

## The Environmental and Human Dimension of the Ikigai Philosophy for Healthy Housing

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### Abstract:

The interest in environmental systems and nature has become an important element of interior design, as all countries of the world are currently moving towards achieving design in all its aspects in harmony with the environment, which is a basic necessity in human societies that have an innate need to communicate with nature to improve physical and mental health, productivity and well-being. Some results of recent studies have also indicated the existence of a phenomenon known as "sick buildings", which make their users feel uncomfortable and sick, which is reflected in their productivity and activities. Since housing is one of the necessary human needs, and the design of residential units that do not satisfy users' social, recreational and behavioral requirements leads to negative effects on these individuals, which leads to: A- Abandoning these residential units. B- Trying to make some modifications to them to keep pace with their requirements and behaviors, which leads to distortion in the physical environment and the loss of the function for which it was designed, in addition to wasting effort in studies and money in implementing them. Interior design plays a fundamental and effective role in treating the phenomenon of sick residential buildings syndrome and shedding light on the interaction of man with the space in which he exists in its three aspects: intellectual, material and psychological, which is what the Ikigai philosophy calls for, a Japanese philosophy that calls for a reason to live, so that the individual has a goal in life that makes him free of stress and happy. This philosophy is associated with the Japanese island of Okinawa, which is characterized by the presence of the largest percentage of centenarians. The Ikigai philosophy aims to better understand space as a result of a passion in the person himself to achieve the best in his life, increase productivity and reduce mental stress, while taking into account the economic, functional and human dimensions. Ikigai also helps designers to design well and optimally functionally and aesthetically (form and content), encouraging the designer to think from the perspective of the user's needs and design the space accordingly.

**Research problem:** When designing residential space, designers take into account meeting the physical needs of the person inside the space and neglect his psychological needs and environmental design standards. Thus, spaces began to lose that aspect that addresses the human conscience and gives him comfort and tranquility, which negatively affects the users of the space and the activities they perform.

**Research objective:** Applying the concept of Ikigai philosophy to design a residential facility that takes into account the environmental and human dimensions with harmonious living spaces that positively reflect on the user of the space.

**Importance of the research:** The application of the Ikigai philosophy in the environmental interior design of the residential facility reflects positively on the behavior, thinking, productivity and health of its users.

**Research Methodology** The research depends on the descriptive and analytical approaches.

**Results:** - The philosophy of design with ikigai is not just a philosophy of luxury, but it has an environmental, psychological, economic and human dimension. - Design with ikigai philosophy can be considered one of the current global trends in human and environmental design. - The principles of design with ikigai are consistent with the principles of environmental design such as respecting people and environments, enhancing the economy, achieving the quality of the internal environment and the physical presence of nature. - The criteria of ikigai philosophy are achieved in a healthy, sustainable home through both natural lighting and ventilation, and the connection of the interior to the exterior with the flexibility of

spaces, in addition to the use of natural environmental materials. - The determinants of design with ikigai within these residential spaces are fundamentally linked to the human needs that drive behavior.

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