

## **Happiness theory as a mission to design interior space for Senior Subjective Well Being in elderly care homes**

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### **Abstract:**

The elderly are an integral part of the local and global community. The world is aging rapidly, which makes the issue of the aging of the world's population the most urgent issue raised globally; Because of the great impact that the aging of the world's population will have on the state of health, social services and economic growth, and on all aspects of life. For this reason, designers of nursing home spaces have to keep pace with the world, and take the approach of rebelling against the traditional design of nursing homes.

With the introduction of many concepts such as "active aging", the theory of happiness, the extent to which the internal spaces of the care homes meet the psychological and social requirements of the human being, the level of subjective well-being achieved by these spaces, and the relationship of the above with satisfaction about the quality of life by the elderly.

Hence, we wonder, can interior design and furniture provide the self-well-being of the elderly, and thus be a happy, active and productive person?

### **Keywords:**

Interior design, nursing homes, active aging

### **Introduction:**

Any society that wishes to keep pace with progress must direct its attention to human resources in addition to material resources, and these resources are represented in the capabilities and experiences of its members. If there is always a call to pay attention to youth, youth and the talented, then we must not forget those who provided services in their youth in various fields. fields, and their experiences represent a significant wealth and what they can offer in preparing young people who are the hope of the future. Neglecting this age group represents a human loss that may exceed its seriousness and dimensions of material resources. If the loss of material resources constitutes a tragedy for all human societies, the human loss is more dangerous for those societies (1 p. 55), and one of the most important reasons for losing these experiences is retirement, which It causes a person to stop working and causes serious health consequences, as many recent studies have linked retirement with an increase in the odds of depression by 40%, and an increase in the odds of developing a chronic organic disease by 60%. This is due to lack of activity, lack of social interaction and Aging, things become more

difficult if the elderly are forced to live in nursing homes, so that the pressures and problems of that stage increase for them, and the feelings of psychological loneliness increase among the residents in the care homes to change their lifestyle and feel alienated, and burden them with new tasks compatible with the new environment. Elderly people fulfill it.

Hence, this (study) focuses on the relationship between the built environment and the subjective well-being of the individual in the care homes that represent the alternative housing, and its impact on aging-well, and we put forward the principles of positive design considerations in the role of Caring for the elderly to support them psychologically to achieve self-well-being, happiness, appreciation and belonging. Providing an alternative residential environment that is a source of inspiration and psychological support. In this study, we do not address health care systems for the elderly with chronic diseases.

### **Research problem:**

The research problem stems from the subject of psychological well-being: this term has become the focus of many studies and research, hence the research problem was identified in the following questions:

- 1- What is the relationship between the elderly entering the care home and its impact on his feeling of happiness?
- 2- The psychological impact of design considerations and the subjective well-being of the elderly in the interior space?
- 3- Does interior design help achieve the principle of active aging and maintain the mental and physical health of the elderly?
- 4- Is there a relationship between the presence of cultural recreational activities and the elderly's sense of self-care?

### **Search goal:**

The research aims to find design solutions to the psychological and social problems of the elderly, and to reach design considerations that enhance the elderly's happiness, subjective well-being and satisfaction, and to change the stereotypical form of care homes to become places of care, entertainment and production.

### **search limits:**

- 1- Objective boundaries: These include the provision of interior design elements and furniture that enhance the feeling of happiness.
- 2- Human limits: Older people - from 50-85

### **Research Methodology:**

- Descriptive approach / description of the design criteria required to enhance the elderly's sense of happiness and satisfaction.
- The analytical approach / analysis of the different methods used in care homes to enhance a sense of self and appreciation and thus satisfaction.

**Research Results:**

- 1- Design criteria have been reached that support the feeling of happiness and self-well-being by the elderly, as they support the positive interaction between man and the environment, and facilitate the carrying out of various activities in the surrounding environment.
- 2- The interior designer must be aware of the various problems that the elderly suffer from when entering the care home, where isolation, depression, and a sense of non-belonging exist, in order to find design solutions for them, such as adding personal belongings in the interior space, and other solutions related to the individual.
- 3- The term active aging is the global trend due to the rapid increase in the percentage of those over 60 years old. Therefore, aging must be dealt with positively and the different energies should be exploited to serve the community.
- 4- Positive design that supports the elderly psychologically and physically should be spread in care homes to enhance the elderly's sense of satisfaction with the quality of life.
- 5- Interior design has a significant impact on reducing behavioral and psychological disorders for the elderly in care homes.

**Search Recommendations:**

- 1- The local interest from the authorities entrusted with caring for the elderly to adopt the approach of active aging to exploit the competencies already present in the elderly.
- 2- Encouraging students in practical, technical and applied colleges to carry out projects under the name of "positive design" for the elderly, as they are a growing segment of society.
- 3- Encourage those in charge of nursing homes to adopt the concept of "active aging" and modify the existing internal spaces to take advantage of the different competencies and experiences of the residents of nursing homes.
- 4- Encouraging the media to change the stereotype about aging and the fact that the elderly are unable to produce and integrate into society.

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