



Architectural Solutions for Psychological Issues of Student's Life at Hostel

¹Shilpa Vitthal Kade, ²Pooja Baporikar, ³Ar. Sanjay Deshmukh, ⁴Ar. Revati Mundhada

^{1,2,3,4}Department of Architecture, P R Pote College of Architecture, Amravati, Maharashtra, India

¹kadeshilpa@gmail.com,

²ar.poojabaporikar@gmail.com

³arch.sanjaydeshmukh@gmail.com, ⁴armundhadarevati@gmail.com

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ABSTRACT

Nowadays due to hectic life and rising inflation of education parents prefer the residential school for the students. In general, students find residential school to be a lot of fun, and it's something they will appreciate for the rest of their lives. But when the students enter the school and then they find some startup problems in the beginning. There are different kinds of students who will be forced to join residential school for many reasons, Naughty students who were sent to improve their character. Students who are bad at studies are sometimes forcefully sent to residential school by their parents to improve. Working parents sometimes send their children to residential school so that they can be looked after. Sometimes students willingly choose to be in residential school as they feel that they can attain freedom. So somewhere it is possible that can be taken care through architectural parameters which helps to reduce the health costs, anxiety of the students. And can encourage to the students which is really need in residential schools. The landscape is playing main role to improve the mental health. Being surrounded by greenery can helps to recover illness, stress and injury. Plants have a direct effect on our minds, which arise from experience and a person's background and nature. These psychological phenomena can be determined and calculated.

1. INTRODUCTION

Architects are rethinking how their building design affects human health and well-being and developing designs for mental health as well as safety and physical health. By applying therapeutic design concepts to the built environment, it is possible to improve the mental health of occupants.

There are few specific areas of opportunity to enhance physical and mental health which include

- Safety and social equity
- Sensory environments
- Access to nature

- Physical activity
- Environmental integrity

For example, fire and evacuation rating checks have minimum requirements to ensure that we build safely. The industry has made significant strides in encouraging physical activity by making fitness and healthy lifestyles a part of our daily routines. For example, active design guidelines include attractive stairs and pedestrian routes that help you move more easily during short breaks. However, now we need to focus more on sane design by developing a more holistic approach.

We need to strengthen the applications of architectural design to promote mental health, a concept that is far from the norm in today's society. The greatest opportunity for architecture to promote the prevention and control of mental illness is in residential schools, where growing students spend their precious time in a small area. Architectural design is one of proven solutions to improve mental health and well-being.

In recent projects, building designs that enhance natural light during the day, use color and texture, encourage movement, and incorporate nature have improved patient satisfaction and employee productivity. In fact, after greatly expanding the windows of mercy children's hospital and clinic departments to 20 square feet, at 90 square feet, the director of pediatrics and pediatric intensive care noted a 15% improvement in patients pain control. Patients also responded to care more quickly at a rate of 25 percent. A natural increase in daylight can have similar effects at home and at work by reducing stress and fatigue and promoting a more active lifestyle.

Another healthcare trend that can be applied to residential school settings is the development of patient-centered models. The way people move through spaces in a way that encourages interaction, a relaxed student experience and an uplifting heating atmosphere is often overlooked. By rethinking mobility at home and at work, we can achieve some of the same benefits. Another design trend is the blending of indoor and outdoor environments to bring out the known benefits of nature and the indoor landscape. This concept can have a big impact on using nature as a healing tool to reduce mental health promise anxiety and depression.

2. BACKGROUND

Research has shown that the learning environment plays an important role in student success. Students who learn in a positive learning environment are shown to be more motivated, engaged and have a higher overall learning capacity. There are many factors that influence a student's education, and mental health is one of the main issues that students deal with in the residential school system. The history of residential schools has been identified as having a lasting and intergenerational influence on the physical and mental well-being of students worldwide.

The residential school system aims to eradicate the language, cultural traditions and spiritual beliefs of indigenous children in order to integrate them into the integrity of the nation. In addition to the social and cultural effects of forced eviction, many children experience physical, sexual, psychological and emotional violence while attending school, the long-term effects of which include health

problems, drug addiction, criminal activity, and the disintegration of families and communities. In addition, many residential schools suffer from severe shortages, poor facilities and basic infrastructure. So, all of the above leads to students' homesickness, which leads them to fall into the depression trap that leads to suicide.

According to above-mentioned reasons, nearly 70 % of the students in residential schools tackle severe homesickness in the first year of their schooling and the percentage decreases gradually in their forthcoming years.

According to the latest indian express investigation, jawahar navodaya vidyalaya, a central residential school for deserving rural children, has seen 49 suicides in just 5 years. Although this school gives excellent results in 10th and 12th jury exams with a pass rate of 99% and is also run by hrd [human resource development India], its students there are facing serious problems. These problems are reflected in the alarming statistics of suicide at these schools: for every ten thousand students attending these schools, nearly six students committed suicide in 2017. This number is more than one. Slightly compared with the national suicide rate for a similar age group in 2015, about 3 suicides. Per ten thousand population from 6 to 17 years old. This research explores the different possible solutions for engaging students by creating designs that are holistic and interesting in a way that balances their sanity to tackle this serious problem.



Figure 1: Colors evoke different feelings in people which can have an impact on ones mentar wellberg batration by (c) rest fest inc, canada

Natural ventilation and lighting, noise control systems, and a good choice of materials and furniture plays a major role in improving mental health.



Figure 2: Together hostel / cao pu studio



Figure 3: Children playspace

Creating an interactive space as well as a separate space is essential, so that everyone can choose the best space for each particular moment and activity. In addition, aspects such as biorevitalization, including the healing and soothing effects of green, in addition to aesthetics and creating outdoor spaces, play a fundamental role in improving the quality of the environment. Amount of space, thus improving people's mood and health. We can delve deeper into the psychology of scale to understand how the relationship between children and structure affects mental health. Space is in harmony with the human body, human senses and the corresponding spatial dimensions and proportions.

Thus on the basis of this research these are the aspects to be considered to design a holistic design to balance students mental health

- Natural day lighting
- Color, texture and material
- Environmental integrity with encouraging movement through the nature
- Creating interactive spaces
- Harmonizing space with human body with the help of scale
- More Landscape
- Proper circulation

Table 1: Summary of Psychological Issues of Student's Life at Hostel

How impact on health	Indicators status in a therapeutic landscape for people with PTSD	Therapeutic landscape Indicators
Stress reduction	Not too open and not too close	Balance between open and enclosed spaces
Reduced illness/positive distraction	Planting diversity, the use of short and long plants in combination with the use of green, blue and colorful landscapes	Vegetable diversity
Reducing stress and anxiety	Flexibility in various scales and elements such as paths, furniture activities, etc.	Flexibility
Reducing stress/decreasing blood pressure/decreasing anger	Abstraction and complexity for patients who are stressed are unacceptable	Minimizing ambiguity
Reducing stress/making sense of security for more mobility	Providing road safety for patients with mobility problems [slope, stairs, floors], proper lighting for the area	Create a sense of security
Reduce stress and calm down	The bird's attraction, the sound of the wind flow among the foliage, the sound of water	Decrease undesirable environmental noise and increase natural sounds
Positive distraction/stress reduction	The limited presence of some animals in some spaces [for example, the presence of fish in a pond or domestic birds]	Create a small ecosystem

Reduced heart rate/reduced anger/concentration	Use of water in ponds, lakes, etc.	Proper use of water
Positive effect on memory and navigation/decreased heart rate and blood pressure/decreased depression	Flora and plant species diversity, fruit trees	Spread flowers and plants of colorful and fragrant
Reduce anger and depression/improve general state/increase cognitive capacity	Creating ground-level pots suitable for people with PTSD with physical restrictions [like wheelchairs]	
Reduce stress/decrease depression/improve memory, concentration and senses	The presence of attractive elements along the way to increase motivation and proper flooring, as well as the creation of shadows is essential	

CONCLUSION

The overall study has revealed that the residential education system which provides quality education to many students coming from different back- grounds throughout India lacks in maintaining student's mental health. Hence, this research proves that learning environments play a crucial role in student's success. Students who study in a positive learning environment have been shown to be more motivated, engaged, and have a higher overall learning capability.

Homesickness, bullying and teasing are the common problems which can be found in any residential education system and it's not so easy to eradicate it by inducing laws such as anti-ragging squads. Instead as an upcoming architect we can create a new distraction which drives them away from all the pain and stress and helps them balance their own mental health. And thus "create new loves for the person suffering from love sickness; find new joys to erase the domination of the old,".

CONFLICT OF INTEREST

The authors declare that they have no conflict of interest.

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