

## **(Stressful Environments Generating Environmental Stress) Assess the impact of the Environment on Human Mental and Psychological Pressure from Environment on the Human in Iran's Contemporary Architecture**

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### **ABSTRACT**

We have all been to a place that might effect on our body e.g. in cold environment we feel cool and also we feel warm in hot places.as matter of fact, every single environment can affect us both positively and negatively. For example while staying in cold places, feeling a little bit heat may have positive effects on our body and coldness would have negative effects on us in the same environment. But, human is not only consisted of body, the soul is influenced by environment and just the same as the body,it sometimes absorbs positive or negative effects. the fact which is highly significant is the pressure of the environment and environmental motivation on human's soul. Actually, the positive/negative pressure of human's soul is because of environmental motivation.In this article, we're about to examine environmental psychotic pressures on human's soul and element and his types based on environment and human. As the term environment has got a vast extent of definition and usage, we try to come up with a better and more complete result, by limiting it into existed environments based on place and contemporary Iran based on time.

**Key words :** Environment , Stress ,Human.

### **INTRODUCTION**

Man has been always trying to reach his eternal place i.e. the heaven which the place of rest and peace. Human's soul has been always trying to find peace among his everyday life and in order to get it, it needs to compare his life and environment with his final desire i.e. heavens.so he needs to prepare a life style without stress and psychotic pressures. This research analyses both positive and negative effects of the environment on human's soul.

At first, to analyze the relation between environment and pressure on the human's soul, we need to know the environment and then analyze the

environmental parameters. Then we should analyze the relation of each parameter with human's soul and finally, analyze environmental features and their effect on human's soul.

#### **Research questions:**

1. What is the environment and what are its constituent parameters?
2. What is environmental spiritual pressure and say its types?
3. What effect does environment and its parameters have on human spirit?
4. What is the influential features of environment on human's soul?

## MATERIALS AND METHODS

This article is done based on free-thinking paradigm by research method (analyzing and comparison).but, at first we need to define and interpret the environment itself. We define environment or place as following:

## RESULTS

### Definition of place

#### lexical definition of place

Place means being (in absolute) (Dehkhoda lexicon-1994- Volume Three). on the other hand, being means existing, spending time and living. (Dehkhoda lexicon-1994- Volume Three).

Another meaning of being is occurring (Dehkhoda lexicon-1994- Volume Three). from the above three definitions we conclude that place is a space occurring event in order to live which has a close relation with life and is also alive. (Dehkhoda lexicon-1994- Volume thirteen).

#### Classic definition of place

##### The wise point of view

The place and space has been the same to former the wise and they defined space by the place. Place is an illusory space which occupies the body.(Dehkhoda lexicon-1373- Volume thirteen) Also Sadra declares that place is defined as inner level including the body) (Habibi -2008- 40)

From two above definitions we reach following features of place:

- Time has limit and size
- It is a unified index and identity which every part of space must have it to be called a place
- Place is limiting and defining the space. (Habibi -2008- 40)

#### Greek philosophers point of view

Old Greek philosophers recognize the place as realizing their identity so that human can discover his place in the world by recognizing the place. (Habibi -2008- 40)

### The place in the view of 20<sup>th</sup> century theorists

Shultz treat (place) as a space in which human can recognize his existence and presence. (Habibi -2008- 40)

#### Human recognition as a base for giving meaning to place

The base of being a place in the 20<sup>th</sup> century is a mental image and recognition of the place by human, now we reach the definition of mental image.

Here Rolf says: Although being shapeless and intangible; whenever we feel and recognize the space; the place is formed. for Rolf , place have originally a meaning base which is recognized by human . (Habibi -2008- 40)

Here the meaning of place feeling is shaped, i.e. perception of each individual of space and creative place, the extent of feeling the space and the kind of feeling by each person. So we have two definitions here:

1. Mental image
2. Place feeling

#### Definition of mental image

As the name suggests, it has a direct relationship with the human mind and perception, we mentioned that Shultz define place as a space where human can recognize his existence and presence. He considers four features for the human by which he communicates the environment in fact four stages of recognition which leads to forming mental image:

#### Spiritual mood

It means that human mind communicates with the environment without any medium.

#### Recognition

Realizing and perception of the environment through detection and recognition of direction and way. (Habibi -2008- 40)

#### Conversation

The connection between human and place and the involvement of world of place and world of human, i.e. recognition is occurred through getting information from the environment.

**life with others**

Meaning that human shares his mental world with others and uses others' perceptions. (Habibi -2008- 40)

**Definition of place feeling**

We already say the place meaning, but the word "feeling" in its specifically "place feeling" mainly deals with the concepts of affection, love, judgement, general experience of the place or its ability to create a special feeling in people. (Zarabian, Man' am, 24, 2010)

Sense of place has three-level

## 1. Deep familiarity with places

When a person is present at the place and experiencing it

## 2. The conventional familiarity with sites

This level is the experience of the unconscious and is collective and cultural rather than individual

## 3-superficial familiarity with places

This level is of sensitive personal experience, but unfamiliar with the environment that seeks to understand the environment. (Falahat, 2005, 59)

**Factors Shaping sense of the place**

An overview of definitions sense of place shows that the relationship of man and his mental imagery characteristics of the environment are clear. Environment caused by human adaptation and use of space is created. (Falahat, 2005, 59)

**But what is psychology?**

Another problem when we get to this point is the discussion we are going from here that man has two dimensions

1. physical
2. spiritual dimension

**It is derived from the definition of**

1. Psychology is the science of psychology subset
- 2- humans interact with the environment
- 3- Especially the social environment - physical added that the social aspects of the physical environment and the impact of the environment on human perception. (Jalili, 2010, 29)

Peroshenansky believes the physical environment is social environment. sometimes it is very difficult to separate them from each other.

Lang believes that the word is used so that it has been difficult to detect. Other psychologists define the relationship between the physical environment and human behavior and experience. (Jalili, 2010, 29)

**On the development of environmental psychology**

The psychological roots of Europe and Great Britain was in the late 1940s which has been during the Second World War. (Jalili, 2010, 29)

**Environmental components**

Researchers have been trying to achieve the classification of certain environmental factors. For example, the division between the geographical environment and the Gestalt performs as a behavioral distinction Gestalt geography and the environment at the receiver knows the individual behavior of each individual image. (Jalili, 2010, 29)

The second division Kirk gives him the same division into three components work together to define the environment

1. The phenomenon environment
2. The Personal environment
3. The conception environment. (Jalili, 2010, 29)

Krick appeared in the definition itself consists of two parts

1. The human environment where humans are considered as objects
2. The physical environment that includes other things such as life or the lives of non-human

There are two parts to your personal

1. The individual perceptions of the world
2. The experimental environment which includes the set of beliefs, attitudes, values. (Jalili, 2010, 29)

**Definition of the concept environment**

The concept environment originally used by Proteus added to Krick work that consists of three parts:

1. The individual cultures and subcultures
2. Social class of human
3. Stage life of human (Jalili,2010.29)

Sanfland defines the environment as a hierarchy which the individual is the center and surrounds by the behavioral environment, cognitive environment, academic environment and geographical environment. In this division the geographical environment is the whole world and a part of this environment is academic environment and then academic environment includes perceptual environment and perceptual environment includes behavioral environment and finally includes individual reactions to the environment that this reaction may be positive or negative.

Positive or negative human response to the environment is related to the top tips that includes:

1. Human behavior
2. Human Perception
3. Human science

**Different Types of psychological pressure**

Today use more from stress word or (psychological pressure) and in this period that we live this word comes as a title and sign of this time, but as advanced technology era may it be considered as psychological pressure era in the future. From a peasant farmer till a mother or a High-flying manager of a business company, everyone has experienced stress in his/her life, human in throughout of history has experienced stress. In fact, stress is an integral

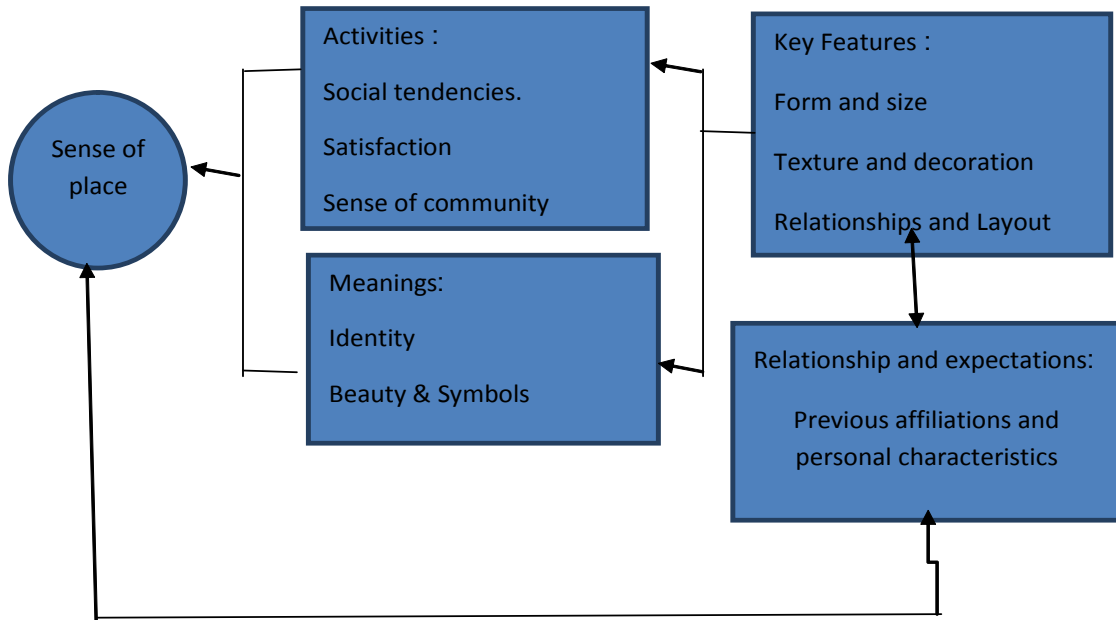


Fig. 1: Environment interactions in sex (Falahat, 1385.59)

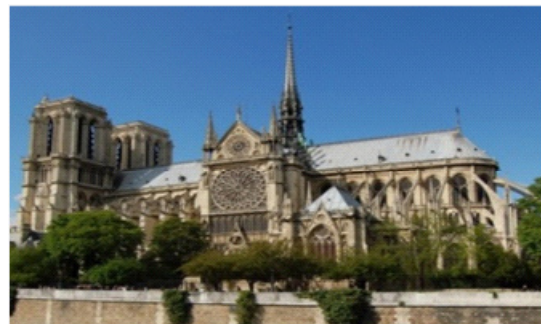
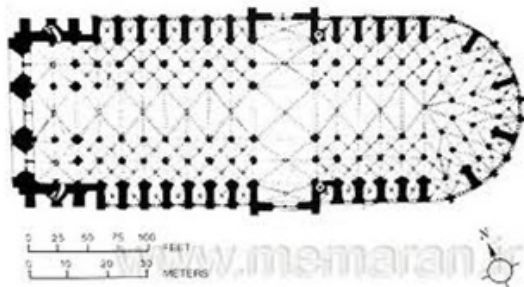


Fig. 2 :Space of Gotik churches

part of human life is that throughout the centuries have been portrayed in the mirror of art and literature. (Khanifar, 2008.10)

It is believed that all psychological pressure is bad, but in reality this is not always true. In most cases, psychological pressure can be a positive factor in encouraging and guiding a person used to achieve a particular goal.

1. **Ayostres:** Positive psychological pressure  
-Irritating of doing task

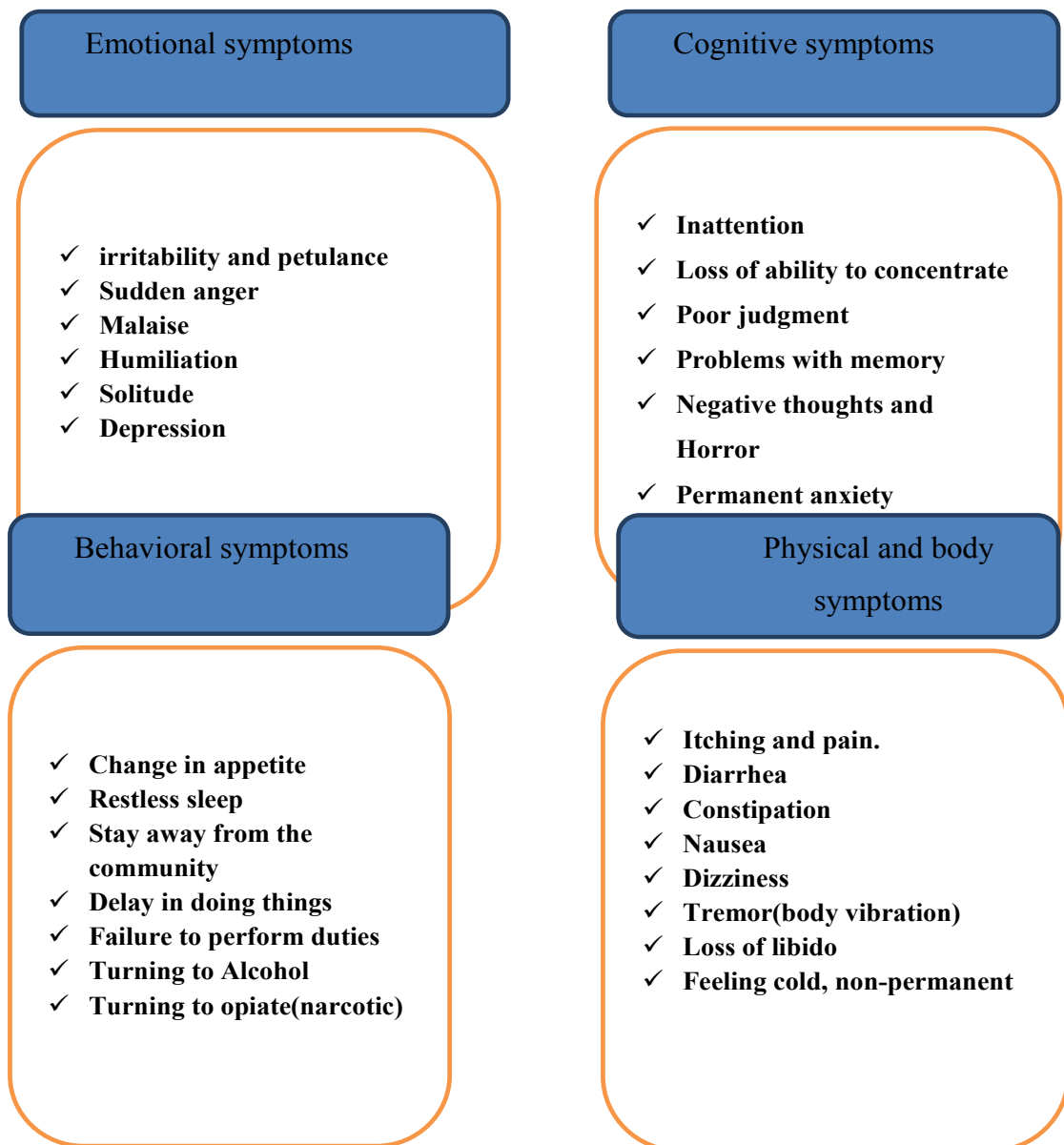
2. **Dyostres:** negative psychological pressure  
-making discomfort

Warning signs and symptoms of psychological pressure:

In fact, there are signs of stress that can be divided into four groups:

1. Cognitive symptoms
2. Emotional symptoms

**Table 1: Table Signs of Stress**



3. Physical and body symptoms
4. Behavioral symptoms

Each group consists of the following: (Saidi, 2001, 38)

#### Factors causing psychological pressure:

1. **Confliction:** Confliction is in the role of individual factors causing stress. . if between duties and job responsibilities, rules and regulations, resources and expectations and the expectations of the individual in his-her job was not enough accordance ,it cause make a kind of confliction and cause stress in a person. Conflict is one of the most important factors of stress environment. (Saidi, 2001.37)
2. **Tension:** Human tries to any conceptual order to find and identify structural or otherwise reduce the tensions. On the other hand, this is the particles of all living beings who want to experience stress. Robert Venturi on the conflict in relation to his architecture says: "I love Boring things and architecture, when has a conflict, cannot be boring". (Pakzad, 2011.357)

If the environment is more complex than it has more amount of stress. A complex system by creating tension more addressed our felt in front of our intelligence. This is the reason that a human with extroverted personality, more stress needs to be introverted personality. Conceptual that is associated with high stress amount of its Aesthetic information is more than semantic information and this is an approval based on the simple principle that art should create tension. making of tension is possible from the various ways, the general rule of this subject is whatever the complexity and conflict is more and whatever discipline is less ,stress is more and more (Pakzad, 2011.358)

It can cause tension by unusual contrast of two contrasting elements. There are two dominant direction in space of Gotik churches that were opposite each other, one horizontal that was to the altar and the other vertical that was to the sky, this duality maintained the whole of space in an unstable equilibrium. this state that expression on the two types of formal and spatial is actually one of the main pillars of the Christian ideology, on the one hand

is savior and protector and on the another hand is threat and grueling (Pakzad, 2011.359)

#### Psychological pressure management:

The ultimate goal of all of us is having a balanced life, enough time for work, relationships, relaxation, fun and flexibility in dealing with problems and pressure environment. (Saidi, 2001.39)

Healthy ways to confronting with psychological pressure: (Saidi, 2001.38)

1. Identify the sources of psychological pressure
2. Positive-thinking
3. Select the Appropriate lifestyle

#### DISCUSSION

Some environment affecting factors to the individual mental:

#### Beauty :

Plato: He knows the beautiful as a harmony of the parts to the whole

Allameh Jafari: beauty is a collection of images that each part of this show its existence without bothering with the other components and Gastala says : it expression speak what unspeakable and discover what discover endless. what that increase beauty life of a phenomenon is the association between concepts and meanings, what this means to penetrate with more deep into our mental cause rises life of beauty and termination in deepest layers of psychological to timeless beauty and to understand of beauty must be the perception of beauty and understand the way to the perception of beauty .on the other side, checking Beautiful phenomenon and its properties (Amir khni, Ansari, 2009, 50)

Four major properties impact of sense of aesthetics on the human mental:

- 1) Educable
- 2) Influence
- 3) Fallible
- 4) Intensity ( Amir khni, Ansari, 2009, 50)

Effective factors in the interpretation of the meaning of beauty:

- Organic Features: physical abilities and

limitations

- Characteristics: introverted and extroverted
- Social groups: high class, medium, low
- Cultural characteristics: Traditional Patterns
- Education: Expertise and training of individuals

### Form

It can know as language of space because what the architects wanted to express in space, they expression with regard to the form, that's why the form is very important in the creation of space.

### Form feeling

Human with observation one thing in the first place, without the knowledge of this, created the particular mentality in his/her mind, he mixing this mentality with previous experiences till reach to a special feeling in front of this thing. When see a form, make a special thought in our mental, analyze this in mind and compare it with the existing base forms, this perception creates a mentality in mind, generally, always should create a mentality to make Perception form form that this mentality give us a feeling from that form. (Abdolhosseini, 2011, 18)

Conceptual that we have from anything, is not only result of the analysis of sensory organs, the three major factors also play a vital role in this process, Lang says in this regard:

- a) Human's state of mind at that moment and the mood of environment at the time of conception
- b) Personality behavior that is created by all of previous experiences of Observer
- c) Hereditary factors and social context-psychological that means factors that not have been created through learning and experience. (Abdolhosseini, 2011, 18)

### Decoration

Throughout the history of art and architecture, the building will provide the comfort and shelter for the good life, as well as respond to the psychological needs, this respond is sometimes done to help decorating. The decorative motifs are influenced by cultural and social conditions and its contents are from national factors, beliefs and indigenous.

### Effective factors in the decorations include

Performance, People, comfort, features (room's view, amount of natural light and architectural features of the building), light, levels. (Muhammadi, Rajabi, 2010, 15)

### coordination and balance

When watching a good combination, these feelings arise in us that "Each section is in a good place exactly" and any change in that, in our minds, interpreted as an irregularity .contradictory makes imbalances effects on the viewer that its result is uncertainty feeling. Balance when is exists in our perception when all our forces in the field, mutually neutralize each other.

(Pakzad, 2011, 356)

### Crowding

The crowding term is often used to emphasize the subjective nature of the concept and shows that feeling of crowd is based on assessments of the people from the situation. (Ziaei, Shekari, 2013, 34)

Since man always considers territory and personal environment for himself congestion will be endanger personal environment and his territory and causing stress on the person.

Case Study on the effect of crowding in the environment on the psychological pressure of the environment:

This waterfall located in the distance of 22 km from the center of the Komehr village and 60 km North West of Sepidan and located 140 km from the city of Shiraz. The spatial domain of this research is Margoon waterfall. It is the most important tourist attractions of the Sepidan city in Fars Province and against other waterfalls that are creates from changing the height of the river, the Margoon waterfall among the rocks and with high-volume down to the Margoon valley, and its origin and form of a river.

Based on data analysis, the majority of respondents were of the opinion that the lack of space to park the car with reduced the quality of their experience and causing psychological pressure on

people who are going to Margoan. (Ziaei, Shekari, 2013, 42)

### **Flexibility of environment**

Flexibility in general say as able to change things and bodies .the architecture and design of the environment, particularly housing design that

is the subject of this research. The purpose of "Flexibility" word is flexibility of space and spatial organization of man-made and change on it to achieve requirements, needs and new implement. If the environment is more flexible becomes reduce the psychological pressure (Eini Far, 2004, 13)

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