

Abstract

Examination of the contribution of actions that can improve a sense of coherence (SOC), revealed that the arts have some required qualities. The literature dealing with the connection between arts and a SOC predominantly examined the influence of the plastic arts. This study sought to expand the examination towards arts related original song creation in musical settings. The aim was to examine whether and how original song creation processes can contribute to building at-risk youths' SOC. Ten semi-structured interviews were conducted with teenagers who participated in various song creation workshops and were defined as at-risk teens by the institution in which they were enrolled. Interviews were also conducted with members of the educational staff who witnessed this type of process.

The findings indicate that reveal that original song creation processes have the ability to build at-risk youths' SOC. The research findings showed that youths participating in writing and creation workshops developed along three axes indicating an inward-outward movement of development, from a point of intrinsic motivation and shift from a sense of difficulty and suffering to pleasure and positivity, through development of one's relationship with self and ending with development of life skills and strengths for healthy and positive conduct in society.

Moreover, findings revealed that creation process facilitators are of great value in the personal process that the youths underwent. The findings were examined vis-a-vis the three SOC components - comprehensibility, manageability and meaningfulness. It was found that the deep connection the writing and creation activity develops among at-risk youths and between them and their environment, allows for the development of all three SOC components. There is a need to add and deepen studies of this type, with the aim of better understanding the relationship between creation processes and SOC strength, and being precise and developing ways of conducting writing workshops as a means of developing a SOC.