

## The constituents of beauty in the interior design and the human health

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**ABSTRACT:** With the development of the science disciplines, scientists and philosophers discovered some relationships between good design and a person's psychological health that lead to physical health. The internal environment elements' aesthetic features may enhance human health and relieve him of contemporary life pressures and difficulties. Hence, the research issue determines the beauty standards in interior design through questionnaires and literature reviews that can judge the beauty or the ugliness of the interior space. What are the reasons for the sense of beauty? What are the motivations of beautiful feelings toward interior designs? And if there is a relationship between aesthetic feelings towards interior spaces and human health. Therefore, the research aims to identify the criteria that achieve the beauty of internal space, the standards that lead to it in the interior spaces, and its relation to human health physically, psychologically, and spiritually.

**KEYWORDS:** Philosophy of interior aesthetics, Standards of interior beauty, Psychological motivations, Psychological Health, Interior perception.

### 1 INTRODUCTION

The scientists disagree about the definitions of beauty; therefore, there is no specific criterion that helps us describe beauty. As a result, several definitions of beauty were established by artists and philosophers. **Invalid source specified.** Consequently, people's opinions differed when assessing the different designs, especially in their internal spaces.

As many scholars and philosophers differed in defining beauty throughout history. The Greek saints defined it in absolute values. Then it was established in the interior design by different civilizations with different beliefs to be shown clearly in the elements of the interior design that is represented in ratios, balance harmony and unity... etc. At the beginning of the twentieth century, with the advent of the industrial revolution to life's details, aesthetic values are declined in various design works. They soon retook the lead in the last decade of the same century with a clear number of art movements and styles ensuring beauty in contrast to the established classical arts in the previous era, free from all restrictions and expressing the subjectivity of the designer, life developments, and mechanization, to crystallize in the ability to abstract, express, add and differ... etc.

With the succession of art styles in the 21st century and the diversity of ideas that cope with the continuous technological development has become difficult to define the essence of beauty, especially with different cultures, different individuals' nature of life and their aspirations as well as their need from interior space, with the emergence of movements and trends calling for the identification of the former aesthetic values and linking them to future aspirations. This research investigates the essence of beauty in interior design and its factors through the questionnaire study on a random sample and analyzing its views on the determination of the aesthetic factors within internal spaces to be supported by clear characteristics that contribute to increasing the connection between human and place as man stays about 90% of his time in the internal spaces.

In describing beauty within internal spaces, David Brown (good design is a form of respect) said that it must be compatible with the human being physically, psychologically, and spiritually. Paul Rand says (design is so simple that's why it's so complicated) that means it may be easy for the designer to layout his lines while challenging comes to please patrons. As for Karim Rashid, he says that design is close to human beings. It is related to improving his life in all aspects, poetic, aesthetic, experimental, sensual, and emotional. Harmutt Esslinger said that a good design should reflect the individual's history,

expressing his rhyming background and memories to extend to address his soul. **Invalid source specified.** finally Kenza said (beauty as a set of harmonious relationship and balance between object, environment and man) **Invalid source specified.**

## 2 THE PERCEPTION OF BEAUTY WITHIN THE INTERIOR SPACES

The beauty perception formulates three stages that begin with the visualization stage, visualizing the internal spaces' characteristics. The eye captures the inner space, and then the information received by the eye moves to the brain, where the stage of interpretation of the meanings and signals begins. According to the mental interpretation, what are these signs, which depends on what was stored of memories, situations, forms, and meanings?

Then comes the third stage, which is known as the stage of judgment related to the previous stage. The mind realizes what the eye imagined and retrieves the meanings and signs of the function, and then issued the judgment determining the visualized design being beautiful or ugly. The desirability of interior design requires the meeting of several factors within the internal spaces. These factors or influences come together to stimulate the senses of the person who interacts with them, which give signals to the mind, which absorbs and analyzes them, and then issues a judgment in terms of the design, whether it is beautiful or ugly.

Every interior space sends messages to the human addressing himself **Invalid source specified.** through the interior design elements, which are represented in the internal space with its contents, the technical systems used for internal processing and environmental control, the building envelope, and its relationship to the internal space and the environment. These sent messages evoke feelings of acceptance, satisfaction, comfort towards these messages, or rejection and aversion. The impact of these messages differs from one individual to another according to his personal, social, and cultural characteristics. According to the nature of the element and its importance to the person and his cognitive power, the messages sent depend on the characteristics of the internal void, collectively or separately. Still, their meeting together has the greatest impact on the perception, especially when the void contents are integrated to emphasize the message that it sends to that person.

When the beautiful design excites the person, it addresses the human senses, pleases the eye, pushes the hand to touch the elaborate details, and enhances satisfaction with the interior design, which stirs the feelings. Teknion says that when the design touches a person intellectually, emotionally, and physically represented in the mind, body, and spirit, we have reached the ideal triad. Upon it, the soul is free and wonderful when satisfied, or the soul is tormented. **Invalid source specified.**

## 3 THE MOTIVATION OF BEAUTIFUL FEELINGS TOWARD INTERIOR DESIGN

The interior designs are varied, beautiful, medium, and ugly. The individual's perception of its beauty is dominated by the personal traits of the individual and his social and cultural background, and the beauty of the inner space itself as a result of creativity designed either through the design idea or one of the distinguished elements of space with a distinctive characteristic of form or function.

A person's appreciation of beauty and satisfaction differs from one designed space to another. It is related to the function associated with the activities that are practiced inside. So, the beauty of the working spaces differs from the shopping areas. The one who passes and waits in it differs from the living spaces. Etc. However, the residential areas come at the forefront of places that a person seeks to satisfy his aesthetic desires in its folds. It represents a symbolic and psychological significance to man, as it is that place that reflects the past, present, and future **Invalid source specified.** due to carrying with him Memories, contemporary events, dreams, and visions of the future.

Factors and elements that meet to feel human beauty or ugliness in the interior design are determined in the human character and his social and cultural traits, Trendy and contemporary factors, Functional and comfortable interior factors, Environmental and healthy factors, and interior elements characteristics (shape factors).

### 3.1 HUMAN CHARACTER AND HIS SOCIAL AND CULTURAL TRAITS

the special characteristics of the recipient person, his previous experiences and stored memories, The sense of beauty is subjective (differs from one person to another). Still, there is also the difference in the individual's beauty standards during his life stages, so what is considered beautiful for somebody changes across time. There is a change in the individual's characteristics, especially for the gained experiences during these stages.

This could be the most important and main reason behind the different opinions and points of the interior designers' views towards interior design other than other individuals who use space. As their experiences grow during short periods of time, as

their familiarity with many designs during their various works gives them experience in recognizing ordinary designs, it is difficult to provoke their senses to feel beauty except for new, creative, and distinctive ideas.

### 3.2 INTERIOR ELEMENTS CHARACTERISTICS (SHAPE FACTORS)

The formal characteristics of interior design elements are the first to provoke human senses either negatively or positively. Hence, it affects the sense of beauty or feeling of ugliness in the interior spaces and includes these factors sizes and shapes, proportion, ratio, colors, patterns, decorations, inscriptions, and textures, either smooth or polished and so on. The consistency of the elements and the contents of the space require the arrangement and good choice of these characteristics in their meeting together for the interconnection of the general design idea of the internal space.

**Textures** play an essential role in changing the scenes of interior places, especially with varied materials and the diversity of the light effects on the internal surfaces, affecting human perception and health. The result of increasing or decreasing used textures within internal spaces varies from person to another, according to his personal characteristics, social and cultural background. With time-changing dynamic patterns, they have a more substantial impact on humans due to their repetition and constant change, especially those used to simulate nature's elements of water and plants because of their calming and positive effect on the human psyche. **Invalid source specified.**

**Simplicity** in beauty/ Beauty in simplicity: the ease of perception and comprehension are from the preferred and needed things for those who use space or workplaces. The perception process may take the time that varies according to personal abilities. Individuals' perceptions may also differ the second time from the first, and for places people used to visit, it doesn't take time to consider.

**Social and cultural considerations:** some prefer that the interior design's general features be fixed and firmly rooted in details of the past with cultural origins that give different feelings between originality and serenity and perhaps belonging and familiarity with elements and details of interior design.

**Coordination and organization:** Organizing the internal space has a marked effect on the psychological health of the individual, so providing storage areas and keeping the used tools for various activities in specific places supports the coordination of internal spaces. The harmonious and calm environment supports human health, as it works to reduce levels of the stress hormone, which reduces blood pressure, relieves depression and improves mood, in contrast to the unorganized and overlaying environment that calls for chaos, annoyance and discomfort. **Invalid source specified.**

### 3.3 FUNCTIONAL AND COMFORTABLE FACTORS

The sense of beauty isn't achieved in interior design work without achieving the functional aspects and comfort factors in dealing with internal space elements and practicing different human activities.

Creating the space to receive a specific activity requires the provision of tools of activity/tools necessary for practicing this activity to provide natural, environmental, functional, and technological conditions appropriate to the activity's quality. The meeting of these factors together following the human nature and activity based on the ideal creation of the interior space and thus, human habitation and his sense of happiness. The sense of beauty, as Stendhal said, Beauty is the promise of happiness. (Oregon State University, n.d., P.2)

### 3.4 TRENDY AND CONTEMPORARY FACTORS

Other people prefer the contemporaneity of design. Contemporaneity here means for a design to cope with the latest trends (to be trendy). That is when it follows a color scheme and accessories with design lines that dominate the global arena, representing this year's fashion.

Contemporary life requirements impose on the person to seek possession of some characteristics within his residence, office, or any place where he settles. Human requirements and technological needs vary between equipment and appliances and the technological control of internal space elements to facilitate handling and facilitate the availability of ease and speed of performing activities inside it. The need for marketing is determined in the desire to keep up with and cope with the prevailing fashion and the global trends to make a man feel the value of the space and be proud of its contents.

### 3.5 ENVIRONMENTAL AND HEALTHY FACTORS

Health issues related to public health and internal air quality, where diseases are caused by poor ventilation and bad air in the internal spaces, due to internal pollution caused by raw materials used in the interior spaces with the design is unable to treat the disadvantages resulting from human activities inside, design treatments and technology used from inside.

The human feeling of safety stems from the provision of his general health requirements and environmental compatibility in space's general design and its elements and selecting raw materials.

#### 3.5.1 ASSOCIATION TO NATURE

Some people feel the beauty in its association to nature, through the intimacy with human's familiar things, or maybe for its simplicity in its ability to be dealt with. Nature to humans represents physiological and spiritual comfort for its life and its familiar home elements. Humans prefer to deal with familiar things because understanding their details is a simple thing for them. As a result, they can deal with it easily.

The need for a return to nature: where this demand emerged after man's suffering to create isolation in closed spaces inside buildings away from nature, which he destroyed, and when he is in dire need of it. Returning to nature in its simplicity, serenity, and its interconnection with outdoor spaces in a manner that reinforces human activity inside and improves his psychological and health state.

Nature has a positive effect on a person's psychological health. Some studies have proven that bringing green spaces within internal spaces and connection with nature helps relax the mind and get rid of fears and daily pressures. Man constantly needs to communicate with nature in the term biological hypothesis, which is confirmed by biophilic design. Therefore, the idea of transferring some relaxing effects of nature into interior space designs supports human well-being. **Invalid source specified.**

People are seduced by the beauty of nature regardless of their personal, social and cultural characteristics. Nature carries from beauty what captivates man in all his psychological conditions as a result of its permanent change and its limitless variation, that nature which upon analysis was discovered that it follows all the aesthetic rules that man has reached up to our time. **Invalid source specified.**

#### 3.5.2 INTERIOR BEAUTY AND HEALTH

The sense of beauty differs for people from one place to another. People usually feel a general improvement in their mental health when seeing nature and its picturesque views. Its effect extends to human physical health and comfort, as doctors advise patients to spend recovery periods in places related to nature to help speed recovery. Likewise, seeing historical and heritage sites has a positive effect resulting from stirring up different emotions, either with pride and glory, comfort and harmony, or fascination and admiration. Therefore, the impact of beauty on human health is accurate, and there is no doubt concerning psychological health and extends to include physical health. The matter differs from the contemporary designs due to their diversity and comprehensiveness. They combine more than one style and trend due to the openness of the world and the convergence of cultures.

Human health is affected by beautiful interior space. When providing comfort, good planning, and organizing the interior elements in line with the human physically and psychologically. In addition to excluding harmful materials and improving the indoor air quality. Also, it extends to an indirect effect related to aesthetic features and harmony with human needs, physically, mentally, and spiritually. And psychological theorists dating back decades have emphasized the importance of homes and interiors for emotional stability. **Invalid source specified.**

**Lighting and health:** Lighting has a vital role in improving the quality of life inside the buildings, whether it is natural or artificial lighting, because of its role in providing a suitable environment for the practice of activities and the awareness of the contents of the space, as called the cognitive map, **Invalid source specified.** in addition to its role in imparting various psychological effects that help in moving human feelings negatively or positively according to their compatibility with the interior designs. Good lighting emphasizes the interior design's beauty, while bad lighting may harm the interior spaces' aesthetics and negatively affect the occupants and their health. It has been proven that natural lighting helps to raise morale and increase positive energy. **Invalid source specified.** In contrast, artificial lighting depletes the individual's energy and hurts the psyche of the space user.

It has been proven that the use of curved lines in interior design has a positive effect on the physiological aspect of the human being better than the use of straight lines as they work to activate the lingual and the calcarine gyrus in the visual cortex. **Invalid source specified.**

Some studies detected that the use of curved lines, preferred by most people in the interior design of buildings, and the sense of their beauty is associated with increased activation of the anterior cingulate cortex (ACC). (Alex Coburn, 2017) In another study, it was revealed that people would become more stressed if they were isolated in a room without windows. **Invalid source specified.**

#### 4 QUESTIONNAIRE STUDY

There are different opinions of philosophers and thinkers in determining the essence of beauty. The difficulty of the comprehensiveness of some interior elements' characteristics supports this feeling. The integration of different elements within the space impacts individuals in several aspects, physically and psychologically. And with the diverse aspirations of human needs in a variety to contribute to the safety with access to the highest degrees of benefit from the interior spaces and to perform activities at internal areas with high efficiency and without effort to achieve prosperity.

This questionnaire aims to discover the main features of beauty and the preferences within interior spaces by analyzing the sample responses. The following conclusion was reached by analyzing the questionnaire sample: The number of respondents of the questionnaire sample responses is 260 persons, 59 are males, and the rest (216) are females. They were divided into age groups 115 under age 23, 147 from age 23 to 45, 14 above 45. The capital and the big cities residents are about 100 persons, popular neighborhoods and small towns residents 160 people, Holders of university qualification 200, advanced studies 50, Intermediate qualification 10, and number of art learners 150 people while non-art learners are 110 persons. At the same time, the number of persons working or studying in the interior design field is 110 persons between 150 persons who work in other fields. There was diversity in the sample's interests. In the first place came Art field, then came the science field, religion, sports, literary, and the least was the political interests.

##### 4.1 FEELINGS MOTIVATION TOWARDS THE INTERIOR DESIGN SPACES

The inquiry about the elements that control the sense of beauty in the interior spaces, the majority of opinions confirm that the most important reasons for beauty are psychological comfort towards the internal designs followed by physiological comfort. And by asking about the elements that contribute the most to the rule of internal space being ugly, the majority of the sample said that the absence of psychological comfort affects the judgment of ugliness. And that color has a strong influence on the decision. In comparison, the remaining components did not exceed 50%.

##### 4.2 CULTURE FEATURES AND INTERIOR BEAUTY

People who prefer interior spaces that include elements expressing their religious affiliation exceeded 60%; most of them do not study art. The portion of preference is also associated with age groups that learn Art, where it became clear that with the increase in age, the rate of appreciation decreases in the inclusion of elements that show religious identity, the percentage of females reaches about 65% while in males was about 55%.

When asking about the elements that contribute the most to the rule of internal space being beautiful, about 75% of the sample said that all interior features affect the judgment of beauty. Then about 12% explained that colors have a strong influence on the determination of beauty, while the remaining components did not exceed 50%.

##### 4.3 INTERIOR CHARACTERISTICS

Suppose the judgment of the interior design depends only on the description. In that case, it may be unfair to determine the personal orientations and opinions towards what is seen as beautiful or ugly in the interior design elements and its complementation. Therefore, for determining individuals' attraction towards interior design with different directions, need to be in specific groups that include:

##### ✓ Combining contemporary and originality in a way that matches the spirit of the times:

By analyzing the sample results responses, it became clear that the majority is attracted to the group of pictures that combines classical and modern with simple and light colors. Most people are attracted to the contemporary trend in designing

interior space. This trend combines current, with its simplicity and new materials, and between originality in some simple ornaments and patterns fused into simple elements in harmony. These combinations relax the eye and the body in preserving the vast spaces and original details.

### ✓ **Excitement and attention to everything that is out of the ordinary.**

They were then followed by unfamiliar designs, the optical illusion, motion, and confusing designs. The search for everything new is a feature that overcomes all human beings, so some prefer to use some exotic ideas in designing internal spaces as a kind of excitement for the viewer, a sense of individuality and excellence in acquiring unique things.

### ✓ **The customary and canonical designs**

It was followed by, which used the classic styles with wood in the interior design elements. While some people search for unfamiliar designs, others resort to classical and familiar techniques to avoid risk and ensure that others like them. In addition to combining simplicity with originality.

### ✓ **Simplicity, and lack of details and complexity**

Most of them prefer straight-lined with trim curved lines and light and compatible colors by analyzing the sample responses. Contemporary life and daily pressures impose a tendency to simplicity in design lines, with a direction to trim curved lines, to give a comfortable mixture and harmoniously in colors and forms to the tranquility of the occupants of the internal spaces.

### ✓ **Connection with nature**

The analysis of the responses explains the attractiveness with the external nature directly and the bright colors represented in the natural shades of the green areas surrounding the building.

## 5 DISCUSSION

Designers' opinions in previous eras were divided in the design of internal spaces. Their opinions were the importance of the predominance of the aesthetic dimension or the functional dimension. As some began to focus their attention on the design that serves the aesthetic side that impacts the recipient by the appealing elements and the innovative features that prevail in it, then the functional aspect follows it. Others are concerned with the functional aspect, as it is the beneficial aspect of the human being in achieving the required functions, which has the priority to pay attention to, followed by the aesthetic aspects.

The interior design has an impact on the physical, psychological and social health of buildings' occupants. This effect is not limited to the ability of the building to protect from environmental influences. Instead, it extends to include the possibility of dealing with the requirements and needs of man in a way that guarantees a healthy and safe life for the human being.

The disease-causing elements within buildings vary between interior design elements in their shapes, sizes, and materials made from them, or the systems used in preparing internal spaces such as sound, fire, ventilation, and air-conditioning systems...etc., or in the coordination between interior spaces and their relations with each other and their relationship to the external environment and the movement of air through them and the amount of natural light penetrating the internal spaces and the suitability of all this for the building occupants.

For example, constant exposure to noise increases blood pressure, and insufficient daylight affects a person's biological clock and reduces sleep quality. In addition to the internal disorganization and chaos would harm a person's psychological state. And the emissions of harmful materials which are used to implement the interior designs. On the contrary, using some colors, materials, and shapes in the internal space improves human health, such as using green to enhance mood and speed of recovery.

Accordingly, the shape (form) has the same importance as the functional importance at the internal space. The beauty of the interior spaces gives the human psyche comfort, reassurance and attention to its details. This beauty is a personal experience that differs from one person to another.

## 6 CONCLUSION

The decision of the recipient to judge the beauty of the internal spaces requires the meeting of several factors. The shape factor has come at the forefront of all elements with its lines, sizes, proportions, colors, inscriptions, etc. And to be corresponded to the personal attitudes of each individual, then followed by contemporary and compatibility with technology. And not to ignore the interdependence of nature in blending the outer spaces with their green spaces to internal areas, which achieves the person's psychological comfort by achieving his aspirations in the optimal use of modern technology and the availability of well-being and comfortable living in the interior spaces.

The beauty of the inner space is also related to meeting new and unusual ideas for a human. Combining simple design lines as the latest and non-stereotypical expresses the constant human passion for change, exchange, and instability.

Especially in judging for the first time, it is like artwork. The concept of beauty has changed in interior spaces in periods and successive decades around the globe. However, modern man, especially the youth, has gathered their views on simplicity in lines and sizes, compatibility in colors and ratios, and the interdependence of nature. In addition, it is keeping up with technology and combining originality with contemporaneity in a simplicity that reduces the daily problems and pressures faced by modern man.

This interior design is not a space that may be characterized by beauty or ugliness. It evokes the human senses either positively or negatively, momentarily or transiently, not like other artwork. It is instead a space that embraces the person inside, that person who is driven by his feelings, memories, opinions, thoughts, words, etc. All these things may change with time. Therefore, if the interior design corresponds with its contents and elements with what the person hides inside himself of emotions and feelings, the design is judged as beautiful. On the contrary, if the interior design contradicts the person's essence, the person would consider it ugly, hate it, and refuse to live inside it.

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