

# HOW PEOPLE INTERACT WITH PHYSICAL SPACES

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## Abstract

The value/ Importance of space's are depends on Occupant's Experience. And Experiences depends on, the way people Interacts Physically at any space. The psychology of Colours, Indoor Air Quality, Ergonomics and Human comfort etc. has direct impact on Occupant's Experience.

**Key words:** Physical spaces, people interaction with spaces.

### 1.1.1. Subjective well-being of The Occupants in Interior spaces:

Whenever we design any space then we should take care about the subjective well-being. In Terms of planning process of interior environments that has a lot of contribution to people Happiness [1].

Interior Designers are mainly focuses on;

- Daylight,
- Acoustics,
- The organization and Accessibility.

**The objective conditions in interior space are:**

- Physically health
- Safe shelter

In most of the cases, **subjective experiences in interior space which supposed to design** relates to factors, likely:

Interior space could aim to raise/stimulate towards pleasure and meaning to its occupants.

- Thrive ability of interior space,
- Personality development,
- Providing meaningful activities scope,

In interior design field, Subjective well-being is generally understood as occupant's selfreported remarks of their living experiences [2].

The book named by 'A philosophy of interior design', Abercrombie states (1990, p. 3): '... The Interiors has an ability over us that façades could never have.

### 1.1.2. Consequence of the colors and uses in interior space

The users eye understand colors as a raising/stimulus in the form of light and the brain further Processes that perceptions with the results through which feelings and emotions are evoked

In the field of colors emotion has indicated that each colour, as well as each combination of Colors, conveys its own range of meanings [3].

### 1.1.3 Five factors that affect colour perception

- Dynamism,
- Special qualities,
- Emotional tones,
- Complexities, and
- Evaluations

### 1.1.4 Psychological Studies of Reactions to Colour:

The Red color is to be more strongly associate with the terms exhilaration and Reproduction, implicit a state of higher influence. The Blue colour gives the feeling of cosy and calm, implying states of pleasantness and lower arousal, while black is very sturdy[4].

### 1.1.5 Relationship between colours and users

Mostly, light influences the human beings circadian rhythm and changes in light-dark Exposure could desynchronize the circadian cycle affecting the ability to sleep and wake, as Well as impacting on physiological and metabolism processes. In recent study, it is found that the responses of colors varied depending on age and gender.



**Figure 1:** Colours varied depending on age and gender

### 1.1.6 Importance of indoor air quality:

The term Indoor Air Quality helps to improve the overall indoor environment of the building and Surroundings, especially it helps to improve the health of the users and comfort of building occupants (the residents/ user of particular interior space). If we know how to control the Common pollutant that could help to mitigate the risk of indoor health problems.

### Conclusion

The upper described about various types of apprehension and psychic responses to different spaces. While simple and open spaces were clearly preferred, Decorative rooms were preferred as a high/rich reflection of the inhabitant, while the other rooms reduced their affective quality and made that easier. Subjects were also able to involve occupants/inhabitants. The importance of multidimensional approach in the study of Opportunity to explore- How people interact with any Physical/Tangible space.

## References

- [1] [www.colour-affects.co.uk](http://www.colour-affects.co.uk)
- [2] Conscious Living Magazine ([www.consciousliving.net.au](http://www.consciousliving.net.au))
- [3] Wellbeing Magazine ([www.wellbeing.com.au](http://www.wellbeing.com.au)) feature articles on colour psychology and colour therapy.(McCloughan,)

