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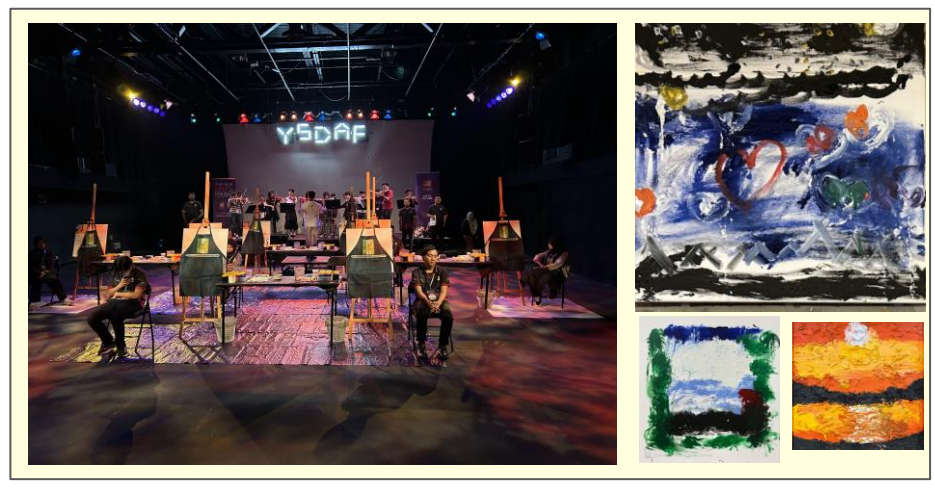
SYNAESTHETIC SYMPHONY OF SOUND AND SIGHT (4S): AN INCLUSIVE ARTS-BASED APPROACH TO BEHAVIOURAL TRANSFORMATION THROUGH MULTISENSORY ENGAGEMENT

Rosyida Mohd Rozlan, Wong Siew Ngan,
Izzal Khairi Ramli, Jamilah Omar, Norhayati Ayob
Universiti Pendidikan Sultan Idris (UPSI)



Introduction

Behavioural change in health and wellbeing is deeply shaped by cultural context, sensory experience, and inclusive participation. The Synaesthetic Symphony of Sound and Sight (4S) Project introduces an innovative arts-based intervention that integrates sound, visual art, and embodied experience to engage persons with disabilities (PWDs) and underserved communities.



Objectives

This study aims to examine how multisensory artistic collaboration fosters behavioural change, emotional resilience, and social inclusion within diverse community settings.

Methodology

A 6–12 weeks practice-based participatory framework was implemented involving visually impaired artists and marginalised youth as co-creators. The intervention utilised synaesthetic translation methods, where sound was interpreted into visual forms and vice versa, supported by guided workshops, reflective sessions, and collaborative performance development. Qualitative data were collected through observation, participant feedback, and visual documentation.

Results

Findings indicate significant improvements in participants' self-expression, confidence, and social interaction. The integration of sensory modalities enabled non-verbal communication pathways, enhancing empathy and mutual understanding across ability differences. Participants demonstrated increased adaptive behaviours, collaborative engagement, and emotional awareness.

Discussion and Conclusion

The 4S Project demonstrates that culturally grounded, multisensory arts interventions can serve as powerful catalysts for behavioural change. This approach offers a scalable model for inclusive health promotion, reinforcing the role of arts in bridging social divides and transforming community wellbeing at a national level.

Acknowledgement

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