Architecture, nature and human psychology: (College / University level)

Architecture is not only about designing buildings and apartments, but it is also about designing everything that surrounds us. For examples, laptop and computer softwares need to be designed in order to function, also, video games are designed and architected as well as landscape. Every detail in modern life is architected, to the point that food photographers need to organize and architect the angle of the shoot, the display of the items composing the meal and the flow of compelling colors in the picture. Significantly, landscape designs and lightings need to be organized on a layout in order to improvise the implication before it takes place. The reason behind the organization of all these details is the impact of details, architecture and design on human behavior. Correspondingly, colors, designs, patterns, shapes, heights and shades of lights of a building, have an influence on how the human being reacts and perceives situations; it can affect one’s mood, emotions and interactions with others.

In design, colors and lighting play a huge role in the transition of mood of the resident. According to Habtour (2016), places that are noise free, complimented with natural light and natural elements such as fresh air, beaches, parks are the most mentioned in the description of the most relaxing places, based on a detailed survey conducted to collect the opinion of 66 people, from which the majority were college degree holders and females whose age range varies from (22-44). For example, one of the top 10 distressful cities in America, according to Sharecare, is the city of San Diego. This city is characterized with a beautiful natural harbor that overlooks the Pacific Ocean’s coast. The aforementioned supplements the theory of Goldstein about color psychology. It was claimed by Goldstein that, colors, plus colors (yellow, yellow-red, red-yellow), specifically, tend to be encouraging, reinforce forceful actions and produce outward focusing state; on the other hand, minus

Figure 1
colors (blue, blue-red, red-blue) tend to be accompanied with feelings of relaxation, inward thinking and measured actions. For example, a colleague of mine that lives in college dorms once stated that the use of the colors blue and warm orange generate a feeling of relaxation and helps in the studying process. Further it was illustrated in experiments results that long waved lengthened colors such as orange engender a feeling of warmth; on the other hand, short wave lengthened colors, such as blue or green, are thought to be perceived by the human unconsciousness as cool and relaxing. These results match the results of the happy place component survey, Habtour (2016), as beaches, fresh air and natural lighting are characterized with short wave lengthened colors components that help the residents relax. It was recently stated by McMorrough (2016) that, an important element to take into account while designing, is the mood the design is going to stimulate under the skin of its occupant.

Light is also shed on how the background of old painting, that belong to the 8th century, such as the Barada panel (figure 1), that compliments the walls of the great mosque of Damascus, contain architectural representations. In figure 1, a bridge connecting two shores of a river as well as a set of randomly placed houses are rendered. And even though the rendering techniques back at the 8th century was not as developed as they are nowadays, the connection between nature and architecture is still evident.
The correlation between architecture and human emotions has helped reshape the idea of prison, and implement a new idea based on the concept of correction at prisons instead of punishing. According to Snyder (2014), imprisoners should have a right in a second chance, in a rehabilitation system and even an educational system at prisons so that they become productive citizens. Even though the main functions of a prison is to isolate and punish a fraud committer, its function is also to provide an environment that would reduce the feeling of recidivism. According to Snyder (2014), the new Danish state prison contains green areas that help prisoners practice sports, learn and rehabilitate, as shown in figure 2. This brilliant design allows the imprisoned to connect with the outside world as it is surrounded by green areas in which the prisoner can walk and feel a connection with the outside world, which is a part of the rehabilitation system. This connection is important and can greatly affect the prisoner’s reaction towards the outside world, because after spending days and maybe years, in some cases, in prison, prisoners develop misconceptions about how the outside world will not accept them again as part of the society. In my opinion, green spaces and correlated buildings provide a feeling of peacefulness, which is very helpful for prisoners who have committed crimes and need rehabilitation and reformation systems. Similarly, a research conducted by Ulrich (1984) has shown that, in hospitals, patients whose rooms overlook a natural view, such as parks or open green spaces, tend to recover faster than patients whose rooms do not overlook a natural view. Evidence-based design is a terminology that expresses how a design can help a patient recover faster by analyzing a few factors. These factors include
the level of stress of the patient, his/her acceptance for visitors and noises and their need for a green space view. This design process enables architectural elements to create a connection between the patient and the outside world, which speeds the patient’s recovery (Flinn, 2016). Also, providing a view of the city in the patient’s room generates a feeling of connection between the patient and the outside world and therefore, the patient’s will to heal and recover increases, and as a result of this positive psychological shift, the physical health responds faster.

In the final analysis, it should be noted that all the architectural factors that affect one’s mood and emotions vary from one person to another. Also, colors effect on the psychological responses and emotions vary with one’s preference of colors, as some people do get calmed by visualizing red color because it tends to be a favored color for them.
Bibliography:


Snyder, R. (2014). The power of architecture: Architecture of power