

Student Name: Rebecca Reed

Student Number: 2004800

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Title chosen: Question 4: Outline a current environmental, political, or social issue that requires redesign. Explain how you will solve this issue over the duration of your future design career.

Underline the tools and approaches will you use and discuss how and why.

The Design of Space and interior for the Betterment of Mental Health and Wellbeing.

Introduction

The most common social issue that has gone worse over the last few years is mental health, Mental Health is an issue across the world but focusing on the UK and Wales and bringing in interior design, Spaces and Urban design. Designers create many designs and ideas to help with making our world a better place and more enjoyable place inside and out. Bringing together social issue, environmental and interior design to overcome and help mental health and wellbeing. Focusing on Psychology of colour in interior design and wellbeing.

Context

Mental health is an important issue in the UK as it is one of the most widespread health problems that many people in the UK suffer from in different forms (Mental Health Foundation). Mental Health is an important issue because it affects how we feel, think and act and cope with life. Mental health comes in all different forms such as depression, anxiety, stress, panic attacks, bipolar and many

more (Armstrong,2021). *Figure 1* shows the percentage of all the different mental health issues that are majority have experienced in the UK (Armstrong,2021). Together for Mental health, A strategy for mental health and wellbeing in Wales is a programme for the Welsh government to help with the disadvantages that are faces by people with mental illness and creating an equal access to care and treatment is essential to this (Gov.Wales). (1 in 4 adults experiences mental health problems or illness at some point during their lifetime.)

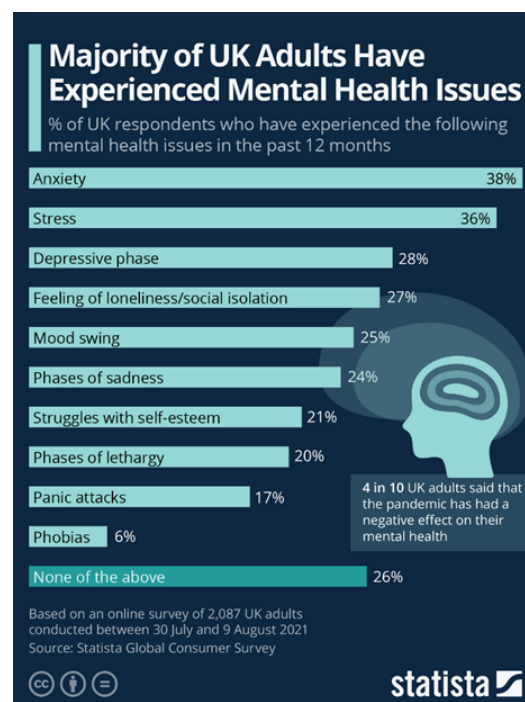


Figure 1

Future Generation Act Wales 2015 - wellbeing

The future generations are the generations of the people that come to the future. To improve on good health to enabling people to live a good quality of life and supporting them to a lifestyle that maintains a good physical and mental health. It requires the people to think about the long-term impacts of their decisions, to help them work and better with other people problems such as poverty, health, and climate change. (Future Generation Wales).

Interior Design & Spaces

Mental health can be helped in many ways but bringing interior design and the spaces around as will benefit out mental health, the design of spaces and environments can help with supporting people on their healthy lifestyle but to also support people when they need care. This is where interior design comes in and how to helps people with mental health problems. The interior design of a room can has a significant effect on mood (Feltz, 2021). Many people have had an experience of heading after a stressful day. There are many other experiences throughout the day such as anxiety from work or a fight with a family member. After our emotions, our instincts may tell us to go home. Interior design is making your space a happy place. The designer understands colour, texture and material which helps with making people feel comfortable at their homes and other spaces which is good for their mental health. (Love, 2007, pg. 136). The colour scheme is a powerful element to Interior design, the aim of successful interior colour design is to be able to control the human moods but also to control the design and outcome of the room. (Poore, 1994, pg. 6). The value of light and darkness affect the way the colour is seen in the design rooms, daylight change the way the colour looks different compared to when it is night-time the colour changes again. (Poore.1994, pg.10).

Interior design can be beneficial for mental health because it can affect everyone in different ways. Spaces in the home will need to be personalized depending on the person that is living in that space as all humans have different needs. (Chakrabarti,2021, pg.243). Inside Interior helps mental health with improving sleep for the person. The Interior design could play a really big role in helping the human sleep goals and will help with living longer and healthier. The fabrics and material are one of them main form on helping with mental health problems. (Soler, 2019).

Sarah Barnard Is a designer and creator of environments that support mental, physical, and emotional wellbeing. While moving into a new home or recreating a home, it is important to consider our home space to see how our surroundings impact us. Once understanding this, the home can be transformed from a source of stress or isolation to calm and comfort. (Barnard, 2019).



Figure 2

Figure 2 above is one of the designs from Sarah, the design shows the bedroom has calm colours, using a green which is a natural colour and is popular in this generation. This bedroom is also surrounded by natural elements which is one of the main features that will help a human mental health. (Barnard, 2019).

Interior designers seem to improve relationship between partners, roommate, and newlywed. Charlie Ferrer and Interior designer says he often feels like a mediator and psychologist when he is working with clients. (Gachman, 2020). While designers work with people in a relationship, they tend to make sure they have options from each of them to help but together each other needs instead of one need over the other. (Gachman, 2020).

Psychology of colour.

The use of natural and bright colours in interior design can calm people (Foyr). It can be beneficial because interior design makes you feel homely and safer in any way you want. For example, spaces that look lighter and more air helps a person with mental health problems by keeping them out of the dark. What is colour psychology – It is the colour theory that assigns colour and psychology connects between colour and emotions. It means it lifts your mood, it makes you feel creative, and it

also shows a statement of the colours and your emotions, which shows how comfort and calm the home will be. (London Image Institute, 2020).

Colour psychology also helps the designers a lot more when help connect with their customers, it also helps with learning the meanings of colour that your customers want or is connected to. Colour psychology shows that people perceive colours differently, certain colours may have a lot to do with the person preference and experience in the past and many other reasons a person is going for certain colours. (Ferreira, 2019).

The colour red is one of the most powerful colours when it comes to human feelings or on how it makes humans feel. The colour red is the colour of cupid and the devil (Conde, 2014), which both represent different meanings and feelings such as red can mean anger, as it leads to their face turning red from the increasing blood from feeling anger or it could mean passion and love. The colour green creates a feeling of refreshment, peace, and rest (Wharton, 2021). However, green also has a negative side, the feeling of envy, and possessiveness (Wharton,2021). Figure 2 above show that the colour green is suited in a calmer space such as the bedroom which resemblance the peace rest and refreshment as it is right by nature. The colour Blue has many different effects on how to make a human feel such as sadness, calmness, stability, and productivity (Cherry, 2020). Those three colours are three main colours that are popular in the design industry and modern trends. Green and Red are most common in the Autumn palette; the autumn colours are mostly earth and natural world colours (Wright,1995, pg. 42). Blue is most common in the Winter palette, with black and white being incorporated more too. This is due to the winter palette consisting of sharper colours, unlike the autumn palette that uses more beige and softer colours (Wright, 1995). Choosing colours that work together is bringing the relationship of them together, if they dot work alongside each other well they will clash together. Main colours in the palate most likely will mix easy and better with black and white, which make them stand out more and better together. (Wright,1995).

Hella Jongerius is an art director for colours and materials at Vitra. She is also known to be one of the world's greatest colour experts (Luxford, 2018). The focus of the work that she creates and make is to deepen the understanding of colour. She is the founder of the exhibition breathing colour – design museum. Breathing colour is about strength, imperfection, and versatility of colour. selection of objects from the museum's collection, chosen together with visual artist Mathieu Meijers (Museum Boijmans,2018). The work she creates is to show how colour responds to texture and form conditions. Figure 3 shows one of the artworks that Hella Jongerius and Mathieu Meijers created and put together for breathing colour exhibition. It shows That the light in the day changes colour but also changes colour when the light dims down throughout the day, as light changes so does our experience. She “designs the relationship between an object and a human being”. (Sebambo, 2015). Interior designers can apply some of Hella Jongerius techniques to improve their design projects to help with their customers wellbeing.



Figure 3

Green Space and access to nature, there is an important relationship between green space, mental health, and wellbeing. Access to nature on people daily routine is most likely to improve and maintain mental health and wellbeing. (UD/MH). The overall greenness of a person's neighbourhood is associated with better mental health. Increasing urban design is an important social determinant of health and to help protect mental health. (Roe,2016). Interior design is very important to mental health in a inside personal space for when coming home from a long day or from work, but public spaces and urban design brings positive effects on common mental health problems such as stress, anxiety, and depression. (Roe,2016). Mental Health is a public health priority globally, public space should enhance mental health problems by having contact with nature and the development of supportive relationship. (Francis, 2012). However, the impact of urban environment away from home on psychological distress needs to be further explored. (Gong, 2016). Which is how urban design will develop more and better for public space and mental health. I believe that the future design will bring more modern design and impact everyone mental health in different ways, but new future designer will bring ideas from the public and listen to what the public wants. For the future my design career bringing in elements of interior design and design in general to help the publics. Urban Green is an environmental practice who specialise in urban design and landscape architecture, their aim is to create an adaptable framework and structure for buildings, people, and nature. (Urban Green). This helps with the future of public design ad urban design as groups are forming and help for our mental health. Planners and designers are only just starting to understand their huge opportunities to impact and value designing for good mental health. (UD/MH).

"Green spaces aren't just for nature, they boost our mental health too" (Douglas, 2021). Most people who live mostly by concrete and brick don't or haven't seen much of green space more than during Covid-19 pandemic. During lockdown many people would go out and explore parks and gardens, where they can enjoy and unexpected source of calm and joy which helps and have helped many people in finding themselves more and helped their mental health. (Douglas,2021)

Conclusion

The current issue of mental health is rising and bringing different design elements such as interior design and Urban design in space will help this generation to overcome or help with stress, anxiety and depression and many other mental health issues but to also make their home life and outdoor life calmer and more enjoyable. Interior and space are a key factor when it comes our feelings and the way we go about everyday and needed a comfortable home and the way us as people will want our homes to look and feels, makes interior design important for our mental health. Sarah Barnard designs and thought can be learned from and thought about hard when new designer want to bring their work forward.

The colour scheme is one of the key factures that the designers will learn early on but also following the trends thought their years of bringing ideas and design into the industry. Psychology of colour, while looking into psychology of colour bringing to colour theme to a lighter side will most likely bring most people out of the dark mentally and emotionally. Looking into the three different colours which are Red, Green and Blue helps with looking into different colour depth a lot more shows that different colours are lots of different meanings behind them, those 3 colours are popular with the colour trends and in the interior design industry, which is important to look at for the future designs to health with mental health and design in the future. Hella Jongerius the designer is important to learn from when coming to bring art, light and wellbeing together. Creating an exhibition breathing colour and bringing other designers to help and bring their work in to show as well. The light and Dark she looks about I colour and her work which works well with the colour scheme as spoken that colour changes when it is light and when it becomes dark throughout day and night and interlinks with interior design which brings them together.

Public design and spaces, moving from interior design in the home space and colour scheme. The green space and access to nature is opposite but still brings to joy and calmness to humans and their emotions and mental health than when they are home but when they home from a long day in the office to then going out for a walk or exercise and urban space will help them in a different way than interior design at home.

Mental health can be helped with support off people going to session, however space, urban design and interior design and designers in general in the future will benefit more and it is possible that more people will want to go outside to explore more and feel more comfortable in their personal space. It is likely that the future generation of designers will have a big impact in this topic and more general helping more in wellbeing.

The designers will show connect with their work and with the customer to make sure they are doing everything right for the person to feel like home and safe but to also make sure the design suits the rooms and places they have and will design.

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