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ANALYSIS OF THE INFLUENCE OF INTERIOR DESIGN ON THE MOOD, BEHAVIOR AND PRODUCTIVITY OF A PERSON

Many researches are devoted to the study of how the place we inhabit on a regular basis can have a strong affect on our mood, thoughts, and behavior. The interior design may say a lot about a person, especially their background. This concept is well documented by psychologists and architects alike. Studies suggest that large rooms with high ceilings can foster creativity and inspiration, whereas rooms with lower ceilings can help the individual focus on the task at hand.

The main goal of the article is to show us how interior makes us feel good and promotes positive feelings, is ultimately good for our general health and well-being, and how our thoughts and feelings are easily influenced by our surroundings. So although many of us choose to decorate using our favourite colours, this doesn't guarantee a successful end result – it is important to have a balance, to consider the best way to effectively use the available space and choose a harmonious colour scheme which is pleasant and relaxing for long periods of time.

Colors have an enormous effect on the mood. Even though most people choose their favorite color for the room, it doesn't always mean that they will enjoy the atmosphere it creates, as liking a color and living in a space dominated by it is not the same and that's why the psychology behind the color is very important [4].

Wexner (1954) examined the associations between colour and mood. Participants were faced with coloured cards and asked to indicate associations with different moods. Cool colours were associated with calm, serene and comfortable moods. In contrast, warm colours were associated with stressful and exciting moods. However, the participants in the study were only exposed to

coloured cards and not actually located in a coloured environment. According to Wexner (1954), there is a relationship between wavelength and level of arousal [1].

A great deal of research has also been devoted to color combinations. In working with children, M. Imada found that color preference was not haphazard, even though good discrimination was not highly developed. Given black crayons, the youngsters were inclined to draw inanimate things, vehicles, buildings. When the same children were given colored crayons, their fancies were more inspired to attempt human beings, animals, and plants. Red with yellow and red with blue were favored combinations [1, p.177].

In similar experiments, Ann Van Nice Gale found yellow popular in combination with red-violet or blue. The combination of blue and green also was liked. Contrast, naturally, was more exciting than analogy or subtlety [1, p.177].

Furniture should be chosen carefully to bring out the best of your available space and reflect your personal style and taste. Furniture and accessories are also frequently used to convey the home owners' cultural heritage. Your sofa, dining table and its chairs can have a massive impact on the overall feel of your living area and should be thought about carefully. Many of us opt for soft forms and curved edges rather than sharp corners. Some studies suggest this may be due to our subconscious alerting us to the danger as sharp edges are perceived as a potential danger [5].

Lighting can also influence our moods considerably, low level dim lighting at a dinner party will stimulate conversation as guests feel more relaxed and willing to speak openly – whereas harsh overhead lighting will have the opposite effect. Natural lighting however, is important throughout our homes as nobody enjoys living in a cave. Sunlight and brightly lit environments show an increase in productivity – this is especially true in educational settings, A lack of natural light can lead to low moods and a depressive atmosphere in both the workplace and the home [5].

Decluttering and organizing your home not only makes your space more

aesthetically pleasing, it also is a significant environmental distresser. Studies have found that there is a clear link between clutter and depression. Messy, unorganized rooms not only make our homes look bad, they also make us feel bad. Lately people are beginning to catch on to the idea that a clutter-free home translates to a clutter-free life. It's no wonder that Marie Kondo's bestselling book, *The Life-Changing Magic of Tidying Up* started a global decluttering craze [3].

The conclusion is that designers can take some knowledge from psychology to improve the emotional state of the space in which a person lives. It is widely believed that the house is a happy place, but it is important to understand how to form the right inner environment in your home, so that it contributes to a good mood and health. There is a reason why the interior design is so important, so to make the right choice, you need to think about the subconscious influence and how this will affect your well-being.

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