

## **Do you want to be creative? Read poetry**

**Does poetry reading stimulate reader creativity? Do certain poems favour creativity better than others? Is it worth encouraging our children to read poetry of certain authors? Poets describe their emotions and observations in the form of metaphorical statements in order to better convey their vision of the world to the reader. Is our contact with metaphor alone able to alter our way of thinking?**

The ability to associate remote ideas is an important factor of creativity. This skill can result in more efficient ways of solving everyday life problems, better performance of tasks measuring creative potential or creating outstanding works of art. In this project my attempt is to analyse creativity as a developable and experimentally measurable skill. In order to stimulate creative response, poems of renowned poets will be used. I am curious whether a single contact with poetry can influence the quality of divergent solutions to a creative task. No text other than a poem requires contact with the innovativeness of words, metaphors or unique associations wrapped in elegant poetic forms. The experiments applied are supposed to answer the question if poetry full of metaphors is an apt "tool" for manipulating readers' scope of association.

The general goal of the research is to answer the question whether contact with poetry stimulates creative thinking and whether poetry's impact on creativity varies depending on types of poetry. Another goal is to verify whether the reader's level of empathy, his or her tendency to perceive the reality intuitively as well as their very response to poetry can modify the relationship between reading a poem and creative thinking. In my research I am also assuming that while reading poetry, human mind becomes more open and remote associations arise. The project is generally aimed at widening the existing knowledge of psychological mechanisms of creativity.

In my research completed so far I have proved that contact with poetry stimulates growth, variety and originality of ideas. In the second study I have proved that poetry reading, as opposed to reading texts with a limited amount of metaphors, favours increased emotional tones of statements in the second creative task. In the future tests envisaged by the project I would like to find out which type of poetry stimulates creativity most and whether certain people respond to poetry better than others (are left more creative after reading it).

Completing this project will not only broaden the knowledge about response to poetry, it will also allow to develop and verify a new classification of metaphors used in poetic texts. Majority of psychological research on poetry has focused on the influence of text structure (rhythm, rhymes) on emotional reception of poems. Researchers have proved direct links between poetic training and more creativity in the same field. In the project I am assuming that reading poetry stimulates creativity in its broader sense – understood as creative thinking, and thus as a process.

Completing the project will not only allow to verify the impact of various poetic forms on human mind, it will also reveal the potential of poetry in human development. Collating the theoretical relationships regarding modes of poetic imagery, discussing them in scientific articles and presenting the project results at conferences in Poland and abroad will be of value to the development of the humanities, social sciences and, most of all, psychology of creativity. I hope that my research will reveal the potential of poetry in human development and serve as an incentive to reconsider the results of the staff redundancies in the educational system that affect arts and humanities.