

A CREATIVE RESEARCH ON WALKING OUT OF BULLYING INCIDENTS THROUGH GAME CARDS

RUI-LIN LIN

Department of Commercial Design
Chienkuo Technology University
No. 1, Chiehshou North Road, Changhua 500, Taiwan
linrl2002@gmail.com

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ABSTRACT. *During the learning process of the graduation design course, senior students are required to finish their creations within one year while working with 5 to 6 peers as a team, under the guidance of least one teacher. At the end of the year, their designs and creations are assessed by teachers or industry experts. Furthermore, their creative works must be submitted for participation in on-campus or off-campus exhibitions and competitions. In this article, a group of students used bullying as the theme of their creation. They collected, arranged, summarized, and analyzed relevant information. Moreover, they carried out an investigation on game cards, which can be provided to individuals or small groups to alleviate stress or to a counselor for use as a consultative tool.*

Keywords: Graduation design, Innovative design, Bullying incidents

1. Introduction. Some scholars believe that past memories are unreal dreams and that people's link and emotions of the past are aroused by objects, space, and various factors. Sometimes, the brain's memory is not true, just one's virtual imagination, filling the contours of past memories. While playing the card game, the inner self is explored, and realistically or unrealistically, falsely or truly, the player remembers the story [5].

Some people think that game cards are adult toys. Others think that game cards are a good tool for supporting the growth of the mind. Whether as a positive discourse for self-encouragement or as a support and guidance for the mind during turbulence, game cards can help the soul recover lost and broken internal resources. Life has its moments of loneliness, helplessness, and hardships. Aside from chatting with good friends and consulting with counselors, some mind cards can also provide positive information and help relieve pressure, as well as appease the inner emotions and help give a clear direction. Furthermore, discussing with 3 to 5 friends can bring out richer and more interesting information [4].

This article inspects the growing demand for psychological counseling. Furthermore, since people who seek help are often unwilling to speak or express their inner thoughts, possible emotional vocabularies and corresponding drawings were integrated into the creative motive of the game cards design. This tool for consultative dialogues is the innovative contribution of this research.

2. Literature Review. When classified according to location, there are school bullying, family bullying, and social bullying. When categorized according to nature, there are physical bullying, verbal bullying, relationship bullying, sexual bullying, cyber bullying, etc. Physical bullying refers to bullying and humiliation of the body. Verbal bullying refers to abuse, mockery, and malicious slander. Relationship bullying refers to exclusion from groups and interpersonal antagonism. Sexual bullying refers to the ridicule of the

body, gender, sexual orientation, sexuality, or violation of the body, sexual harassment, and sexual assault. Cyber bullying refers to spreading rumors, slanders, and other attacks through mobile phone text messages, e-mails, and other media [7].

Some studies have pointed out that the strict discipline of teachers on students also causes school bullying; this is worthy of attention [6]. Although clamors for anti-bullying continue to rise, there is no evidence whether they help reduce bullying events or not [2]. Some game cards are designed with suicide prevention themes and can be used as counseling tools [3]. Another scholar considers that image cards assist in describing fictitious situations [8]. Furthermore, a research survey also used a card-sorting technique in the classification of diabetic patients [1]. This article provides a useful tool for psychological counseling dialogues in the form of drawings that show emotional words and vocabularies. Due to the present increasing demand for psychological counseling, this kind of innovative contribution is worthy of recognition.

3. Creative Design. In this article, visual cards were created with text annotation according to the possible internal emotions, state, situation, etc. after the bullying incident. Then, game card rules were set for (1) personal relief of pressure: all the cards are placed face down, and then after spreading them out, every player draws a card and reveals it. The cards are used as a reference for sorting out the player's inner feelings; (2) small group game: three to five friends place the cards face down, and then after spreading them out, every player draws a card and reveals it. The cards provide topics for discussions and heart-to-heart conversations; (3) counseling consultation: the counselor places all the cards face down and then spreads them out. The interviewee picks one card and reveals it. The cards act as an interview tool.

While creating the game cards in this article, relevant counselors were consulted. Furthermore, the advice of the professional staff acted as a reference in the production of the cards. During the design process, test games and discussions with various people, which acted as modification reference, were constantly conducted.

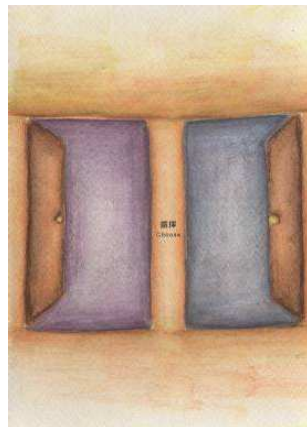
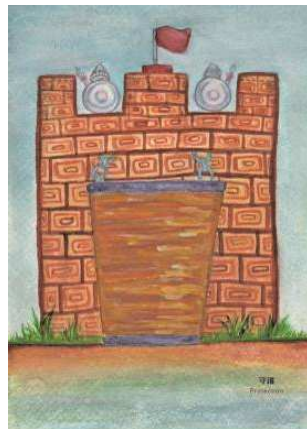
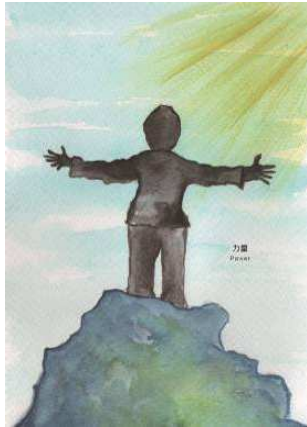
Game card user guide: First, put the game cards face down and scatter them. Then, ask the help seeker to extract a card and describe his/her feelings about the picture. If he/she does not want to say something or cannot say anything, another game card can be drawn until he/she is willing or is able to tell what he/she feels in his/her heart. This enables the psychologist to understand the various possible moods of the person seeking help and offers additional extendable topics during the session so that a more appropriate dialogue content can be provided to achieve the purpose of psychological counseling.

4. Design Results. Everyone must be concerned about bullying issues. Bravely saying "No" is even more important. Bullying is hurtful and damaging to both the perpetrator and the victim. In this article, small group brainstorming and problem-solving strategies on internal and external problems instigated by the bullying incident were conducted. Then, game card designs were proposed for emotional relaxation or as a tool during counseling consultation (Figure 1). Figure 2 shows the actual situation during the exhibition of creative works. In the future, the use of personal or small-group workshops can be conducted for actual cases.

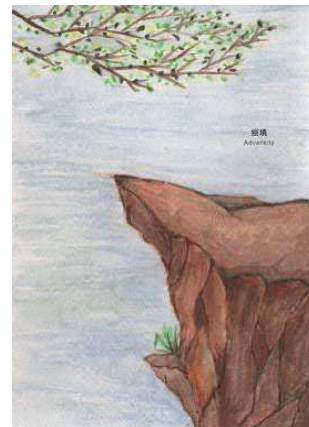
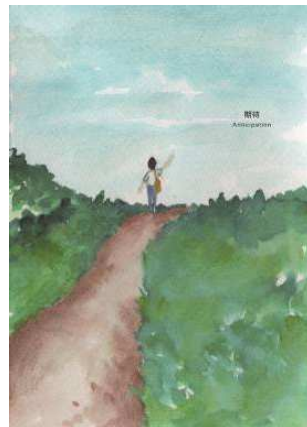
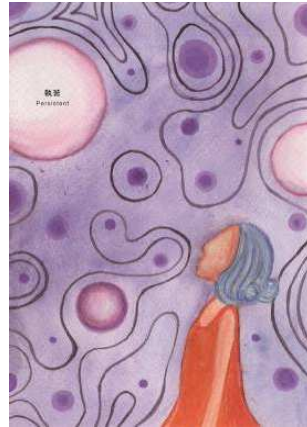
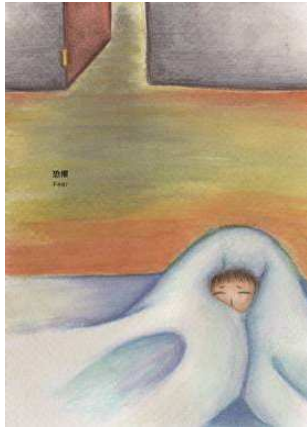
5. Conclusions. In this article, the counselor's advice on the creation of game cards was referred to in order to let the designers put the emotional state that they wanted to draw into their creations. In general, the results of the innovative research and development of this study are summarized and illustrated below.

(1) Game cards can be provided for sorting out and clarifying personal thoughts, as well as for appeasing the mind.

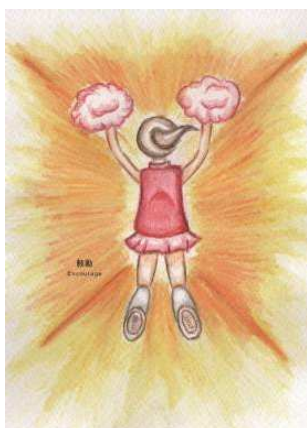
(2) Game cards can be used for relieving pressure during small group discussions, exchange of soul stories, and heart-to-heart talks.



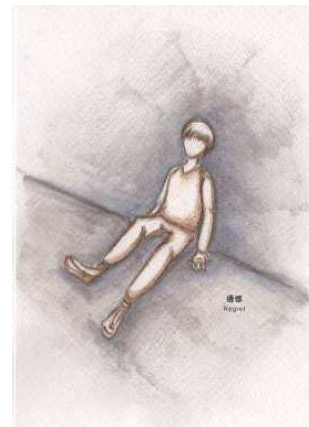
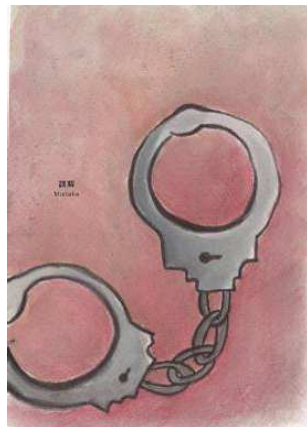
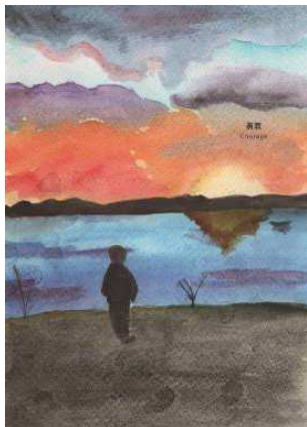
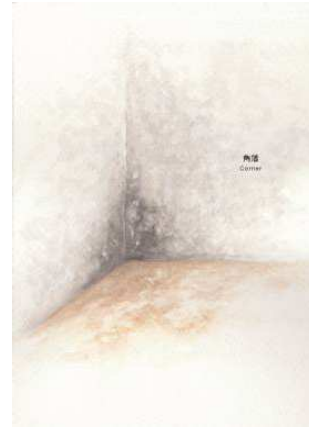
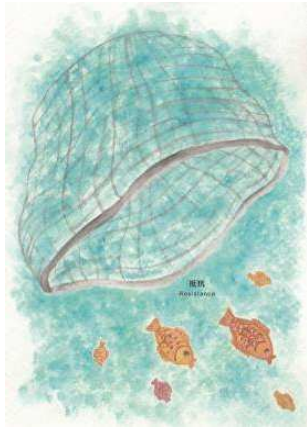
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Designers: Jun-Yu Yan, Zu-Yuan Wang, Kuan-Yin Liao, Yu-Hsuan Peng, Hsin-Ying Lee, Yu-Jie He

FIGURE 1. Game cards



Designers: Jun-Yu Yan, Zu-Yuan Wang, Kuan-Yin Liao, Yu-Hsuan Peng, Hsin-Ying Lee, Yu-Jie He

FIGURE 2. The actual situation during the exhibition of creative works

(3) Game cards can provide a topic for conversation during consultations for interviewees who are not articulate or who do not want to talk.

(4) Related industries can be contacted regarding these game cards to negotiate possible follow-up cooperation. Through mass production and appropriate marketing channels, they can be sold to more people for their use.

For its future prospect, this article hopes that this creative result can be used for the development of follow-up products and provide a tool for the use of counselors during the consultation process. The product has a positive, substantial value and contribution to psychological consultancy and counseling education.

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