

# Psychological Impact of Architecture on People

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## **Abstract**

The life of the average person in modern society, living in an urban environment is becoming more stressful as society progresses. The reasons are numerous, including more competition in urban jobs and thus, the struggle to survive in this cutthroat competition. Architecture is an important part of our lives that affects our lives quietly. Thus, a building's environment affects a person's mood when living inside or looking at it from outside. Most of these changes in one's mood and mental state happen subconsciously and go unnoticed, but they affect a person's life substantially. This paper aims to provide insight into how to figure out the psychological effects that architecture has on people.

**Keywords:** psychology, architecture, colour, behaviour, mood, stress, mental health

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## **I. INTRODUCTION**

The life of the average person in modern society, living in an urban environment is becoming more stressful as society progresses. The reasons are numerous, including more competition in urban jobs and thus, the struggle to survive in this cutthroat competition. Architecture is an important part of our lives that affects our lives quietly. Thus, a building's environment affects a person's mood when living inside or looking at it from outside. Most of these changes in one's mood and mental state happen subconsciously and go unnoticed, but they affect a person's life substantially. This paper aims to provide insight into how to figure out the psychological effects that architecture has on people.

A human's four most basic needs are food, water, air and shelter. The quality of each one of these needs greatly affects the quality of our life. These needs affect us psychologically as well as physically. With the growing amount of stress in the daily life of individuals living in an urban environment, we must assess this problem. This paper tackles this obstacle within the context of architecture, going beyond the basic needs of shelter, and pondering the psychological effects architecture has.

Architects already take various intangible factors into account when designing spaces, like colour, texture, vegetation, openness, etc. This paper is meant to serve as an outlook on any project with respect to its psychological effects.

## **II. LITERATURE STUDY: THE IMPACT OF INDOOR, OUTDOOR AND URBAN ARCHITECTURE ON HUMAN PSYCHOLOGY**

The paper gives a brief insight into the role of indoors and outdoors in architecture, highlighting their interrelation and their dependence and influence on each other.

It delves into the subconscious of the human mind, to accentuate the basic instincts, like the relation to the outdoors. Appearing counterintuitive at first, relating indoors to the outdoors, it's the connection that counts. Humans instinctively feel much more comfortable, and at rest while in an open space. The psychological effects of these elements are not immediately felt but appear slowly over time in their consciousness.

Moving on outdoors, the approach is its relation to its surroundings and the indoors. Almost like serving as a bridge between the overall surroundings of a building and the building's interior. It's also supposed to be a mirror for the interior, cushioning the impact of changing surroundings from the exterior environment to the building's interior. The role of the outdoor appearance of a building is to serve as an introduction to our building, enlightening the observer of what they are about to experience and where they are headed to.

City dwellers are twice as likely to experience schizophrenia and are more likely to experience other mental illnesses like chronic depression and anxiety. The city will always draw tourists and foreign investors due to its beautiful and contemporary constructions. A contemporary city will always accurately represent the country's governance. Scale, style, and form are a few elements that contribute to comfortable city design. The city should be planned to appeal to residents and visitors alike.

### III. LITERATURE STUDY: THE PSYCHOLOGICAL IMPACTS OF INTERACTING WITH NATURE-BASED DESIGN

Man cannot withstand all conditions and is forced to accept the separation from nature and refer to a different environment. Various climatic types provide certain architectural characteristics, and this factor is a criterion of identity in architecture and gardens of the world. The reason for physical differences between different architectures is found in the difference in their viewpoint towards humans. This layer can be introduced as the underlying and identity layer of the architecture.

In urban design and architecture, human-nature interaction is an important factor that should be focused on. Urban green spaces play a role in providing a certain number of natural elements that are necessary for physical and psychological balance in people with varying backgrounds. For example, designing a hospital where patients can interact with nature can shorten the period of hospitalisation.

The effect of interaction with nature in the environment accessible by people and situations close to real life is investigated. The study hypothesis approved the enhanced restoration feeling, joy and positive effects in the green area, and their reduction in urban areas. The findings of the articles and research showed that urban green spaces play a positive role in the health of citizens in addition to providing environmental health. People's exposure to nature in places such as hospitals, educational and cultural centres, and prisons, has a positive and healing performance and leads to increased creativity.

### IV. ANALYSIS OF LITERATURE STUDIES

Parameters	2.1 The Impact of Indoor, Outdoor and Urban Architecture on Human Psychology	2.2 The Psychological Impacts of Interacting with Nature-Based Design
Keywords	indoor architecture, outdoor architecture, the relation between indoors and outdoors	natural space, colour, human nature interaction, mental health, stress, vitality
Focus	outdoors as an introduction to the indoors, openness and freedom of movement, comfort, the identity of the city through architecture, roles of interior and exterior	stress relief through human nature interactions, colour as a catalyst for invoking different emotions, improving vitality
Scope of Research	indoors, the exterior environment of a building, a city's centre or its identity	intangible, not restricted by physical environment
Inference	a guide to approaching a project in terms of relating interior and exterior, defining the identity of a city through architecture.	parameters to consider while designing to improve mood, vitality and mental health and relieve stress, importance of interacting with nature primarily and secondarily activities.

### V. CONCLUSION

Architecture can influence and affect our emotions and perceptions via factors like space, light, and geometry, all the way to the actual materials used to construct it. Psychology in Architecture leads to more user-centred designs, because the psychology of architecture is fundamentally about human needs and priorities, and acts as a guiding source for developing better, more interactive spaces for humans. Architectural Psychology, with its holistic understanding of human-built environmental interactions, will become a vital tool for developing sustainable solutions and innovations. Through the study, being able to deduce the positive and negative effects of design on psychology, will give me the necessary knowledge in designing spaces which take into account the importance of psychological experiences, whether they are represented by the space, colours, aesthetics, materials, environmental and acoustics. Architectural Psychology studies the effects that embedded cognitive, behavioural, material, nonmaterial, and affective layers have on the human experience.

Few things in life influence the way you feel more than the environment around you, and that is why, when people are looking to build spaces and they approach us architects, it is, crucial that we consider human psychology in every step. Good architecture comes from people who understand the purpose of the structure they are designing and also understand the people that are going to live within it, and they ensure that they are taking into account the feelings and emotions they are designing the structure of, as well as those that are going to live within it. Without an in-depth understanding of human behaviour, an architectural design might fail to meet its intended purpose.

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