



LINGAYA'S
VIDYAPEETH

choose to know

Subject: Architectural Psychology

Topic: Introduction - Architectural Psychology

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Outline

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2. History
3. Importance of the built environment on psychological processes
4. Psychological effects of:
 - a. Space
 - b. Light
 - c. Colors
5. Case study: Thinking style
6. Conclusion: Independent reflection of each student
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*“Buildings have a direct effect on our **emotions**. They can be depressing or uplifting, soothing or surprising, welcoming or forgiving.”*

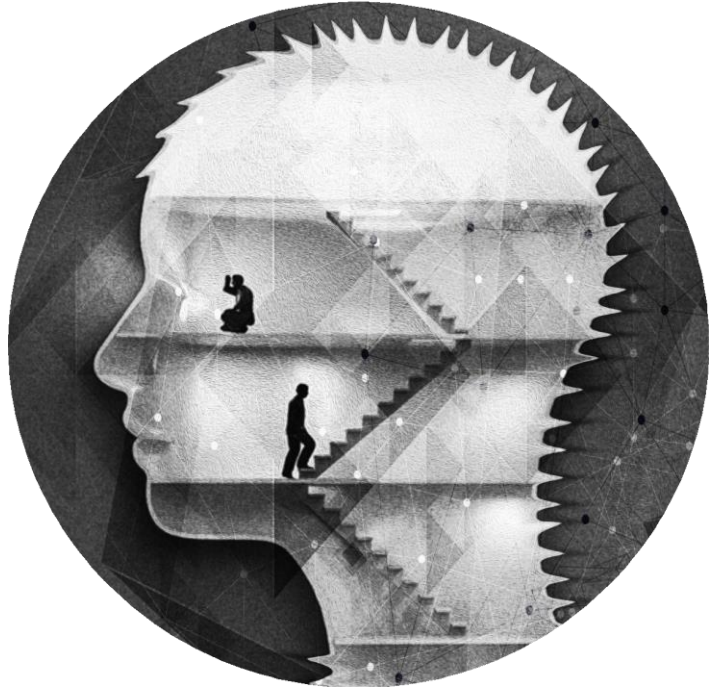
-Eberhard



1

Introduction

How does architecture affect our psychology?



What happens to people when they enter a **space**?

Most of our lives are spent inside buildings. Our thoughts are shaped by their walls, and the way we perceive things is influenced by our surroundings.

Architecture and the interior design may affect a person's health, behavior, mood, decisions, and interactions with others.



The Psychology of Architecture is also referred to as “Psychology of The Built Environment” or “Environmental Psychology”.

The importance of architecture as a trigger to physical, physiological and psychological well-being is nowadays becoming a topic of significant relevance.

Architecture affects human psychology through certain elements such as color, form, shape, light, space, etc.
It is important to consider these elements in order to design comfortable and healthy spaces.



2

History

The founding fathers of Environmental Psychology



Willy Hellpach (1877-

1959) was one of the first scholars who introduced the term 'environmental psychology' in the first half of the 20th century. This term was mentioned in his book "Geopsyche" in 1935. He studied the impact of different environmental stimuli (colour, form, space, nature, etc.) on human activities. He also studied urban phenomena.



Egon Brunswik (1903-

1955) is one of the first psychologists who argued that psychology should give as much attention to the properties of the organism's environment as it does to the organism itself. He believed that the physical environment can affect psychological processes subconsciously. He also strongly advocated research that includes all aspects of the environment of the person being studied.



Kurt Lewin (1890-

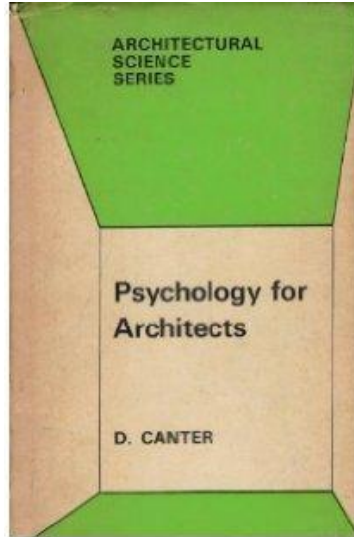
1947) like Brunswik, conceptualised the environment as a key determinant of behaviour. He argued that behaviour is a function of the person and the environment. He mostly focused on the social or interpersonal influences instead of the physical environment, but he inspired different students to continue and expand on his ideas.





Psychology for Architects by David Canter

Published in 1970s, David Canter's book "Psychology for Architects" spawned the whole field of environmental psychology, as it was dedicated to understanding how people interact with the buildings and spaces around them.



The founding fathers before him focused mainly on how the general environment affects psychology, whereas David Canter studied how architecture and spaces play a role on human psychology.

After the publication of his book, psychology of architecture became a science of its own with principles to be followed.



3

Importance

of the built environment on psychological
processes



The built environment has direct and indirect effects on human psychology. It has an impact on our senses, mood, emotions, motivations, judgments, decisions, health, and participation in physical activity and community life. Having a good built environment is important because it can give better performance, less distraction, and occupants comfort and satisfaction.



The preferences of certain physical environments may be neutrally/hormonally underpinned, evolutionarily driven, and/or culturally modulated. Furthermore, individual differences are likely to lead to diverging experiences of the same building or room. To create a built environment is not only providing four blank walls, but to build a space that satisfies physical & psychological needs.



A space should be flexible enough to be personalized by different occupants, and the best way to achieve this in today's complex environment is through more participation, cooperation and understanding among designers and environmental psychologists.

