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# The Influence of Interior Design on Human

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**ABSTRACT:** The impact of interior design on a home and its residents is profound. Interior design not only enhances the aesthetic appeal of a home but also has positive psychological and emotional effects. Interior design is a critical medium that shows the aesthetics, functionality, and user experience of any residential space. It not only makes a home beautiful and appealing but also enhances its functionality and ensures the well-being of its inhabitants. Good interior design is created by the harmonious combination of colours, furniture, lighting, and decor. All these elements together create an environment that is not only pleasing to the eyes but also provides comfort and satisfaction to the mind and body. The influence of interior design permeates deeply into every aspect of our lives. It not only beautifies a space but also enhances its functionality, comfort, cultural expression, social interaction, and economic value. Therefore, a well-thought-out and well-executed interior design is essential for a rich and balanced life. A well-decorated home impresses guests and helps strengthen social relationships. It also boosts a sense of pride and confidence. Interior design takes safety into account, especially for children and the elderly. Good interior design transforms a home from just a living space into a pleasant and gives us an inspiring environment.

**KEYWORD:** Design, Interior, Residential

## I. INTRODUCTION

In this introduction, understanding of the interior is largely associated with homes, perhaps because those are the spaces we furnish and inhabit most intimately. The majority of interior design for domestic environments is performed by amateurs, as consumers decorate their homes, albeit drawing on commoditized advice and using a range of designed components [1]. Interior design is a complex process which includes numerous steps from the concept development to the design realization. Numerous factors affect the design of interior architecture of a space [2], enabling us to understand how it influences our daily lives and aids in leading a rich and balanced life. Interior design for home is the art and science of enhancing the interior of a residential space to create a more aesthetically pleasing and functional environment for the occupants. It involves the careful planning, selection, and arrangement of various design elements, such as colour schemes, furniture, lighting, textures, and decorations. It serves as a medium to reflect various cultures and traditions, allowing the home's inhabitants to feel connected to their roots. It makes feel good through strategic choices that create the beautiful environment. It is reflecting your personality. Interior design is very important for our personality development, and it also makes a small space appear larger and large space appears smaller. Interior windows used in an interior space, visually expand a room allowing it to act as a whole in interior spaces. They attract people's attention visually their brightness and outlook. Windows have also other important functions, such as providing privacy, framing the view and controlling the entry of light and heat gain for interior spaces [5].

And the colour phenomenon has been studied for centuries. Even though there are numerous myths about the perception of colours and visual comfort, their impact on our mood and productivity is irrefutable. Colours play an important role in the world of design and architecture, they are related to the different uses of space and they have a great impact on human life [1]. Light effects, flooring, ceiling, modern furniture, wall paper, wall panelling etc.

## II. CASE STUDY

Lighting combines art and science and it makes a bridge between artist, users and technicians. Light is an essential element for forming the built environment and can influence on the aesthetics [4].

A proper lighting can help residents feel relaxed and each room according to its function benefits from a specific type of lighting. Obviously, a suitable coloring and lighting can be positive for kids' room as improper combination may cause consequences such as aggression or extreme fatigue. Additionally, people themselves can control and change the lighting and results improvement in their health, safety and efficiency in living spaces [4].



The main goal for designing an interior space is to create a good sense of living in that space however many would think that aesthetical purposes are given the preferences Therefore as it emphasized on the social feature of users, prepare a space for increasing the social relationship between the residents with themselves and visitors are prior to other goals. Below, some ways which can increase the social skills are observed [4].



### III. BEDROOM INFLUENCE

The functional and aesthetic system in a domestic space can be defined as the basic system that would convert its own partial functions into the prepared space, with room for all activities (e.g., sleeping, comfort and bathing) that a user should perform within the framework of the overall function at home[3].The three most effective interior design elements affecting for our health are colour choice, light temperature, and space plan choosing furniture according to the proportional room size is a very important. Big size furniture can overwhelm a small space. More natural light can make room large and amazing. Uses of light colour can make room are more spacious and dark colour can make rooms comfortable. Colours are very effect for mood and energy levels. Just like blue and green colour can promote relaxation. The Right placement of furniture you can a more useable space in bedroom. The bed positioning with the longest wall of room can free space for other furniture and movement. Space planning according to activity to make comfort the life. Effective space planning to convert the room environment very aesthetically.

1. The foot of your bed should not face the door. Qi's flow will disrupt your sleep.
2. for the same reason your bed should not be placed on the same wall as the door.
3. Your bed should not be positioned under a window. The wind and rain will prevent a peaceful rest.
4. Your bed should not be positioned between a doorway and window, or a combination thereof. The wind tunnel will cause a disturbance.
5. Your bed should not be placed on an angle.
6. You should not sleep under ceiling beams.

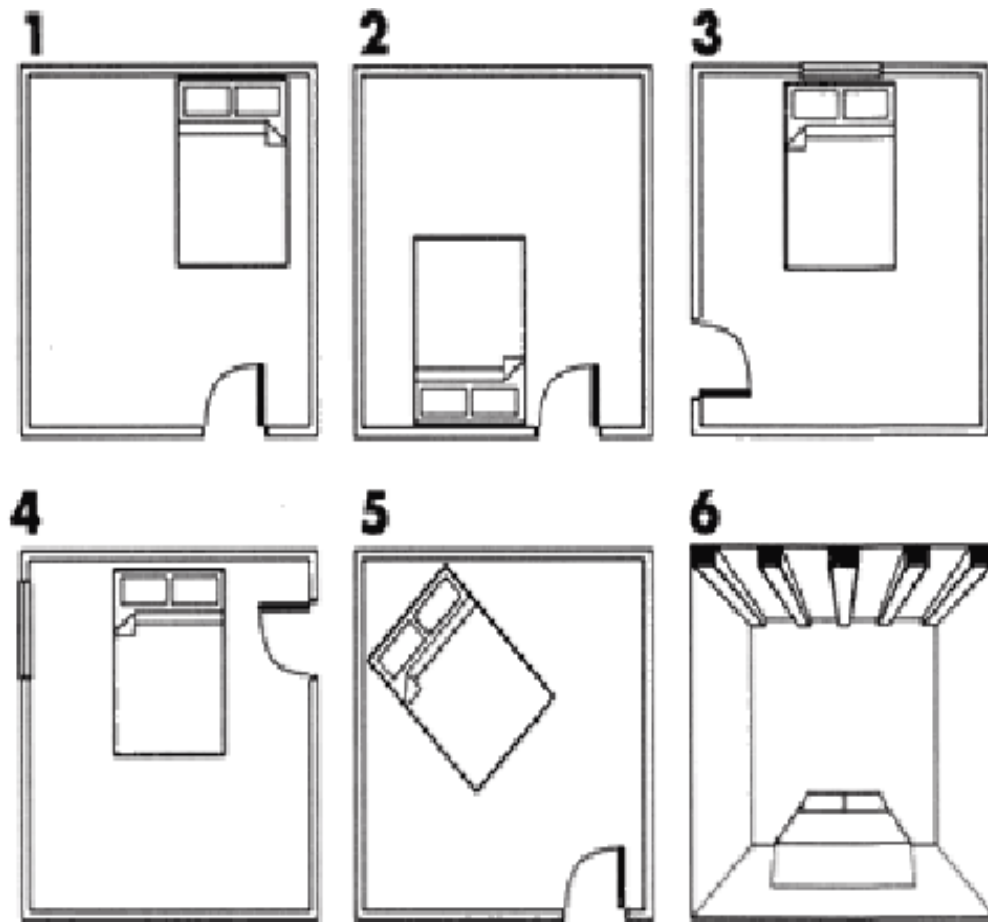


Figure 1



Figure 2

Figure (1) &(2) bedroom interior aspect[4],[7].

#### IV. DRAWING ROOM

The planning of drawing room is powerful effect on house. It is main part of house. as clarified by Ibrahim, about the presence of a reciprocal relationship between the human and the domestic space in its interactive form, which produces

comfort, warmth, specificity and place attachment [3]. Proper placement of furniture is most important to make beautiful and attractive drawing room. And should leave the some space around the furniture for walking it make drawing room look open and accessible.

More natural light makes the room bright and welcoming. Use various types of lighting (ambient, task, and accent lighting) makes the room more aesthetical. Warm light create the comfort atmospheres. And cool light can make room fresh and energetic.

Light and fresh colour makes feel the room large and welcoming. And dark colour it can make comfort. Colours are affected on mood and energy level. Decorative items, such as family photos, art pieces, and souvenirs, make the room unique and personalized feel. You can create a space that is not only attractive but also functional. Colour does not be in physical life. It is only the influence of electromagnetic waves registered by our brains and eyes. Yet it plays a very important part and we simply cannot imagine life without it[5].

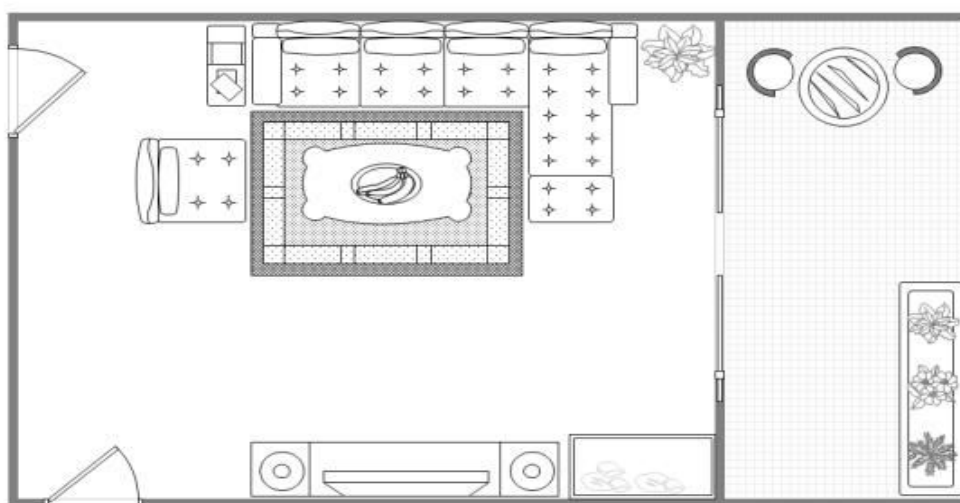


Figure 3

In a good arrangement, furniture is in room’s perimeter and it invites people while in right composition, the arrangement is great and is more intimate. Moreover, it provides a good atmosphere for conversation; the angles of chairs are also inviting people as the focal point is the fireplace. [4]



Figure 4

Figure(3)&(4) Drawing room Interior aspect [9],[13].



V. KITCHEN INFLUENCE

Space planning of kitchen is very effective on the house. The three most useful area of the kitchen. Stove, refrigerator, and sink. It is to connect each other and it in rice work efficiency and making cooking and cleaning easy. Should be proper spacing between these three points are about 4 to 9 feet. Use of materials that are fireproof, anti-ignition and anti-sliding in wet areas such as the kitchen and in walking areas such as passages and stairs[3].

Counter space is essential for food preparation and other kitchen activities. If kitchen layouts larger an island can provide additional workspace.

In the kitchen under-cabinet lights and pendant lights over work areas and tasks like chopping, cooking, and reading recipes are well ambient lighting provides overall illumination while accent lighting can highlight architectural features or décor

Appliance keep of convenient places improve in working capacity for example the dishwasher near the sink makes cleaning more efficient. Enough space around the stove and oven can prevent accidents and improve safety. Proper ventilation for range hoods or exhaust fans to remove cooking smell, smoke, moisture and maintain the indoor air good quality.

The choice of materials in a kitchen influences its durability, maintenance, and aesthetic. Cabinets high, shelves size are also affected in the kitchen. We should carefully selecting materials for countertops, cabinets, flooring, backsplashes, and sinks, by it you can create a kitchen that not only looks good but also it made daily useful and it made easy to maintain.

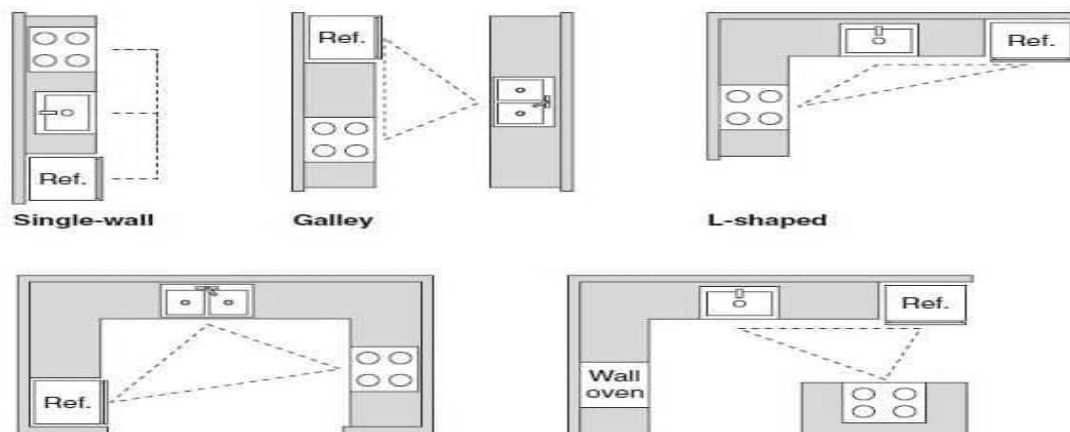


Figure 5



Figure 6

Figure (5)&(6)kitchen interior aspect[10][11]

### VI. BATHROOM INFLUENCE

Bathroom is a most useful part of the home. And it affects many things.

Proper natural light and ventilation is most important in bathroom because without natural lights inside of bathroom create suffocation and darkness without ventilation from inside smelling atmospheres.

A beautifully designed bathroom can enhance overall of the home.in the bathroom designed like luxury finishing make great impression. Modern bathrooms are create enhance working capacity. Like storage, efficient fixtures, and smart technology. Such bathtub facility creates comfort atmospheres. Use of materials that are fireproof, anti-ignition and anti-sliding in wet areas such as bathrooms and the kitchen and in walking areas such as passages and stairs [3].And Upgraded plumbing and fixtures can improve water efficiency and reduce the risk of leaks and water damage.

It's very important For correctly work system of pipelines help from professional person. Because the pipeline system plays a main role in the operation of a bathroom. A well-designed and properly installed pipeline system makes the bathroom more functional, hygienic, and comfortable.

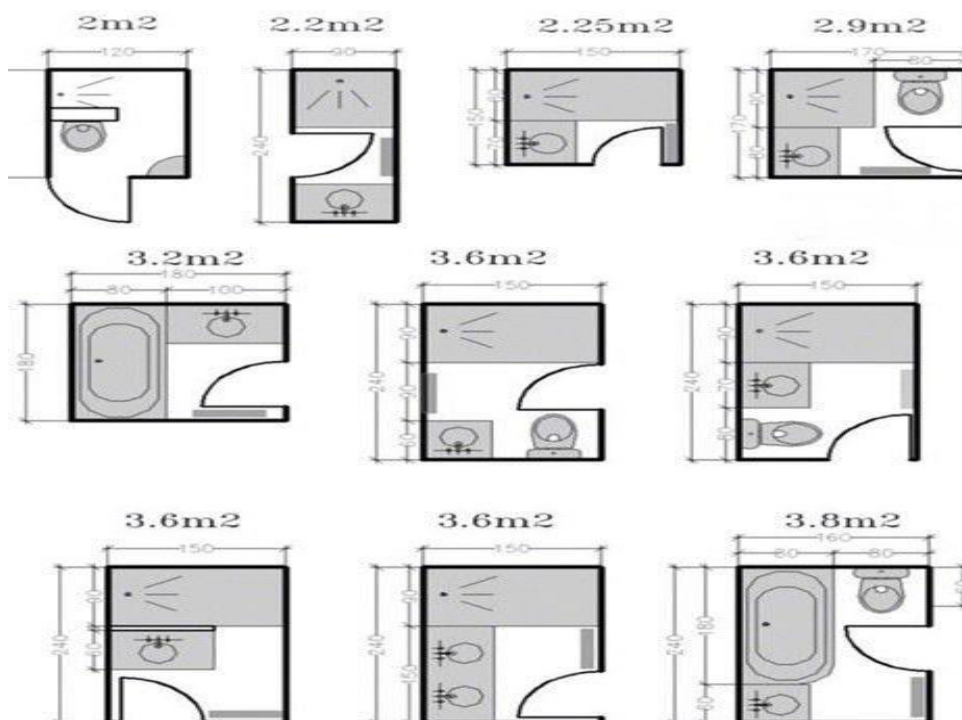


Figure 7



Figure 8

Figure (7)&(8) Bathroom interior aspect[6],[8]

## VII. CONCLUSION

All have a great impact and it make the atmosphere of the house happy. And it effects person's life experience has also changed a lot. Because good interior create comfortable living environment. And it gives positive energy to home. A beautifully and well-organized home reduces stress and increases the feeling of relaxation. The overall scheme of colours, lighting, and decor can create a peaceful atmosphere.

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