



How Art and Color Modulate Interior Spaces in Hospital Environment

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ABSTRACT –

This research paper investigates the complex interaction between art, color, and interior design in hospital settings. The combination of aesthetics and functionality is examined as an essential aspect, with evidence demonstrating how the careful use of art and color contributes significantly to successful healthcare design projects. Case studies from various hospitals illustrate strategies designers employ to effectively modulate interior spaces, whether through color psychology to create specific moods, strategic art placement for visual interest, or incorporating cultural elements to establish a sense of place. Each approach adds to a space's unique character and influences occupants' perceptions and behaviors. The findings underscore the need for further research into new design trends, integration of technology, and long-term impacts on patient satisfaction. Ultimately, this paper contributes to the broader dialogue on healthcare interior design by highlighting the symbiotic relationship between art, color, and meaningful space creation

Key Words: art, color, visual interest, sense of place, cultural elements, healthcare design

1. INTRODUCTION

Hospital interior design has been developed to include a holistic strategy that prioritises patient comfort and well-being. Art installations have evolved as a powerful strategy for transforming sterile healthcare settings into more appealing and healing ones. This dissertation investigates the use of art installations to regulate hospital interior spaces, with the goal of improving the emotional, psychological, and physical experiences of patients and healthcare professionals. In recent years, the hospital environment, which is generally associated with sterility and clinical aesthetics, has undergone a transformational evolution. The old paradigm of stark white walls, fluorescent lighting, and minimalistic decor is progressively giving way to a more comprehensive and patient-oriented approach. In this shifting setting, the incorporation of art and color has emerged as a significant modulator of hospital interior spaces.

Healthcare settings have a significant impact on people's emotional and psychological well-being. For patients, hospitals, in particular, may be scary and anxiety-inducing environments. The cold, clinical environment might intensify stress and panic that are already present as a result of disease or injury. The use of art and color becomes crucial in this setting, as they can turn these rooms into more welcoming, pleasant, and healing environments.

1.1 Aim

The fundamental goal of this dissertation is to look at how art and color can be used to alter the interior spaces of hospitals, improving the overall healthcare environment and contributing to improved visitors and staff experiences.

1.2 Objectives

- To investigate the role of art and color in building inclusive and welcoming environments for various patient populations.
- To review the practical application of various art installations in hospital interiors, such as sculptures, murals, and interactive displays.
- To analyze the body of knowledge on color psychology in medical settings with a focus on how it enhances visitors' wellness.

1.3 Methodology

This research employs a qualitative approach combining literature review, case study analysis, and observational data. Relevant literature from the fields of architecture, interior design, health and well-being was reviewed to establish a theoretical foundation. Case studies from various hospitals were analysed to identify the best design strategies.

1.4 Scope

The scope will include a wide range of healthcare settings, including general hospitals, specialized clinics, and pediatric facilities. Within the context of interior design, several types of art installations, ranging from static sculptures to dynamic digital displays, will be talked about.

1.5 Limitation

Because of differences in hospital environments, patient demographics, and regional preferences, the study may have drawbacks. The number of facilities and people involved in the study may be limited due to resource constraints. This paper will be focused on the public areas of the hospitals due to permission constraints.

2. BACKGROUND

2.1 Overview of study

The usage of works of art in medical facilities and hospitals is only beneficial to patients' health. However, not all works of art are created equal, and not all works of art are appropriate for the needs of the sick. The fundamental purpose of the patient's well-being is to select art that can aid the patient while also improving the overall aesthetic quality of the environment. There are several factors to consider when selecting artwork for a medical institution, such as selecting landscapes and nature-based art, avoiding abstract art, and selecting the proper colors for art. Some studies have found that art representing authentic natural surroundings is often the best choice for patient artwork in hospitals when it comes to nature-based art. Patients, in particular, prefer to see artwork that shows lovely natural vistas and landscapes that make them feel nostalgic and at ease.

For a variety of psychological reasons, this makes sense. Patients want to remember the good times, and seeing nature flourish inspires them to grow and prosper. As a result, winter images and artwork representing unusual weather are not permitted in medical settings. They mainly depict the psychological effects of tension and suicide on the sufferer. In the medical setting, natural pictures and artistic depictions of lovely landscapes are the finest options. As a result, nature-based art is commonly chosen and decorated in medical institutions.

2.2 Brief on the significance of art and color in hospital interiors

Art may play a variety of roles in hospital settings. It contributes to the whole visual experience (including a favorable or negative emotional effect). Still, it can also serve rational goals such as increasing well-being, relieving stress, assisting with navigation, and so on. Individuals experience the roles that art plays in hospitals differently depending on their jobs, cultures, backgrounds, and prior experience with art and hospitals.

Color is a vital component of the architectural design of our surroundings. Color selection affects the psychological, visual, artistic, and technical aspects of man-made surroundings. Scientific studies on the topic of color in the interior of hospitals revealed that there is no direct link between certain colors and pain relief, but that colors may lower anxiety and shorten hospital stays, among other things. Colours' calming and refreshing psychological effects on patients have been known since ancient times.

3. INTEGRATION OF ART AND COLOR IN HOSPITAL INTERIORS

The incorporation of art and color in hospital interiors is critical in creating a therapeutic and supportive environment for patients, staff, and visitors. According to research, a well-designed healthcare environment can have a good impact on patients' well-being and rehabilitation. Here are some major factors for using art and color in hospital interiors:

3.1 Art in Hospital Interiors

3.1.1 Healing Artwork:

Choose artwork that promotes relaxation and peace. Nature scenes, abstract art, and soothing colors can all help to create a healing environment.

Consider art that reflects the local community or contains natural elements, as they might improve patients' mental health.

3.1.2 Patient Engagement:

Include dynamic and interesting art installations, such as digital displays, interactive sculptures, or murals in which patients can engage. This can be a helpful distraction and inspire creativity.

3.1.3 Cultural Relevance:

Reflect on the patient's unique ethnic background by incorporating artwork from various cultures and traditions. This contributes to a more welcoming and inclusive environment.

3.1.4 Art Therapy Spaces:

Designate locations for art therapy in which patients, their families, and staff can engage in creative activities. This can be used for treatment and stress alleviation.

3.1.5 Local Artists and Community Participation:

Support local artists by displaying their work in healthcare settings. This not only adds a personal touch, but also deepens the hospital's relationship with the community.

3.2 Color in Hospital Interiors

The fundamental goal of this dissertation is to look at how art and color can be used to alter the interior spaces of hospitals, improving the overall healthcare environment and contributing to improved visitors and staff experiences.

3.2.1 Calming Colours:

Use a relaxing color scheme that combines blues, greens, and earth tones. These colors are considered to have a calming impact and can help to create a relaxing environment.

3.2.2 Warm and Inviting Environments:

Use color contrast to aid in navigation. Colors that are clear and distinct might make it easier for patients and visitors to navigate the facility.

3.2.3 Wayfinding Comparison:

Use color contrast to aid in navigation. Colors that are clear and distinct might make it easier for patients and visitors to navigate the facility.

3.2.4 Personalized Patient Rooms:

Allow for patient room personalization by providing a variety of color options. Allowing patients to choose colors for their immediate surroundings can help them feel more in control and at ease.

3.2.5 Natural Colours and Light:

Make the most of natural light by combining it with colors that increase the overall brightness of the space. Plants and other natural components can also be incorporated for a more holistic approach.

3.2.6 Design Flexibility:

To keep the atmosphere fresh and responsive to changing patient needs, ensure that the design allows for upgrades and changes in artwork and colour schemes.

3.2.7 Artist and designer collaboration:

Involve artists and designers in the planning phase to ensure that the integration of art and colour is consistent with the overall goals and objectives of the design.

3.2.8 Specialised Areas to Consider:

Customize the art and color scheme for various regions of the hospital, such as pediatric units, intensive care units, and waiting spaces, taking into account the unique demands and preferences of each place.

It is possible to create an environment that fosters healing, decreases stress, and improves the overall well-being of patients, staff, and visitors by strategically incorporating art and color in hospital decor.

4. IMPORTANCE OF ART AND COLOR

4.1 Art in Hospitals:

Art in Health aims to improve patient, staff and carer experience in health services through artistic engagement. Exposure to The Arts has a profoundly beneficial impact on patient wellbeing through its use in health promotion and messaging.

4.2. Color In Hospitals:

Color has always had a huge effect on the mood of a person. There are select colors that can help not just create pleasant aesthetics, but also an environment that has a positive therapeutic impact on patients, lowering their stress levels.

4.3. Paintings:

Paintings that help to calm the mind and gives positive feeling are recommended in hospital setting.

4.4. Sculpture:

Sculpture helps in welcoming the environment and makes the environment free from stress for visitors and staff.

4.5. Lighting:

Different lighting act as focal element in the waiting area which helps in distracting visitors from the regular stress of the environment.

4.6. Furniture:

Hospital furniture can be a great way of welcoming patients and families as they enter the hospital building. It can also offer them a place to relax and reflect, depending on their personal situation.

4.7. Wall art:

Wall art can be done in different ways either by just giving a calming and positive feeling or can also be used as a signage.

4.8. Signages:

Signages help in wayfinding easily so it is recommended that signages should be clearly visible and well placed.

4.9. Color design Guidance:

Use tonal contrast- to improve visibility for users, particularly the elderly and visually challenged. This creates a separation between neighbouring surfaces.

Limit the color palette- Using a lot of different colors when selecting interior finish materials might create a setting that is too visually busy, which can cause confusion and anxiety.

Maintain visual appeal by varying color and lighting levels- this will prevent people from becoming bored or under-stimulated as a result of boring visual settings.

Use color and contrast in materials and textures to create tactile, visually interesting surfaces that make use of lighting to maximize shadow. (Hilary Dalke, 2004)

4.10. Signage:

Coding - The creation of a visual system that can assist in decision-making.

Zoning - The division of a space into large areas.

Signage - Environmental elements that give information to users. (Hilary Dalke, 2004)

4.11. Design of Signage:

Clarity - Use of optimum impact and readability for communication

Contrast - Ensuring that all users can notice items and signs

Visual noise - Ensuring that signs stand out from their surroundings and do not become lost in, or add to, "clutter". (Hilary Dalke, 2004)

4.12. Coding, zoning, and signage are necessary at four points of the hospital journey:

Overall perspective - At first, to offer a feeling of orientation in maps or guides to the location. This necessitates careful consideration of how color will be utilized to indicate spatial orientation.

Support - In signposting, to assist the user in making decisions about directions; this must be both straightforward and informative without providing more information than is necessary at that point

Layout - Appropriately positioned or designed information to facilitate decision-making and confirmation of proper approaches.

Arrival at destination - Specifics at the destination to confirm achievement of the target or goal (Hilary Dalke, 2004)

4.13. Benefits of artwork:

Numerous research and subjective evidence have proved the benefits of art in hospitals and medical institutes.

A 2011 study conducted by the University of London discovered that when patients stared at a breathtaking photograph, the physical and emotional impacts resembled those felt when staring at a loved one.

A 10% increase in blood flow was reported to the "joy response" area of the brain. Patients' emotional well-being can have a demonstrable positive effect on their recovery time when they can feel happiness and comfort instead of stress and tension. As a result, patients are more satisfied.

5. FINDINGS AND DISCUSSION

Present key findings organized into subsections:

Role of art in creating healing environments (e.g. nature scenes, abstracts, culturally relevant art). Use of color for calm/warm atmospheres, wayfinding, and personalization. Integration strategies like art therapy spaces, and local artist showcases. Case studies highlighting successful implementations. Analyze how art and color influence spatial perceptions, emotional responses, and behaviors.

6. CONCLUSIONS

In conclusion, this paper has thoroughly investigated the delicate interplay of art and colour in designing interior spaces within the dynamic setting of hospitals. The thorough investigation of design principles, psychological characteristics, and practical applications has demonstrated these elements' multidimensional influence on the overall ambiance and experiential quality of hospital facilities.

The investigation into the theoretical frameworks that support art and colour theories, as well as their empirical manifestations in real-world settings, highlights the complexity of designing environments that not only meet functional requirements but also resonate with the emotional and sensory expectations of diverse visitors. The synthesis of aesthetics and utility emerges as a critical factor, with data demonstrating that careful use of art and colour helps greatly to the success of the project.

Case studies from various hospitals have provided important insights into the numerous strategies used by designers to effectively adjust interior spaces. Each approach contributes to the unique character of the space and influences the perceptions and behaviours of its occupants, whether through the use of colour psychology to evoke specific moods, the strategic placement of art to enhance visual interest, or the incorporation of cultural elements to create a sense of place.

Given these findings, future research might look deeper into new design trends, the use of technology in art and colour applications, and the long-term influence of these design decisions on consumer loyalty and happiness. Finally, this dissertation adds to the larger conversation on hospitality interior design by emphasising the symbiotic relationship between art, colour, and the creation of meaningful and memorable spaces.

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