The Characteristics of Initial Sandplay
Productions of 44 Undergraduates

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Abstract

Objective: To investigate the undergraduate's initial sandplay themes. Method: Each subject made initial sandplay with the company, then share the feeling about his own initial sandplay. Result: The theme in sandplay of undergraduates about family and life is about 63.7%; different kind of miniatures was used with different frequency by every subject; there are 54.55% initial sandplay have real self-image, all of the initial sandplays have not used the water, and the time that everyone used on making their initial sandplay has significance of difference.

Keywords: Sandplay, Initial sandplay, Theme

The sandplay, based on analytic psychology principle of C.G.Jung. Mental healing method established by D.Kalff, which develops rapidly in recent years and widely applies in the psychological consultation, the mental healing, the human resources development, the psychological education and so on. Many domains. Sandplay subject analysis existing research including to special community (Undergraduates lonely crowd, junior middle school test anxious crowd and so on)and different school age student sand play work characteristic analysis, but are also few to the initial sand play research .The visitor in makes the sandplay in the process, does first sandplay named initial sandplay (CAI,2005) No matter is the sandplay founder D.Kalff or the present sandplay therapist, all gives the initial sandplay special attention and the analysis in the actual operation. In 1986, Kalff pointed out in "Introduction to Sandplay" that the sand play game course of treatment is a process which an unconsciousness launches gradually. The initial sandplay is usually the closer consciousness stratification plane, but, the initial sandplay also can reflect some questions .Based on studies done both at home and aboard, the present author attempts to investigate the initial sandplay characteristic of the undergraduates.

1. Subjects and Methods

1.1 Subjects

The current study selected 44 undergraduates. Of all the students, 8 were male one, and 36 female students.

1.2 Instruments

1.2.1 The specification is 57 centimeters*72 centimeter *7 centimeter sandplay; The sandplay inside and the bottom surface spread the blue color; Which loaded with purely, exquisite beach sand.

1.2.2 Vessel

1.2.3 Miniatures

Altogether has more than 1200, divides into (1) building class, including house, bridge, tower, and so on; (2) character class, including religious figure, each kind of professional character, family character and so on; (3) animal class, including tames the animal, the wild animal, the marine animal prehistoric animal, the insect and so on; (4) plant class including each kind of trees, flowers and plants, mushroom and so on; (5) furniture lives at home the kind, including furniture, table ware, umbrella, candle and so on; (6) culture class, including Chinese culture, Egyptian culture, Judea culture, European culture, India peaceful culture and so on; (7) natural material class, including cobblestone, gem, shell, coral and so on; (8) food class, including cake, fruit, small cage package and so on; (9) transportation vehicle class,

including airplane, automobile, steamboat;(10) other, including hour glass, ring, bracelet and so on.

1.2.4 Recording tool: digital camera

1.2.5 Research process

After the test go into sandplay room, the consultant used instruction language to its introduction sand play game,

You may put hands on the sandstray to feel the feeling; The sand has different category, you may choose the use willfully; The sand divides into dry sand and moist sand: The dry sand feels quite comfortably, it has better fluidity ;The wet sand easy to model the shape; The test may pour water in the sandplay.

After sand play manufacture conclusion, they share the sandplay together; The consultant take a simple record for the character of the sandplay , after the consultation had ended, supplemented the recorded information, photographs for sandplay.

2. Data analysis

2.1 The Themes

Insert Table 1 here

Family and life condition these two subjects with a percentage of 63.7%, only 1 of the 28 initial sand play work about the family the life condition is the realistic family life restoration, other 27 examples express the future family life or the ideal life condition, the Undergraduates described the family and the future as good environment , safe, abundant, and harmonious, only 1 Undergraduates described family as living in the challenging environment. Has not appeared the researching result of Erikson: Undergraduates' sand play subject related with their childhood experience , the findings consistent with Yi Chun Li's.(YI,2003,PP.223-228)

2.2 Various categories miniatures service condition

Insert Table 2 here

The results of the present study by table 2 show that in each kind of miniatures, The building class, character class, animal class, plant class, transportation vehicle class, furniture lives at home have relatively high use frequency, for example in 97.73% initial sand plays has the building class , in 86.36% initial sandplay has the character class , these can express the subject better: Family, happy environment.

2.3 self-image, use of sand and water.

The initial sandplay productions of 44 students show that:24 initial sandplay productions have real self-image, accounting for 54.55%;3 initial sandplay productions have unreal -self image, accounting for 6.82%;17 ones have none self-image, accounting for 38.64%.

25% of the students have significant move sand in the process of making sandplay,39%of the students move mall-scale sand;36%of the students never move the sand.

The sand of 44 initial sandplay productions are all dry.

2.4 The use of time

The average for making a sandplay is 25 minutes. However, large individual differences, the shortest is 6 minutes, the longest is 60 minutes.

3. Discussion

3.1 The Theme

In this research Undergraduates' initial sand play's theme many are about family and life condition .And in these sandplays are many to family member's description. The Undergraduates have strong sense of responsibility to the family. Think they should take the responsibility for taking care of the family.

According to Erikson's personality theory, We can see there is 8 stages of personality development, and that the different stage has the respective development duty and forms the different personality characteristic, the Primary mission of early adulthood (18-25 years old) is Obtains the intimate feeling, avoids the lonely feeling. This stage forms the good personality characteristic is a good quality of love. The Undergraduates is in this kind of special period. In the 44 initial sandplay of Undergraduates. Through in Bridegroom and bride, elderly couple, mandarin duck, butterfly, fish and so on to express the romantic relations is account for 25%, the romantic relations expressed their longing for a better love and blessing.

3.2 The usage of wet or dry sand and water

During the introduction of doing sandplay, the counselor tells clients they can use wet sand, but 44 of them still choose dry sand. The following are possible reasons: undergraduates are good at symbol meaning, 64% of them use blue

bottom to represent water; undergraduates are good at standing in others' views and thinking. They think it's so boring for counselor to clean up it, if they use wet sand. So, they choose dry sand to do their sandplay.

3.3 Self-image

During the process of looking for self-image, the counselor let clients feel their mental states. Why it's so different when they do it? Some of them in a low speed, some with a lot of hesitation, some find it at first sight? What kind of feeling do they get unconsciously? The counselor let clients share their feelings about their self-image. The most important part is let them pay attention to some aspects of their self-image to get their feelings at that moment, including the figure, expression, movement and the position of it in the sandplay. In this research, 54.55% clients show their real self-image in their first tray. We can conclude that undergraduates realize themselves specifically, or we can say that they know about themselves to a certain extent. We hope that they can know themselves more deeply in the later process of doing sandplay.

3.4 State of moving sand

In this research, 36% clients didn't move sand. According to some relevant research, moving sand or not has different meanings. The bottom of sandplay is blue, in general, it represents water and water is the symbol of unconsciousness. Moving sand may represent clients explore their unconsciousness actively otherwise it means clients are still at their conscious level. So, they need do some further effort about their self-exploring (LI, 2005, P.180). Only when clients start to explore their unconsciousness actively, sandplay can show its function and their unconsciousness can emerge automatically.

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Table 1. 44 initial sand play subject constitutions

sand play subject	quantity	Percentage (%)
family	16	36.4
life condition	12	27.3
grow path	1	2.3
sightseeing traveling	5	11.4
interest(hobby)	4	9.1
non-reality	4	9.1
others	2	4.5

Table 2. Various categories miniatures service condition

Miniatures type	Use proportion (%)	mean value
building class	97.73	5.11
plant class	88.64	4.30
animal class	95.45	4.32
character class	86.36	5.03
food class	56.82	2.34
furniture class	72.73	3.89
culture class	59.10	1.82
Transportationvehicle class	75.00	1.80
natural material	63.64	1.91
others	29.55	0.59