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## The impact of Interior Design on Mental Health

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### Abstract

This research is to explore the impact of interior and spatial design on a user's mental health, with the goal of aiding in effectively designing for mental wellness to help reduce the prevalence and severity of mental health problems. There has been a recent interest in how architecture affects mental health and psychological well-being, motivated by the fact that we spend the majority of our waking time inside and interacting with built environments. Some studies have investigated the psychological responses to indoor design parameters; for instance, contours, and proposed that curved interiors, when compared to angular ones, were aesthetically preferred and induced higher positive emotions. The present study aimed to systematically examine this hypothesis and further explore the impact of contrasting contours on affect, behavior, and cognition.

**Keywords:** Psychological, mental health, aesthetical, environment, well-being, wellness, positive emotions, behavior, spatial design, architecture, indoor design

### Introduction

Built (man-made) environments have become fundamental components of human existence. For the majority of our waking time, we navigate and interact with architectural environments while we live, connect, learn, work, and recreate. Our mental health affects - and can be impacted by - almost every aspect of our lives, from our social relationships to our productivity to our physical health. It can be degraded by something as simple as lighting or how much personal space we have, and can be improved by something as small as viewing art or talking to a friend. And just as our mental health can be impacted by those around us, we too have the power to impact the mental wellbeing of those we interact with.

### Material and Methods

The method that will be used in this research is applied and qualitative research method.

### Applied research

The research pertains to participants' emotions and needs to be able to be applied in a real-world context, a qualitative

research approach was chosen. This research took the form of semi structured interviews followed by a cultural probe, based on the qualitative data found from the interviews.

### Case Studies and Observations

**Method:** Conduct in-depth case studies of specific spaces where interior design has been purposefully integrated with mental health in mind (e.g., hospitals, wellness centers, or therapeutic environments).

### Pre-and-Post Design Intervention Studies

**Method:** Measure mental health indicators (such as stress levels, mood, or anxiety) before and after an interior design change or renovation in a specific space (e.g., home or workplace).

### Real-World Relevance

Research should directly address the practical application of interior design principles to improve mental health.

### User-Centered Focus

Research should be conducted in collaboration with end-

users (residents, workers, patients) to understand their perspectives on how design impacts their mental health.

**Surveys and Questionnaires**

Surveys can be distributed to a broad audience to gather data on how different interior design elements (colors, lighting, furniture, layout) affect people's mental health.

**Qualitative research**

Conducting qualitative research focuses on understanding the meaning, experiences, and perceptions of individuals, often exploring how and why certain phenomena occur. It involves gathering non-numerical data, such as opinions, beliefs, experiences, and feelings, through methods like interviews, focus groups, and observations.

- Research Purpose and Objectives
- Data Collection Methods
- Focus Groups
- Observational Research
- Case Studies
- Data Analysis

**Results and Discussion**

The results section provides a summary of the themes or patterns identified through data collection methods such as interviews, focus groups, observations, or case studies.

**Natural Light and Well-Being:** Participants consistently mentioned that natural light had a significant positive impact on their mental health. Many reported feeling calmer, more energized, and less stressed in spaces with ample natural light. People living in well-lit homes or working in spaces with windows and daylight exposure felt an improvement in mood and focus.

**Color and Mood Regulation:** The colors of walls, furniture, and decor were frequently discussed as having a direct influence on mood. Calming tones like blues and greens were seen as relaxing and helped reduce anxiety, while bright, stimulating colors like red or orange were noted to elevate energy levels and boost creativity.

**Spatial Layout and Emotional Comfort:** Participants highlighted the importance of layout and spatial organization in creating comfort and reducing stress. Open, spacious layouts were frequently associated with reduced feelings of confinement, while cluttered or cramped spaces led to higher stress levels and a sense of being overwhelmed.

**Personalization and Mental Well-Being:** Personalization of spaces, such as decorating with personal items, art, or photographs, emerged as another important factor. Many participants felt that having a space that reflected their person.

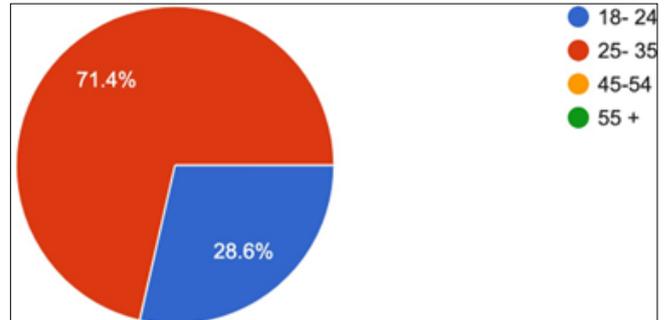
**Discussion**

The objectives of this research were to identify aspects of design that are beneficial to mental wellness, and to allow for the effective design of a mental health support hub. Mental health is, in and of itself, important. It has a large impact on people's day-to-day life, as well as their physical

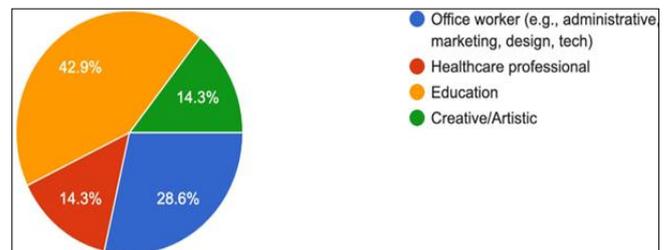
health and the mental health of those they interact with. It is the responsibility of a designer to, at the very least, design somewhere that has a neutral effect on mental health, though ideally a beneficial environment should be created. This research highlights ways in which this might be achieved and considers how applicable they could be to different users. The first hurdle in providing mental health support is ensuring that potential users feel safe and welcomed into the space, to encourage them to seek help.

**Survey**

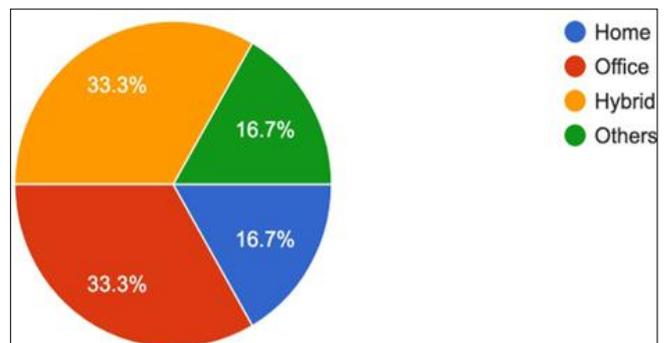
This is the survey conducted with Impact of Ergonomic and Functional Design in Spaces.



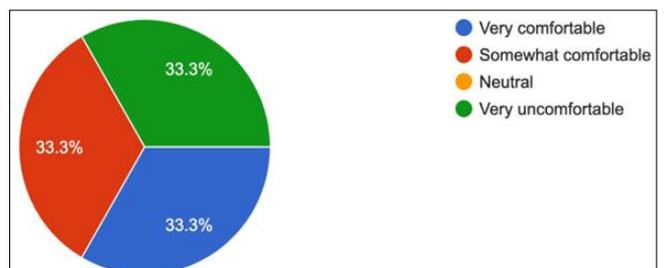
**Fig 1:** Demographic information age group



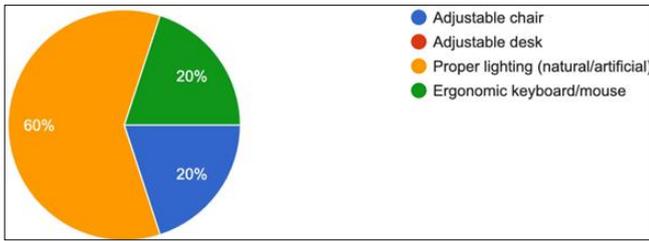
**Fig 2:** Occupation/Field



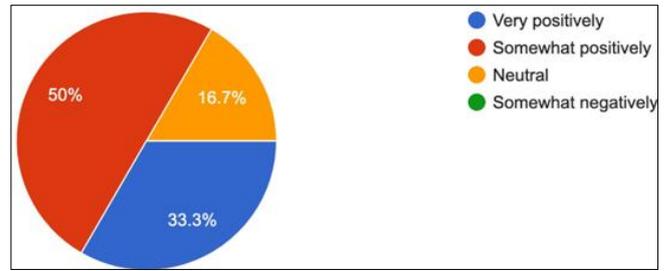
**Fig 3:** Do you work form home in an office?



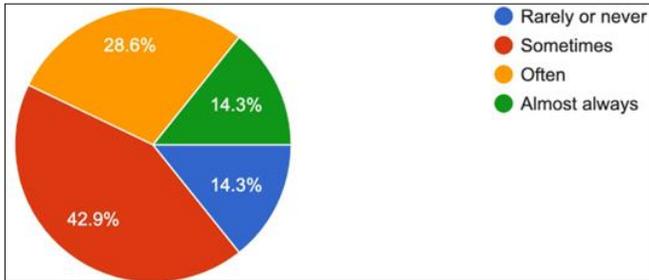
**Fig 4:** How would you rate the overall comfort of your current workspace (Whether at home or office)?



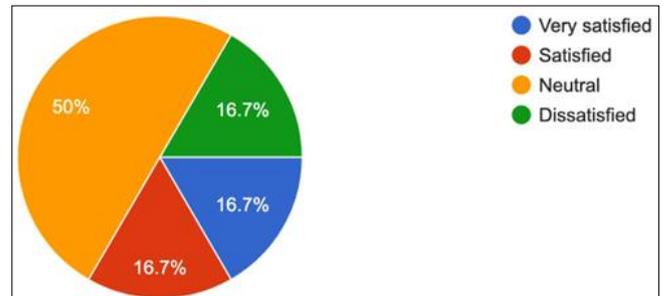
**Fig 5:** What ergonomic features are present in your current workspace?



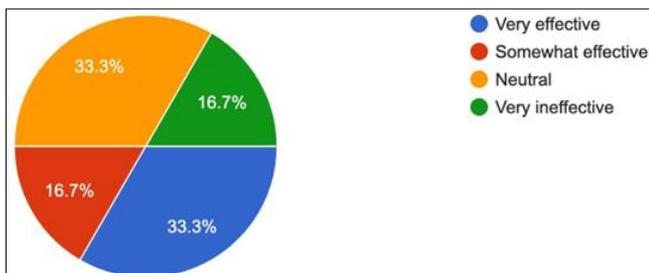
**Fig 10:** How does your current workspace affect your mental well-being?



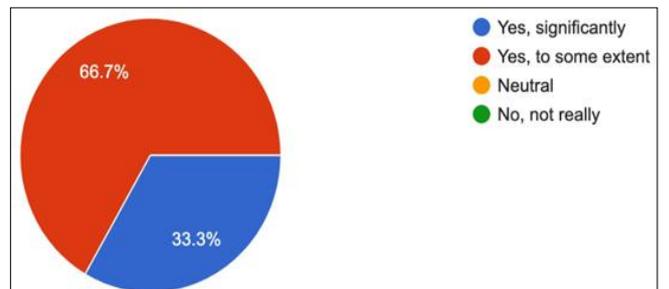
**Fig 6:** How frequently do you experience physical discomfort during or after using your workspace?



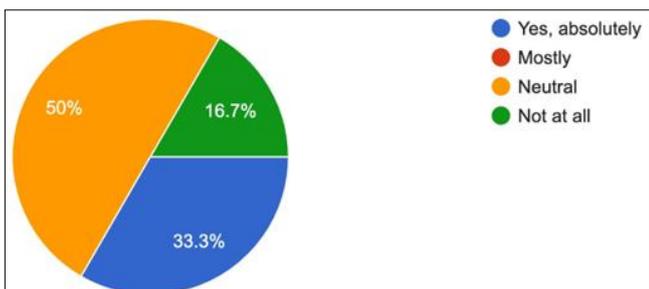
**Fig 11:** How satisfied are you with the balance of aesthetics and functionality in your workspace?



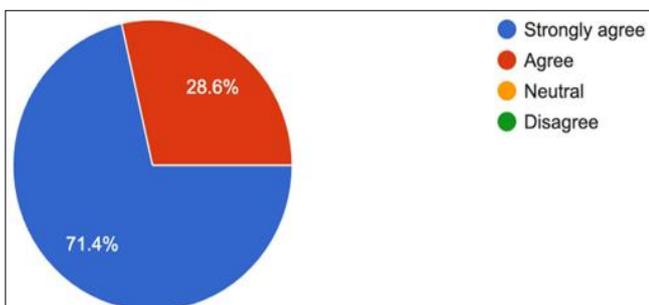
**Fig 7:** How effective do you find the ergonomics of your workspace in preventing physical discomfort?



**Fig 12:** Has an ergonomic workspace improved your work performance or productivity?



**Fig 8:** Do you feel your workspace is functional and supports your daily tasks effectively?



**Fig 9:** Do you believe that an ergonomically space improves your overall well-being?

**Interpretation of the Data**

**Question 1: Interpretation:** Demographic Information (to understand the diversity of your sample) Age Group

**Question 2: Interpretation:** Occupation.

**Question 3: Interpretation:** Do you work from home or in an office?

**Question 4: Interpretation:** How would you rate the overall comfort of your current workspace (whether at home or office)?.

**Question 5: Interpretation:** What ergonomic features are present in your current workspace?

**Question 6: Interpretation:** How frequently do you experience physical discomfort (e.g., back pain, neck pain, eye strain) during or after using your workspace?

**Question 7: Interpretation:** How effective do you find the ergonomics of your workspace in preventing physical discomfort?

**Question 8: Interpretation:** Do you feel your workspace is functional and supports your daily tasks effectively?

**Question 9: Interpretation:** Do you believe that an ergonomically designed space improves your overall well-being?

**Question 10: Interpretation:** How does your current workspace affect your mental well-being?

**Question 11: Interpretation:** How satisfied are you with the balance of aesthetics and functionality in your workspace?.

**Question 12: Interpretation:** Has an ergonomic workspace improved your work performance or productivity?.

### Conclusion

Interior design goes far beyond creating beautiful spaces-it has the power to change the way we live. Thoughtful design improves organization, supports emotional well-being, and cultivates environments that promote calm and focus. By prioritizing function alongside form, your home can become a space that works for you, enriching your daily life and helping you thrive.

Whether through smart storage solutions, mood-boosting elements, or creating a peaceful retreat, functional design provides long-term benefits that grow with you. Investing in interiors that serve both aesthetic and practical needs ensures your home reflects your style and is a foundation for a happier, healthier life.

The findings from this research support the idea that creating ergonomically sound and functional spaces goes beyond just aesthetics-it involves a deep understanding of human needs and behaviors, both physical and mental. To design truly effective spaces, designers must balance comfort, functionality, aesthetic appeal, and sustainability.

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