

APPLICATION OF FRESH COLORS IN CHILDREN'S ROOM INTERIORS AND ITS EFFECT ON CHILD PSYCHOLOGY

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ABSTRACT

The bedroom is a place to rest and a place to shape the character of children's growth and development. Children's bedrooms should be designed using colours that have characteristics according to the child's personality so that children feel comfortable resting. Colour has an influence on human life. The choice of colour can determine the psychological, physiological and social impact. The choice of colour in a child's bedroom plays an important role in the psychology of the child. The purpose of this article is to explain how the application of fresh colours in the interior of a child's room can affect the child's psychology so that the child can feel a refreshing and energizing atmosphere. Research related to colour psychology has been done by many previous researchers, but the psychology of colour and its relationship to the application of fresh colours has not been studied. The design method used in this article is a qualitative descriptive method by observing people in the environment, interacting with them, and interpreting their opinions about the world around them. This design results in the physical and mental development of children in a good direction so that children can develop healthy, smart, and innovative. This article is intended for students and designers who are doing internships or who are having a children's room design project.

Keywords: Bedroom, colour, interior

1. PREFACE

Children are the next generation of the nation. Therefore, children are required to have potential such as intellectual and innovative skills. The potential of children must be honed from an early age so that they can be the basic capital for the next process of child growth and development.

So that children can become the nation's successors, health is the main key for children to continue to develop. Sleep quality is one of the things that can affect a child's health. The bedroom is a place to rest and a place to shape the character of children's growth and development. There are two conditions for a child's bedroom to be an ideal room: (a) Meeting the functional needs, namely a healthy and comfortable resting space, this includes the area of the room and the location of the room; (b) Fulfilling aesthetic needs, namely having an arrangement that is in accordance with the characteristics and behaviour of children.

There are several requirements in preparing the interior in order to meet these two conditions and be able to get a good children's bedroom, namely air circulation, materials used, and lighting. The use of bedroom colours in children must be distinguished from the use of colours in the family room. Children's bedrooms should be designed using colours that have characteristics according to the child's personality so that children feel comfortable resting. The use of colour in a child's bedroom should be adjusted to the characteristics and personality of the child basically because a child's room can affect a child's development. So the design must be able to spur the physical and mental development of children in a good direction so that children can develop healthy, smart, and innovative.

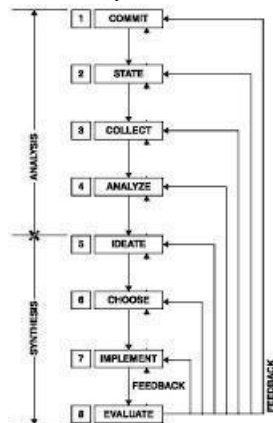
Careful planning is so important in designing a child's bedroom, a child's development is so fast that it requires us to think far ahead. Foresight is needed in order to be able to plan the needs of a child's bedroom that can be used for a longer period of time.

2. RESEARCH METHOD

The design method used is the Design Diagram by Rosemary Kilmer and Otie Kilmer [1].

Figure 1

Rosemary Kilmer Design Mindset Chart



In the design process, according to Rosemary Kilmer, there are several stages based on the design mindset chart. Here are the stages as follows: (a) Commit, Accept and commit to a project; (b) State, Identify existing problems; (c) Collect, Gather facts and existing field data; (d) Analyze, After the data and facts that have been collected in the analyze stage, a concept map design is made to formulate the problems and solutions needed in the design; (e) Idea, At this stage, create a design concept and create a material concept that will be used and in accordance with the design; (f) Choose, At this stage the concepts and alternatives that have been formed will be selected; (g) Implement, Apply the material that has been determined based on the research data that has been collected in the previous stages; (h) Evaluate, Evaluate or review the concepts that have been generated and carry out development if needed.

Meanwhile, the research method used is a qualitative research method, namely observing people in the environment, interacting with them, and interpreting their opinions about the world around them [2]. This method requires an approach from data that is more subjective in nature, can be generated from in-depth data processing from observations, interviews, and literature.

Literature study is a method that uses data obtained in compilation, analysis, and conclusion until it can answer the research problem formulation. Literature studies or library research are research conducted based on written works, whether written works that have been or have not been published [3]. Library sources can be used to obtain research data, not only as a preparation for a research framework [4].

3. RESULT AND DISCUSSION

Colour is an important aesthetic, because it is through colour that we can clearly distinguish the beauty of an object. Colour can be defined subjectively/psychologically which is a direct

understanding by our visual sense experience and objectively/physically as the nature of the light emitted. Objectively / physically the colour is projected from the wavelength (wave length), and the wavelength of colour that can still be caught by the human eye ranges from 380- 780 nanometers. Visible light to the eye is a form of narrow energy emission of electromagnetic waves. Understanding of colour theory has been going on for a long time, which is studied from the point of view of science, psychology, and aesthetics. Some of the colour theories that are studied from the point of view of science are Isaac Newton, a physicist who has studied optical theory which later resulted in his discovery of the refraction of light using a triangular glass prism that produces colour. Then there is a complementary theory that was coined by Brewster which resulted in a theory of understanding the division of colours into groups/clustering. This theory was first expressed in 1831 [5].

Colour is known to have an influence on psychology, emotions and the way humans act. Colour is also a form of non-verbal communication that can express messages instantly and more meaningfully. Carl Gustav Jung, a renowned Swiss psychologist, made colour an important tool in his psychotherapy. Each colour has meaning, potential, and power to influence, and even produce certain effects on productivity, emotions, to changes in a person's mood [6]. The use of the right colours for a child's bedroom can increase comfort at rest and while studying for the occupants. A well-designed area not only creates comfort for the occupants but can also reduce the problem of negative personality. This is caused because colour can create different impressions in building a space atmosphere. In addition, colour can also have a psychological effect on children, either directly or indirectly, for example feelings of anxiety, peace, security, and so on. The influence of colours on children needs to be known so that it can minimize or prevent inaccuracies when using colours that have a bad impact, especially on the physical and psychological development of children.

This explanation generates the idea that the need in a child's bedroom is a good space for psychological development and can create a warm, comfortable, and safe atmosphere so that residents can rest and get inspiration in learning activities through the atmosphere of the room that residents feel.

To complement the child's need for a sense of security in the room, a space atmosphere that is not scary and stressful is needed, which means using colours that are not psychologically scary or pressuring the occupants, for example the use of black. A sense of security can also be created by using colours that are not dazzling so that it will not cause eye fatigue, headaches, or tension.

The next need is the need for a sense of comfort and warmth in the room. This atmosphere can be produced by creating a composition of a combination of warm colours and low intensity. The last need is the need for space that can motivate children to be active, enthusiastic and imaginative. These things can be created by building a warm and festive atmosphere in the room. The colours that support the atmosphere are a composition of warm, contrasting and bright colours.

Figure 2

Fresh light green colour gives a refreshing and energizing effect on the interior of the children's room Faraday Housing



Figure 3

3D rendering of Faraday Housing children's room interior perspective 1



The children's bedroom at Faraday Housing has an area of approximately 9m² with a width of 2.9m and a length of 3.1m, so the layout is quite simple. There is a study area and a resting area. The choice of colours in a child's room will greatly contribute to the atmosphere of the room and also the development of the child's personality.

Children who will occupy this room are children in the age category of 6 to 8 years. The characters and personalities of this child include cheerful, cheerful, talkative, easy to get along

with, and active. Based on the data obtained, the following is the effect of fresh color on children:

Table 1

Children's Character and Behavior Against Color

<i>Number</i>	<i>Ages</i>	<i>Characters</i>	<i>Colours</i>
1	6-8	- Can play games that require motor coordination - Play organized games - Starting to like collecting things - Can play cooperatively with his friends	- Yellow - Dark blue - Green - Red

Based on the table above, the colour selection used for this bedroom is white with a combination of green which is used as an accent in the interior. The choice of using the dominant white colour is because the area is not too large and the white colour can give the impression of a large room. But too much white can cause feelings of cold, sterile, stiff and isolated.

Therefore, combined with a little green colour which is a natural and refreshing colour, it generates energy and is also able to give a calming, soothing effect, balancing emotions. This colour can relieve stress, provide a sense of security, and protection. The finish used for the floor is wood vinyl. Vinyl flooring is a floor made of PVC (a material for plastic). The characteristics of this vinyl floor are light, elastic (flexible), easy to absorb sound, shock and movement resistance, weather resistance, easy maintenance, termite and mildew resistant and easy to renovate.

Wood has the characteristics of natural, soundproof, durable, and a good conductor of heat. The atmosphere created is a warm, natural, and beautiful atmosphere. The colour of the walls also has an influence on the atmosphere of the room. The finishing used for the walls of this room uses the most common finishing, namely white wall paint. Light colours give a light and spacious impression to a space. The use of paint as wall finishing can give the impression of a clean, spacious, and tidy room.

4. CONCLUSIONS AND RECOMMENDATIONS

The bedroom is a space that has personal characteristics that describe the character, personality, and lifestyle of its occupants. In addition to having to meet functional needs, the arrangement of the bedroom must of course also pay attention to both in terms of aesthetics or aspects of beauty such as the use of colours, accents, and interior styles. In addition, the bedroom should be able to reflect the character and personality of the occupants so that the room can be a safe and comfortable place for the occupants. The ideal child's bedroom includes a sense of security, comfort, and can spur productivity and also develop children's creativity.

Colour has an important function in the world of design, and is also very influential in human life. The choice of colour can determine the psychological, physiological and social impact. In accordance with the discussion above, the choice of colour in a child's bedroom plays an important role in the child's psychology. Therefore, it can be concluded that fresh colours can be used as the right colours to have a good impact on the psychological development of children.

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