

COLOURED INTERIOR SOLUTION PSYCHIATRIC

Abstract: Based on the theory of self-organizing complex systems studied mechanism of the effect of color on human and analyzes practices and the principles of making colored interior psychiatric

Keywords : Theory of self-organization of complex systems, color therapy , interiors psychiatric

Statement of the problem. In the world there are at least 50 million were registered mentally ill people. According to others, the total number of patients is several times larger - up to 10 % and even 20 % of the population [1]. There is also an increase in interlayer patients over the last hundred years, from 0.2 % (which is pretty much in correlated with an increase in the detection of diseases) and the percentage of patients among young people [2]. Hence the need to expand the arsenal of drugs, including the potential use of color therapy, the advantage of which is the possibility of non-verbal long-term impact on the patient. But making the conscious use of color as a hospital interior photo should identify the channels and power expiry color, specific effects on different types of sufferers of mental illness, especially the use of colored solutions in different functional areas.

Analysis of recent research and publications. The influence of color on the psycho-emotional state of a person known for a long time. However, the practical application of color in the interior is based largely on the basis of empirical data and an intuitive sense of design. Thus, even in the official instructions of color space found reference to such sources as the "West- Eastern Divan" J.-W. Goethe or at work . P. Florensky [3]. The first attempts to describe the therapeutic effect of color (AD Plesanton, 1876 DR Hhadiali, 1933, etc. .) Is also quite old, but in our time there is no reason to believe finally revealed its channels and mechanisms. There is an evident need to address these problems in the framework of a systematic approach. The specific device such research may be based on self-organization theory of complex systems [4].

Just not investigated the problem is the use of color to treat specific mental disorders and illness. Here is their classification according to the International Standard Classification of diseases, developed by the World Health Organization (Chapter 5, revision 10) [5]: organic, including symptomatic mental disorders,

conduct disorders associated with substance use, schizophrenia, schizotypal disorders, delirium, mood disorders, neurotic, stress-related, somatoform disorders, syndromes, inappropriate behavior related with physiological disturbances and physical factors, personality disorders and behavior in adulthood, mental retardation, disorders of psychological development, emotional disorders and disorders behaviors that begin in childhood and adolescence, mental disorders without further clarification. There is a view that the effect of color is universal to all people. But the more reasonable it is thought that for such different reasons, pathological factors, the occurrence and effects of diseases tactic color therapy should be excellent.

Similarly, the problem of tuning tools for color therapy psychotypicni features of a particular patient, as only partially resolved - for example, the test can detect M. Luscher Color Preference rights, but to assess the contribution of color to the overall feeling of comfort and, consequently, the efficiency as a means of rehabilitation is problematic.

Finally, it should be noted that the experience gained in the practical application of koloroterapevtychnoh means when designing interiors psychiatric hospitals also been brought to the level of specific recommendations. Systematic ways to use color therapy in the interior should help create a scenario solutions for interiors psychiatric hospitals.

The wording of Article goals. Based on the above, the objectives of this report are: the definition of the theory of self-organization of complex systems of channels and mechanisms of the effect of color on human psycho-emotional state, analysis of practical experience in the application of color in the interior design of psychiatric hospitals, the formulation of recommendations for making colored different functional areas, taking into account individual characteristics of patients and types of diseases.

The main part. Theoretical background. The theory of self-organizing complex systems from the S-wave model space created by J.M. Kovalev described in [4]. Its application to the problem of modeling human interactions with the environment has revealed levels and channels of interaction, their priorities and weights theoretical limits potential distribution across levels and channels, with the limits of the output rise to uncomfortable conditions and pathological changes. Described as correlation terms of psychological comfort of architectural and design solutions habitat person depending on psycho and individual rights. [6] We apply this device to solve the above defined objectives.

Channels and mechanisms of influence of color on the psycho-emotional state.

The immediate effect of color is limited to 6.7 channels (basic colors and shades), which contribute to the formation of human emotional tone is minimal.

However, there is a possibility of color and higher levels by various kinds of associations.

Thus, the color system indirectly influences all levels of human interaction with the environment and the deepest layers of the personality mechanism of the effect is associative and personal character associated with the life experience of man and his cultural achievements . The impact of color can be evaluated based on the potential associations involved in the flow levels.

It follows that color therapy program must necessarily be set to specific features of the patient and not universal. Appropriate testing ferrous benefits must necessarily identify as conducive to patient color, and those that cause discomfort. Further research should identify and optimal exposure time for color correction emotional state, the ultimate goal of which is to be renovation integrity of the human person and the intuitive nature of its interactions with the environment and society.

Analysis of practical experience in the application of color in interior designing psychiatric clinics. In 1997, the Planning Center U.S. medical institutions approved list of interior elements of health facilities that potentially have positive therapeutic quality [7], which includes texture, textures, furniture, color and light. It was found 10 major components of recovery for patients with mental illness: personal orientation, separation of self, empowerment, integrity of character, achieving creativity, laying the foundations of a strong personality , support friends, respect for others, responsibility, hope - all are formulated to implicit above purpose color therapy, in addition, for each of the points possible testing and tracking achieved effect. Consider the examples of solutions that contribute to the therapeutic effect on these criteria.

Determination of fixed assets in the interior color therapy. The most common example of color therapy as part of the interior is colored filling surfaces of walls, ceilings and floors according to the desired effect of color on the body. Often designers rely on the work of the founder of anthroposophy, Rudolf Steiner about the healing properties of color, especially useful color to treat mental disorders, he believed blue and pink: the first one helps with migraines, and the second - " heals the spirit ." An example implementation is the interior of an elite hospital Bridges to Recovery, where they are used in public places (*III.1*).



Ill. 1. The interior of the hospital Bridges to Recovery, USA

Rational use of these colors are believed can contribute to creativity and laying the foundations of a strong personality. In combination with the color of walls, floors, and ceilings are important furniture and decor. An example of the use of color with age individuals patients are children's psychiatric hospital Evangelisches Konigin Elisabeth Krankenhaus in Berlin. Design studio Dan Pearlman created the interior concept of "Alice's Island." The room appear bright and colorful, but the designers used only a few colors with shades of variation (*Ill.2*).



Ill.2. Rest rooms children's psychiatric hospital Evangelisches Konigin Elisabeth Krankenhaus, Germany

The impact of color in this case is as follows: green - treatment of latent hostility, and achieving integrity of the individual; orange - treatment of passivity and lack of energy, blue - the treatment of depression; Pink - calming and relaxing.

Different color play areas to isolate self by making independent choices more attractive area. The collective of artists Healing Arts Collective dekoruvav wall of a block Hospital Hennepin County Medical Center abstract pattern using blue, orange and green, the therapeutic effect of which has been mentioned above (*Ill.3*).

In addition to the color solution, it is important to use symbols of American Indians (Dreamcatcher) with the inclusion of the track motivating words «wisdom», «healing», etc. Using the symbols and stimulating word association dibnosti allows you to connect patients and creates an atmosphere of respect and pride in their nation

that promotes accountability and understanding of the rights and opportunities of the patient as a citizen.



Ill.3. Images artistic

community of Healing Arts Collective, Hospital Hennepin County Medical Center, USA

It is common is the use of the patients artworks (art therapy), and is an integral part of color. So by not only samovyrazhayetsya but gets the desired respect of others.

An example of such an art therapy program is Art Therapy Programme Psychiatric Clinic Psychiatric University Hospital of the Charité at St. Hedwig. In addition to new methods of learning, working patients are constantly emerging directly from the hospital building (*Ill.4*). This practice causes in patients personal orientation, allows to distinguish self among patients makes it possible to evaluate their rights and opportunities to achieve creativity, engage the support of friends and feel responsible for the result.



*Ill. 4. Exhibition of hospital patients Fig. 5. Pink room with
Psychiatric University Hospital of the calming effect
Charité at St. Hedwig, Germany*

A more aggressive examples of color therapy include the use of "Pink Room" - areas whose color - unpleasant shade of pink - quickly reduces aggression and relaxes the person (*Ill. 5*). Typically, these rooms are used in prisons to calm violent prisoners in particular, but these facilities can be found in psychiatric hospitals, school locker rooms and even kindergartens. Time spent in this room is 10-20 minutes, after which

the patient calms down and goes into a state of drowsiness. An interesting effect of this color is a feeling of hope that appears to observers.

Multisensory therapy - a relatively new form of therapy, which is considered the prototype sensors - stimulating therapy (J. Haldedzh , A. Verhoul). Now it is used in the following areas: learning disorders, dementia, treatment of children with special needs, pediatrics, adult psychiatry, stroke, traumatic brain injury. One of the conditions in this room is a voluntary desire of the patient, which can independently choose comfortable luminosity, color scheme, the frequency of sound. The therapeutic effect is achieved by the patient, intuitive committed to personal integrity. The usual content of this room is a ball, mirror, LED projector, generator bubbles, music, streams, plants, aromatherapy accessories, paintings (Ill.6).



Ill.6. Interior rooms multisensory therapy

Natural light is an important element of health care facilities. An example is the use of natural light Greystone Psuchiatic Hospital in the United States. Architect David Wilson turned frontage generator in color that gives a sense of hope and peace (Ill.7).



*Ill. 7. The facade of Psychiatric Hospital Greystone Psuchiatic Hospital, USA
Formulation of recommendations for making different colored interior functional areas of
psychiatric clinics.*

Now we formulate conclusions arising from the analysis of these and other similar examples:

1. The positive effect of color on interior psychiatric status of patients on the elements selected health facilities planning center U.S. can take for granted;

2. When choosing colors designers follow their own intuition and subjective perceptions of authors such as R. Steiner, but no systematic approach to detect the level of channels and the impact of color and stresses the need to configure a specific color therapy techniques on specific features of the patient;

3. This fact reduces the effectiveness of color therapy means - in any of the examples of the effect is not achieved by all elements of the Center for Planning of health facilities;

4. By the laws of the interior color of psychiatric clinics include:

- consideration not only the actions of colors for patients but also for staff and visitors;

- taking into account age- patients;

- consideration purpose treatment rooms;

- understanding of the need to regulate the stay of patients in areas with certain colors;

- techniques using art therapy and multisensory therapy where the patient is an active participant in the treatment process.

Leaving aside the purely hospital aspects (choice of tests to determine the non-ferrous attachments, create individual methods influence of color on the state of the individual patient, monitoring results), we present the principles of color space psychiatric hospitals that will complement the existing ones, will help eliminate these shortcomings and enhance the efficiency of color therapy:

1. Public areas must meet one of your colored, which is universal for people belonging to the society and culture of the country at the location of the hospital;

2. For patients who suffer certain type of disease, it is advisable to allocate separate buildings or floors in common areas to be followed colored solutions favorable for that group of patients;

3. The same applies to patients different age groups;

4. These buildings or floors color design individual chambers must be set up for personal color preferences, associative chains, artistic tastes, speech - stimulants and positive symbols of the patient and accordingly customize the interior. Please provide the patient controls elements of the interior, effectively making it a place of permanent residence in the House of multisensory therapy. The concept of dynamic accommodation with extensive use of technology "smart home" and multimedia best meet these requirements;

5. For the application of art therapy is best suited separately allocated space, which is also a place of communication and patient places their joint activities;

6. Another element of the habitat, the purpose of which is to compensate the isolation of patients from unrestricted communication with nature, to be a specially designed parks and conservatories, as well as plants in the interior space;

7. Controls and security should be masked.

Conclusions. A systematic approach and analysis methods using color as a healing agent solution as an example of foreign psychiatric allowed us to determine the mechanisms and channels of influence of color on the psycho-emotional state of the person to justify the benefits and drawbacks of modern approaches to interior designing of hospitals principles formulated system of color space that eliminate deficiencies and boost the effectiveness of treatment methods of color therapy.

Prospects for future research is to adapt international experience in the field of color therapy to Ukrainian psychiatric hospitals and justification of the basis of standard solutions of functional areas of hospitals.

Literature

1. Статистика...<http://www.rrobertswebs.com/simptomu-i-sindromu/uvelichenie-psihicheski-bolnyh-lyudej.html>.

2. Рост заболеваний

<http://www.psychiatry.ru/lib/54/book/28/chapter/100>

3. Цвет в производственной среде (Метод. указания).– М.,1967.–283 с.

4. Мхитарян Н.М., Бадеян Г.В., Ковалев Ю.Н. Эргономические аспекты сложных систем / Н.М. Мхитарян, Г.В. Бадеян, Ю.Н. Ковалев.– К.:Наукова думка, 2004. –599 с.

5. Психическое расстройство <http://ru.wikipedia.org/wiki>

6. Ковальов Ю.М. Психологічне комфортне житло для «Борця»: трансформованість / Ю.Н. Ковалев, О.Є. Дувалкіна, В.В.Калашнікова // Проблеми розвитку міського середовища, 2011.–№5–6.–С.74–82

7. The Center for Health Design <https://www.healthdesign.org/>

Аннотация

Ковалев Ю.Н., Кфиа Д.В.. Цветовое решение интерьеров психиатрических клиник. На основе теории самоорганизации сложных систем исследован механизм влияния цвета на человека, проанализирована практика и сформулированы принципы цветовых решений интерьеров психиатрических клиник

Ключевые слова: теория самоорганизации сложных систем, цветотерапия, интерьеры психиатрических клиник

Анотація

Ковальов Ю.М., Кфіа Д.В.. Кольорове рішення інтер'єрів психіатричних клінік. На основі теорії самоорганізації складних систем досліджено механізм впливу кольору на людину, проаналізована практика і сформульовані принципи колірних рішень інтер'єрів психіатричних клінік

Ключові слова: теорія самоорганізації складних систем, кольоротерапія, інтер'єри психіатричних клінік