

## **The role of interior design for teenage rooms in helping them overcome that age stage with internal and external psychological influences**

**Dr. Mona Sayed Othman Badr**

**Lecturer, Department of Decoration and Interior Architecture - Higher Institute of Applied Arts - Sixth of October**

[mona83art@gmail.com](mailto:mona83art@gmail.com)

### **Abstract:**

The design of the residential building is always related to the reality of the society in which the individual lives, as well as to its requirements, needs and available material resources. The importance of the house no longer lies in being a shelter only, but rather its importance has increased and it has become necessary for this house to meet the needs of the whole family, which is almost not without the presence of a teenager among its members.

The challenge of achieving peace and inner happiness for the teenager is becoming more and more difficult day by day, as the many demands of life, its high speed, the lack of full understanding of its laws, and the confusion with the wrong ideas and legacies have affected; His deep understanding of things.

From here comes the role of interior design in creating the residential space for the adolescent, not only by satisfying his physiological needs on which the practice of daily activities depends, but also extends to achieving psychological needs, which in turn works to enhance his positive emotions, and promoting positive emotions inside the house is one of the priorities of life. Contemporary, modern teenager is surrounded by many psychological pressures resulting from the difficulties of life, this is what makes him strive to achieve a safe and calm environment in his home.

### **Keywords**

The interior design of the residential building, the design of bedrooms, the adolescence stage, the psychological and physiological needs of the adolescent.

### **Introduction**

The teenager is one of the most important occupants of the residential space, who has needs whose satisfaction is a conducive factor to his good compatibility with his environment, and his healthy growth, hence the role of the interior designer in creating the residential space for the teenager and making it more comfortable and convenient for use.

### **Research problem**

Many designers neglected the study of the stage of adolescence and its psychological and psychological requirements to create the residential space for the adolescent.

### **Research aims**

Interior design for teenage rooms in order to achieve psychological comfort in the interior space by focusing on knowledge of human needs and basic functional requirements.

### **Research importance**

Taking care of the adolescent as a major member of the family, by providing a healthy and comfortable environment, which helps him to be compatible with his environment, his healthy

growth, and his success in his public and private life, to be an effective member in the progress and prosperity of the society in which he lives.

### **Research Methodology**

The research follows the descriptive analytical method by undertaking the problem, defining its features, formulating hypotheses and deducing its consequences.

### **Assumption search**

Studying the stage of adolescence, its problems and requirements when designing the interior of teenage rooms makes it easy for the interior designer to meet their physiological and psychological needs.

### **Search limits**

The limits of the research are limited to the interior design of male and female teen rooms in the age of adolescence from 10 to 19 years in Egypt.

### **Research contents**

First: - The stage of adolescence and the problems faced by the teenager at that age

Second: - The requirements of the adolescent at that stage

Third: - Interior design for teenage bedrooms

Fourth: Results and recommendations

### **First: - The stage of adolescence and the problems faced by the teenager at that age**

#### **What is adolescence and its meaning**

#### **Adolescence problems**

Psychological problems are due to the inappropriate conditions experienced by the adolescent. There are multiple factors that affect the mental health of the adolescent, and the greater the exposure of adolescents to these factors, the greater the potential impact on their mental health.

### **Second: The requirements of adolescence**

Adolescence is a critical period for developing social and emotional habits important to a teen's psychological well-being. This includes adopting healthy sleep patterns, exercising regularly, developing coping and problem-solving skills, interpersonal skills, and learning to manage emotions.

### **The basic needs of adolescents**

#### **Third: - Interior design for teenage bedrooms**

Teenagers need a room divided into multi-use areas, which should include a place to study, a place to sleep, a place where they can relax and meet their friends, a place to play electronic games.

Interviews were conducted with a sample of 30 male and female students ranging in age from 13:16 years who study in different stages at Misr Language School - Fayoum Road, to identify the problems they face and the needs and specifications they desire when designing the interior of their bedrooms.

The researcher limited that set of problems and needs and studied them and applied the results of that study to the interior design of a teenage bedroom.

## Application Project

The researcher chose the room of one of the teenagers in one of the new residential communities in the Sixth of October region to apply the results of the theoretical study in order to prove the validity of the research hypothesis.



**Bedroom Plan**

## Design philosophy

### First: the interior design of the sleeping area

During the design of the sleeping area, the researcher tried to solve the problem of stress and anxiety facing the teenager and fulfill his needs of healthy sleep patterns, ownership and organize.

### Furniture units

It is difficult for a teenager to maintain the order and arrangement of his room, so the designer chose a bed with storage units that provide enough space for storage and avoid clutter, and placed it on one side of the room, which provides the teenager with safety and privacy.



**The design of the sleeping area in the bedroom of a teenager**

## Lighting

The designer used both the semi-direct lighting method in the ceiling unit, and also used the indirect lighting method in the wall unit in order to create a diversity of lighting that avoids the teenager from the problem of boredom, and also moved away from the direct lighting method to avoid the problems of tension and anxiety in the teenager



Lighting units used in the sleeping area in a teen's bedroom

### Colors used

The designer chose both the white color in the bed and the nightstand, because this color has a strong impact in bringing feelings of calm, peace and tranquility to the soul.

### Choice of supplements and accessories

The designer stayed away from all childhood accessories and details, whether they were stickers or small items, while resorting in return to the calm design style, which is not devoid of vitality.

The designer chose hangings above the bed, ranging from natural landscapes because of their positive impact on the soul, and personal and family photos that the teenager chose to give him more ownership and privacy.

The designer's choice of bed cover came in tones close to those used in wall painting to prevent dispersal and confusion. She also chose a small carpet with a simple design and a color close to the color of the floor, which gives softness and harmony to the elements of the space.

### Second: The interior design of the studying area

The designer made sure that the desk was facing the wall to help the teenager study, and to move away from placing it in the middle of the room, in order to solve the problem of lack of attention and distraction of thinking.



Interior design of the study area in a teenage bedroom

### Furniture units

The designer chose furniture units that do not have many sharp corners, with cold light colors, and also chose furniture made of wood in the office unit, which has storage units represented in the right and left drawers in order to provide more storage space.

The units with open shelves were used, which helps to add additional space to the room and eliminates clutter, to be used to place books, antiques, plants, CDs and all other items, and the more vertically it is, the more space it will be.

### Lighting

The designer chose table lamp above the desk to give the teen the freedom to direct it and change the intensity of the lighting with the activity.



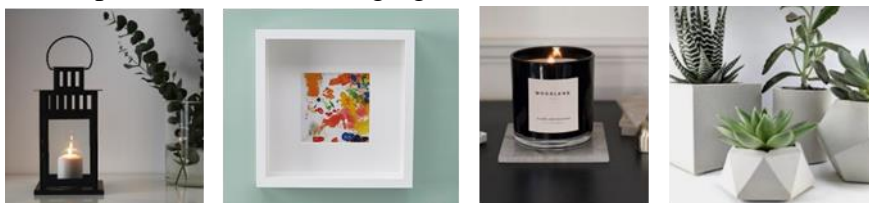
The lighting unit used in the study area in the bedroom of a teenager

### Colors used

The designer preferred to choose white, light gray and light beige, which achieves calm and psychological comfort.

### Choice of supplements and accessories

The teenager considers his room to be his private space, so the researcher was keen to give the teenager the opportunity to choose innovative accessories or distinctive designs that are hung on the wall, such as pictures with encouraging words.



The accessories used in the study area in a teen's bedroom

### Third: - Interior design for the relaxation area and reception friends

Bedrooms for teens are not only a place to sleep, but a place where they can escape from the outside world, so it should be a comfortable and functional place, where they can express themselves.



Interior design of the relaxation area and reception friends in the bedroom of one of the teenagers

### Furniture units

The designer chose a soft sofa that helps the teenager to rest in times of fatigue, a multi-use that can be opened to become an extra bed in order to encourage the teenager to host relatives and friends to share activities and times in order to overcome the problem of poor social relations and shyness and to make new friends.

The designer used additional storage units such as drawers under the sofa, shelves, cupboards, and even boxes, which makes it easier for the teenager to keep his room tidy, and avoids wasting time and effort in futile attempts to arrange the room.

### **Lighting**

The designer used directed wall lighting to create a diversity in the type, intensity and levels of lighting.

### **Colors used**

Colors are the best way to transform the room and make it multi-use, so the designer chose blue and gray in the wall paint to divide the room into more than one area, with the addition of colors such as white and natural wood color with the different colors of the pillows, which has a psychological effect that sends security and reassurance to satisfy the needs of the teenager.

### **Choice of supplements and accessories**

The designer's choice varied between different materials in the design complements of suspensions, cushions and storage units, which created vitality and dynamism within the space.



**The designer's choice varied between different materials in the interior design complements in the relaxation area and reception friends**

### **Fourth: - Interior design for the games, sports and hobbies area**

The adolescent is the most who need sports because it helps him to overcome many of his problems such as aggression, riot, and sensory-motor incompatibility, and it provides him with many of his needs such as activity, movement, play, fulfillment of tendencies and desires and competition with others.

### **Furniture units**

The researcher helped the teenager to reach the most appropriate sports equipment and tools that suit his age stage and correspond to his tendencies and desires, and she also chose to have storage units in the form of exposed pendants and holders to encourage the teenager and give him more enthusiasm to practice sports.



**Interior design of the games and exercise area in the bedroom of a teenager**

### **Colors used**

Adults prefer a quiet room with neutral colors, while most teenagers prefer a lively room with cheerful colors, so the designer in this area relied on the diversity of colors of sports equipment and various accessories, and used red in the floor, pendants and paintings, as it suggests activity, vitality and courage.

### **Choice of supplements and accessories**

The designer chose pendants and pictures with encouraging phrases and different colors, while allocating space for cups and certificates of appreciation, in a way that motivates the teenager to achieve more.

### **Results**

- Behind every motive or behavior of the teenager is a need that is not satisfied, and failure to satisfy this need results in the presence of a problem for him.
- There are multiple factors that affect the mental health of adolescents, and the greater the exposure of adolescents to these factors, the greater the potential impact on their mental health.
- Promoting the adolescent's positive emotions in the home is one of the priorities of contemporary life.

### **Recommendations**

- The interior designer must communicate with the teenager during the process of designing the interior of his room, in order to satisfy him, which is a conducive factor to his good compatibility with his environment.
- That the interior designer works to understand the adolescent's problems and identify his needs, by studying the stage of adolescence and its psychological and psychological requirements, which works to enhance his positive emotions.



## The reviewer

1- Abraham Maslow - The Theory of Graduality in Human Needs - Research Paper - Theory of Human Motivation - Psychological References Journal - 1943.

2- Hamid Zahran - Developmental Psychology - Childhood and Adolescence - (Fourth Edition), Egypt: Dar Al-Maaref -1977 - Egypt.

٣- Sahar Ezz Al-Arab Ramadan Sayed - Criteria for evaluating the compatibility of the interior design of residential buildings with their residents in terms of (mental - physical health) - published article - Eric Press - Academic Research Society - 2019.

4- Institute of health Metrics and Evaluation. Global Health Data Exchange (GHDx)

9- Quay, C., et. al, Psychopathological disorders of child hood. (1979) znded hohn wiley, New York sons : inc .

10- [https://mawdoo3.com/%D9%85%D8%B4%D8%A7%D9%83%D9%84\\_%D8%A7%D9%84%D9%85%D8%B1%D8%A7%D9%87%D9%82%D8%A9](https://mawdoo3.com/%D9%85%D8%B4%D8%A7%D9%83%D9%84_%D8%A7%D9%84%D9%85%D8%B1%D8%A7%D9%87%D9%82%D8%A9)

11- <https://www.feedo.net/Society/SocialInfluences/SocialPsychology/MaslowHierarchyOfNeeds.htm>