

HOW MINIMALISM IN INTERIORS AFFECTS THE LIFE OF AN INDIVIDUAL.

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ABSTRACT:

Minimalism – The De-cluttering lifestyle, living a meaningful life where less is more, is a style that started in America in the 1960s in visual arts and music became popular by extreme simplicity. Nowadays, minimalism has become a trend all around us from arts, music to literature from software to UI designs, from film to science communication and from space to architecture and design. Minimalism is not about luxury, lavish things but stripping down to essential things. Minimalism in interiors is about reducing excess consumerism and focusing on what is important and essentially required and how minimalism is having an effect on an individual's life.

KEYWORDS: minimalism, interiors, lifestyle, health

INTRODUCTION:

As the objective of minimalism suggests, being mindful of the elements one chooses to incorporate in a space. The elements convey the message of simplicity. Modern lines, Simple material, not so complex shapes and forms, non-decorative designs and simple color palette define the term minimalism in interiors. Minimalistic spaces are more seen as spaciousness and large amounts of light in a room. Interiors comprise compact, black and grey and largely covered with white color palettes. Formally, minimalism was the movement of '60s and '70s but has been influenced by things that came before the movement. The De Stijl art movement, architect Mies Van De Rohe and traditional Japanese designs were the predecessors of the movement. The De Stijl which in Dutch means “the style “was a short-lived movement in the Netherlands but turned out to be the foundation of minimalism as it focused on simple vertical and horizontal lines composition and use of primary colors with a mix of only black and white. Architect Mies Van de Rohe in his designs strived for open spaces and simplicity used modern materials such as steel and plate glass. “Less is more” the main motto and principle of minimalism came from Van De Rohe himself. Taking into account the influence of traditional Japanese style wabi-sabi values focuses on simple and plain objects transmitting the idea of freedom and open spaces. In the 1980s interiors had great influence from the Japanese way of living, and focused only on essentials while designing.

MINIMALISM IN INTERIORS:

The use of light, form, and materials plays a vital role in minimalistic space design, it achieves harmony through simplicity. The main characteristics of minimalistic designs include keeping things to the bare minimum, enough daylight from large windows, neutral color schemes white color combined with grays, reflective surfaces, little amount if furniture also paying attention to little details, nature, people, and surroundings. The minimalistic approach also focuses more on quality rather than quantity. Minimalism also adds warmth in the space, creating

multifunctional storages, creates balance and harmony in interiors. Many brands such as IKEA, Etsy, and H&M Home, etc. are becoming so trending because of their functional, simple and aesthetics and reasonable designs.



FANTASTIC FRANK

1) MINIMALISM IN FURNITURE DESIGN:

Minimalism in furniture means the use of furniture which is functional, has geometric shapes, no or minimal use of patterns, strong design with sharp lines. Minimalist style furniture first appeared in the German Bauhaus Institute. It combines rational structure and simple form effectively and adopts green new materials and excellent technology to achieve maximum comfort with minimal cost. The people-oriented concept of minimalist style furniture determines that its shape is the most ergonomic and allows the user to achieve maximum comfort and relaxation; in terms of form, it values design fashion, an art form, and design language. In the material, it pays more attention to the new green and sustainable materials. Whether it is a chair with a unique shape or a sofa stressed the comfort, they can combine function and decoration properly. The kind of materials used is wood, metal, fiber, plastic, etc with utmost simplicity. All these features help in making a relaxing and comfortable environment. Minimalism has been practically used in various interiors such as in Apple Store where they feature simple and clean lines associated with prestige and aspiration. Steve Jobs once said that over-engineering should be abandoned. We need to pay more attention to the function and quality of our products. Apple's design philosophy is on the function and quality of their products. Its design philosophy is "Simplicity is the ultimate sophistication".



2) MINIMALISM AS LIFESTYLE :

As a minimalist, a person owns very few possessions, having valuable items, and removing any kind of distractions. Also being intentional with time, money and energy. Being consciously aware of the things and being less materialistic helps in achieving minimalism in life. Nowadays, often we are driven by crazy, complex technology around us which keeps us distracted all the time. When people are under the control of the complementary sense, they may want to get rid of the complexities of design and pursue a simple and natural life. Joshua Becker's bestselling author of "The More of Less" states some truths about minimalistic lifestyle which involves minimalism and does have a lot of impact in an individual's life it can change lives for good. The potential of minimalism lies in what adds value to your life in terms of material possessions. It's about conscious choices we have to make from day today. At the same time, it gives you more financial freedom, less stress and leads to a happier life without worrying about external things. Minimalism does help in building better relationships, spending more time on experiences rather than stuff.

AFFECT OF MINIMALISTIC INTERIORS IN AN INDIVIDUAL'S LIFE:

As many studies show, how incorporating minimalism in our interiors not only de-clutters our space but also our mind. Millions of people are stressed around the world, acquiring more possessions; the luxury of all means also not satisfies an individual. Inclusion of too many spaces in our workplace, homes, and other spaces can make a person feeling stressed and anxious mind. A study undertaken by researcher Nicole R. Keith, Ph.D. Keith found that organizing our homes can help in relaxing both our mind as well as our body. Clutter in our lives creates chaotic and stressful minds. De-cluttering can help homeowners to become more productive and creative

according to the Australian Psychological Society. Downsizing our homes, personal possessions helps to achieve emotional and financial freedoms. Minimalism aims to get rid of all these issues. Incorporating minimalism in interiors helps in creating a high level of satisfaction, promotes pleasant emotions and feelings of happiness in one life. Minimalism reflects simple, organized, yet practical approach in terms of functionality as well and also a better quality of life.

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