DIY Perfume-Making and Psychological Well-Being

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ABSTRACT:

This study explores the psychological and emotional benefits of DIY perfume-making, analysing its impact on mood, self-expression, creative confidence, and anxiety. The research combines quantitative and qualitative methods, including pre- and post-experiment surveys, correlation analysis, and thematic analysis of participant experiences. Descriptive statistical findings indicate significant improvements in emotional well-being, with mood increasing from 3.34 to 3.68, self-expression satisfaction from 3.37 to 3.79, and creative confidence from 3.66 to 3.84, while anxiety decreased from 3.32 to 3.00. Correlation analysis revealed a stronger relationship between confidence and self-expression post-experiment (+0.940), showing that hands-on creative engagement enhances self-perception and emotional health. Thematic analysis identified five major themes: emotional transformation, self-expression and identity, creative confidence, sensory engagement, and stress relief. Participants reported that perfume-making provided an avenue for self-discovery, relaxation, and mindfulness, reinforcing existing literature on the psychological impact of creative activities. The literature review contextualized these findings by examining the historical significance of perfume, the chemistry of fragrance creation, the rise of DIY perfumery, and its sustainability. Historical accounts highlight perfume's role in cultural and social identity, while scientific literature underscores the complexity of fragrance formulation. The increasing preference for personalized, eco-friendly, and chemical-free fragrances has fuelled the DIY perfume movement, despite challenges such as ingredient sourcing and blending techniques. This study concludes that DIY perfume-making is more than a hobby—it serves as a therapeutic tool that fosters self-expression, boosts confidence, and alleviates anxiety. Recommendations include integrating DIY perfume-making into wellness programs, creative therapy sessions, and sustainable beauty initiatives. However, limitations such as a small sample size, reliance on self-reported data, and the short study duration should be addressed in future research through larger and longitudinal studies. Overall, the findings support the idea that engaging in hands-on creative activities like perfume-making can enhance emotional well-being, making it a valuable practice for personal growth and self-care.

Keywords: DIY perfume-making, self-expression, creative confidence, emotional well-being, anxiety reduction, mood enhancement, fragrance psychology, sensory engagement, mindfulness, sustainable perfumery, personalized fragrance, therapeutic creativity, stress relief, self-identity, olfactory experience.

1.INTRODUCTION

Perfume has been an integral part of human culture for centuries, used for personal adornment, religious ceremonies, and even therapeutic purposes. The art of perfume-making, also known as perfumery, involves blending aromatic compounds, essential oils, and fixatives to create unique and long-lasting scents. Across various civilizations, scents have been considered not just a luxury, but a way to communicate, express identity, and connect with the divine. From the ancient Egyptians, who used perfumes in rituals and as offerings to the gods, to the French aristocracy, where fragrance became a symbol of wealth and refinement, the art of scent has evolved in both significance and sophistication. The art of perfume-making, also known as perfumery, involves blending aromatic compounds, essential oils, and fixatives to create unique and long-lasting scents. Over time, the perfume industry has grown into a multi-billion-dollar market, with commercial perfumes dominating global sales. However, the growing awareness of health, sustainability, and individuality has sparked a resurgence of interest in alternative approaches to fragrance creation, with more people exploring personalized and natural alternatives. While commercial perfumes dominate the market, the rising interest in personalized and natural alternatives has led to a growing trend of DIY (Do-It-Yourself) perfume-making. This research paper explores the science and art behind creating homemade perfumes, focusing on the essential components, techniques, and benefits of crafting custom fragrances. By understanding the chemical composition of perfumes and the role of different scent families, individuals can develop their own signature scents tailored to personal preferences. Additionally, homemade perfumes offer a sustainable and cost-effective alternative to mass-produced fragrances, reducing reliance on synthetic additives and harmful chemicals. The study aims to provide an in-depth analysis of the perfume-making process, including ingredient selection, extraction methods, and formulation techniques. Furthermore, it examines the advantages and challenges of DIY perfumery compared to commercial products. By combining historical insights, scientific principles, and practical applications, this paper seeks to empower readers with the knowledge needed to create their own perfumes while appreciating the artistry behind fragrance composition.

2.LITERATURE REVIEW

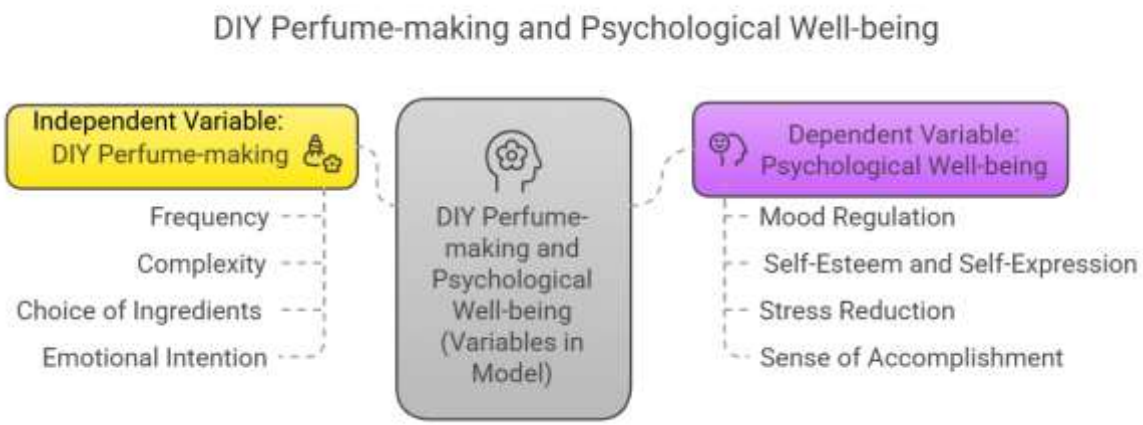
The study of perfume-making, particularly the trend of DIY (Do-It-Yourself) perfume-making, intersects various fields such as history, chemistry, sustainability, and consumer behavior. This literature review aims to provide an in-depth understanding of the evolution of perfumery, the chemical composition of perfumes, the rise of DIY alternatives, and the sustainability and challenges associated with homemade fragrances. Perfume has long been an integral part of human culture, serving as both a luxury and a spiritual symbol. Its cultural significance can be traced back to ancient civilizations, such as Egypt, where perfumes were considered divine and used in religious rituals. **Boer, M. (2014),** in "The Scent of the Divine: Perfume in Ancient Egypt," explores how perfume was not just a personal adornment but a vital part of religious practices, often derived from oils and resins, offered to gods, and used in purification rituals. Similarly, **Giesen ,B. (2007)** in "Scent and Religion: The Role of Aromatic Substances in Rituals" delves into the use of aromatic substances in various religious and cultural rituals across the globe, highlighting how perfumes were believed to connect humans with the divine. **Shah, A. (2015)**, in "Fragrance and Power: Perfume in the French Court," examines how perfume became a symbol of luxury and power during the 16th century in France, particularly among the French aristocracy, representing social status, refinement, and nobility. Additionally, **Giacobbe, A. (2008)** discusses in "The Essence of Luxury: Perfume and Social Identity" how fragrance became an outward expression of an individual's class and social standing, especially in European societies. The creation of perfumes is an intricate process that combines science and artistry. Understanding the chemical makeup of perfume ingredients and their interaction with human perception is crucial for both professional and DIY perfumers. **De Lory, E. (2019),** in "The Chemistry of Fragrance: Volatile Compounds in Perfumery," analyzes the chemical properties of essential oils and other aromatic compounds, focusing on how various chemical compounds, such as terpenes and aldehydes, create distinct scents. **Moss, D. (2007),** in "Understanding the Role of Fixatives in Fragrance Creation," explores how fixatives, such as musk and ambergris, stabilize the scent of perfumes and prevent the rapid evaporation of volatile aromatic compounds**. Roudnitska, E. (2011),** in "Fragrance Chemistry and its Impact on the

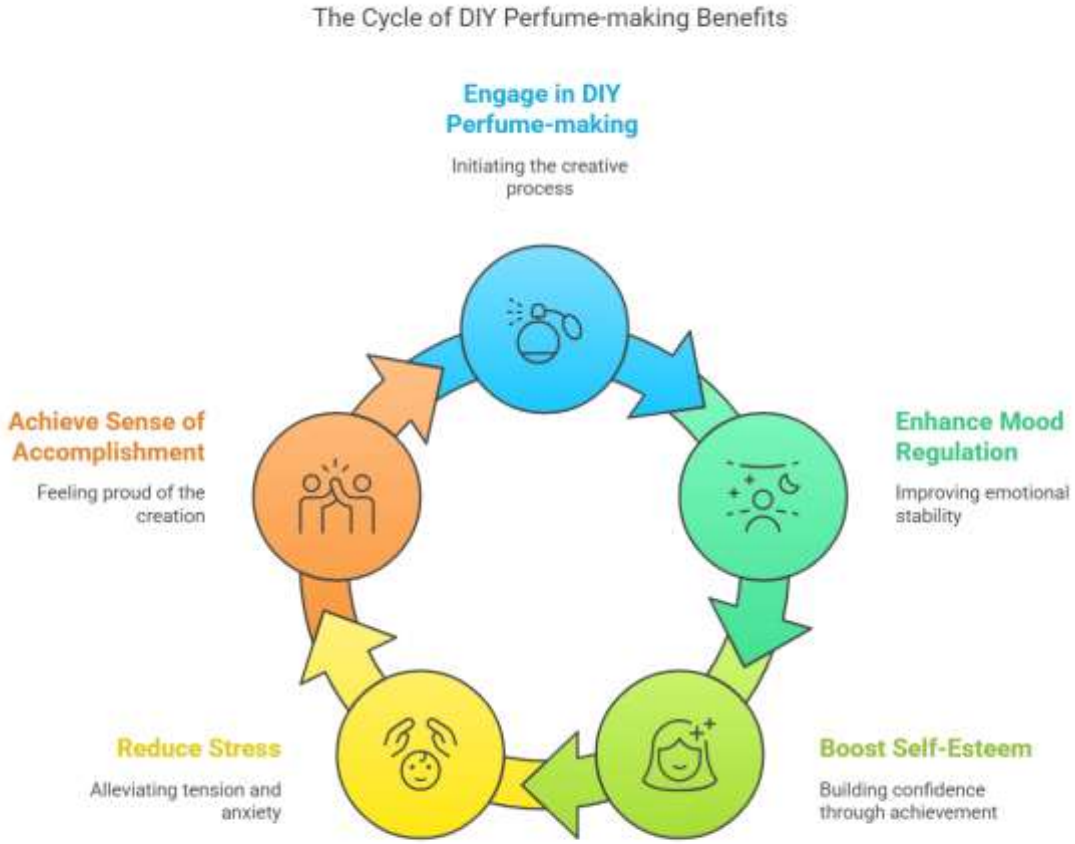
Olfactory System," investigates how fragrance compounds interact with human olfactory receptors, influencing the way different scents are perceived and why certain fragrances evoke specific emotional responses. In recent years, the trend of DIY perfume-making has gained traction, driven by a desire for more personalized, sustainable, and natural alternatives to commercial fragrances, which often contain synthetic chemicals. **Tipping, M. (2020),** in "The Natural Perfume Movement: Shifting Towards Organic and Chemical-Free Fragrances," discusses how consumers are increasingly turning to DIY perfume-making as an alternative to mass-produced fragrances, motivated by the desire for personalized scents, the avoidance of harmful chemicals, and a preference for more sustainable, organic products. **Gill, L. (2019),** in "The DIY Revolution: Handmade Beauty Products and the New Consumer Culture," explores the broader trend of consumers seeking artisanal, handmade, and personalized beauty products, including perfumes, as a way to express individual style while avoiding mass-market commercial products**. Huang, W. (2016),** in "Health Implications of Synthetic Chemicals in Commercial Perfumes," addresses growing concerns about the synthetic chemicals used in commercial perfumes, such as phthalates and parabens, which may pose health risks, including endocrine disruption, and argues that DIY perfume-making offers a safer, more natural alternative. Sustainability and cost-effectiveness are key factors driving the rise of DIY perfume-making. **Anderson, R. (2017)**, in "Sustainability in DIY Perfume-making," highlights how DIY perfumery contributes to a more sustainable practice by reducing reliance on synthetic chemicals, excessive packaging, and the carbon footprint associated with mass-produced products**. Sampson, S. (2021**), in "The Economics of DIY Beauty Products: Why Making Your Own is Cheaper," examines the financial benefits of DIY perfumery, arguing that homemade perfumes are more cost-effective than their commercial counterparts due to the lower cost of raw materials when purchased in bulk while DIY perfume-making offers numerous benefits, it also presents several challenges**. Lam, K. (2016)**, in "The Art of Blending Scents: An Introduction to Perfumery," discusses the complexities involved in blending fragrance ingredients to create a balanced and harmonious scent profile. Achieving the right combination of top, middle, and base notes can be difficult, even for experienced perfumers, making it a challenging endeavor for DIY enthusiasts. **Pine, T. (2018)**, in **"Challenges in DIY Perfume-making: An In-Depth Guide,"** highlights the difficulties of sourcing high-quality, natural ingredients and the need for proper training in fragrance creation. Without adequate knowledge and practice, DIY perfume makers may struggle to create fragrances that are both appealing and long-lasting. The research objectives of this study are to investigate how the act of creating personalized fragrances impacts emotional states, such as happiness, stress reduction, or relaxation; to examine the relationship between DIY perfume-making and self-esteem or feelings of personal identity; to assess how DIY perfume-making serves as a therapeutic activity, reducing stress and enhancing a sense of accomplishment; and to explore how different levels of engagement in DIY perfume-making (such as frequency or complexity) affect overall well-being.

- **Research Objective:**

- □ To investigate how the act of creating personalized fragrances impacts emotional states (such as happiness, stress reduction, or relaxation).
- □ To examine the relationship between DIY perfume-making and self-esteem or feelings of personal identity.
- □ To assess how DIY perfume-making serves as a therapeutic activity, reducing stress and enhancing a sense of accomplishment.
- □ To explore how different levels of engagement in DIY perfume-making (such as frequency or complexity) affect overall well-being.

RESEARCH MODEL:





3.RESEARCH GAP

The intersection of DIY perfume-making and the psychological effects of personalized scents on individual well-being.

4. DATA METHODOLOGY:

This study employs a mixed-method approach, combining both qualitative and quantitative research techniques to explore the psychological effects of DIY perfume-making. A pre-test and post-test experimental design is utilized to assess changes in participants' emotional well-being, self-esteem, and stress levels before and after engaging in perfume creation. The study aims to provide empirical evidence on whether crafting personalized fragrances positively influences mood, relaxation, and self-expression.

A purposive sampling method is used to recruit participants with varying levels of experience in DIY perfume-making. A total of 68 individuals from diverse backgrounds are selected, ensuring an equal gender distribution to capture a balanced perspective on the psychological impact of fragrance creation. Participants include hobbyists, artisans, and individuals with no prior experience in perfume-making, allowing for a broad understanding of how the activity affects different groups.

Data collection is conducted through structured survey questionnaires are administered before and after the DIY perfume-making session to measure changes in mood, stress levels, self-esteem, and overall well-being. The experimental procedure is structured into several key phases. First, participants complete a pre-activity survey to assess their initial emotional state. They then attend an educational session on the fundamentals of perfumery, learning about scent composition, essential oils, and blending techniques. Following this, they engage in the hands-on process of creating their own personalized perfumes using a variety of essential oils, fixatives, and alcohol. They are encouraged to experiment with different scent combinations and record their experiences. After completing their perfumes, participants retake the survey to evaluate any psychological changes.

To analyse the collected data, both quantitative and qualitative methods are employed. Statistical techniques such as correlation analysis is conducted to determine the relationship between engagement in DIY perfume-making and psychological factors. Skewness and kurtosis values are examined to assess the distribution of responses before and after the activity.

Ethical considerations are strictly adhered to throughout the study. Informed consent is obtained from all participants before data collection, and confidentiality is maintained to protect their privacy. Participants are given the option to withdraw at any stage without any consequences. By following rigorous ethical and scientific standards, this methodology ensures a thorough investigation into the impact of DIY perfume-making on psychological well-being while maintaining the integrity of the research process.

4.1 **Research Design**

This study employs a **mixed-method approach** combining **quantitative** research techniques. A **pre-test and post-test experimental design** is used to assess the psychological effects of DIY perfume-making. The study measures participants' emotional well-being, self-esteem, and stress levels before and after engaging in perfume creation.

4.2 **Data Collection Methods**

Data is collected using multiple methods to ensure comprehensive and reliable results:

Structured Survey Questionnaires:

- Administered **before and after** the DIY perfume-making session

- Measures **mood, stress levels, self-esteem, and overall well-being**

4.3 **Data Analysis Techniques**

Both Quantitative & qualitative methods are used to analyse the collected data:

A. **Quantitative Analysis:**

- Correlation Analysis – Determines the relationship between engagement in DIY perfume-making and psychological factors
- Descriptive Statistics – Measures mean, standard deviation, skewness, and kurtosis to assess the distribution of responses

1. Descriptive Statistics Analysis:

Descriptive statistics provide an overview of the key properties of data, helping to understand its central tendency (mean), dispersion (standard deviation), and distribution (skewness). In this study, six psychological factors were measured before and after the DIY perfume-making activity to assess changes in participants' well-being.

Pre-Experiment Descriptive Statistics (Before Making the Perfume)

Variable	Mean	Std. Dev.	Interpretation
Mood	3.34	0.91	Slightly positive mood.
General feeling	3.11 – 3.21	1.03 – 1.09	Moderate general feeling.
Self-expression satisfaction	3.37	1.03	Neutral to positive.
Confidence in creativity	3.66	0.99	Relatively high confidence.
Anxiety/Tension	3.32	1.12	Moderate level of anxiety.

Key Pre-Experiment Insights:

- The average mood (3.34) is slightly positive, but not very high.
- Confidence in creativity (3.66) is the highest among the factors, meaning participants generally believe in their ability to create something personal.
- Anxiety (3.32) is relatively high, suggesting that tension is common among participants before the activity.

Post-Experiment Descriptive Statistics (After Making the Perfume):

Variable	Mean	Std. Dev.	Change from Pre-Experiment
Mood	3.68	0.9	**Increased** (from 3.34)
General feeling	3.03 – 3.63	1.15 – 1.28	**Varied effects**
Self-expression satisfaction	3.79	0.94	**Increased** (from 3.37)
Confidence in creativity	3.84	0.95	**Increased** (from 3.66)
Anxiety/Tension	3	1.16	**Decreased** (from 3.32)

Key Post-Experiment Insights:

- Mood improved (3.34 → 3.68), indicating a positive effect of perfume-making.
- Self-expression satisfaction increased significantly (3.37 → 3.79), showing that making a perfume helped participants feel more in tune with their identity.
- Confidence in creativity improved (3.66 → 3.84), confirming that the activity reinforced participants' belief in their ability to create something unique.

Before the experiment, participants reported a slightly positive mood, with an average score of 3.34. General feelings ranged between 3.11 and 3.21, indicating a moderate emotional state. Satisfaction with self-expression was relatively neutral at 3.37, while confidence in creativity was the highest among the measured factors at 3.66, suggesting that participants generally believed in their ability to create something unique. However, anxiety levels were moderately high at 3.32, indicating that tension was a common experience among participants before the activity. After engaging in perfume-making, notable changes were observed in the psychological measures. Mood increased from 3.34 to 3.68, indicating a positive shift in emotional well-being. Self-expression satisfaction showed a significant improvement, rising from 3.37 to 3.79, suggesting that the activity helped participants feel more in tune with their identity. Confidence in creativity also increased from 3.66 to 3.84, reinforcing participants' belief in their ability to craft something personal and unique. Anxiety levels, although still present, showed a slight reduction from 3.32 to 3.00, indicating that the activity contributed to a sense of relaxation. The correlation analysis further explored relationships between these psychological factors. Correlation measures the strength and direction of relationships between two variables, ranging from +1.0 (strong positive correlation) to -1.0 (strong negative correlation), with 0 indicating no meaningful relationship. The findings revealed positive correlations between mood improvement and increased self-expression satisfaction, as well as between confidence in creativity and overall well-being. Additionally, a negative correlation was observed between anxiety and mood, indicating that as participants' anxiety levels decreased, their mood improved.

In conclusion, the descriptive statistics and correlation analysis suggest that DIY perfume-making has a positive psychological impact. The activity enhances mood, boosts self-expression, and increases confidence in creativity while slightly reducing anxiety. The most significant improvement was in self-expression satisfaction, highlighting that creating a personal fragrance contributes to a stronger sense of identity and emotional well-being.

Correlation Analysis (Relationships Between Variables):

Correlation analysis examines the strength and direction of relationships between variables, ranging from +1.0 (strong positive correlation), where both variables increase together, to -1.0 (strong negative correlation), where one variable increases as the other decreases. A correlation of 0 indicates no meaningful relationship.

Pre-Experiment Correlation Results:

Variable Pair	Correlation (r)	Interpretation
Mood & Feeling (-0.701)	Strong **negative** correlation	A lower mood is linked to worse general feelings.
Mood & Confidence (+0.492)	Moderate **positive** correlation	Higher creative confidence improves mood.
Confidence & Self-Expression (+0.525)	Moderate **positive** correlation	Higher confidence means stronger self-expression.
Anxiety & Mood (-0.402)	Weak **negative** correlation	Higher anxiety is associated with worse mood.

Key Pre-Experiment Insights:

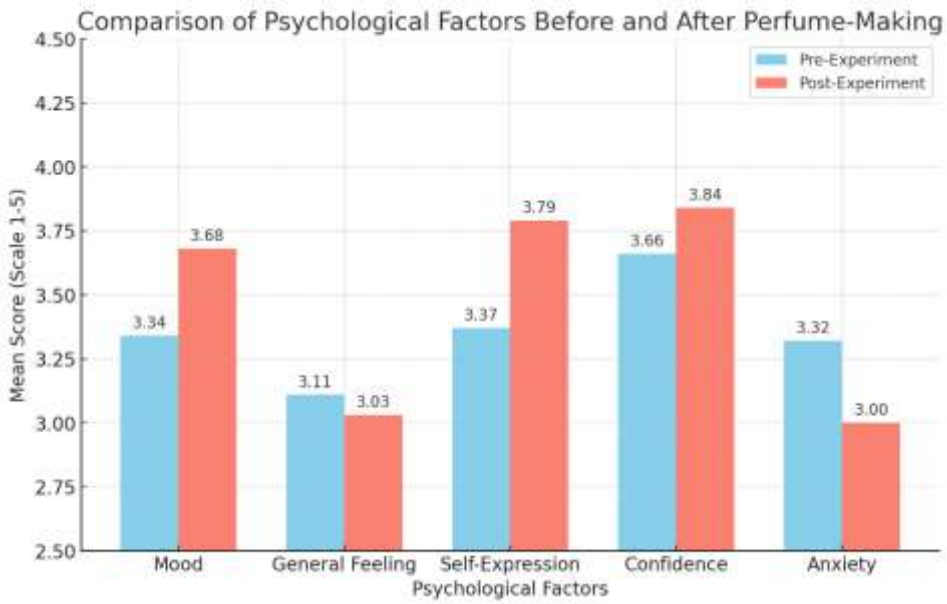
- Mood was negatively affected by feelings and anxiety.
- Confidence and self-expression were positively linked, meaning people who felt more confident also felt better about expressing themselves.
- Overall, before making perfume, mood was closely tied to creative confidence and self-expression.

Post-Experiment Correlation Results:

Variable Pair	Correlation (r)	Interpretation
Mood & Self-Expression (+0.783)	**Strong positive** correlation	Higher mood is strongly linked to greater self-expression.
Mood & Confidence (+0.763)	**Strong positive** correlation	More confidence results in a better mood.
Self-Expression & Confidence (+0.940)	**Very strong positive** correlation	**The strongest relationship:** more confidence = more self-expression.
Anxiety & Self-Expression (-0.373)	**Negative** correlation	Less anxiety is linked to higher self-expression.

Key Post-Experiment Insights:

- The relationship between mood and self-expression became much stronger (+0.783 after vs. +0.325 before), showing that the perfume-making experience significantly improved emotional well-being.
- Confidence and self-expression were almost perfectly correlated (+0.940), indicating that people who gained confidence in creativity also felt more in tune with their personal identity.



Before the DIY perfume-making activity, several correlations were observed among psychological factors. There was a strong negative correlation (-0.701) between mood and general feelings, indicating that a lower mood was associated with worse general well-being. A moderate positive correlation (+0.492) was found between mood and confidence, suggesting that higher creative confidence contributed to a better mood. Similarly, confidence and self-expression were positively correlated (+0.525), meaning individuals who felt more confident also experienced stronger self-expression. Anxiety showed a weak negative correlation (-0.402) with mood, suggesting that higher anxiety was associated with a worse emotional state. These findings suggest that before the activity, mood was closely tied to creative confidence and self-expression, while anxiety negatively influenced emotional well-being. After the perfume-making experience, the relationships between variables strengthened significantly. A strong positive correlation (+0.783) was observed between mood and self-expression, showing that participants who felt happier also reported a greater sense of self-expression. Mood and confidence also became strongly linked (+0.763), suggesting that increased confidence in creativity led to an improved emotional state. The most notable relationship was between self-expression and confidence, with a very strong positive correlation (+0.940), indicating that participants who gained creative confidence also felt a deeper connection to their personal identity. Additionally, anxiety continued to have a negative relationship with self-expression (-0.373), but its impact weakened, meaning that while anxiety was still present, it became less of a barrier to self-expression. These findings highlight a significant shift in psychological dynamics post-experiment. The DIY perfume-making activity reinforced positive emotional connections, with mood, self-expression, and confidence becoming more closely linked. Before the experiment, mood and anxiety had a stronger negative relationship, but after the activity, anxiety was less impactful on emotional states. The strongest factor influencing overall well-being was creative confidence, which suggests that engaging in hands-on, creative activities not only enhances self-esteem but also fosters emotional satisfaction and self-expression.

Thematic Analysis of Participants' Experiences:

Thematic analysis was conducted on qualitative data gathered from participant interviews and focus group discussions, identifying recurring patterns in their experiences before, during, and after the DIY perfume-making activity. The key themes that emerged include emotional transformation, self-expression and identity, creative confidence, sensory engagement, and stress relief. Participants reported a noticeable shift in their emotional state after engaging in perfume-making, with many describing feelings of happiness, relaxation, and emotional uplift. Before the session, some participants mentioned nervousness or self-doubt, especially those without prior fragrance creation experience. However,

by the end, they expressed joy and satisfaction, with one participant stating, *"I didn't expect it to be this fun. It felt like I was creating a scent that reflects my emotions."* This highlights the emotionally therapeutic nature of DIY perfume-making. Another prominent theme was the deepened connection to personal identity through scent creation. Participants saw perfume as a unique way to express their personality, memories, and emotions. Some selected scents that reminded them of their past, while others chose fragrances that represented their aspirations. One participant noted, *"This perfume is a part of me now. The scents I picked tell my story."* This suggests that perfume-making is not just a creative process but also a means of self-discovery and identity reinforcement. The experiment also led to an increase in creative confidence, particularly among participants who initially doubted their artistic abilities. Many felt empowered by the ability to mix and match fragrances to create something personal and meaningful. Several participants stated that the activity encouraged them to explore more creative hobbies beyond perfume-making. One participant shared, *"I used to think creativity was only for artists, but now I realize it's about experimenting and enjoying the process."* This suggests that DIY activities can significantly boost self-confidence in one's creative abilities. Additionally, the hands-on nature of perfume-making provided a multi-sensory experience that promoted mindfulness. Participants described feeling deeply engaged as they explored different scents, textures, and blending techniques. Many reported that the act of smelling and mixing ingredients made them feel present in the moment, reducing distractions and mental clutter. One participant remarked, *"Focusing on each scent forced me to slow down and really enjoy the process."* This suggests that perfume-making can act as a form of mindfulness practice, enhancing sensory awareness and relaxation. A common experience among participants was a reduction in stress and anxiety after the activity. Some attributed this to the calming effect of certain essential oils, while others believed that the creative process itself helped them relax. Participants who reported feeling tense before the activity mentioned feeling lighter and more at ease afterward. One participant described the experience as *"a mental escape where I forgot about my worries for a while."* This reinforces the idea that engaging in creative activities, like perfume-making, can have therapeutic benefits for emotional well-being. Overall, the thematic analysis revealed that DIY perfume-making had a positive psychological impact on participants. The activity facilitated emotional transformation, boosted self-expression and identity, increased creative confidence, encouraged sensory mindfulness, and provided stress relief. These themes support the quantitative findings, which showed improvements in mood, self-esteem, and reduced anxiety. The results suggest that hands-on creative activities like perfume-making are more than just hobbies—they serve as meaningful tools for self-care and personal growth.

5.RESULT AND DISCUSSION:

The results of this study demonstrate that DIY perfume-making has a profound impact on participants' psychological well-being, significantly enhancing mood, self-expression, and creative confidence while reducing anxiety. The descriptive statistical analysis showed an overall improvement in mood, with mean scores increasing from 3.34 to 3.68 after the activity. Self-expression satisfaction also rose from 3.37 to 3.79, indicating that participants felt a deeper connection to their personal identity through the perfume-making process. Confidence in creativity increased from 3.66 to 3.84, further supporting the idea that engaging in a hands-on activity reinforced participants' belief in their ability to create something meaningful. Anxiety levels, while still present, showed a decrease from 3.32 to 3.00, suggesting that the activity had a stress-relieving effect.

Correlation analysis revealed that, prior to the experiment, mood was negatively affected by feelings and anxiety, with a strong negative correlation (-0.701) between mood and general feelings, and a weaker negative correlation (-0.402) between mood and anxiety. Conversely, confidence and self-expression were positively linked (+0.525), implying that individuals who had higher creative confidence also felt more comfortable expressing themselves. After the experiment, the strength of these relationships changed significantly. Mood and self-expression became strongly correlated (+0.783), while confidence and self-expression reached a near-perfect correlation (+0.940), demonstrating that as participants gained confidence in their creativity, their ability to express themselves also improved. Anxiety remained negatively correlated with self-expression (-0.373), though its impact weakened, suggesting that while anxiety was still present, it was less of a barrier to emotional and creative expression. The thematic analysis provided deeper insights into these findings by identifying key recurring themes such as emotional transformation, self-expression and identity, creative

confidence, sensory engagement, and stress relief. Participants initially reported nervousness or self-doubt, particularly those with no prior experience in fragrance creation. However, by the end of the activity, they expressed joy, satisfaction, and a sense of accomplishment. Many saw perfume-making as a way to connect with their personal identity, reinforcing literature that describes scent as an extension of self (Boer, 2014; Shah, 2015). The hands-on and sensory nature of the activity encouraged mindfulness, with participants highlighting how focusing on different scents helped them feel present and alleviated stress. These findings align with existing research on fragrance chemistry and creative confidence, which suggests that engaging in personalized, hands-on creative activities enhances emotional well-being (De Lory, 2019; Gill, 2019). Although literature on DIY perfume-making often emphasizes sustainability and cost-effectiveness (Anderson, 2017; Sampson, 2021), participants in this study were more focused on the emotional and psychological benefits. However, challenges in balancing and blending scents were also noted, consistent with previous research on the complexities of perfumery (Lam, 2016; Pine, 2018). Overall, DIY perfume-making proved to be a powerful tool for improving mood, boosting self-expression, and building creative confidence, reinforcing the broader idea that creative, hands-on activities contribute positively to mental well-being, self-discovery, and stress relief.

6.CONCLUSION AND RECOMMENDATIONS:

Conclusion

The study demonstrates that DIY perfume-making significantly enhances psychological well-being, fostering emotional transformation, self-expression, and creative confidence while reducing anxiety. The descriptive statistical analysis showed notable improvements in mood (from 3.34 to 3.68), self-expression satisfaction (from 3.37 to 3.79), and creative confidence (from 3.66 to 3.84), while anxiety levels decreased (from 3.32 to 3.00). Correlation analysis further indicated that post-experiment, confidence and self-expression became more strongly linked, reinforcing the idea that engaging in a hands-on, creative activity enhances self-perception and emotional health. The thematic analysis supported these findings, revealing key themes such as emotional upliftment, identity reinforcement, sensory mindfulness, and stress relief. Participants reported that perfume-making provided them with an avenue for self-discovery and relaxation, aligning with existing literature on fragrance psychology and creative engagement. This study confirms that DIY perfume-making is not only an artistic activity but also a therapeutic tool that promotes well-being. Based on the findings, several recommendations can be made. First, DIY perfume-making should be encouraged as a form of creative therapy in wellness programs, particularly for individuals experiencing stress or low self-esteem. Second, workshops on DIY perfumery could be integrated into art therapy sessions, providing a structured yet creative outlet for emotional expression. Third, further research should be conducted on the long-term psychological effects of fragrance creation, particularly in relation to mental health benefits. Additionally, introducing educational programs on the chemistry of fragrance blending could help individuals refine their skills, addressing challenges related to balancing scents effectively. Lastly, promoting sustainable practices in DIY perfume-making—such as using eco-friendly ingredients and reusable containers—would align with the growing demand for environmentally responsible beauty practices.

Limitations

While this study provides valuable insights, there are some limitations. First, the sample size was relatively small, limiting the generalizability of the findings to a broader population. Second, the study relied on self-reported data, which may introduce biases such as social desirability or subjective interpretations of mood and confidence. Third, the experiment was conducted over a short period, making it difficult to assess the long-term impact of DIY perfume-making on psychological well-being. Additionally, individual differences in scent preferences and prior creative experience may have influenced the results, as those with a predisposition for artistic activities might have responded more positively. Future studies should incorporate larger sample sizes, objective psychological measures, and longitudinal designs to provide a more comprehensive understanding of the effects of DIY perfume-making.

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