



## **International Virtual Colloquium on Multi-disciplinary Research Impact (2<sup>nd</sup> Series)**

Organised by Research Nexus UiTM (ReNeU)  
Office of Deputy Vice Chancellor (Research and Innovation)  
Universiti Teknologi MARA 40450 Shah Alam, Malaysia, 15 June 2022



# **Formulating Healing Jewellery using a Model of Designomics**

**Hema Zulaika Hashim <sup>1</sup>, Ezatul Mazwe Muhammad Arif <sup>2</sup>, Rusmadiyah Anwar <sup>3</sup>, Mohd Faizul Khalid <sup>4</sup>**

<sup>1</sup> Formgiving Research Group, College of Creative Arts, Universiti Teknologi MARA, 40450 Shah Alam, Selangor Malaysia

<sup>2</sup> Mazwe Jewellery, 40450 Shah Alam, Selangor Malaysia, <sup>3,4</sup> College of Creative Arts, Universiti Teknologi MARA, 40450 Shah Alam, Selangor Malaysia

[hema@uitm.edu.my](mailto:hema@uitm.edu.my), [mazwearif26@gmail.com](mailto:mazwearif26@gmail.com), [rusma935@uitm.edu.my](mailto:rusma935@uitm.edu.my), [mdfaizul@uitm.edu.my](mailto:mdfaizul@uitm.edu.my)  
Tel: 0173116723

### **Abstract**

Incorporate with designomics model, these jewellerys will assist in uplifting their mood, relax their overthinking mind and bring out their inner confidence. The objective of this research is to investigate the type of healing jewellery that can encourage positive behaviour with the usage of the healing stones and design aesthetics. Its aim to examine the properties of jewellery that affect minor depression and to produce signature jewellery of feel and heal for minor depression. This research will benefit psychiatrists, doctors, family members and jewellery designers and potentially benefit for individual with minor depression.

Keywords: healing jewellery; jewellery design; designomics; gemstones

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DOI: <https://doi.org/10.21834/ebpj.v7i1S17.3785>

### **1.0 Introduction**

Covid-19 pandemic and movement control order have caused emotional suffering (depression) because of the changes in daily life and in their profession, environment especially adapting the new norm of working from home, losing source of income, loss their job and worrying about their health safety explained the patron of The Befrienders Kuala Lumpur, Tan Sri Lee Lam Thye (Bernama, 2020). Mental illness is a psychological state that affects our thoughts, mood, and feelings. Holland (2018), explicate that mental illness is a malady that will influence a person's thoughts and feelings. The World Health Organization (2020), disseminates that about 300 million people from vary walk of life experienced depression. Yearly, about 800,000 people commit suicide due to depression. People with depression in Malaysia are afraid to look for help because of the public stigma, how society treats them and discriminates against them. Not only that, they also labeled them as maniacs as well. Ivan Vun JS, Cheah WL, Helmy H (2019), agreed that depression patients are often being classified and decry, largely in Asia.

### **2.0 Literature Review**

#### *2.1 Factors and Symptoms of Depression*

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DOI: [https://doi.org/10.21834/ebpj.v7i1S17%20\(Special%20Issue\).3785](https://doi.org/10.21834/ebpj.v7i1S17%20(Special%20Issue).3785)

Mental disorder or also known as mental illness is a state of mind that influences our way of thinking, mood, behaviour and even feeling. Some of the mental illnesses are short term, and some are permanent, which are leaning towards the acute condition. It will affect your day to day functioning system (Medlineplus, 2014). Holland (2018), discussed that emotional and psychological well-being is an essential element of mental health. Several components that comprise mental health are emotional, psychological and social well-being. Mental Health.gov (2020), stated that a healthy mind also influences a person's thoughts, feelings and actions. In addition, a fit mental health helps a person manage their stress and make decisions or choices. Din & Noor (2009) reported that WHO or well known as The World Health Organization (2001) had redefined health as the well-being of physical, mental and social. Mohd Nasir (2012), explained that mental illness is an illness which involves a disorder of the brain function, where by it is the root of changes in a person's thinking processes, feeling and behaviours. Due to that, a person will have difficulties in performing their daily activities well. A healthy mind influences a person's thoughts, feelings and action. In addition, an excellent mental health helps a person to be happy, healthy life, manage with hardship, manage their stress, make decisions or choices and the ability to stand on their feet after facing something difficult (Mental Health.gov, 2020 and Holland, 2018). Mental health problems are common nowadays but is one of the serious matters that needed to be taken seriously. Holland (2018), elucidate that mental illness is a condition that will influence a person's way of thinking and feel. It can be affected by genetics, environment, daily habits and biology. Health Direct (2018), explained the type of mental illness that is diagnosed and identified using the DSM-5 handbook, which incorporates 300 groups of mental disorders in it. The focal group of the mental disorder based on DSM-5 are mood disorder- depression or bipolar disorder, anxiety disorder, personality disorder, psychotic disorder- schizophrenia, eating disorders, trauma-related disorders- post-traumatic stress disorder and substance abuse disorders. Other types of mental illness are panic disorder, obsessive-compulsive disorder and phobias (Medlineplus, 2014), psychosis, schizoaffective disorder, self-harm and suicidal feelings (Time To Change, 2020), body dysmorphic disorder (BDD), drugs - recreational drugs & alcohol, hoarding, hypomania and mania, loneliness, paranoia, postnatal depression & perinatal mental health, seasonal affective disorder (SAD), self-harm, sleep problems, stress, disruptive disorders, trauma (Mind.Org, 2020), neurodevelopmental disorders, somatic symptom disorders, neurocognitive disorders and many more (Cherry, 2020), (Mental Health.gov, 2017). Rodríguez et al., (2012) elaborate that the terms of "minor depression" vary, which are subclinical depression, subsyndromal depression, subthreshold depression, subthreshold depressive symptoms and subclinical depressive conditions. Rodríguez and his associate defined minor depression based on DSM-IV (diagnostic and statistical manual) criteria in which depression will last at least two weeks of symptoms and the total number of signs not exceeding 4. Subthreshold depression or also known as "subsyndromal symptomatic depression" and "nonspecific depressive symptoms" are defined in several cases as depressed mood or loss of interest and have less than five symptoms.

Holland (2018), specific that several mental illnesses share similar attributes, such as not eating or overeat, experiencing insomnia or sleep too much, avoiding other people, avoid doing things that use to be favourite task or activity, feeling tired and exhausted despite having enough sleep, lacking empathy and feel numb, encounter inexplicable body ache, feeling lost, hopeless and could be helped, drinking, smoking and doing drugs excessively, persistently argue or quarrel with family and friends, feeling confused and forget most things. Not only that, they also get irritated quickly, angry, sad, anxious or scared, mood swing that will occur problem in a relationship, regularly having flashbacks or are not able to get particular thought out of their heads, continuously hear voices in their head and could not control them, thinking of hurting others or themselves and not able to carry out daily activities or work. Din & Noor (2009) niche the criteria of the depression symptom that they selected as respondent, which are people that are continually talking by themselves, individuals that confess of hearing voices, individuals that profess to see scary or odd objects, individuals that detach themselves from other people, feeling depressed, over stress, sad all the time and quickly get angry which can be injurious. Kuboki & Hashizume (2011), reported that the primary afflictions that are faced by people with mild depression are insomnia and physical symptoms. As an example fatigability, the heaviness of the head, headache, abdominal pain, stiffness on the shoulder, lower back pain, and loss of appetite and depressive symptoms.

Chong Guan (2014) stated that the standard evaluation tool for depression in Malaysia is Beck Depression Inventory (BDI), Depression, Anxiety and Stress Scale (DASS), Patient Health Questionnaire 9 (PHQ-9) and Hospital Anxiety and Depression Scale (HADS). Holland (2018), explicit mental health diagnosis consists of various processes. Firstly, the doctor will execute a physical exam to identify signs or physical issues that pitch into the symptoms. Some doctors will ask the patient to undergo several laboratory tests to look for a problem that may cause mental health. Secondly, the doctor may ask the patient to fill out the questionnaire regarding mental health. Then the patient will go through a psychological evaluation. Rodríguez et al., (2012) discuss that there are several ways of identifying depression disorder which is emphasizing the factors of symptoms occurring. Secondly would be a qualitative difference between normal sadness and depressive feelings. Lastly, propose a dissimilarity based on a practical basis.

Natural Healing's Alternative for Minor Depression. Healing is defined as getting better, either physically or mentally. In a global perspective, certain populace chooses to use natural remedies, especially gemstones as part of their healing aid rather than using drugs and chemicals that would have a higher risk to their body and organs. On the other hand, Malaysians are starting to be more open in adopting a healthy lifestyle and the usage of alternative and natural remedies. In Malaysia, the most eminent natural remedies that are in trend currently are healing using the essential oil, exercising and even Eco therapy. However, some people use gemstone as the energy source for their body. Still, most Malaysians use precious stones as jewellery to beautify themselves and bring out their inner beauty and confidence.

### 2.1.1 The Placebo Effect

Gemstones or crystals are known for their healing properties. Heid (2017), indicates that crystals and gemstones are natural minerals that have existed millions of years ago and people throughout the years believed that each stone consisted of natural health benefits especially for depression and anxiety. It also radiates the energy of the wearer. However, there are a few psychologists and neurologists that do not

agree with the validity of the healing crystal's properties. Nevertheless, they believe that the user is experiencing 'The Placebo Effect'. James Giordano, a Neurology and Biochemistry professor from Georgetown University, simplified the meaning of placebo effect whereby if a person believes the remedies can aid them, it might work due to the power of our mind (Marshall, 2018). Marshall elucidates that Stuart Vyse, an American Psychologist that wrote a book on "Believing in Magic: The Psychology of Superstition", agrees on the effectiveness of the healing gemstone but not due to what people claim it could do but it is due to the placebo effect which react with the mind and causes the gemstone to reflects its effectiveness towards the user.

Dispenza (2014), explained that every human being influences their mind and physical by using their perception, emotion, aims and even their spirituality. Their body reacts towards the psychological episode that was triggered by the thoughts, faith and feeling. In his book, he elaborates one of the most important facts towards the human mind is that, by using the mind, it is able to heal the body. Dispenza also mentioned that with an explicit intention and the increase of emotion, the placebo effect is able to send a signal to an individual's brain which will increase the energy in their body in order to enhance their health and lives. Not only that, a person needs to also change their belief towards themselves and the possibility of their bodies and health. Dispenza shared one of the astonishing case studies that was conducted in 1998 that affirm the effect of placebo by Irving Kirsh Ph.D, who was conducting the research. More than 2,300 minor depression patients enhanced in terms of their mental health are due to the placebo instead of antidepressant pills and proved that placebo are applicable and possible.

The act of placebo effect can elevate mood, increase self-confident and most importantly fight incurable illness as well. Vyse added that in the medical line, all the natural panacea is the probability that the stones react in terms of psychological advantages. Giordano explained the natural remedies that were claimed to be able to assist progression towards the mind and body is due to the placebo effect (Marshall, 2018). Also, she mentioned that James Giordano elucidates that natural remedies do not have any life-threatening outcome. He clarifies that the placebo effect can reduce the manifestation, but it could not cure illness. On the other hand, according to Ted Kaptchuk, a professor in medicine at Harvard Medical School elucidate his exploration towards the placebo effect are legitimate and he suggested that its advantages should be encouraged (Heid, 2017).

### 2.1.2 Healing Gemstones

There are other perspectives toward healing gemstones. Juckett (n.d), explained that some gems could increase energy to the highest intensity. As an example, Clear Quartz. Clear quartz was used for healing purposes in ancient cultures. As to compare to the modern days, this stone is used for devices as well. Such as computers, televisions, and phones. It can also absorb, released, stow and balance the energy. Locke (2018), elucidated that a French physicist known as Pierre Curie was an expert in crystallography, magnetism, piezoelectricity and radioactivity. Curie clarifies that he contrives the production of electricity from a pressured crystal which is known as 'Piezoelectric effect'. Due to the energy that is being produced by crystals and gems, they are used in watches, iPhone, computer chips and others. The same concept is being applied with humans, whereby the energy from the crystals or gems could help in aligning it with the human body and assist in the healing process.

Referring to Locke, the famous crystal expert known as Samantha Fey, agrees that gemstones and crystals could alleviate depression due to the proficiency of the stones that can reflect, direct, project, hold, receive and emerge the light. She added that the human body releases an electromagnetic field. Due to that, the piezoelectric effect of gemstones could elevate the energy level in the human body and make them energetic. The healing process will be more fluent and react with the body better if the wearer is a believer in order for the stones properties to actuate especially when it touches the body.

Chamberlain (2019), elucidate that the conformation of crystals and gemstones form naturally and have endured throughout time. There are various beliefs towards the healing stones. However, the scientific explanation behind these healing gemstones are similar to Albert Einstein's theory of energy which is the 'E=MC<sup>2</sup>', explained Aimee Carlton who is known as Master NLP Practitioner and energy coach. Aimee clarifies that each gemstone has its own energy, vibration and frequency. She added that even the human body has vibration and several frequencies because each body part has a different vibration and frequency. Not only that, she explained that when the stones are in contact with our body, it enhances the frequency of a human body to go higher at the same wavelength as the stones. The higher the frequency of the body, individuals will feel healthier and the flow of the energy in the body will circulate and radiate better.

Natural healing crystals or semi-precious stones are known to be one of the prominent alternative therapies due to its natural healing properties and it is believed that the stones are able to ease stress, depression and significantly others (TNN, 2019). Moreover, in immemorial time semiprecious stones were used as a medicine purpose in correcting the energy in the body. TNN elaborate, expert's explanation on the constructive energy from the crystal to the human body and absorb the negative energy from the body. Not only that, semi-precious stones are scientifically attested to be able to encourage the placebo effect in medicinal remedy. TNN added that, certain frequencies and vibrations that radiate in the human body due to the encouragement of the healing stone manage to edify the physical, emotional and mental health. Not only that, it also enhances a person's concentration and creativity by placing the stone on the body's chakra or also known as a healing point. The effects are almost similar to essential oil. TNN stated that certain healing gemstones are able to cure individual's malady and withdraw stress. The most frequent stones used for stress, mental clarity and other mental illnesses are Amethyst, Rose Quartz, Opal, Yellow Topaz and also Rhodonite stone.

Kaufman (2000), stratify about the electromagnetic energy (discrete conductivity) and thermal when a person wears the healing elements directly in contact with the body, it can provide and exchange electrical points between each component and the body. He added that healing jewellery is natural materials which consist of crystals, metals, and gemstones applied to the body to provide distinct healing effects. These therapies, conventionally known as "crystal therapies," are desirable due to the durable materials being used that can be

used repetitively and produce no known detrimental side effects. Ogi Ltd (2020), stated, psychologists proposed that jewellery are worn to attain self-actualisation and increase self-esteem.

Epilepsy Scotland, (2019) reported Kim Tiong, a lady that experienced epilepsy and anxiety. She designs jewellery to help people with anxiety and depression; she was surprised how jewellery has the power that could affect and be able to help people with mental health. Not only that, Gulino (2020) stated that Naraya Montufar, a Senior Astrologer at Astrology.com and Horoscope.com mentioned that some gemstones consist of beneficial impact due to its energy and restorative properties.

Another research that was conducted by Seraj et al. (2011), elucidate about Bangladesh native tribe which is known as Bede community and they are 'river gypsies' that live on their boat. They have been stationed there for years and practice traditional medicine among their community which involve animals, healing plants, chant and precious stones as part of their treatment. Seraj and his associate shared that after analysing the result from the survey, there are approximately 29 gemstones that are being used and the stones are suggested to be made into a silver or gold ring. The shaman mentioned to the researchers that individuals that are facing mental illness can be cured by wearing the stones that were given by the shaman especially Eye agate are suitable in keeping the brain cool, Moonstone are advised for headache, to encourage mental calmness, promote tranquillity and sustained the calmness, Topaz is suitable for any illness, Pearl is for keeping a person cool off, calm and to increase the brain ability and Blue sapphire is to reduce stress and depression.

Locke (2018), stated that crystals and gems are a popular instrument to assist users in their daily life, and she explained about Samantha Fey, that delineate about mitigate mental health issues using crystals. Teidearu (2019), portrays the benefits and characteristics of crystals which heals so much slower than medication, but the healing will prolong for the long term. He stated that Hall (2009), elucidated that crystals have diverse healing qualities towards human beings and crystals with the properties of protection, healing and supportive properties, usually are in a darker shade of black. Such as tourmaline, black agate, hematite, obsidian and others. Kaufman (2000), explained that the healing pieces need to be positioned in contact with the body, which requires healing. It can be placed on the pain area, inflammation, skin irritation, or even injury.

There are hundreds of gemstones and crystals that have various properties and benefits. Hall (2012), clarify that there are several stones that are suitable for depression which are Lepidolite, Aventurine, Jasper and Snowflake obsidian. Hall elaborated that Lepidolite could clear electromagnetic pollution. It is able to tune a person's thoughts and feelings from other lives that are creating blockage and takes you forward into the future. In terms of emotional, lepidolite enhances calm, free from the influences of others, reduction of stress and depression. Aventurine is a positive stone that can be used in defusing negative situations. Aventurine stabilises one's state of mind, bringing understanding to what lies beneath the conditions, stimulating perceptions, calms anger and irritation to increase perseverance. Jasper on the other hand, it is suitable to be used especially during times of stress and it could bring calmness as well. Snowflakes obsidian helps in releasing negative thinking and stressful mental patterns.

International Gem Society (IGS) (2020), list out several precious stones that are suitable for mental health. There are about eight types of stones which are Rose quartz, Garnet, Amethyst, Pearl and Moonstones. IGS clarify that Rose Quartz are able to cure heartbreaks, nurture self-love, inner peace, and strive from isolation and sadness. Garnet on the other hand, is beneficial in encouraging emotional balance by increasing a person's self-confidence. Amethyst could enhance the energy, bravery and tranquillity of an individual. These stones could also encourage creativity and calmness. Pearl is a lustrous stone that is able to encourage happiness and positivity. Amber is a gemstone that is able to heal headache and stress. Citrine is suitable in enhancing positive vibe and emotional health. Aquamarine is one of the appealing looking precious stones due to the colour mimicking the shade of the sea. This beautiful stone could encourage happiness and healing energy. Lastly, Moonstones. This spectacular stone is incessantly utilized to reduce depression, anxiousness, sleeping problems and enhance inventiveness.

## 2.2 Jewellery Designation for Minor Depression

Jewellery is a personal ornamental piece that could enhance a person's inner and outer beauty. However, jewellery is universal and can be worn by everyone at all ages. Not only that, some pet owners even custom made jewellery pieces for their pets. There are various types of jewellery such as earring, necklace, pendant, brooches, bracelet, ring, anklet and cufflinks that are made from a wide range of precious material or non-precious materials as well.

Jewellery is also known as personal adornment that could convey a message about the wearer. Some people wear jewellery because it holds nostalgic memories, some wear it due to the beauty of the pieces, there are people who wear jewellery to portray their wealth, while others wear it due to the healing properties of the jewellery and the component on the pieces. Ogi Ltd (2020), stated that psychologists proposed that jewellery are worn to attain self-actualization and increase self-esteem. Statement Made Jewellery (2018), stated that jewellery could encourage an individual's self-confidence. Not only that, they also mentioned that, through jewellery it could reflect a person's mood, personality and even interest. Statement Made Jewellery (2018), added that the optimistic aura will linger around them when they wear a piece of jewellery that is meaningful to them and a person's confident will increase tremendously especially if the jewellery are portraying their personality which make them feel comfortable and happy wearing it. Some organisations shared that, precious stones should be worn as jewellery in order to obtain the most, out of the benefits stated IGS (2020).

Jewellery is a piece of self-expression whereby a person can express themselves by wearing a various type of jewellery because through jewellery it could reflect a person's mood, personality and interest (Ogi Ltd, 2020). They explain that by wearing the right jewellery, a person could feel and express their confidence. Lim (2017), described the impact of jewellery towards women whereby they buy their jewellery as a reward in reflecting the goals of their achievement. Women uniquely value their jewellery due to the saccharine reason. From a piece of jewellery, they could display their youth, hardship, success and all of the excellent and bitter memories just by looking at

the selection of jewellery that they owned. It also indicates their self-esteem. In conclusion, the healing gemstone is used as an additional alternative remedy as an assistant to elevate mood, confidence and self-esteem.

### 2.3 Type of Healing Jewellery and Placement

There are a wide spread types of jewellery but not all of them are suitable for healing jewellery. Healing jewellery works effectively if it is closer to the heart and pulse. Gemisphere (2020), uncovered that a good tool to deliver the energy consistently to a human body would be a gemstone necklace. The energy is able to disseminate every part of the body and dispel the obstruction of energy. In addition, Lewin (2018), shared about Beyond Blues Clinical Advisor known as Dr Grant Blashki mentioned, despite that people's stance toward mental health problems have ameliorate but there is a great deal of stigmatism happening among the public. Artistic executive, Jen Gotch was suffering from depression and anxiety and decided to create a 14K gold necklace that states the word 'anxiety' or 'depression'. The reason being is for the wearer to be forthcoming towards their mental health and receive help from others without feeling uncomfortable (Lewin, 2018). Health and community psychologist, Dr Marny Lishman agreed that by wearing a necklace that portrays a person's mental illness description, it could reduce stigmatism among the public and perception towards an individual's state of emotion. Lewin added, despite that most people agreed by having a necklace read the word anxiety and depression manage to make them feel more comfortable to be part of a society and reduce stigmatism among the public, there are people who disagree. They shared their perception toward words being mighty especially the one they bejewelled themselves with. They added that a person should adorn themselves with positive words for it will attract a positive vibe and alleviate the illness they are experiencing. IGS (2020), mentioned that individuals should wear the stone as a pendant, so that it is near to the heart and able to heal it. Nelson et al. (2020), elaborate that heart rate is an indicator for any health problem which relates to the heart and it can be affected by the instability of the human's psychological system which can be related to certain mental illnesses which are stress, depression, anxiety, schizophrenia and posttraumatic stress. Not only that, Nelson and his associate suggested that any wrist worn devices have the prospective to be developed in depth in terms of the accuracy of monitoring heart rate which is influenced by cardiovascular and mental health. Brilliance (2016), delineate that ring are not the only jewellery that are suitable for anxiety and depression, stud earring, stacking bangle, bead necklace or bangle and even necklace with kinetic parts will succour anxiety.

There are several jewellery which are known as the 'Worry Ring/ Jewellery' and 'Spinner Ring'. The jewellery are recommended to be made in either silver or gold. As stated above by Brilliance, the type of jewellery that is suggested for anxiety can also be applied for depression as well. Brilliance added that the jewellery will avail only if individuals are comfortable and happy with the piece of jewellery that they wear. A person should reach out for their piece of jewellery as soon as they feel the tightness on the chest area, neck and shoulder which creates discomfort to the individual.

## 3.0 Methodology

At the early stage of the study, a literature review will be overseen to understand some of the fundamental meanings and terminology relevant to the study's title and field. The amount of information to be gathered from the previous study will later influence a guideline of the research. The research study will focus on introducing and clarifying the context and previous research that align with this topic. The study's scope is focused on the product optimization focusing on concept stage until final design stage, which a vital aspect in new product development (NDP) process.

The research study will focus on introducing and clarifying the context and previous research that align with this topic. The study's scope is focused on the character personalization into a jewelry design related to individual with minor depression (IMD), which a vital feature of the social and economic factors. The survey will be conducted to 100 respondents to identify the effects of design features and the appearance of a character traits on the jewelry acceptance for IMD. Its divide into 70 respondents from patient with IMD to be observe and 30 respondents from jewelry designers will be selected into this design survey. The IMD to be chosen are from age 18 to 22 years old, at a university level.

In this research, 5 to 6 type of character traits will be a list up to be used to discover the influence factor that attracts the IMD thru observation. Through this process, a specific character and its effectiveness will be identified, which later to be tested in a stage of empirical study. The development of this research will be done thru the Design Protocol Analysis (DPA) (Anwar, 2016). DPA has been set into a controlled environment included experience designer who has expertise in designing a jewelry and familiar with behavioral need element translate into product design. The purpose of this investigation is to profile information in-term of the design process, designer concern and influences. In descriptive study 2, this study will validate the data collection and analyze the pattern focus on the intuitive design process through the character of traits determine by the IMD.

An interview will be conducted to 3 product design experts to review the design factor for product optimization. About 15 designers from 3 different level of expertise; [1] novice designer; [2] senior designer and; [3] expert designer will undergo Verbal Protocol Analysis (VPA). Here, the data in which the pattern of design in concept stage to final design stage will be gathered and analyzed. The development of this research will be done thru the DPA-Visual Analysis. DPA-Visual Analysis will be conducted to further understand the characteristic of inspiration approaches in design strategic and resources in context of healing jewelry design. DPA has been set into a controlled environment including a design brief that will be given to 15 designers of varying level of expertise to be observed. As level of expertise divided into level of experience, this design experiment strategically designed to converge the information of the design process, designer concern, and the pattern of design character changed from concept stage to final design stage.

#### 4.0 Finding and Discussion

This research could give an impact in establishing state-of-the-art of local alternative healing process for Malaysian product, create new trademark towards generating domestic and international economy and promote the nation worldwide throughout design platform.

This study is relevance to The COVID-19 Health Services Disruption Survey 2020. The outcome of the study also contribute in supporting the Kementerian Kesihatan Malaysia (Family Health Development Division) policy specifically objective 2 and 3, in the area of developed to assess the level of disruption to a range of health services resulting from the COVID-19 pandemic and subsequent government mandates and changes in behavior involving depression.

Locally designed craft such metalworks, jewellery, artificial craft etc. its hard declare as successful local brand. The formulation of design and economic (designomic) form principles will introduced an established identity of Healing Jewellery towards establishment in National Design. This new finding will formulated as "Healing Jewellery-Designomic IMD".

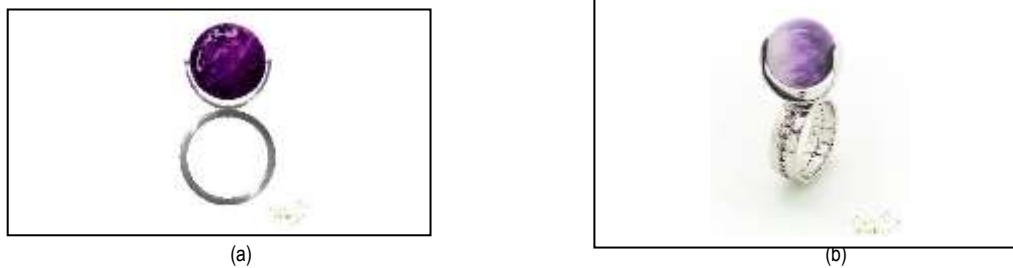


Fig. 1. (a) Illustration of Orbuculum Ring; (b) Orbuculum Ring.  
(Source: Mazwe A. Jewellery)

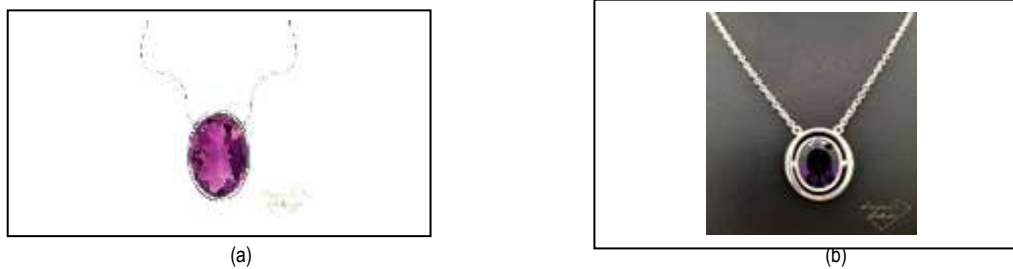


Fig. 2. (a) Illustration of Gwella Necklace; (b) Gwella Necklace.  
(Source: Mazwe A. Jewellery)

Signature healing jewellery was formulated for individuals with minor depression and it was design based on the findings obtained throughout several research process. The attributes of the research process were extract from literature review, interviewing experts, survey and pre and posttest. The attributes acquire from the literature review indicate the experiment conducted in the past and researcher that explored the healing gemstones and materials. Interviewing experts on the other hand, help researcher understand in depth about the healing jewellery in connection with the type of the healing gemstones, healing materials, language, design of the healing jewellery, kinetic movements and the size of the gemstone. Survey was conducted based on the attributes gained from the interview. The survey is to discern the type of healing jewellery that are suitable for minor depression individuals. Lastly, pre and posttest was conducted in order to identify the effectiveness of the signature healing jewellery towards minor depression individuals. Based on the respondent's input, the affirmation that was stated by the experts about healing jewellery were proved to be precise.

#### 5.0 Conclusion

To sum up, the findings of this study clearly demonstrate that healing jewellery is advantageous towards minor depression individuals. It could ease and subdue minor depression that are currently increasing due to the Covid-19 outbreak and the movement control order. Healing components such as healing gemstones, kinetic movement, encouragement word, sound and aromatherapy are able to assist minor depression people based on the component of their preference. This research depicts the significance of utilizing genuine materials and gemstones for the effectiveness of the healing jewellery and the circulation of energy to regulate between the stones and human body.

#### Acknowledgements

The author would like to acknowledge the Research Management Center (RMC), Universiti Teknologi MARA for funding under the program of MEE2021.

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