The principles of biophilic design and their impact on enhancing well-being and productivity in indoor environments

Zeina Salama
Interior Architect
Zeina.salama@gaf.ac
Rodina Maklad
Interior Architect
Rodina.maklad@gaf.ac
Engy A. Gabal,
Teacher Assistant at the School of Creative Arts, IAD Department – GAF,
e.fathy@gaf.edu.eg
Eman Ahmed Elsayed Mahmoud Alakaby
Assistant Professor/ Module leader at The Interior Architecture and Design program, school of Creative Arts, The University of Hertfordshire, Egypt GAF, Egypt
e.akaby@gaf.edu.eg
Assistant Professor at Decor Department, Faculty of Fine Arts, Alexandria University, Egypt
eman.a.akaby@alexu.edu.eg

Abstract
By integrating natural elements into buildings, biophilic design enhances quality of life, well-being, and productivity. By using design to reconnect people with nature, this approach tackles urbanization and the dearth of natural experiences in everyday life. Although biophilic design has been studied in homes and workplaces, it has not yet been applied to therapeutic and meditative spaces. According to this study, biophilic principles can enhance stress, mental health, emotion and cognition in these specialized habitats. This study looks at the effects of biophilic design on productivity and well-being in meditation and therapy spaces. Finding the natural

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elements that best encourage relaxation and mental clarity such as light, plants, natural materials, and biomorphic patterns—is one of the objectives.

Provide useful guidelines for applying the concepts of biophilic design to environments used for meditation and therapy. Biophilic features in indoor environments are investigated through case studies, observational analysis, and interviews. The well-being and interactions of users with natural elements are evaluated in therapy and meditation settings. The results are used to develop restorative therapeutic environment strategies.

Keywords:

Biophilic Design; Indoor Environments; Well-being; Natural Elements

Introduction

Humans are increasingly disconnected from the natural world due to urbanization and digital connectedness. Biophilic design, an evidence-based method, aims to introduce life cycles of nature into built environments, such as birds' flight and plant growth. This approach takes advantage of the inherent human drawing to the natural world, which originated from our ancestors' inhabited environments. Biophilic design concepts are increasingly being studied for their potential to impact human health, performance, and aesthetics. Studies show that adding natural components to indoor environments can enhance mental health, cognitive performance, and physical health indicators.

Biophilic design is a concept that emphasizes the direct and indirect experiences of nature. Direct nature experiences involve physical contact with natural elements like green plants, water, light, and air, which can reduce cortisol, alleviate anxiety, and improve cardiovascular health. Indirect nature experiences involve natural objects, colors, and pictures, such as wooden furniture and stonework. Spatial configuration is another key aspect of biophilic architecture, focusing on creating safe and comfortable environments. Examples of spatial layouts include open floor plans, seating configurations, and paths that inspire inquiry. These properties can motivate team members, provide rest, and motivate team members to prioritize work or leisure. Empirical evidence supports the effect of biophilic design on well-being and work performance, with studies showing lower painkiller use and shorter hospital stays in rooms with natural scenes.

Biophilic architecture offers deformability, adapting to various interior environments. It can be used in corporate workspaces and urban living, incorporating plants, windows, and natural materials. Biophilic design can create pleasant spaces for individuals, enhancing organizational and social benefits. It has been shown to improve team relationships, reduce turnover, and increase job satisfaction. In education, biophilic design can foster lifelong learning and promote a sense of belonging to nature. This approach can also reduce global environmental anxieties and foster civic responsibility behaviors.

Biophilic design is a paradigm shift in interior spaces, incorporating natural factors to alleviate stress and boredom. It is grounded in science and art, offering a direction for creating environments that promote well-being, efficacy, and a profound intimacy with nature. However, challenges

persist, including economic, knowledge, and awareness issues. Interdisciplinary work among architects, designers, psychologists, and environmentalists is needed to ensure consistent application of biophilic design principles. By judicious application, we can develop life-affirming environments, similar to nature.

Research Objectives

Searching the ideas of biophilic design, and how those terms can be translated into a design for an interior can help someone gain a better sense of and an overall idea of biophilic design and its particular applications to healing and contemplative design.

Evaluation of Psychological and Physiological Effects: To assess psychobiological effects of embedding nature patterns, i.e., luminescent, vegetated and biomorphic patterns, in interiors with regards to human well-being and performance in work.

Identification of reproducible natural features and patterns with the best potential for emotion regulation, cognitive focus, and rest in clinical and contemplative environments.

Development of Implementation Guidelines: Nevertheless, architects, interior designers, and policymakers deserve to provide some useful guidance on how to apply biophilic design principles in therapeutic settings.

Especially from the perspective of cost-effectiveness and long-term health and productivity benefits, the analysis of socioeconomic viability provides insights into the socioeconomic obstacles and opportunities of capitalizing on biophilic design.

Developing Long-Term Sustainable Solutions: To provide evidence-based solutions that incorporate biophilic design and sustainability, which subsequently evoke an ecologically responsive reaction toward environmental design of indoor environments.

Research Significance

As biophilic design acknowledges, the genealogical relationship between human and natural environmental architecture bridges the gap between environmental architecture and human cognition. This work also significantly contributes to the emerging area of biophilic design for the following reasons:

Improving Well-being and Productivity: By mapping therapeutic and contemplative spaces, the research demonstrates how biophilic elements can mitigate stress, promote cognitive function, and encourage, with thus transformational implications, the environments for mental healthcare.

Despite the fact that the use of biophilic design has been researched extensively for the residential and commercial context, its application is not as active in clinical context. In the context of the meditation and treatment environments, our study fills the gap.

Supporting Policy and Design Innovations: The findings in this work is a valuable tool for architects and legislators, so as to promote responsible decision-making and environments which prioritize human well-being over architectural appeal.

In the increasing urbanisation, this paper concentrates on the nature of biophilic design as an intervention in the weakening relationship with nature that pervades the urban experience and, as a result, it provides tools for mental health and work productivity restoration in the urban population.

Having subjected the economic viability of biophilic design to a systematic study, this research highlights the significance of these designs in the reduction of long-term operating costs, enhancing indoor air quality, and diminishing environmental footprint downstream from sustainable material application.

Multidisciplinary research grows within which psychology, architecture and environmental science are involved, that aims to promote cooperative methodologies to design humane environments.

A focus on inclusion, the paper validates biophilic design principles applicable to broad public (e.g., people with disabilities) populations that can galvanize communities and promote a feeling of belonging.

Integrating natural components into urban design helps this study promote a paradigm change in creating communities that give ecological balance and human welfare first priority.

Literature Review

Introduction to Biophilic Design

The goal of the cutting-edge architectural and interior design movement known as biophilic design is to restore people's connection to nature in constructed spaces. This idea is based on the biophilia hypothesis which holds that people are inherently drawn to nature incorporate natural elements—like plants natural light and organic materials into indoor spaces to promote productivity emotional well-being and health. Direct experiences of nature involve hands-on interactions with natural elements while indirect experiences involve nature-inspired patterns materials and colors that evoke the essence of the natural world. These two types of

experiences are the two categories into which the principles of biophilic design can be divided (Morsy & Emam, 2019). Because access to natural light and greenery has been demonstrated to lower stress and anxiety, improving mood and mental health overall numerous studies suggest that biophilic design offers substantial psychological benefits. Additionally, research indicates that biophilic design improves cognitive function and productivity especially in work environments where employees are better able to focus on being creative and solve problems (Stephan R & Kellert & Elizebeth F & Calaberese , 2015).

Figure 1: A biophilic design concept can also integrate circular economy materials made from coffee grinds, railroad timber, seaweed and coconut fibre, amongst many others.

Better indoor air quality made possible by plants and natural materials can result in fewer sick days and respiratory problems, so the health advantages go beyond psychological effects. Inviting spaces encourage engagement and cultivate a positive organizational culture while biophilic design also encourages social interaction and collaboration among occupants. Biophilic design has been associated with better learning outcomes in educational settings fostering environments that improve focus and general academic performance. The successful application of these concepts is demonstrated by a number of case studies including the Seattle Amazon Spheres which serves as an example of how biophilic features can produce captivating work environments. But obstacles like financial limitations and a lack of knowledge among interested parties can make it difficult for biophilic design to become widely used. Promoting broad

implementation requires removing these obstacles via advocacy and education (Stephan R & Kellert & Elizebeth F & Calaberese , 2015).

Figure 2: The Jewel is a public area integrated with the Changi Airport, offering all sorts of entertainment to visitors and passengers

Ultimately biophilic design is a revolutionary strategy that emphasizes the incorporation of natural elements, improving occupants' quality of life and creating environments that are healthier and more productive. We can expect a time when biophilic design will be common practice in interior and architectural design as understanding of the significance of these ideas grows. Employees in offices with biophilic design report much better concentration and task performance according to studies. Natural light in these areas is essential for controlling circadian rhythms which promotes healthier sleep habits and general well-being. Additionally, by creating welcoming areas that encourage movement like stairways with natural elements or walking paths bordered by greenery biophilic design promotes physical activity.

Principles of Biophilic Design

By providing the mind with a variety of sensory experiences these characteristics not only improve physical health but also cognitive

performance. Because of the positive effects of natural elements on learning biophilic design has been demonstrated to increase student engagement and retention in educational settings. Students are more focused and less likely to get sidetracked in classrooms with views of the outdoors or with plants. Furthermore, the social components of biophilic design cannot be disregarded as areas that encourage human interaction promote community and collaboration two qualities that are critical in both work and educational settings. Improved creativity is one of the psychological advantages of biophilic design since being in nature has been associated with increased capacity for creative problem-solving and innovative thought. This boost to creativity is especially helpful in fields that depend on teamwork and brainstorming. Budgetary restrictions and a lack of awareness among clients and stakeholders are two obstacles to the adoption of biophilic design despite its many advantages. Overcoming these obstacles requires educating decision-makers designers and architects about the benefits of biophilic principles. Adding indoor plants or maximizing natural light are two minor adjustments that can have a big impact when incorporating biophilic elements, major renovations are not always necessary.

Figure 3: Indeed's Biophilic Tokyo Office

The principles of biophilic design are increasingly being adopted across a range of sectors including residential commercial and institutional projects

as the demand for sustainable and health-focused design increases. A wider understanding of the significance of environmental psychology in design practices is reflected in this trend. Future studies will examine the long-term impacts of biophilic design on productivity well-being and general quality of life offering more proof in favor of its incorporation into regular environments. The challenge for the future will be to make sure that biophilic design is still available and flexible enough to work in a variety of settings eventually establishing the advantages of nature as a basic component of the built environment. We can build healthier more sustainable cities that support the well-being of their residents and promote a closer bond with nature by giving biophilic design top priority in architectural and urban planning practices (Kansal& Rana , 2024).

By fostering a more harmonious relationship between people and their surroundings biophilic design not only improves personal productivity and health but also opens the door to a time when nature is seamlessly integrated into everyday life. Investigating the fundamentals of biophilic design and how they can improve productivity and well-being in indoor spaces uses a thorough multidisciplinary methodology that combines quantitative and qualitative research techniques. First a thorough literature review is carried out to find previous research theories and frameworks pertaining to biophilic design with an emphasis on the ways in which natural elements affect productivity human behavior and health (Kansal& Rana, 2024). A strong theoretical foundation for the study is provided by the diverse range of sources included in this review which includes books industry reports and peer-reviewed journals. The implementation of a mixed-methods research design follows starting with the selection of several case studies from a range of indoor environments that have effectively incorporated biophilic elements including corporate offices educational institutions and healthcare facilities. To guarantee a varied representation of biophilic design applications these case studies are selected according to standards like design elements occupant demographics and documented results.

Psychological and Cognitive Benefits

Structured questionnaires measuring factors like perceived stress job satisfaction productivity levels and general well-being are created and given to residents of the chosen spaces in order to quantitatively evaluate the effects of these designs. The surveys make use of validated tools such

as the World Health Organization Quality of Life Scale (WHOQOL) and the Job Satisfaction Survey (JSS) which guarantee the validity and reliability of the information gathered. Architects' designers and occupants are among the important stakeholders with whom qualitative interviews are carried out concurrently to acquire detailed information about their perspectives and experiences with biophilic design. These interviews are recorded transcribed and subjected to thematic analysis in order to find recurrent themes and insights. They are semi-structured allowing for flexibility while guaranteeing that important subjects are covered. Furthermore, in order to evaluate occupant behavior and interaction patterns observational studies are conducted in the chosen environments. These studies concentrate on aspects like time spent in natural settings social interactions and participation in activities that are influenced by biophilic design (Kansal& Rana , 2024).

To enable a thorough analysis of behavioral changes data from these observations are methodically documented and categorized. Significant correlations between biophilic design features and occupant outcomes can be found thanks to the use of sophisticated statistical techniques such as regression analysis and ANOVA to evaluate the quantitative data. A deeper understanding of the occupant experience is obtained by coding and analyzing the qualitative interview data to identify themes that support the quantitative results. The surveys and interview questions are pilot tested to guarantee the studys reliability and changes are made in response to participant input. Every step of the research process takes ethical issues into account such as informed consent confidentiality and the freedom to leave the study at any moment. The results of observational studies interviews and surveys are combined to describe the complex effects of biophilic design on productivity and well-being. In order to evaluate the long-term impacts of biophilic design on productivity and health a follow-up study may be planned using longitudinal data collection techniques to monitor changes over time.

Biophilic Design in Urban Planning

With a focus on best practices for incorporating biophilic elements into indoor environments, the final analysis seeks to offer practical suggestions for architects' designers and legislators. The approach aims to add to the expanding corpus of research that demonstrates biophilic design as an essential tactic for improving built environment's ability to support human

productivity and health. By taking a methodical and thorough approach, the study aims to improve the quality of life for people living in different environments by influencing future design strategies and highlighting the value of integrating nature into our daily spaces (Morsy & Emam, 2019). By employing this thorough approach, the research seeks to close the knowledge gap between theory and practice guaranteeing that the concepts of biophilic design are successfully converted into tangible advantages for both people and communities.

Methodology

Using both quantitative and qualitative methods this study uses a mixed-methods approach to investigate how biophilic design affects well-being and productivity in meditation and therapeutic settings. The quantitative component consists of participants receiving structured questionnaires in a variety of indoor settings with biophilic features. Architects designers and users of these spaces are among the stakeholders with whom semi-structured interviews are conducted as part of the qualitative component to acquire detailed information about their perspectives and experiences with biophilic design. A wide variety of case studies are the subject of the study these were selected according to certain standards including the existence of biophilic design features the kind of indoor environment (i. e. e. therapeutic instructional or business) as well as recorded results. Selected case studies include places like hospitals, meditation centers and educational institutions that are renowned for their creative use of natural elements. The goal is to gain a thorough grasp of how various biophilic elements impact user experiences and results in a variety of contexts. Data collection occurs in multiple phases. Initially, participants are surveyed to gather quantitative data regarding their perceived stress levels, job satisfaction, and overall well-being. Following this, qualitative interviews are conducted to explore personal narratives and feedback on the effectiveness of biophilic design elements in enhancing their experiences. Observational studies complement these methods by documenting user interactions with the environment, focusing on behaviors influenced by biophilic features, such as time spent in natural light or engagement with greenery.

Problem Research

People and nature are becoming increasingly disconnected as a result of modern societies widespread urbanization. Stress anxiety and other mental health problems rise as cities expand and technology permeates every aspect of life reducing access to natural settings. This disconnect presents a problem for educators' urban planners and mental health professionals

who need to figure out how to incorporate natural elements into daily spaces in order to support wellbeing. There is still little use of biophilic design in therapeutic settings despite the fact that it has been extensively researched in residential and commercial settings. Natural elements are not often incorporated into therapeutic and meditation spaces which can reduce their ability to encourage healing and relaxation. Developing strategies that improve these environments restorative qualities through biophilic design requires an understanding of their unique requirements. A collaborative approach involving architects designers' psychologists and environmentalists is necessary due to the complexity of incorporating biophilic design into therapeutic settings. In order to create comprehensive strategies that capitalize on the strengths of each discipline this research aims to cultivate interdisciplinary partnerships. In order to create environments that not only improve individual well-being but also foster community cohesion and resilience collaboration is essential.

Figure 4: One Central Park has been the winner of the Best Tall Building Worldwide 2014 for its sustainable design solutions

Conclusion: The Transformative Power of Biophilic Design

Through the integration of natural elements like light plants and water features biophilic design is a transformative method of creating indoor

environments that prioritize human connection to nature. This approach improves both the aesthetic quality and the well-being of occupants. Research continuously demonstrates that biophilic environments result in lower stress levels and better mental health, for example natural light is essential for regulating circadian rhythms which improves mood and sleep quality. Because plants enhance air quality lower noise levels and create peaceful environments and because being around greenery is associated with enhanced creativity and cognitive function biophilic design is beneficial in both educational and professional contexts. By producing calming sounds water features enhance indoor spaces and provide a multisensory experience that promotes calm. Additionally, biophilic design promotes social interaction by promoting collaborative spaces that improve teamwork and cooperation (Morsy & Emam , 2019). This is advantageous in workplaces where a sense of belonging increases employee retention and satisfaction. Biophilic design has a big impact on patient recovery in healthcare settings because natural settings encourage quicker healing and less anxiety, turning hospitals into supportive places that enhance patient outcomes.

Organizations that prioritize biophilic principles often see a decrease in absenteeism and an increase in productivity which makes the initial investment worthwhile in terms of both performance and well-being. Biophilic design is essential as urbanization increases because it addresses the dearth of access to nature in cities which has a detrimental effect on both physical and mental health. Incorporating biophilic practices into urban planning like community gardens and green areas can create healing spaces that enhance wellbeing. Biophilic design is ultimately a fundamental approach that acknowledges the innate connection between humans and nature improving productivity well-being and overall quality of life. It is not just an aesthetic choice. In order to guarantee that future spaces promote human health and environmental sustainability architects' designers and organizations must adopt these principles as awareness of their advantages grows. This will provide a means of creating peaceful living and working environments that foster both individuals and communities.

Focusing on incorporating natural elements into indoor spaces to improve productivity and well-being biophilic design is based on the innate human affinity for nature. This design philosophy creates spaces that inspire a

sense of peace and connection to the outdoors by incorporating elements like natural light greenery water features and organic materials. It has been demonstrated that biophilic environments can dramatically lower stress elevate mood and boost cognitive function all of which contribute to increased creativity and productivity. A spaces overall aesthetic appeal is improved by biophilic design which also helps residents feel more emotionally resilient and maintain their mental health by creating a sense of place and belonging. The application of biophilic design can have a particularly significant effect on people with disabilities. Sensory gardens tactile surfaces and visual links to nature are examples of accessible natural elements that can promote interaction and offer therapeutic advantages. For example, environments created using these guidelines can provide people with sensory issues or mobility impairments with an enhanced experience that promotes exploration and engagement. Increased independence and agency in their surroundings along with better physical and mental health can result from this strategy.

The purpose of the biophilic design survey was to investigate the principles of biophilic design and the effects it has on productivity and well-being in indoor spaces. The results provided valuable information about public attitudes and experiences. Eighty percent of participants said they were somewhat aware of biophilic design when asked about it. A noteworthy 75% of respondents said adding natural elements improves well-being and 70% said they are more productive in biophilic environments. Two important natural components found were plants and natural light, both of which are thought to be essential for improving indoor spaces. 85 percent of respondents to the survey said that having access to nature was crucial for their mental health. Only 40% of respondents however believed that biophilic design elements were regularly present in their workplace. Ninety percent of respondents indicated that they would prefer to work in biophilic settings, demonstrating a strong preference for such settings. Workspaces had a significant impact on mood as well 70% of respondents said their current surroundings had improved their mood. Respondents highlighted a shared understanding of the potential advantages of biophilic design by proposing enhancements like more greenery and natural light.

Lastly eighty percent of respondents agreed that biophilic design could reduce stress confirming the notion that bringing nature indoors is essential for improving productivity and well-being. In general, the survey's findings highlight a rising understanding and admiration for biophilic design as a way to make indoor spaces healthier and more effective.

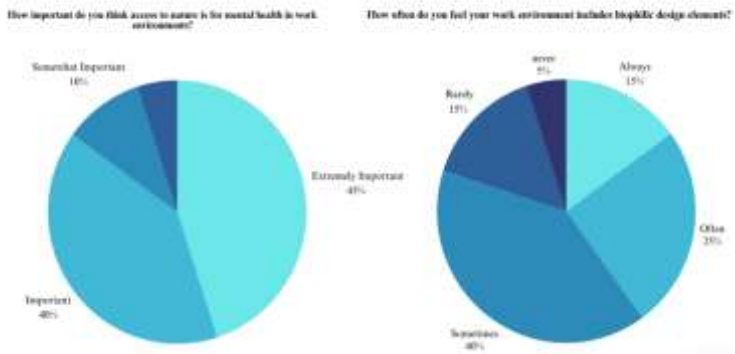

Figure 5 a survey of experiences among individuals with down syndrome

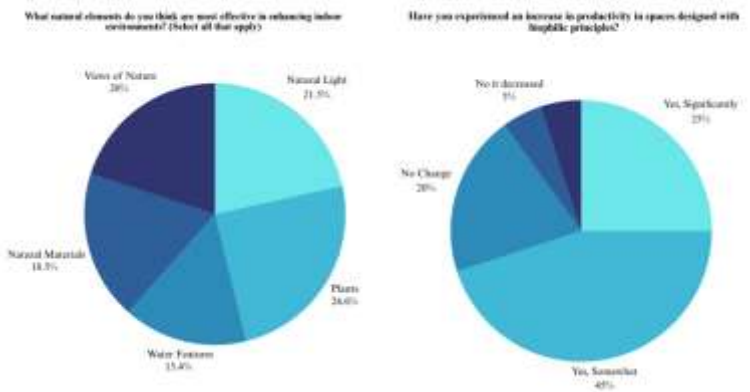

Figure 6 insights from the down syndrome community

Biophilic design can encourage a sense of empowerment and dignity by establishing inclusive environments that take into account the various needs of every person. A safe haven that promotes healing and recovery can also be offered by biophilic design to those who have been victims of domestic abuse. Natural light clean air and peaceful scenery can all contribute to the creation of a haven that promotes emotional safety and

mental wellness. Feelings of stability and serenity are evoked by natural elements, and these are essential for people recovering from trauma. A sense of comfort and normalcy which is necessary for emotional healing can be provided by biophilic design which emphasizes the creation of nurturing environments.

Overall, the concepts of biophilic design go far beyond improving aesthetics. They have significant effects on productivity and well-being across a range of demographics including survivors of domestic abuse and people with disabilities. We may create healthier, more encouraging spaces that meet people's various needs by designing spaces that speak to our natural connection to nature. Incorporating biophilic design into our built environments is essential for fostering inclusive resilience and everyone's holistic well-being as awareness of these principles increases.

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مبادئ التصميم البيوفيلي وتأثيرها على تعزيز الرفاهية والإنتاجية في البيئات الداخلية

زينه سلامة
مهندسة معمارية داخلية
Zeina.salama@gaf.ac

رودينا مقلد
مهندسة معمارية داخلية
Rodina.maklad@gaf.ac

إنجي علاء جبل
مساعد مدرس في كلية الفنون
الإبداعية، قسم التصميم الداخلي
والتصميم الجرافيكيGAF
e.fathy@gaf.edu.eg

د. إيمان أحمد السيد محمود العقبي
أستاذ مساعد/ قائد وحدة التصميم
الداخلي والعمارة كلية الفنون الإبداعية
هيرتفوردشاير، مصر
أستاذ مساعد في كلية الفنون الجميلة،
قسم الديكور- جامعة الإسكندرية، مصر
eman.a.akaby@alexu.edu.eg
e.akaby@gaf.edu.eg

المستخلص:

بتكامل العناصر الطبيعية في المباني، يُسهم التصميم البيوفيلي في تحسين جودة الحياة، الصحة النفسية، والإنتاجية. من خلال تصميم يربط الناس بالطبيعة من جديد، يواجه هذا الأسلوب مشاكل التمدّن ونقص التجارب الطبيعية في حياتنا اليومية. رغم أن

تصميم البيوفيلي تم دراسته في المنازل وأماكن العمل، إلا أنه لم يُطبق بعد في أماكن العلاج والتأمل.

تشير الدراسة إلى أن مبادئ التصميم البيوفيلي قد تحسّن من مستويات التوتر والصحة النفسية، بالإضافة إلى التأثيرات الإيجابية على المشاعر والتفكير في هذه الأماكن. وتركّز الدراسة على تأثير التصميم البيوفيلي على الإنتاجية والصحة النفسية في أماكن التأمل والعلاج. أحد الأهداف هو تحديد العناصر الطبيعية التي تساعد على الاسترخاء وصفاء الذهن مثل الضوء، النباتات، المواد الطبيعية، والنقوش البيومورفية.

كما تقدم الدراسة إرشادات مفيدة لتطبيق أفكار التصميم البيوفيلي في الأماكن المخصصة للتأمل والعلاج. يتم دراسة الميزات البيوفيليكية في الأماكن المغلقة من خلال دراسات حالة، تحليل ملاحظات، ومقابلات. يتم تقييم مدى صحة وتفاعل المستخدمين مع العناصر الطبيعية في أماكن العلاج والتأمل، وتُستخدم النتائج لتطوير استراتيجيات لبيئات علاجية مريحة ومتجددة.

الكلمات المفتاحية:

تصميم بيوفيليك؛ البيئات الداخلية؛ الرفاهية؛ العناصر الطبيعية