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The Influence of colors on the living spaces; Living room and kitchen

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Abstract. The main place that everyone individual would to go after completing on his or her daily activities is home to relaxation. Particular importance in living spaces is also the use of colors, the amount of lighting the type of materials used in the interior design. Design, lighting, color occupies an important place in the psychological impact of living in a certain space. During the creation of living spaces, it is very important that one can feel happy, healthy and cozy in their homes. The purpose of this research is to gain results based on the research carried out on how the living spaces divided in Kosovo from 2000 to 2019, what are human activities during the day in the living spaces and how the spaces in the human psychology affect the colors.

Keywords: Living Spaces, Influence, Interior Design, Colors

Introduction

The most important purpose of designing interior spaces is to create physical environments that address people physically, economically, mentally and socially. The design of living spaces plays an important design role to provide comfort and convenience. Interior or interior art contains different types of materials and colors to achieve a design that fits into the functions of the living space. The interior architecture can achieve different emotions based on the vital function, such as relaxation, pleasure, warmth as human behavior completed in designated spaces. Much research has been on the use of colors and materials in interior architecture and what effect they provide. Also important is the psychological aspect which has a significant impact on human behavior, “One of the essentials of the role of architecture is to provide all built environments that rely on human psychological well-being” for more than one reason. Around 70% of a person’s spend life inside (Vogelpohl, 2005). “The influence of color generated in an interior space is the key to enjoying and successful functioning of a space. A color plays a major role in creating the ambience of a room and can affect the mood of the occupant. If the color elements of the room designed properly, then the interior designers can also create an atmosphere of space corresponding to the function of the room” (Hendrassukma, 2016). It is very important to design the interior based in function of space.

The surface of the space, the orientation and the lighting of the living space also plays an important role. Determining the color of the living space always depends on the taste of the person, and on the style of the shape of the dwelling, in many case the results are good but there are many other cases where the right result are not achieved by the combination of colors. You are the one who can control the color determination of the spaces where you live, the treatment of the flooring material, the treatment of the roofing material, the color of the walls that make up the living space greatly influences the environment of the space function in which use. According
to the book, "Design is in the Details Living Spaces" color determination also determines the shape of the room, whether it is large, small or light enough. In the psychological aspect of man (Inc, 2005). It is very special if we consider how one person can feel according to the weather conditions, when the day is sunny we can notice significantly the joy, and emotional state, also in cases when the weather is rainy it can be noticed how much person feels unhappy that day. Similarly, the use of colors in the spaces we live in may also influence whether colors can have a positive or negative impact on human emotions. The Dictionary of the Turkish Language Society defines color as "different sensations of how objects reflect or emit light". (Nurcan GÖKÇAKAN ÇİÇEK, 2016).

Methodology

Various published research has been write on the influence of colors on living spaces, such as living room and in kitchen, which are the most usable part of the home. The research used the comparison form of how colors were treated in residential areas in Kosovo from 2000 to 2019, how the change in the use of colors and materials in residential areas has evolved.

Type of colors

Color is a tool that considered important for building one's mood depending on where they are used. Colors are segregate into cold and hot colors. Warm colors exacerbate the stimulus effect on the nervous system by increasing the level of mood in humans. While cold colors advised to be calming colors, or the opposite of the effect that warm colors provide. Many psychologists, architects and researchers have published research on the effects of colors in the psychology of man and the influence of colors on the spaces where they live.

![Figure 1 - Color combination circle, separation of hot and cold colors](http://noviisistatukkatuntijaksi.blogspot.com/2017/01/varijava-valo-asteet.html)

The present analysis sets out to investigate the use of color in-house use. Color plays a vital role in limited experiences, and while design can cover many areas of desire, we can do much to direct more in the service of the area where they live. Understanding psychological creation more heavily, is central to the design to give in sections to do such as interior design, logo; graphic design and advertising (Kalia, 2013).
When choosing colors for interiors, the functional aspects greatly influence how the aesthetics and type of colors are to be determined. Overestimation through color creates sensory overload. In contrast, colorless interiors can be stressful and unproductive. (Kalia, 2013) Cold colors tend to shrink and make objects appear shorter and smaller, warm colors make items appear larger and closer to the viewer (Niemeyer, 1988). Lighter, less saturated or pastel colors make objects look lighter in weight and larger. When using colors with the same values and intensities, warm colors appear heavier (Niemeyer, 1988).

Case Study

As a case study in our research we have compared the colors used in living spaces in the immediate post-war period, namely 2000 and the use of colors nowadays namely 2019. The reason why we selected these the period for comparison is that the post-war period is the time when great development of buildings was made in Kosovo and the use of different colors within living spaces began. More explicitly, we have selected a family consisting of 6 members who built a house shortly after the war ended. The same family has also built a house today. The main purpose of why we chose to compare these two houses from the same family is to see how much the use of colors has changed from time to time. In the pictures below, we have shown the changes that have been made to the house by the same family in two different houses, in the different time.

Living room

The picture below shows the design of the daily case stance we took for the study. In photo, it is seen that the greatest use of colors is orange in the walls and white, while the white one on the ceiling. Also in terms of materials, it is seen that there is more use of natural brown wood material.

![Figure 2-Living room in 2000 (Personal Photo courtesy)](image)

Unlike the photo above, it seen that the white color is the dominant one in the design of the day stand, as well as the use of other materials such as designed carpets and slabs of mainly gray color. Also in the above picture, there is a great use of natural brown wood while in the picture below there is no great use of this wood in both the floor and the furniture.
Kitchen

Kitchen environment built in earlier years; walls are white, as well as ceramic tiles. While the material from which the kitchen it was made of natural brown wood.

As well as the above environment, and the kitchen space built in postmodern times, the walls was painted white color, but accompanied by lot of small light. Unlike the upper kitchen environment which has white tiles, this one has a blue and white decor. In addition, the material from which the kitchen was built is wood, but the wood is processed and painted with white color.
Conclusion

After the war, (1998-1999) Kosovo received a burst of development in terms of construction, development and recovery of damaged housing. The use of colors in residential spaces after the development of technology, the acceptance of information in various forms, additional literature, documentaries, chapters on color and interior design, after year 2000 began to consider the use of colors properly based on the designation of spaces. Mostly in living spaces such as day stands, kitchens most commonly used in residential buildings as opposed to previous years where the use of enclosed colors, textured materials, and in great detail. Today they have returned to the use of lighter colors, which positively influence the perception of space, the psychological aspect and the elimination of colors and materials within a space. The use of colors in interior architecture has an extraordinary impact on one's emotions, comfort and mood. The use of colors and materials in interior architecture should show the motives of the inhabitants, treat the openings and provide natural and artificial lighting in the living areas, show the culture of the place, provide comfort and tranquility within the space in which we live. Creating an interior architecture that complements the architectural concept with the psychological concept manages to gain adequate living space.

References