex process. Which cannot be tied to time, place and person ! Its emergence can happen anywhere at any time. Creativity can be found in children, grown, men, and, women.

• Creation

Various virtues are found in creativity. Its most recognized and used characteristics are continuity, flexibility, comprehensiveness, originality, sensitivity to problems and decision making style etc. •The abilities inherent in creative thinking are different from the abilities inherent in intelligence. Therefore, it is not necessary that all intelligent people are creative. Creativity may be a process or ability, it is not a production.

Creativity in Social Context:

Creativity emerges from the very beginning of life and its development depends a lot on the social environment.

- Development of creativity is related to various aspects of life. It is not necessary to have any special person for this.
- The process of creativity is goal directed. It is either beneficial for the individual or beneficial for the group or society.

Creativity whether oral or written, whether concrete or abstract. It is unprecedented for a person in every situation. It guides the direction of some new and different production.

- Creativity is a type of controlled imagination. Due to which one gets direction for some achievement or the other.

Relation to Doshā: → Creativity is mainly related to Vata dosha.

Prakṛti :-The quality of creativity can be found in any person with any physical nature.

Individual Journey towards Creativity:

Thinking processes

The decisive event in modern psychological analyses of creativity was the acceptance speech in 1950 of the then President of the American Psychological Association, J. P. Guilford. In a nutshell, he complained that existing concepts of intelligence visualized it as the finding of single correct answers to circumscribed problems. By contrast, he argued that intellectual power could also be applied to the finding of substantial numbers of new, original and unexpected answers, quite possibly to loosely defined problems. He referred to process as a special kind of thinking, which he labelled "divergent". Guilford's original paper had the title "creativity", and the equating of creativity with divergent thinking quickly established itself, especially after the Sputnik shock already mentioned. Other researchers have also concentrated on thinking processes as the basis for creativity. A well known popular scientific approach emphasized "lateral thinking. Other concepts are "Janusian" thinking (named after the Roman god Janus, who could look backwards and forwards at the same time), homospatial thinking (ideas from different domains are brought together)

Personality

A number of writers have emphasized the importance of personality in creativity, some even arguing that creativity may have little to do with cognitive processes at all, and may be the result of a special personality constellation. Relevant study reviews usually enumerate traits including adaptability, sensitivity, independence, and ego strength. However, recent interpretations of past studies indicate that there is far more complexity involved in the relationship between creativity and personality. Regardless of their industry, there is no one personality type that is universally representative of creatives and sets them apart from noncreatives. According to a new study, having a "complex" personality that blends traits like high intelligence and naïveté, or sensitivity and toughness, is crucial. Striking in the discussion of this point is that the personality characteristics regarded as important for creativity sometimes seem to be contradictory: for instance, the creative personality seems to be simultaneously stereotypically 'masculine (autonomy, self-confidence, toughness) and yet stereotypically "feminine (sensitive, intuitive, responsible). According to one study, creativity requires possession of a "paradoxical" personality characterized by seven polarities: openness combined with drive to close incomplete gestalts, acceptance of fantasy combined with maintenance of a strong sense of reality, critical and destructive attitudes together with constructive problem solving; cool neutrality combined with passionate engagement; self-centeredness coexisting with altruism, self-criticism and self-doubt together with self-confidence; tension and concentration side by side with relaxedness.

Motivation

proper motivation, or the willingness or at least the readiness to deviate, take chances, challenge conventional wisdom, or expose oneself to the prospect of being incorrect, is just as important to the formation of novelty as proper thinking and personality. In contemporary literature, it is often acknowledged that creativity stems from intrinsic motivation—the desire to engage in an activity for its own purpose, independent of the possibility of gaining rewards from outside sources. "extrinsic" refers to this latter type of drive, which is the pursuit of rewards from outside sources. Creativity may be fatally inhibited by extrinsic motivation. It's quite alluring, and once someone's been exposed to it, they run the risk of moulding their actions and even their thoughts to fit patterns that would bring them external benefits like notoriety, promotion, or personal acknowledgment from superiors, peers, or coworkers.

The "triad" concept categorises creativity motives into five classes: control motives, intrinsic motives, expressive motives, instrumental motives, and playful motives. In contrast to the emphasis on intrinsic motivation, this approach believes that. Creativity can serve as a tool; for instance, someone may compose a book with the intention of selling it. Over time, motives may interplay or shift. For instance, someone may start writing novels as a means of making money (instrumental or extrinsic motivation), but as they write, they may realise that they are conveying a message that is crucial and needs to be heard no matter what (expressive or intrinsic motivation). An individual with creative tendencies may experience periods of extrinsic drive and periods of inner motivation. These unique motivational frameworks can shift over time, allowing an individual to be more intrinsically motivated at one moment and more extrinsically motivated at another. The evolving systems perspective, which holds that information, emotions and feelings, and goals change over time and lead to the emergence of a creative product, supports the idea of a dynamically changing structure of creativity motivation.

Conclusion:

Creativity means that quality, ability or power of a human being through which he creates something new. Every person has some kind of mental ability. On the basis of which accounts are made by artists, scientists, musicians etc., creativity is expressed in every area of human life. The process of creativity is goal directed. It is either beneficial for the individual or beneficial for the group or society. Creativity whether oral or written, whether concrete or abstract. It is unprecedented for a person in every situation. It guides the direction of some new and different production.

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