

# The influence of an interior space on the human psyche



**ASSIGN  
BUSTER**

## VISUAL

## COMMUNICATION

### Introduction:

In the research document below research will be done on how designers are influenced by Biophilic interior design concepts, the influence interior designers have on relevant target markets and ones need for particular interior design influences in order to reach self-actualisation, furthermore research will be done on the concept of Rene Descartes's " I think therefore I am" theory but applied to the interior design world of " I design therefore I am".

In conclusion the author will summarise the influences interior design has on the human psyche and the benefits one can obtain from interior design.

The aim and objectives of this research paper is to establish that all interior spaces which surrounds us as individuals are designed with a particular purpose in mind, whether it be mechanical, functional, practical or purely aesthetic and that it does have an effect on us not only physically and emotionally but also mentally. Some interior designers cater for the niche target with the goal in mind to satisfy qualitative needs, such as custom designs that are designed to order and produced exclusively for that particular client's needs of owning an exclusively designed custom interior space, generally relating to one's social status. The niche target market is the top one percent of the economies income bracket, in other words the wealthiest individuals within the particular economy. The average income

target market, is the market where designers aim to satisfy the quantitative needs of the target market, designs are generally less exclusive and produced in bulk so that they are accessible by a larger demographic, thus designs are rendered as more affordable.

Interior Design can improve one's quality of life as it is "the environment around us affecting our mood, productivity, energy levels, aptitude and attitude". Creating a beautiful interior is about creating a space where you feel relaxed, comfortable, organized and at peace, the idea of the space is to be thought of as therapeutic." (Jess Douray, 2014).

Well known sociologist Jean Baudrillard reasons that all objects chosen to fill an interior space is subconsciously placed within the space to tell a story as they are the manifestation of one's character and desires. He suggests that us as individuals unconsciously judge interiors on four separate value criteria's, in addition to how the rooms look at face value.

He further explains the questions of each value criteria as follows:

- " Function: Will this item fit your needs? Is the kitchen table big enough to seat your whole family? Will this flooring cover the entire area of the room?
- Exchange: Is this item worth the price? Would you rather have this singular high-end couch for R15, 000 or a whole bedroom suite for the same price?
- Symbolic: Does this item have an emotional attachment? Did you choose a collection of family photos for your décor or a print of a painting?

- Sign: Does this item have a particular status symbol? Is it a name brand or a generic?" (Jean Baudrillard, 2007).

Interior design is about much more than designing for aesthetic appearance. It has to consider communication and the key user experience: how spaces work; how they deliver a message and how individuals respond to this when conducting their daily lives; and even how people move around space and interact with objects or people. When within popular design culture, people consider the look of architecture; the true meaning of spaces and places is developed by interior specialists. These are people with the ability to combine engineering, construction, art and psychology in creating spaces; they must consider the basic provision of spatial design.

Interior design requires knowledge of appropriate building regulations, health and safety legislation, project planning and technical specifications, all applied in a creative fashion to generate an environment, all of the above needs to be taken into consideration when creating successful designs.

## 1. PROJECT BACKGROUND AND MOTIVATION

The authors ultimate goal of the below research document is to establish the value of interior designers and the impact they make in the environments we as individuals reside in.

## 2. AIM AND OBJECTIVES

The aim of the following research paper is to establish the influence of an interior space on the human psyche, the importance of interior designers, the processes of interior design and the outcomes of a well-designed interior.

### 3. STUDY DEFINED

This research document will be based on research done digitally, journals, published articles and books, encapsulating relevant information to that of the topic illustrated above, examples will be provided substantiating statement given along with illustrations and appendices.

### 4. RESEARCH STATEMENT

The importance of interior design and the effect it has on the human psyche along with how interior design influences an individual to the point of reaching self-actualisation.

### 5. RESEARCH SCOPE, LIMITATIONS AND CONSTRAINTS

Interior design has been around for centuries and has played a vital role in displaying social status, a sense of comfort and an individual's identity, it is however evident in research done thus far that the importance interior design has on an individual's mental well-being and vitality, has not been defined in great detail. A general lack of information on the benefits interior design possesses and the impact it has in an individual's daily lives has become apparent.

### 6. DESIGN SCOPE, LIMITATIONS AND CONSTRAINTS

The author has found within the research done that an individual's surrounding interior does not only affect their productivity and mood but their thinking processes and even their physical well-being and health. The lighter and more open the space, the more easily one can become focused, the darker more congested the space the more one can feel overwhelmed or even trapped. " Biophilic design can reduce stress, enhance creativity and <https://assignbuster.com/the-influence-of-an-interior-space-on-the-human-psyche-essay-samples/>

clarity of thought, improve our well-being and promote healing; as the world population continues to urbanize, these qualities are ever more important. Theorists, research scientists, and design practitioners have been working for decades to define aspects of nature that most impact our satisfaction with the built environment” The (Terrapin bright green, 2014). The study of biophilic design will be further explored throughout the research paper.

## 1. DEFINITION OF TERMS

Interior design- the art or job of planning how the rooms of a building should be furnished and decorated

Biophilic Design- is an innovative way of designing the places where we live, work, and learn. We need nature in a deep and fundamental fashion, but we have often designed our cities and suburbs in ways that both degrade the environment and alienate us from nature.

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## APPENDIX

Chapter 1: Literature review

Chapter 2: Research theory

Chapter 3: Findings supported by relevant research

Chapter 4: Designs conceptual development

- CONCLUSION