Lovely Professional University

Afex of interior on human mind

A Dissertation

Presented to the Faculty of the Lovely School of Architecture & Design

Lovely Professional University1

In Partial Fulfilment

Of the Requirements for the Degree of

Masters in Interior and Furniture Design

By

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November, 2017

CERTIFICATE

This is to certify that PALAK AGGARWAL bearing Registration Number 11604318 has completed her project titled, "AFEX OF INTERIOR ON HUMAN MIND" under my guidance and supervision.

To the best of my knowledge, the present work is the result of the original investigation and study. No part of the project has ever been submitted for any other degree at any university.

This paper is fit for submission and the partial fulfilment of the conditions for the award of the degree of Masters of Interior and Furniture Design.

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CANDIDATE'S DECLARATION

This is to certify that the work is entirely my own and not of any other person, unless explicitly acknowledged (including citation and referencing of published and unpublished sources). I, the student of Interior and Furniture of Design under Lovely School of Architecture and Design, Lovely Professional University, Punjab, hereby declare that all the information furnished in this paper is based on our own intensive research and is genuine.

Date: Name and signature of the student

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ABSTRACT

Humans and interior designs are connected to each other vice versa. Color creates a perfect match in the environment. If colors and ergonomics are used carefully they are very helpful in interiors. Color plays an important role in interiors either it can be flooring, ceiling, walls, furniture etc and same way ergonomics way a vital role for a human being comfort. Both of these play a major role in interior as per on moods and comfort. Colors create a beautiful ambience when played with neutral colors, includes warm and cool colors. This has an impact on human decisions, human psychology mind, body and environment. Ergonomics create comfort in all the areas in interiors. Interiors play an important role on human psychology related to inner elements as in (lightning- Natural and artificial, colors, spaces –small or big, structures- high rise or low rise structures, textures) as in it affects the mood of the humans mind . It also curves people feelings, their decisions, the way of communication and lastly emotions. It is also possible to attain effects on human thoughts by combining knowledge of perception and knowledge of designing interiors. Each and every color have a different impact on human psychology and interiors.

KEY WORDS *– Interior elements, emotion, social behavior, moods, color and ergonomics.*

CHAPTER – 1 INTRODUCTION

1.1INTRODUCTION

Colors and ergonomics play an important role in interiors. The environment is affected with both colors and ergonomics in interiors as well as human psychology, human mind and human body. Inner elements such as (lightning-Natural and artificial, colors, spaces – small or big, structures- high rise or low rise structures, textures) as in it affects the mood of the humans mind in interiors. This affects the decisions of humans their way of communications and all ways of living. This helps the humans to observe things, gain knowledge. Both colors and ergonomics have a direct impact on human mind and psychology in interiors. (Drabu, 2010)

1.2 AIM

To study the impact of interiors on human mind on the basis of lightning (artificial or natural), colors, textures, spaces, structures (either high rise or low rise structures) and ergonomics.

1.3 OBJECTIVE

To increase the impact of colors, lighting, textures, spaces, structure as per on different age groups of people. To increase the impact on human psychology. To study and analyze human mind as per interiors on decisions, emotions, and communications.

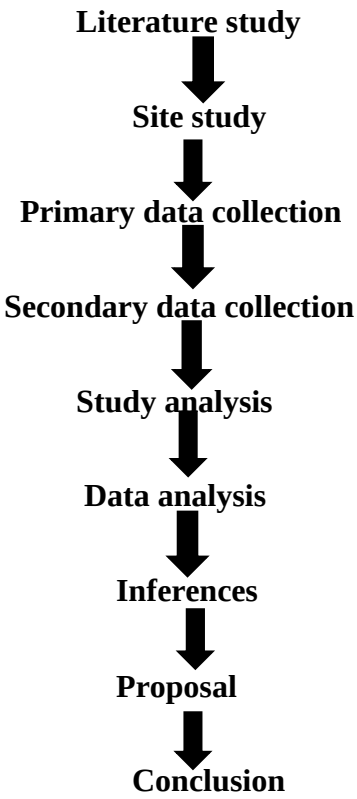
1.4 SCOPE AND PARAMETER

This dissertation is to study about the materials (lighting, color, perception, vision, ceiling height and human psychology) as in how it affects the moods of human beings as per interiors.

1.5 LIMITATIONS

The limitation is that study is very limited to the interiors as they play a high impact on human minds as per their moods.

1.6 METHODOLOGY



CHAPTER- 2 LITERATURE REVIEW

2.1 STUDY

2.1.1 Effects of interior design on wellness of human beings

This paper describes the interior of a place that shows all the negative and positive aspects of a place within it, where whenever a person goes out for dinner some people want loud music and others want light music. Each person has a different aspect of how interiors affects human beings and psychology. Therefore, it is difficult for designers to think about and do interiors in all areas.

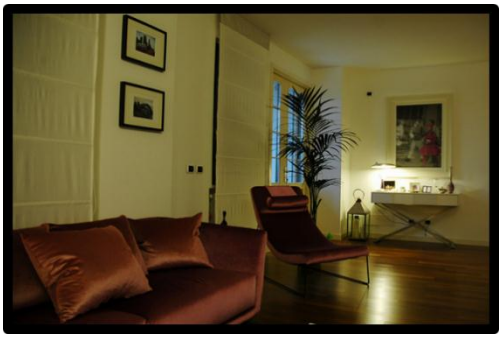


Figure.1 Home (Correa, 2012)

Figure.2 Workplace (Correa, 2012)

2.1.2 Effects of color and light in architecture and how it effects space users in a psychological view

The paper signifies how light and colors affects human minds and body in interiors. Where in how colors and ergonomics affects human beings in interiors. Whereas human minds of all age groups is affected by colors and ergonomics in interiors. Each color has its own significant role in interiors which is liked or disliked by each and every person of all age groups from infants, teenagers, adults etc.

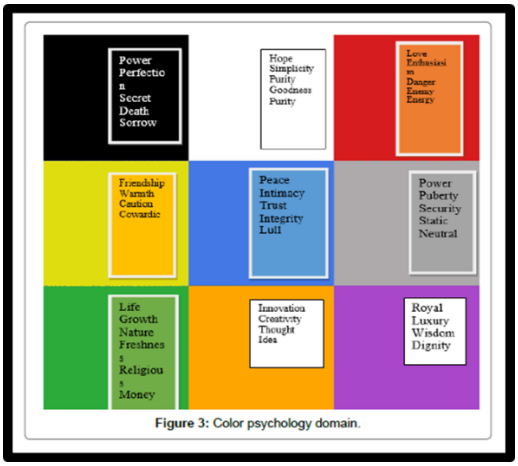


Figure 3: Color psychology domain.

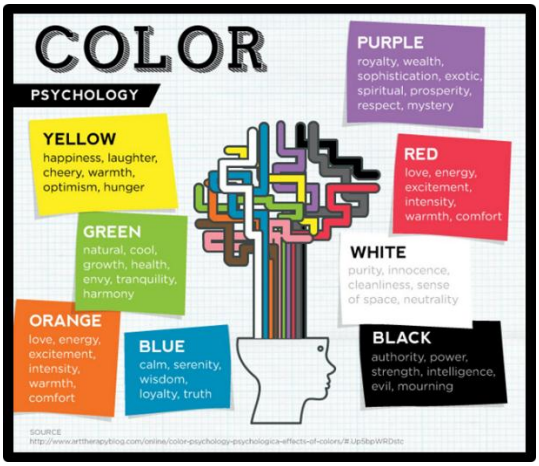


Figure.3 & Fig.4 Color Domain (Correa, 2012)

2.1.3: Psychological Effects of Color in Interior Design

The paper signifies that color is something which is liked as well as disliked by each and every person of all age groups. Where in interiors color preferred in office, bedroom, kids bedroom, kitchen, bathroom all are different. Specifying on how office and kitchen goes with light colors and bedroom goes with darker colors as well as ergonomics has a different impact too.

Figure.5 Psychology of color (Correa, 2012)

2.1.4 Lighting plays a major role in how it effects the moods of elderly people with affective ambiences

This paper defines about the lightning liked by people of all age groups. Cozy ambience is a major requirement in interior spaces such as coffee shops, rooms, bathrooms, private areas etc. where in activating ambience is required in commercial spaces as in offices , schools, colleges etc.

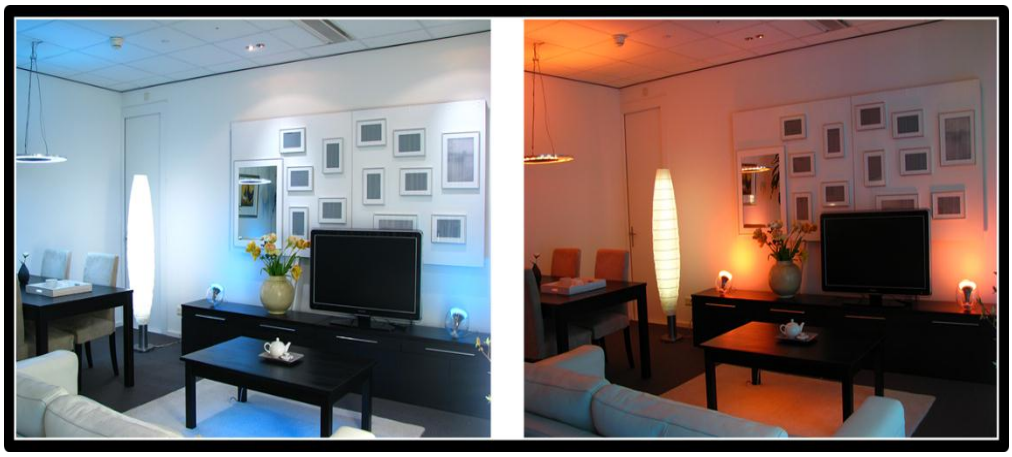


Figure.6 & 7 Activating ambience and cozy ambience (Correa, 2012)

2.1.5 Change of human moods and social behavior as per lights and interior structure

The paper signifies about how interior structure affects human min and psychology their moods, spaces of interiors, their ideas, their requirements, decisions, enrollments in life etc. Color and ergonomics play a vital role in interiors including moods, mind, emotions and communications in daily life. This helps the humans to observe things, gain and encourage knowledge. For eg. In hotel and dressing room ambience should be soothing calm and spacious which is used by people in daily life.

Figure.8 Dressing room (Correa, 2012)

Figure.9 Hotel guest room (Correa, 2012)

2.2 BENEFITS ON AFEX OF INTERIOR ON HUMAN MIND

1) To increase the impact of colors, lightning, texture, spaces, structure as per on different age cluster of people.

2) To increase the effect of interiors on human psychology.

3) To study and examine the impact of human mind as per interiors on decisions, emotions and communications.

2.3 ONE PYSCHOLOGICAL ASPECT- COLORS ON HUMAN MOODS $ PYSCHOLOGY AS PER INTERIORS

1) Warm colors are referred as orange, red, yellow. They create comfort, warmth and reduced feeling of irritation and hospitality.

2) Cool colors are referred as green, purple, blue. They create cool environment and reduces sadness.

i) **RED**– Warm color creates strength, courage warmth as shown in Fig10

ii) **BLUE** – Cool color creates trust, coolness reduces sadness as shown in Fig11

Figure.10 Red color (ION, 2011)

Figure.11 Blue color (ION, 2011)

iii) **YELLOW**-Warm color creates strength, creativity, brightness as shown in Fig12

iv) **GREEN** –Cool colors creates cool, happiness, harmony as shown in Fig13

Figure.12 Yellow color (ION, 2011)

Figure.13 Green color (ION, 2011)

v) **VIOLET**-This color creates luxury, vision as shown in Fig14

vi) **GREY –**This color creates impression, calmness as shown in Fig15

Figure.14 Purple color (ION, 2011)

Figure.15 Grey color (ION, 2011)

vii) **WHITE-** This color creates simplicity, purity, cleanliness as shown in Fig16

viii) **BROWN-** This color creates nature, seriousness as shown in Fig17

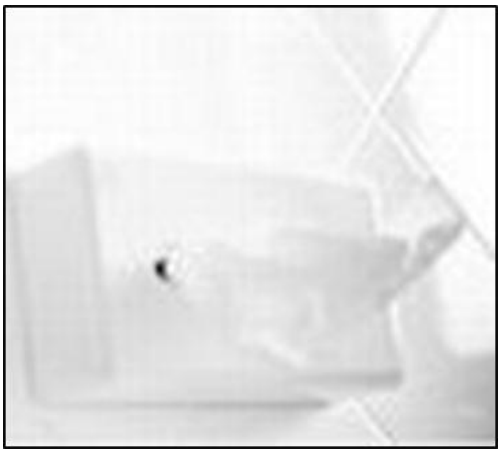


Figure.16 White color (ION, 2011)

Figure.17 Brown color (ION, 2011)

2.3 PARAMETERS OF INTERIORS IN COLORS

This is how colors helps and effects interiors in many ways like in walls, ceiling, flooring, lightning.

i) **BLACK COLOR** –This color brings certain important things in interiors. People think that black color is for death, widowhood etc. Color black is used basically to highlight picture frames, walls etc as shown in Fig 18, 19

Figure.18 Black color (olesen, 2017)

Figure.19 Black color (olesen, 2017)

ii) **BROWN COLOR-** This color creates comfort and calmness at home**.** This color is applied in flooring, ceiling, bed backs, racks, storage areas, finishes etc. Brown color creates a sense of vision as shown in Fig 20, 21

Figure.20 Brown color (olesen, 2017)

Figure.21 Brown color (olesen, 2017)

ii) **WHITE COLOR-** This color creates calmness, purity, refresh -ness. It is used in walls, flooring or at the base. To create a beautiful ambience it is important to create a fusion of white and neutral colors as shown in Fig 22, 23

Figure.22 White color (olesen, 2017)

Figure.23 White color (olesen, 2017)

iv) **GREY COLOR** – This color plays a major role in interiors as it creates a wide surface for any area as walls, ceiling, flooring etc as shown in Fig 24, 25

Figure.24 Grey color (olesen, 2017)

Figure.25 Grey color (olesen, 2017)

v) **YELLOW COLOR**- This color gives white and positive ambience at your home. This is used in walls , ceiling , kitchen areas etc creates a beautiful ambience and helps people in their daily life as shown in Fig 26,27

Figure.26 Yellow color (olesen, 2017)

Figure.27 Yellow color (olesen, 2017)\

vi) **RED COLOR** – This color creates passion, luxury in rooms, living areas, bathroom. This is used in walls, ceiling, furniture. This color is a very high used color in kitchens etc as shown in Fig 28, 29

Figure.28 Red color (olesen, 2017)

Figure.29 Red color (olesen, 2017)

vii) **BLUE COLOR** – This color plays an important role in interiors as in used in walls, ceiling, textures, paints which create a beautiful impact on both residential and commercial buildings such as liked by boys in a the kids bedroom or areas for a lounge place etc as shown in Fig 30,31

Figure.30 Blue color (olesen, 2017)

Figure.31 Blue color (olesen, 2017)

viii) **GREEN COLOR** – This color creates a calm view in interiors as it is applied on walls, ceiling, paints etc as shown in Fig 32, 33

Figure.32 Green color (olesen, 2017)

Figure.33 Green color (olesen, 2017)

2.5 ONE PHYSICAL ASPECT – ERGONOMICS ON HUMAN MOOD $ PSYCHOLOGY AS PER INTERIORS

Ergonomics plays a vital role in interiors as in while designing in a residential or either in a commercial place in both cases ergonomics is different as per different views, likes or dislikes, as per different age groups of people.

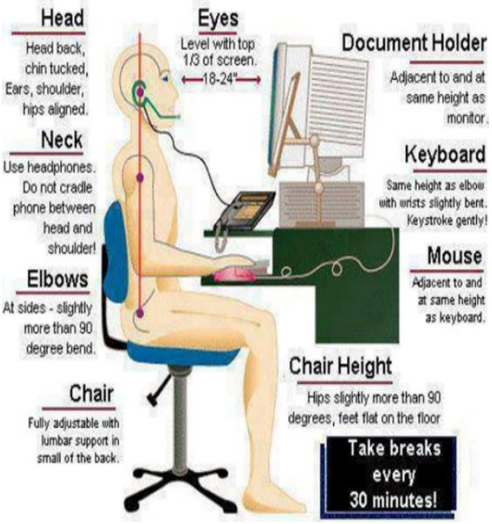


Figure.34 Office area (workstations, 2012)

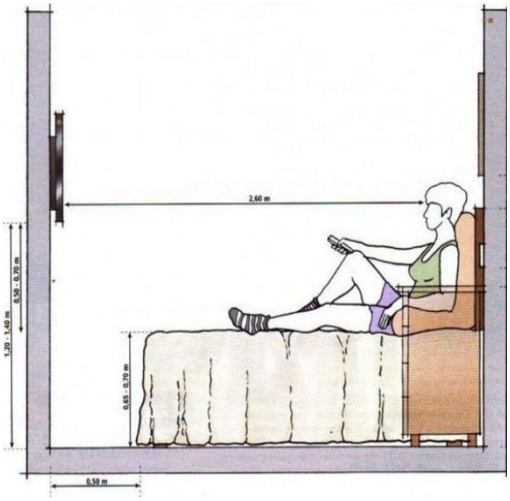


Figure.35 Bedroom area (workstations, 2012)

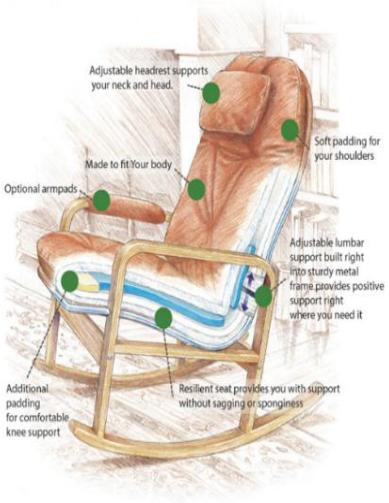


Figure.36 Sitting area (workstations, 2012)

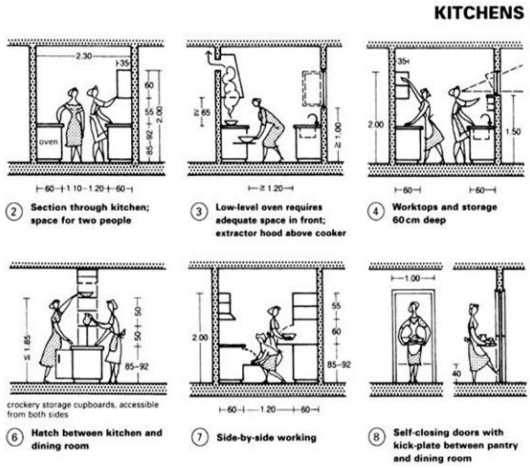
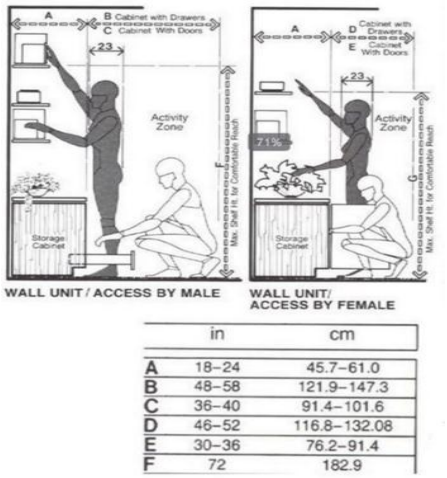


Figure.37 Kitchen area (workstations, 2012)



	in	cm
A	18–24	45.7–61.0
B	48–58	121.9–147.3
C	36–40	91.4–101.6
D	46–52	116.8–132.08
E	30–36	76.2–91.4
F	72	182.9

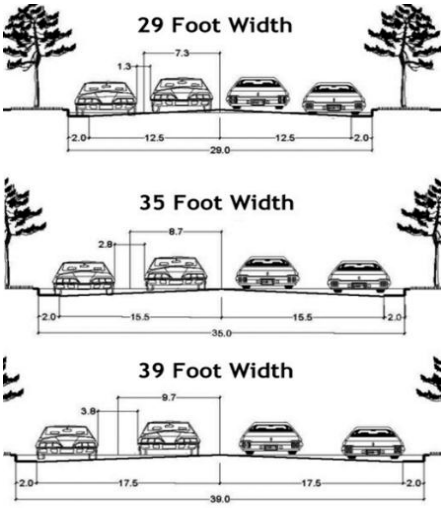
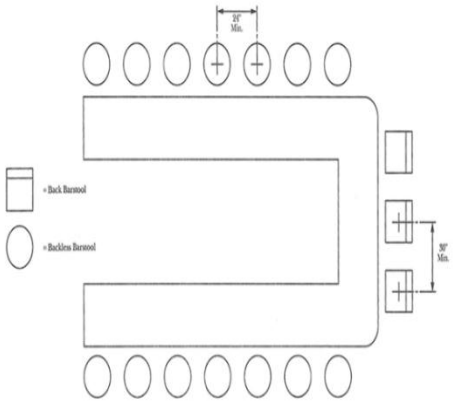
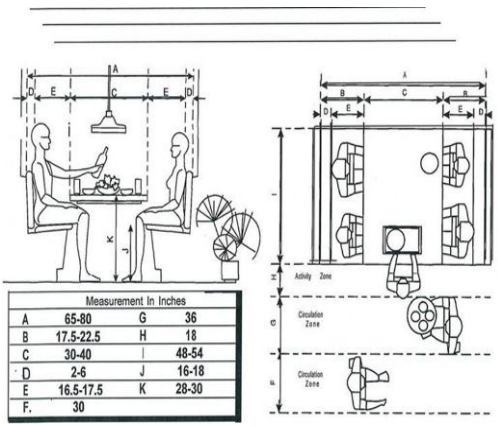


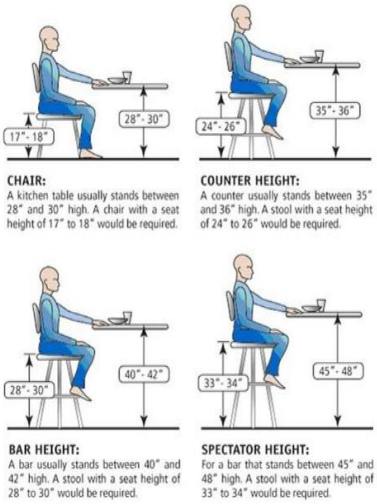
Figure.38 Activity zone (workstations, 2012) Figure.39 Car parking (workstations, 2012)





Measurement In Inches			
A	65-80	G	36
B	17.5-22.5	H	18
C	30-40	I	48-54
D	2-6	J	16-18
E	16.5-17.5	K	28-30
F.	30		

Figure.40 Bar area (workstations, 2012) Figure.41 Restaurant area (workstations, 2012)



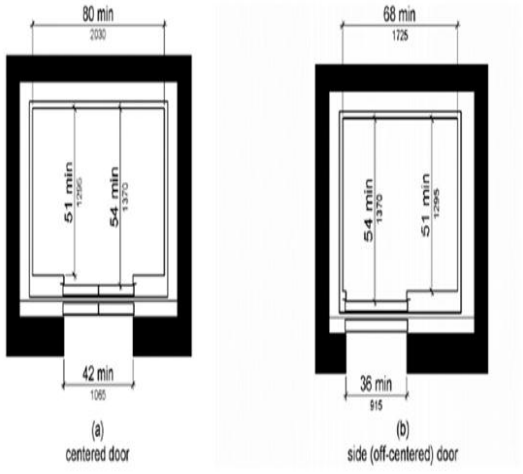


Figure.42 Restaurant sitting (workstations, 2012) Figure.43 Lifts (workstations, 2012)

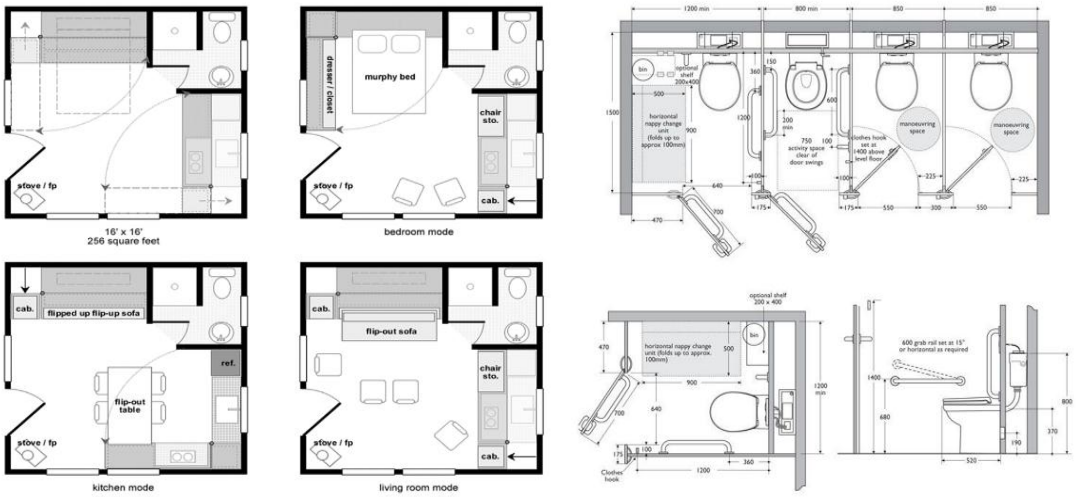


Figure.44 Bedroom area (workstations, 2012) Figure.45 Bathroom area (workstations, 2012)

All these images refer to the different areas of ergonomics as in bathroom, bedroom, lifts, restaurant, bar area, car parking, activity zone etc.

CHAPTER-3 CASE STUDY

3.1 CASE STUDY I – RESIDENTIAL (KIDS BEDROOM)

Children's bedroom depicting various types of colors as well as ergonomics. This figure tells about the variant colors liked by children in their rooms, bunk beds, colorful walls and colorful mats Fig 46. Theme based rooms for children are designed like SPORTS THEME BAR LOUNGE room Fig 47. CARTOON shaped beds for boy bedroom as shown in Fig 48, 49. Girl bedroom designed as per themed called VICTORIAN THEME in Fig 50, 51

Figure.46 (home designing, 2008)

Figure.47 (home designing, 2008)

Figure.48 (home designing, 2008)

Figure.49 (home designing, 2008)

Afex of interior on human mind

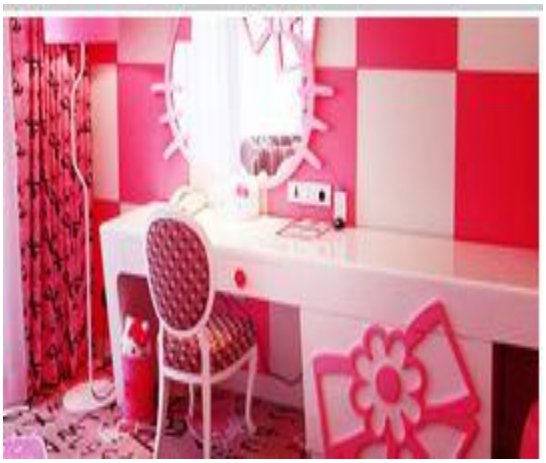


Figure.50 (home designing, 2008)

Figure.51 (home designing, 2008)

3.1.1 CASE STUDY II – RESIDENTIAL (MASTER BEDROOM)

Master bedroom has a different ambience where the adults spend most of their time. This image refers to the TRADITIONAL interiors done for a master bedroom as shown in Fig.52, 53

Figure.52 (home designing, 2008)

Figure.53 (home designing, 2008)

3.1.2 CASE STUDY III- COMMERCIAL (OFFICE –SMART OFFICE)

Smart offices have a different ambience where whole office works with smart electronics basically that is made to see in larger companies as shown in Fig. 54, 55

Figure.54 (home designing, 2008)

Figure.55 (home designing, 2008)

3.1.4 CASE STUDY IV- COMMERCIAL (MODERN OFFICE)

Modern offices have a different ambience, different color scheme and ergonomics. These offices play a major role for the manager as well as the clients as shown in Fig. 56, 57

Figure.56 (home designing, 2008)

Figure.57 (home designing, 2008)

3.1.5 LIVE CASE STUDY V- RESIDENTIAL (KIDS ROOM)

This live case study is done at AGI JALANDHAR HEIGHTS $ MODEL TOWN JALANDHAR which tells us about the colors schemes, wallpapers used in the kids bedroom. In ergonomics bunker beds, sofa's, low heighted sitting are used as shown in Fig 58, 59

Figure.58 Kids room

Figure.59 Kids room

3.1.6 LIVE CASE STUDY VI - COMMERCIAL (OFFICE'S)

This live case study is done at HOMEO CARE OFFICE (RECEPTION AREA) $ DUA INTERIOR DECORATORS OFFICE where ceiling, walls, flooring, color schemes are used is white brown. Ergonomics is tables for normal height, leather back chairs as shown in Fig 60, 61

Figure.60 Reception area

Figure.61Office area

CHAPTER – 4 INFERENCES

COMPARISON -

4.1 KIDS BEDROOM

VICTORIAN THEME BEDROOM, ITALY	DOREMON THEME BEDROOM
• The theme of the bedroom is inspired from Victorian theme which creates a beautiful ambience in room. • This is basically a room designed for girls in today's time. • Wallpapers, ceiling, flooring, color scheme are used in pink color which are liked by girls.	• The theme of the bedroom is inspired from Dore-Mon theme which creates an appealing ambience in room. • This room is designed basically for all types of kids and all types of age groups of kids. • Kids love cartoon characters, color scheme is blue and white used above.

4.1.1 OFFICE AREA

SMART OFFICE, GURGAON	MODERN OFFICE, JALANDHAR
• In these type of offices everything is made with the most expensive materials like in smart led panel, built in furniture, automatic systems in washrooms, smart boards. • This a place where meetings are held in big companies having a simple ambience as per color schemes and ergonomics plays the most important role too.	• In these types of offices everything is made but simple colors which creates a soothing ambience. Colors used as in white, brown, cream etc. • All types of furniture either color schemes is made as using modern and contemporary themes.

CHAPTER- 5: PROPOSAL

Proposal is based on restaurants, offices and retail stores as in how it affects the minds and pyschology of human beings realted to interiors. In this it shows how color pyscholoy and ergonomics play a major role on human minds where in once we go out what major factor attracts the customer is interiors. Restaurants, offices , retail stores are very intricate places where humans go on daily basis. Each age group of people have a different phenomen as per interiors. Each age group has a different view for interiors as in teenagers , infants, adults etc. Here in below showcasing how bad interiors affects human minds in comparison to good interiors but proper color pyschology and ergonomics as per all age groups of people.

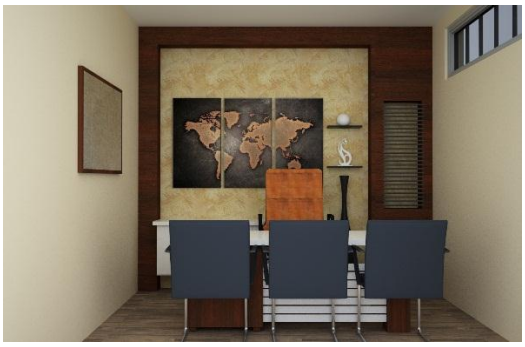


Figure.62 office with bad interiors

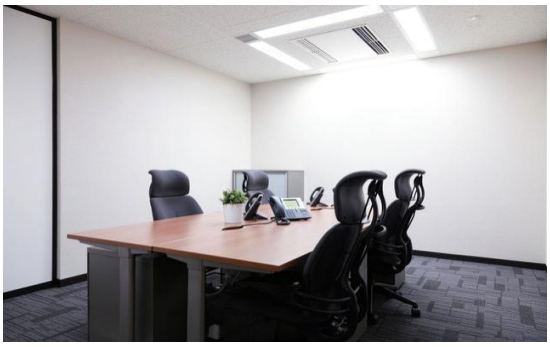


Figure.63 office with good interiors

Figure.64 restaurant with bad interiors

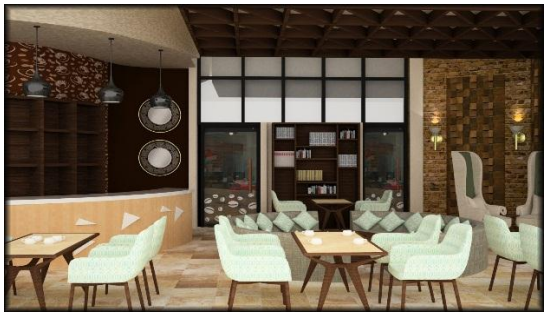


Figure.65 restaurant with good interiors

CHAPTER -6: CONCLUSION

In this study the problem that has come across is how people of different ages likes colors as per their moods and minds. In this study I have concluded with colors and ergonomics of each and every age groups of people supposing from 0-70+years as in how colors and ergonomics in interiors affects human minds and human psychology. Therefore, colors have originated from various aspects in interiors as in movies , photography etc.

6.1 Here, showing some new recommendations of how color psychology and ergonomics affects human minds in interiors**.**

Color preference on the basis of …

- All age groups (infants , teenager , adults)
- Adult preference
- Kid preference

Here, showcasing quick reference boards on how color psychology plays a major role of human minds in interiors …

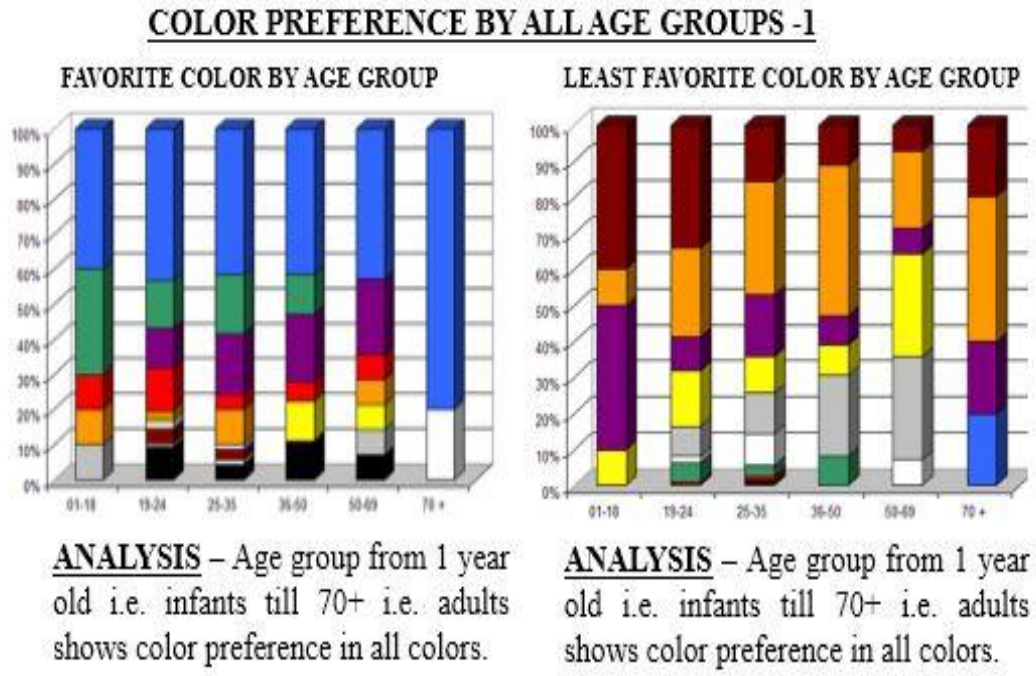


Figure.66 color preference by all age groups

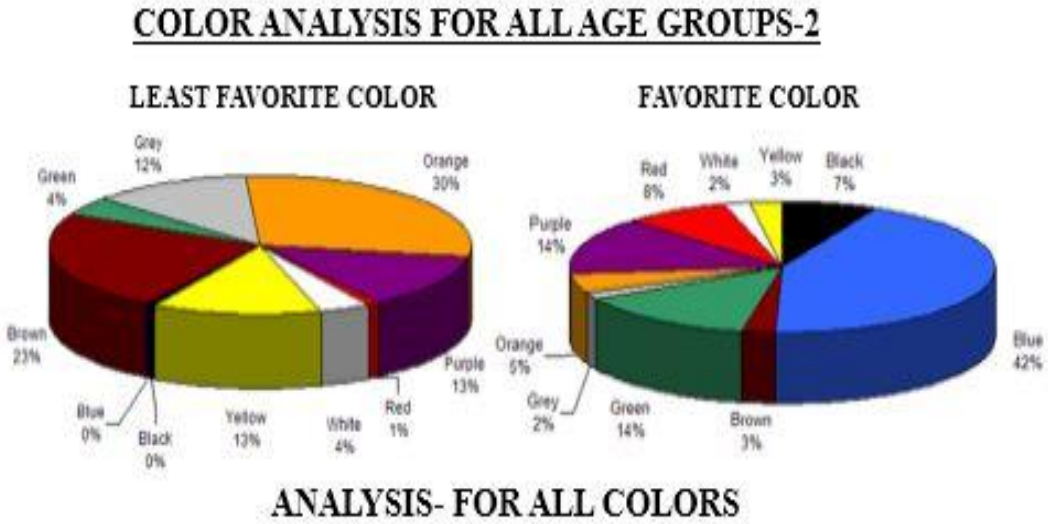


Figure.67 color preference by all age groups

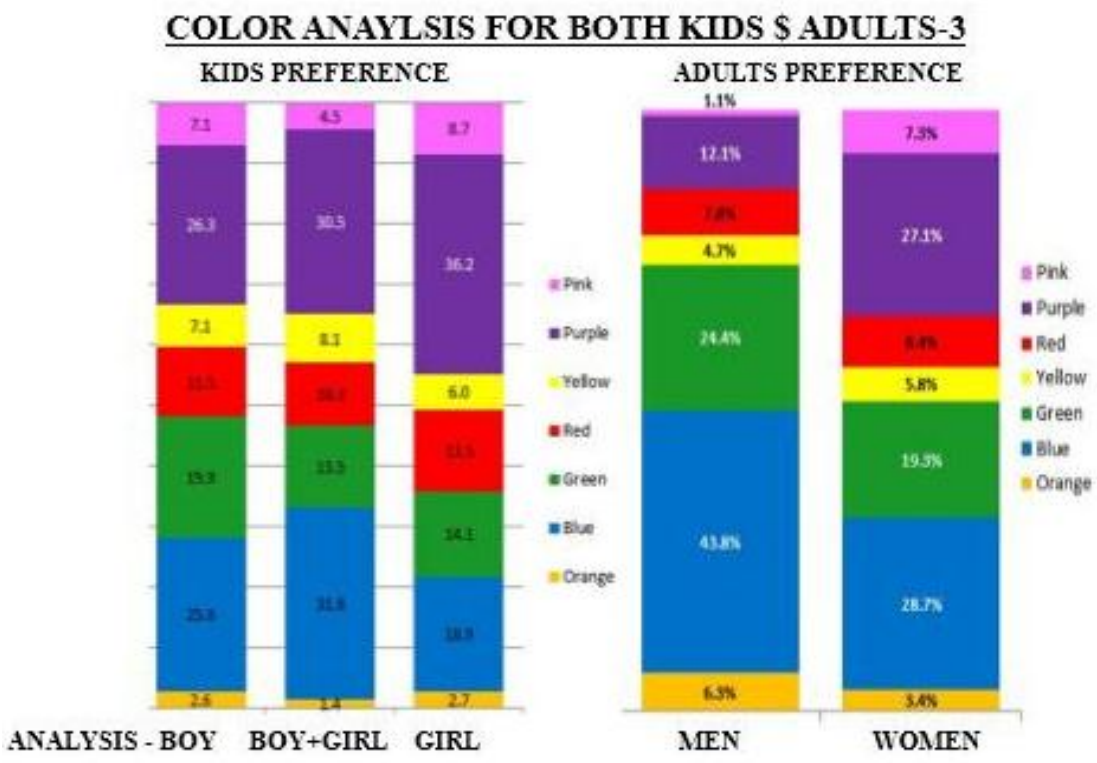


Figure.68 kids and adults preference of colors differentation

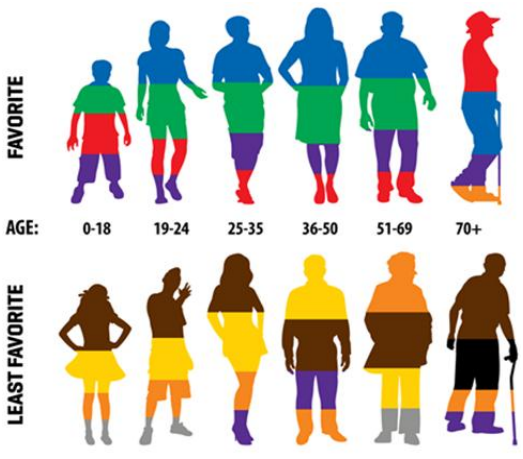


Figure.69 top four color preference by all

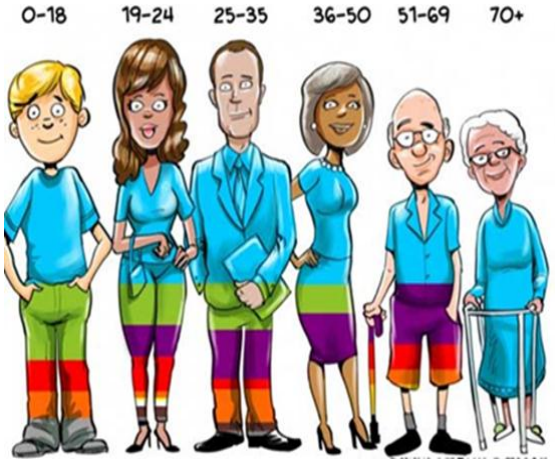


Figure.70 favorite color by all age group

6.2 Here , showing the analysis of how come has evolved in other areas such as from older to newer times…

- Medicines
- Movies
- Photography
- Environment
- Printing
- Products
- Here ,it shows how colors have evolved from older times to newer times in all the older as well as newer times. Color pallette has evolved from all the miture of colors with showcase the colors used in interior and prefernce of colors used by people in interiors. Same way in todays time colors are prefered by people eg. Loud colors such as red, orange etc. as in older times only black , white colors we there and used .

Figure.71 color analysis of medicines

Figure.72 color analysis of movies and environment

Figure.73 color analysis of products

Figure.74 color analysis of photography and printing

Figure.75 color analysis of color palette

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Afex of interior on human mind

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