Achieving psychological balance for humans in the environmental surroundings of community projects

Prof . Mohamed Hassan Emam

Professor of Furniture Design and Head of Furniture Design Sciences - Faculty of Applied Arts - Helwan University

m_emamart@yahoo.com

Prof. Dina Fekry Gamal

Professor of Environmental Design - Department of Interior Design and Furniture - Faculty of Applied Arts - Helwan University

dinafekry@hotmail.com

Assist. Lect. Dina Ashraf AbdelAziz Ibrahim

Assistant Lecturer - Department of Interior Design and Furniture - Faculty of Applied Arts - Helwan University

DinaAshraf@a-arts.helwan.edu.eg

Introduction

Architecture and interior design are the physical manifestations of cultural, social, economic, and environmental factors. Designers and architects respond to human needs by creating innovative, original designs that fulfill desires and meet needs.

Community projects that are selected based on design innovations that align with human psychological balance, encompassing functional, aesthetic, and environmental criteria, as well as user experiences and behaviors and energy sciences that are applied to create comfortable and balanced environments.

The design of community projects is intrinsically linked to the environment. The physical design of a building provides a tangible basis for understanding, evaluating, and assessing whether it can fulfill the criteria for human psychological balance. The significance of this research lies in strengthening the relationship between the physical environment and human psychology, thereby contributing to the creation of environments that promote comfort and psychological equilibrium. The research problem is rooted in the need for interior design processes in Egyptian community projects to incorporate human psychological balance criteria. The objective of this research is to identify mechanisms for applying human psychological balance criteria within the environmental context of community projects in Egypt through an analytical study of local, regional, and global models of such projects.

The study will examine the mechanisms for achieving human psychological balance within the environment, with a particular focus on community projects by conducting an analytical study of samples of projects that successfully achieve human psychological balance, and then will reach the study results .

Keywords :

Psychological Balance – Surrounding Environment – Community projects

Aim of the Research :

Identifying mechanisms for applying psychological balance standards in the human environment within community projects in Egypt through an analytical study of samples of such projects at the local, global, and regional levels.

Research Importance:

Enhancing the relationship between the physical environment and human psychology to contribute in creating an environment that provides comfort and psychological balance.

Additionally, guiding designers of various specialties towards scientific research to contribute the design and creat such environments and their application in various community projects.

Research Problem:

The interior design processes for community projects in Egypt require the application of psychological balance standards within the human environment. Many interior design projects lack a systematic developmental vision, negatively impacting human comfort, performance levels, and productivity.

Research Methodology:

The research uses a descriptive-analytical method to study multiple community projects. The analysis will focus on how these projects apply the standards of psychological balance in the human environment.

Research Hypothesis:

By acheiving the criteria for psychological balance in the human environment within community projects, it will positively impact actual performance rates, productivity, and the respect for human dignity.

Scope of the research :

Timeframe: 21st Century
Spatial boundaries: Local, global, and regional case studies.
Subject matter boundaries: Community projects.

Research themes :

<u>First</u> : "Psychological balance of the human in the environment"

Psychological balance in psychology is a level of mental health that individuals strive to achieve. It requires both happiness and contentment, when a person reaches this stage, they enter a dynamic state where happiness and contentment intertwine, leading to feelings of stability and psychological equilibrium.

Psychological balance is characterized by a person's ability to appreciate themselves, humans should strive to live in a state of balance, harmony, and psychological coherence with themselves and their social environment.

Application mechanism :
   - Social adaptation and the ability to interact with others .
   - The ability to envision the future and plan accordingly .
   - Being endowed with foresight .

- The ability to confront one's own shortcomings .

Second : **Community projects :**

It is the Projects that are based on community-driven design that empower community members of all ages to actively participate in shaping their living environments.

These Projects focus on designing buildings and architectural structures that satisfy the needs of the community based on its culture, customs, traditions, and social behavior. Architects work to develop plans that acheive these needs and can collaborate with government officials and developers to create plans for new communities; this approach for planning, design, and construction prioritizes the active participation of community members throughout the

pre-implementation and implementation phases.

The goals of its establishment are :

- Understanding the community's needs through a process of questioning users about their requirements for these buildings, taking into account the achievement of sustainability, the preservation of cultural heritage, and community interactions, while aiming to have a positive impact on human psychology.
- Enhancing the cultures, heritage, and identity of the target community and fostering a sense of belonging and emotional connection through user interaction to create communal spaces that acheive human needs and accommodate various activities. It is a collaborative process that brings together various disciplines to create safe, sustainable spaces that fulfill functional, aesthetic, and environmental needs.

Third : An analytical study of community projects that have achieved psychological balance for Humans :

Reason for selecting the study projects:

The following projects were selected for study due to several important factors:

- Their achievement of prestigious international architectural awards with significant

- artistic values.

- The diversity of architectural styles with a positive impact on human psychology.

- Each building possesses a unique character, design methodology, and significant

  influence on its surroundings.

- The variation in size and scale of each project, located in globally significant areas.

- The diversity in construction and operational costs based on the size, location, and

  environmental conditions of each project.

- The range of activities accommodated, including religious, educational, and tourism, contributing to cultural and civilizational development by bringing together people of different races and social classes.

The following projects are analyzed based on their interior design processes that influence the human psychological within their environmental context:

1- Functional Processes .

2- Aethetic Processes .

3- Environmental Processes .

4- User Experience (UX) .

5- Energy Sciences .

<u>Examples of local projects that achieved psychological comfort for humans :</u>

Basouna Mosque (Al Abu Steit Mosque) - Basouna Village - Sohag Governorate
○ Abdullatif Al Fozan International Award For Mosque Architecture ○

The Basouna Mosque stands as a testament to the power of transformation and achievement. What was once a dilapidated old mosque has been reborn as a modern architectural masterpiece. The mosque beautifully blends the simplicity of village life with the spirituality of Islam,

making it a significant landmark in the village of Basouna. It is widely considered one of the most outstanding local architecture projects in Egypt in recent times.

The Basouna Mosque is a masterpiece of local architecture, a testament to the language of beauty in design and execution, it stands as a significant historical and spiritual symbol,

profoundly influencing its surroundings, its architectural composition and design have a

significant impact on the human psyche.

<u>Examples of Global projects that achieved psychological comfort for humans :</u>

Rajkumari Ratnavati Girls' School: A Pioneer in Green Education – Rajasthan, India
○ It was named "Best Building of 2020" by Architectural Digest India ○

Rajkumari Ratnavati School has successfully implemented environmental standards, aligning with contemporary architectural trends that prioritize eco-friendly buildings. The school's design respects the Indian desert environment, fulfilling the objectives and principles of green design, these include creating a healthy and safe environment that meets human needs, promotes psychological well-being, and maximizes harmony with nature. By conserving natural

resources, considering future generations, and embracing technological advancements, the school has set a new standard for sustainable development that meets the needs of both present and future generations.

The design philosophy prioritized the free flow of energy throughout the spaces, by adopting a minimalist approach with clean lines and harmonious elements, the design fostered a sense of clarity and tranquility, promoting mental and spiritual well-being.

Examples of regional projects that achieved psychological comfort for humans :

Louvre Abu Dhabi - United Arab Emirates - Saadiyat Island
(A Global Marvel: The Arab World's Premier Museum)
○ It has won numerous awards, including the "Best Museum in the Middle East 2020" award from Time Out magazine ○

A visit to the Louvre in Abu Dhabi is more than just a museum tour; it's an immersive journey that engages all the senses and leaves visitors feeling balanced and uplifted, A treasure trove of art, culture, and architectural brilliance, the museum offers a vast and awe-inspiring space with soaring ceilings and intricate design elements, Natural light floods the galleries, creating a

captivating ambiance. The interior and exterior design reflect the interconnectedness of

civilizations, showcasing cultural diversity and architectural innovation. As visitors wander through the galleries, they encounter masterpieces that tell ancient stories, drawing them deeper into the world of art and culture. The museum itself becomes a journey through time, connecting visitors to the past.

French architect Jean Nouvel has described the Louvre of Abu Dhabi as the 'eighth wonder of the world', he considers it the most important, ambitious, and sophisticated cultural and

civilizational project of the century. The museum is regarded as one of the most significant and beautiful tourist destinations in the United Arab Emirates, known for its unique architecture and unparalleled brilliance.