

### **Abstract**

There are a lot of obstacles being perceived in the general public mind in which decreasing the willingness to participate in dance appreciation. The hurdles include a lack of art-related fundamental knowledge, unaffordable ticket price for a dance performance, long performance duration, and unfamiliarity with arts and cultural organizations. Since arts appreciation brings a number of positive benefits to both individual and societal levels, including improvement of well-being, creativity enhancement, and economic growth etc., there are reasons to promote drama appreciation.

In a research done by a team at the States, the researchers have used an intervention related to cognitive ability to influence adults' openness to experience. Openness to experience is one of the five personality traits of the Big Five personality theory. Individuals with a high level of openness are more imaginative, open-minded, and willing to appreciate unusual ideas and art. To adapt their intervention idea of weekly crossword and Sudoku puzzles, a mobile game will be modified as the intervention to increase cognitive flexibility in this study.

**Keywords:** Cognitive flexibility, openness to experience, aesthetics experience