



## **The role of the building Architecture in Promotion of Children's Health living in Orphanages**

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### **ABSTRACT**

*Considering the fact that each year a lot of children, due to being orphans or having bad parents, are homeless and the place a society provides them with is orphanage, and also considering the fact that we can enhance mental health of children by conscious design of orphanages, this paper examines the basics of orphanage design with the aim of enhancing their mental health. The paper's main subject is, also, designing orphanage with the approach of enhancing orphans mental health. On the one hand, children's growth has many different aspects in different parts of their life which can affect their mental health. Among them, who turn out to shelter in orphanages due to homelessness or bad parents, there are a lot of kids who have difficulties in the process of their growth. In addition to providing them with necessary standards of physical and mental health, the kids happiness and future is what administrative and research institutions should take in to careful account. The goal of this research is to find effective factors on the health of kids dwelling in orphanages. The research method is that of qualitative content analysis and the data is gathered through libraries and documents.*

**Key Words:** architecture, building, health, children, Orphanage

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### **INTRODUCTION**

Each year a large number of children are left in the streets due to economic and social problems and the place where they are being taken care of is orphanage.

Parental death, physical and psychological problems, parents' divorce, familial and financial problems are some of the most important reasons for their children to end in an orphanage. Studies show that children who spend the first part of their lives in an orphanage or an unsuitable family lack the main environmental supports and more vulnerable to behavioral problems such as hyperactivity, aggression, anti-social behaviors, emotional problems like depression and emotional disharmony and physical problems. Furthermore, orphanage children act weakly in growth particularly in behavioral, intelligence and oral tests compared to normal children. In addition, researches have shown that living in the orphanage environment has a negative effect in the children's safe attachment creating unsafe attachment in them. In addition to the effect it has on their character and growth, their mental image of family and familial relationships will not form and it will negatively affect their relationships.

1. With regard to this matter that the children will live in the society in the future and they will suffer from the lack of family, the situations should be in a way that they feel a family-like interests and attachment similar to family. In this way, the plans will be different.
2. Many investigations have done considering many factors in children's creativity growth, training means, aspects of emotional knowledge of children and also training issues, but the effect of architecture in their creativity growth have been almost neglected. During childhood, foundations of creativity capabilities of children forms and the best time for creativity growth is from 2 to 10 year of age. Thus, the design of orphanages will be examined for the children of these ages.

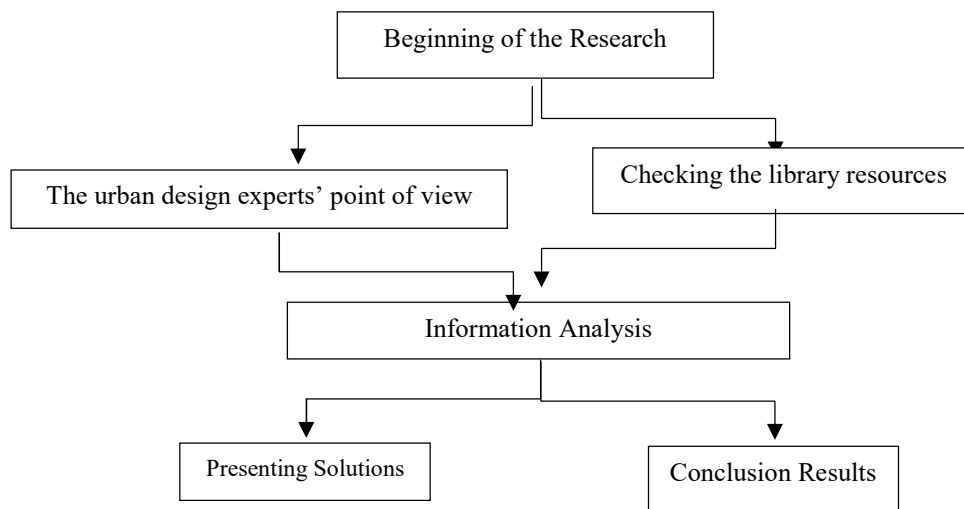
### **METHOD OF RESEARCH**

Method of research determines how propositions of a research is approved or rejected. In other words, method of research forms the framework of operation or actions in the search for the purpose of research or to answer research questions [1].

**Method of Gathering the data:** As the method of research always is a function of the subject, with regard to the present investigation method, two main methods for gathering the data is used: 1- Documents 2- Survey method.

**The Population and the volume of sample:** with regard to the definition of UNESCO, a researcher is an individual who spends a large portion of his time for research and the main source of his income is research. Usually individuals who had received their Bachelor's, Master's and PhD's are considered as researchers.

**Method of Research:** The research method in this work is a descriptive analytical one and the method of gathering the data is a library and survey method. In this method, the researcher have used note taking as his main tool and has referred to all sources that has been detected before, and written required information on research cards with precise specifications of the source used and continued to use the observation and the interview tools in the environment and finally the method of content analyses to analyze the data.



**Picture 1: chart research process**

### Research variables

The variables checked in the form of a conceptual model and the way of check ing and measuring variables are as follows:

A - Dependent variables include:

Architecture, building

B - Independent variables also are:

Health of the children living in the orphanage

### RESULTS AND DISCUSSION

Despite the progress of the human scientific proclamations, there still are a lot of factors that threat human health, especially their mental health. The human made physical environment can be one of the factors of threat for man. While the major focus of the research of contemporary scientists has been on the physical health, mental health has relatively been less taken care of [2].

The building design potentially can cause stress and human health. Now we have little knowledge on the role of internal design on human health. Stress that can cause by environmental demand for resources can be effective in the designers' imagination on working for human mental health.

Stimulation, continuation, control, conformity and repair include some primary series of environment dimensions related to stress. Each of these dimensions includes elements of internal design. Better understanding of this dimension with more knowledge about the physical features of them might make designers to design healthy environments more consciously. Scientists have neglected the role of environmental design on human health. We show here an important classification based on experimental observations for design derived from psychology of human.

So, stress is only one of the existent processes in this regard, and the effect of the environment on the health of man. Other routes including negative emotions like emotions and depression (Tyler or health promotion practices (like exercise and smoking quitting) [3].

Stimulation, research and thinking more about the features in the construction environment is very serious and can be effective on human health. We know more environmental features on human health

than about the role of environment quality in human health more than the role he construction environment on that. This issue has been problematic when we value internal environments more than external ones. In addition, experimental value of a classification of the elements of internal design related to health challenges the way of defining and evaluation of a series of features of physical environment made related to the health of the challenge.

### **Psychological Pressure of Environment**

The experience of psychological pressure of environment in the children in the orphanages is different depending on age, gender and past life event. Psychological pressure of environment is sometimes about overheating information which is beyond the capacity of the individual. Sometimes it seems that what makes one helpless and weak is something in reaction to lack of adaptability and lack weakness in control. Most of the pressure causes are out of control. They can be endured without a serious harm in short terms. But, regular being faced with the pressures invokes the stimulations and it can in turn affect the one's spiritual and physical state of mind.[6].



**Picture 2: meeting the basic needs of orphanage children**

### **Advantages of game**

There have done a lot of researches about the benefits of game for nurturing children's minds and body. Most of the researchers have come to this conclusion that playing is a primary need. The more the possibility of healthy plays is, the better mind growth of children and their social skills would be.

By choosing the type of game, the regulations and limiting themselves to it experience sort of social life and make this belief inside them that they can organize life.

Games affect human physical growth. Froyl believes that playing is one of the most important factors that can cause harmony in children growth in terms of the physical, psychological and social aspects. It can be said that perhaps this game benefit is the first and the most obvious pro. It can definitely have good effects on mental and physical health of children [4].

- play is a means for getting to know ones' strengths and weaknesses; it is sort of verification through which one can remove the weaknesses and enhancing strengths by knowing oneself.

1. The game determines the social position; child enters entertaining activities where he can find social acceptance. The more successful he is in this way, the more he will attain sociability. Participation, cooperation and observing other's rights can be taught through plays.
2. Game is a means of communication with children; through games, one can communicate with children. As children have not yet attain verbal maturity, playing can be a good means of communication; friendship and intimacy with child can be shaped more easily through play.
3. Through games, children learn social interest which is the symbol of human capacity for interaction with the community.
4. The play causes character prosperity, and is effective in its development. Considering the fact that playing is a form of self-expression through which kids reveal themselves. So, for getting to know the needs, tendencies and potentials, etc, it is a suitable method. Entering the child's world through games creates a system of game therapy. Child's attitude toward gaming, his selections and the emphasis he puts on it can show his relationship and attitude toward the environment and his firms with others [4].

5. The plays of children are effective in their social development as it shows their character in the playground. It is during game when he reveals his imagination and visual capabilities, the potential to cooperation and fair bargains. Game is a significant factor in determination of social values.
6. Game is a psychological discharge especially for the children who let has not get the main tool for communication that is language and cannot express their minds. Game can be the best means for psychological self-release. Aristotle, also, has mentioned that some psychological problems such as aggressiveness, depression, etc, can be ameliorating through games.

#### Providing Appropriate Light and Air Conditioning

Light is one of the basics of architecture in providing visual comfort for a space which puts various psychological impacts on human. Researchers have confirmed that natural light have had a positive impact on children; they feel vivid and friendly under that. Enough light and suitable lightening enhances children's tendency toward many different things. It promotes focus, improves eye health and eyesight, and prevents fatigue nerves.

As children are more vulnerable to tension and fatigue, administrative contrasting lights that cause fatigue and tension should be avoided.

For a minimum fatigue and providing children with health, it is necessary to have suitable air conditioning in the classrooms.

1. Right determination of opening gaps in relation to wind direction.
2. Using appropriate materials in the walls
3. Using plants and trees for natural ventilation of surrounding environment

#### Residents' Health in relation with nature

Physical or visual access to open spaces and nature is a criterion in suitable constructing and building making. If architectural design provides natural light and conditioning and puts green and natural views in access and usable, it will be effective in health.

Linkage of natural elements like water and plant covers with the building and the environment puts positive effects on residents psychologically. Existing trees in the neighboring spaces increases the friendly relations and promotes neighborhood. Based on researches, windows that are faced with green coverings is effective in promotion of children's cognitive abilities as opposed to waste lands.

Furthermore, the hazards of artificial lights like television and computer beams, and some common lamps are proved. [5]

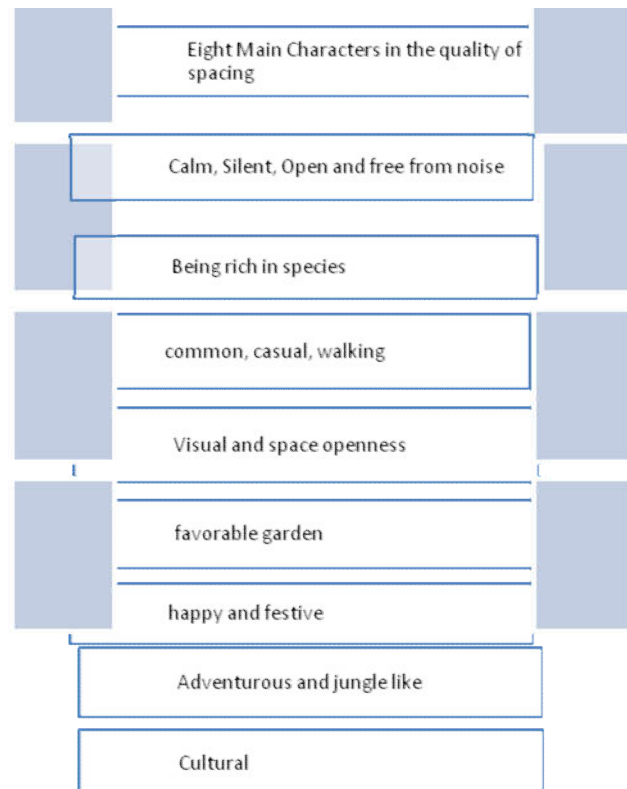


Figure2; fundamental characters in the design of green spaces and qualifying the environment [5]

## CONCLUSION

The growth of children has different aspects in the different phases of their lives through which child's mental health can form. Meanwhile, children who live in orphanages are faced with different problems due to the lack of parents or bad parents. Social, environmental and character growth are some effective factors in children overall growth. Manufactured environment can promote children health. To foresee places like gyms, atmospheres where children can feel a sense of ownership and designing adapting spaces are some factors that can promote children health.

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