

Effects of Colour Choices On the Moods of People in Residential Interiors

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Abstract : In order to understand how people like their interiors and how they feel inside a space, it is important to know the effect that the Colour of the space has on these individuals. Understanding this effect with the help of variables like colour choices of walls, furnishings, lighting, and the lifestyle of people will give a more clear understanding of the individual's preferences and choices and how they feel about various colours and spaces. This paper focuses on understanding the various moods of people and the psychological effect that the colour of space has on the person living in it. An extensive literature review was conducted to analyse the effect of these variables of colour on the moods of people living in residential interiors. Alongside, a questionnaire survey was conducted to note the responses of people living in residential buildings who have got their interiors done regarding how different colours in their houses makes them feel and if it affects their mood. The results of this survey have helped in providing a better understanding of the relationship between various colours and how different people associate different moods with the same colour. Thus, such results allow us to have a deeper understanding of the effect of colour in residential interiors on individuals and how the colour of a space can affect the state of mind and mood of an individual. This result helps interior designers to incorporate colours into space according to the moods of the individual and understand how every colour depicts a different emotion in different human beings.

Keywords : colour, residential interiors, psychological effect, people, different moods

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