

Development of existing biophilic interior design definition

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Abstract

In previous centuries, there was a great emphasis on holistic approaches in the built environment, such as in medicine, which has been lost within the recent buildings in Europe and with the rise of modern building technologies, especially in the US. "Most modern buildings demonstrate no understanding of ecology or ecological processes, implying to their users that knowing where they are is unimportant", which leads to increased isolation from nature and the growing "placelessness", as described in David (1999, p. 212–213).

Recently built environments, whether healthcare facilities, offices, homes, etc., are more focused on functionalism rather than human well-being, missing a balance between psychologically relaxing, aesthetically pleasing spaces and functionality. More recent studies have questioned the importance of considering human well-being in the interior built environment as a holistic approach that returns to past eras. Another factor is that human behaviour is affected by the built environment, but how can we influence human behaviour through the built environment? Recent research suggests incorporating nature into space, also called the biophilic approach.

This approach was developed by Stephen, Judith, and Martin (2008) and named after the book *Biophilia 1948* by the biologist Edward Osborne Willson. The theory of the Biophilic approach originated from the biophilia concept, which is "the deliberate attempt to translate an understanding of the inherent human affinity to affiliate with natural systems and

processes" (Stephen, 2008). Biophilic interior design is "an innovative approach that emphasises the necessity of maintaining, enhancing, and restoring the beneficial experience of nature in the built environment" (Stephen, 2008), with two main basic dimensions—organic or naturalistic dimensions (directly, indirectly, symbolically), and the place-based dimension (Stephen, Judith, and Martin, 2008). Stephen (2008) created a matrix of six elements that appear in more than 70 biophilic design attributes.

Biophilic Design from building to cities starts with initial questions: how does the constructed environment influence the natural environment, and how does nature influence human experience and aspiration? How can we establish reciprocal and long-lasting advantages between the two? The concept of Biophilic design stems from the growing realisation that the human mind and body developed in a sensorially rich environment, which remains crucial to people's health, productivity, emotional, intellectual, and even spiritual well-being.

Through a systematic literature review and quantitative methodology, this paper will explain four phases, including literature search, literature screening and selection, literature appraisal, and thematic analysis, to identify the various existing biophilic definitions, aspects, and matrix. It aims to transfer the current understanding of biophilic design to a newly developed definition and present a matrix that will inform the basis of testing experiments in the following phases.

