

Health: The Design, Planning and Politics of How and Where We Live

- **Paper / Proposal Title:**

The Impact of Architectural Design of Homes on Inhabitants' Psychological Well-being

- **Format:**

Written paper / Presentation - in-person

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- **Abstract (300 words):**

Architecture can have an impact on people's behaviour and health (Kent, 1990); it can enable or constrain certain human activities and behaviour. People spend almost 65% of their life time in residential buildings or near them (Hudson, 2015).

However, the development of housing is mainly led by legal policies, contractors' decisions and architects' ideas with almost no user involvement. Despite the existence of several housing design guides, the guidance almost exclusively refers to space standards, building regulations and cost efficiency (Johnson, 2010). There is no existing guidance that explicitly attempts to address users' psychological well-being. Yet research shows that the way we feel about our homes has a direct impact on our happiness and health (Randall, 2012).

This interdisciplinary research investigates the relationship between the two fields of architecture and psychology. The research looks at the impact of architectural design on inhabitants' subjective well-being by exploring psychological needs satisfaction within our homes as levels of well-being were found to be directly related to needs satisfaction (Deci & Ryan, 2000).

This paper will present the findings of a questionnaire survey that was designed and conducted to evaluate participants' subjective well-being and their overall satisfaction with their living accommodation as well as individual aspects of this accommodation. The results confirmed the two hypotheses of the survey; first, satisfaction with living accommodation affects, and is related to overall satisfaction with life, and second, satisfaction with physical structure is related to overall satisfaction with living accommodation and with SWB. This quantitative approach was measured using the Satisfaction With Life Scale SWLS (Diener et al, 1985). These findings strengthen the evidence that home design plays an important role in residents' health and well-being. The findings also add emphasis on the importance of the physical aspect of the house and its link to the psychological aspects, and suggest that we should use the physical elements of home design to empower and support the non-physical elements.

• **Author(s) Biography (200 words each):**

Dalia Al-Tarazi is a PhD student in the Architecture and Built Environment department at the University of the West of England. She has a B.S degree in Architectural Engineering from Al Albayt University in Jordan. She worked as a residential building designer in Jordan. She is doing an interdisciplinary PhD between architecture and psychology. Her research is looking at the impact of the architectural design of homes on inhabitants' psychological well-being by investigating human psychological needs.