

Reflection on mood and color

Psychology



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Reflection on Mood and Color of Affiliation Color person environmental relationship (COL-PE) Although this relationship is well documented, it is positioned that both the domains still need to be well integrated to understand the active role that colors plays in the relationship between a person and the surrounding. This relationship is a very an important theoretical concept for designers and environmental color researchers to investigate. This enables us know how color affects the emotional connections and disconnection between people and spaces. The office experiment is fundamental in the understanding how color affects moods and performance of an individual. COL-PE also broadens designers understanding of the potential impact of their work. Its principles are very relevant for a wider range of disciplines involved in environmental design including urban and interior design. This makes it my point of interest since understanding this relationship is very important to designers because it aims at explicating what is often unrecognized or tacit understanding of the role of environmental color. This calls for more research to be done by researchers to understand the relationship more carefully (Yildirim, 2011). What happens to people's emotions and moods (independent variable) when they enter a dark or light room (dependent variable)?

I choose this paper since more research has to be done to understand the color person environmental relationship. This research will also enable us to understand how emotions and moods can be affected by environmental aspects. Therefore, the paper is of great importance to interior and environmental designers. Understanding the color person environmental relationship will help in understanding how color can affect the moods and emotions of an individual. This can be doing quite a number of experiments <https://assignbuster.com/reflection-on-mood-and-color/>

like examine the effects of three hues on 30 female performance and mood in an office environment. It involves measuring work performance (using work typed, typing errors to word typed), depression, arousal and anxiety (measured by eight state questionnaires). Another reason for choosing this paper is because it has quite a number of experiments which might help in understanding the above relationship in details. The other experiment involved assessing various colors across room interiors. It was clear that warm colors produces stronger participant response (high arousal), cool colors are not very arousing (Hidayetoglu, 2011). Generally, it is assumed that achromatic and cool colors evoke calmer and peaceful emotions. The paper is thus so much informative in understanding the color person environmental relationship.

The results are of great importance in the understanding the color person environmental relationship. The results from the various experiments carried out are of great help to interior and urban designers. They will be able to understand the effects of colors to people's emotion and performance as seen in the experiment that was done in the office. Other than that, the results will also enable researchers to advance their research to another level in order to understand how colors affect human's moods, performance and moods. According to the experimental results, warm colors produces stronger participant response (high arousal) while cool colors are not very arousing (Capanoglu, 2011). Therefore warm colors make people lively and look energetic compared to cool colors that lowers individual's performance.

References

Yildirim, K., Hidayetoglu, M. L., & Capanoglu, A. (2011). EFFECTS OF

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LIVING ROOMS 1, 2. Perceptual and motor skills, 112(2), 509-524.