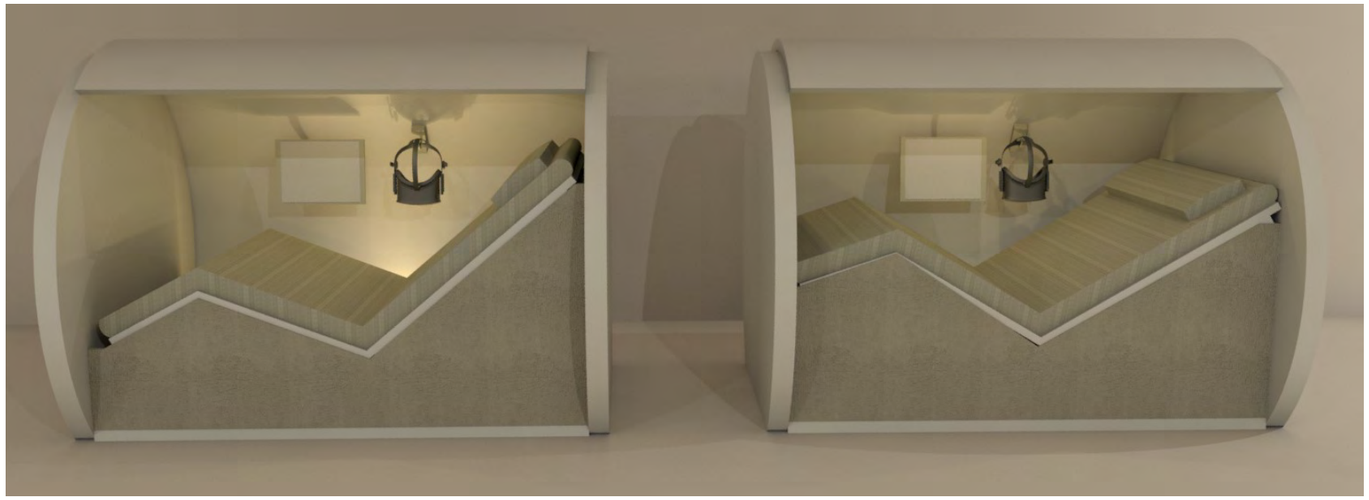
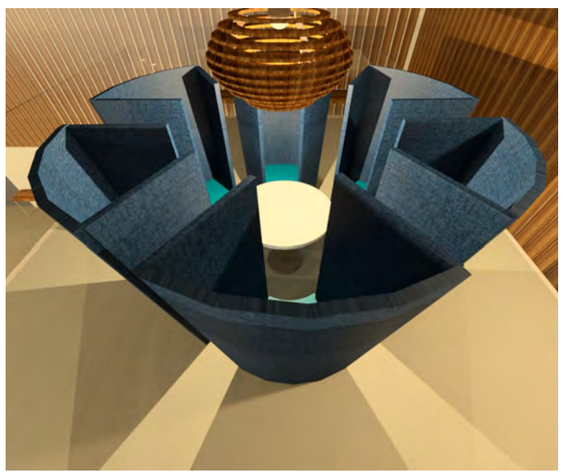
ISOLATION CAPSULE

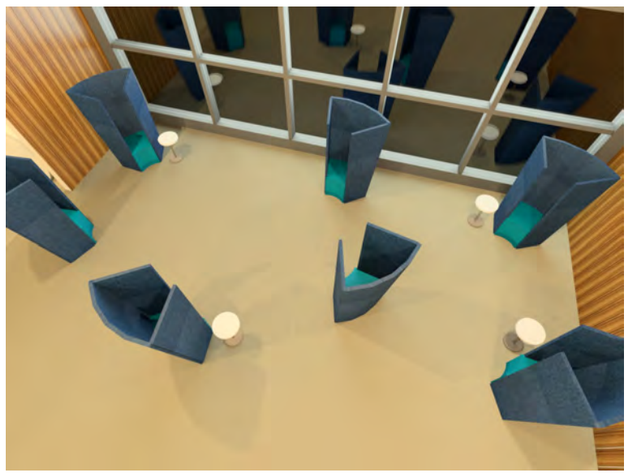


The isolation capsule has been placed in a high-school student area, created to reduce stress and provide an escape from a high-pressure environment. It is designed to offer relaxation, through its massage system, and a partial detachment from the exterior world by the usage of virtual reality glasses. The computer based structure can be completely or partially closed, as the user wants, and gives the possibility of keeping a digital journal, a method known for releasing negative energy and emotions.

HIGH-SCHOOL STUDENT AREA

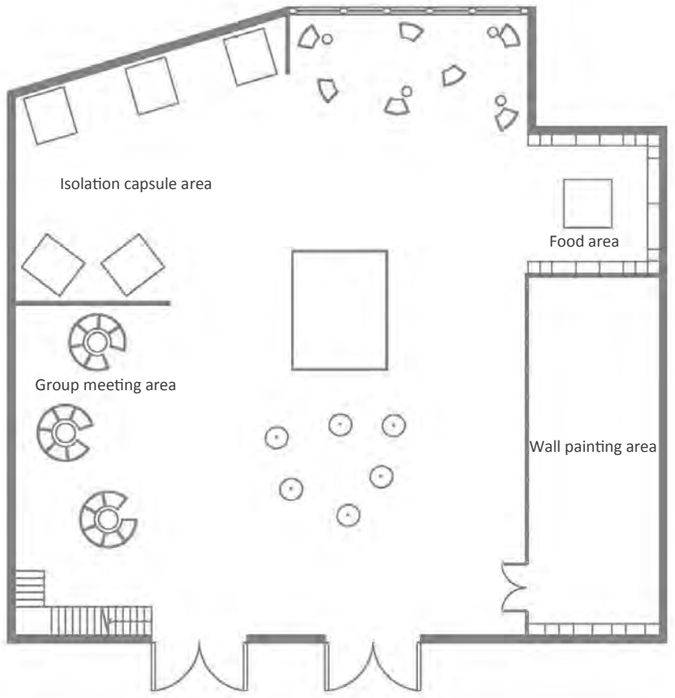
The student space presents with multiple areas and tries to provide both socializing and isolation for its users. A section of the room is dedicated to creative expression through painting and graffiti, the center of the space contains a structure made for throwing written negative thoughts, and next to it a swinging zone has been placed.



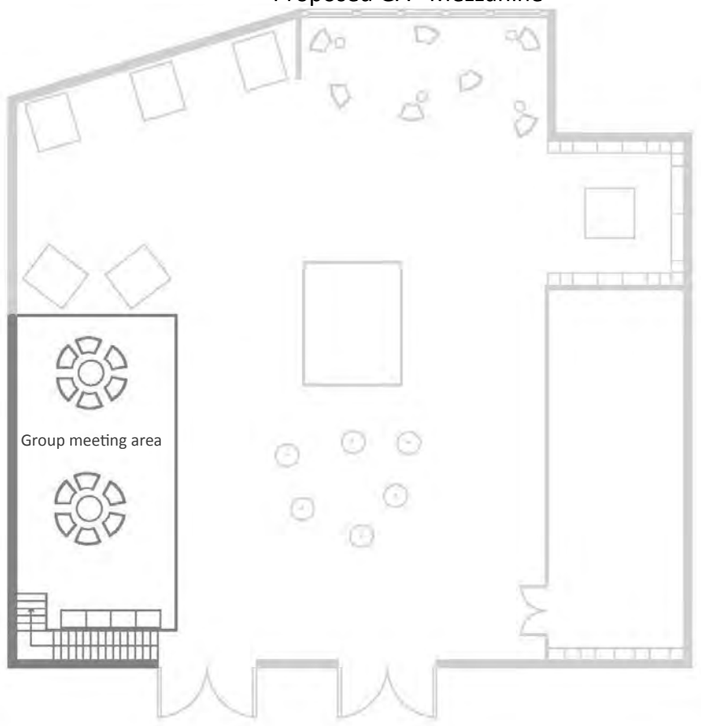


Modular furniture that provides a partially isolated space when divided through the use of high back-rest and side panels, as well as a group meeting area achieved through placing together the individual seating has been arrange in different sections of the room

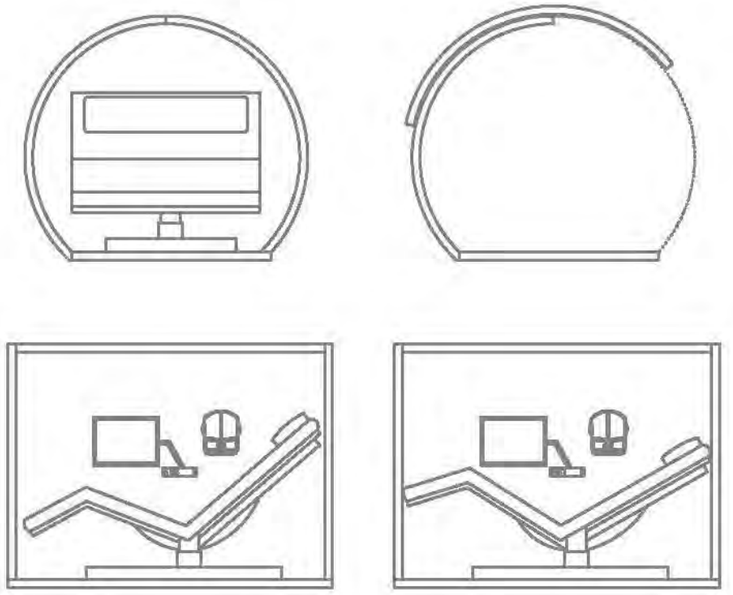
Proposed GA– Ground floor

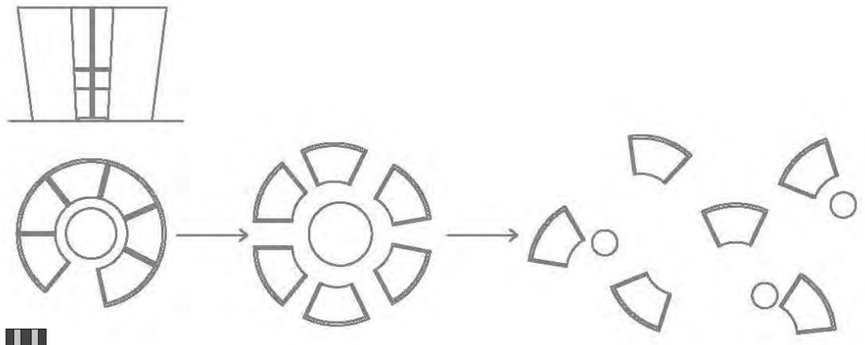


Proposed GA– Mezzanine



Isolation capsule



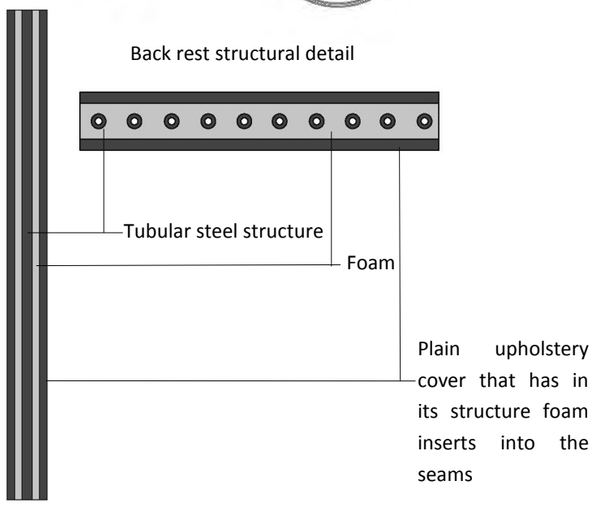


Modular furniture

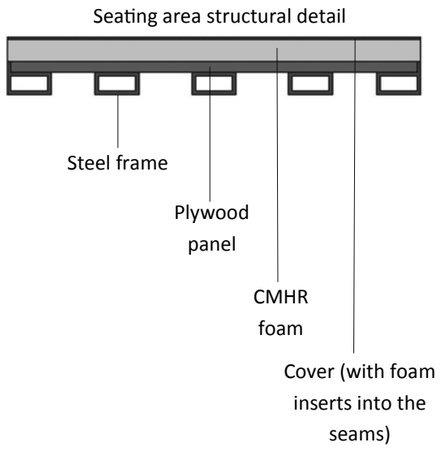
Provides privacy when the structure is separated and becomes a meeting area with a certain level of isolation from the outer environment when placed together.

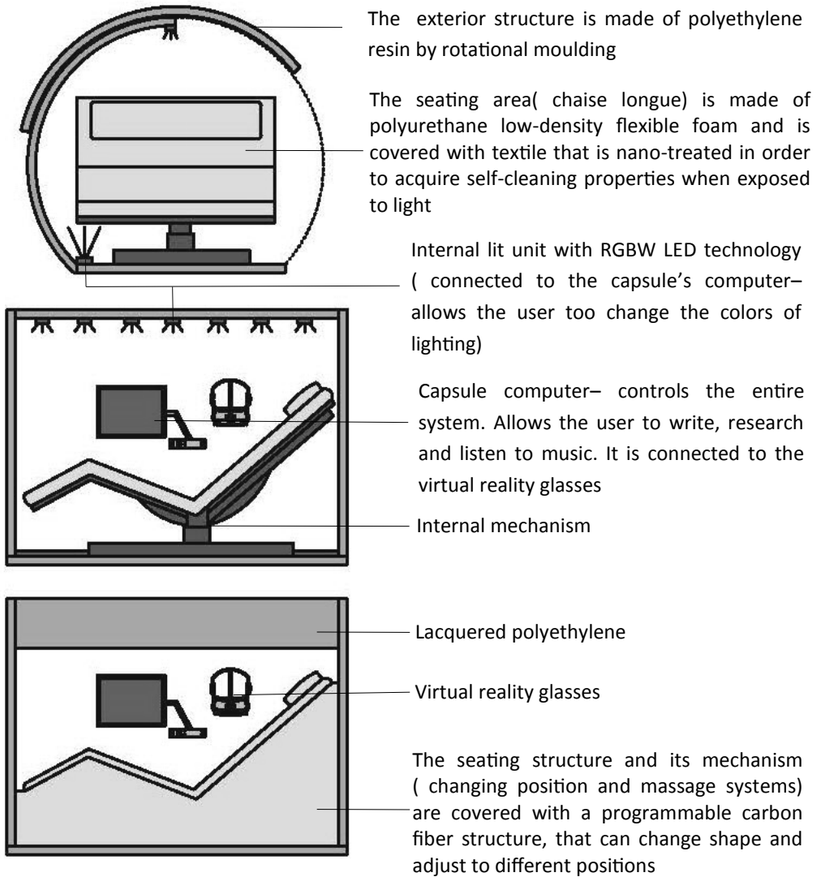
The upholstery cover gives this piece of furniture a soft touch, being a comfortable seating space in the public zone

Back rest structural detail



Seating area structural detail





High-school student area

Isolation capsule and modular furniture integration

The present situation of the traditional strict educational system in Romania creates a high-pressure environment for students, that are exposed to a great level of stress, which has profound effects on their psychological development. This often causes depression, anger, fatigue, headaches, anxiety, panic attacks, sleep problems and a constant fight mode (Mayo Clinic 2016). The mood of students has a significant impact on the entire educational process, and can create unfavorable circumstances for both teachers and pupils.

The aim of the project is to create a stress- free environment that offers an escape from the hectic atmosphere of classrooms, during breaks and even after school.

As each individual is different, and requires both isolation and socializing, depending on the multiple psychological states their experiencing, the area designed is divided into sections that provide experiences based on needs. To address anger manifestation a creative zone has been developed, offering an alternative to violent behavior, through painting (a form of paint-ball, and classical forms of painting) and graffiti making, as freedom of expression plays a major role in one's evolution.

A therapeutic activity that has been shown to reduce stress and some emotional problems is writing down negative thoughts and throwing them away, as a form of releasing that psychological consuming aspect (Hamilton 2017). As a result, in the center of the room a wood structure with chairs around it has been created to allow students to reflect on their emotions on paper, and then eliminate the self-destructive elements from their thinking.

As people become stressed, discouraged, and frustrated in an environment where they face lack of control (Augustin, Coleman and Frankel 2009: 29), the space created tries to provide students a sense of freedom and of regaining a certain level of control. Having privacy allows people to decide when and how interaction with others is beneficial (Augustin 2009: 17), as socializing should be approached in a specific comfortable environment, whilst preserving the psychological private space of each individual.

To approach the need of isolation, small and more private areas have been developed within the public room, by designing modular furniture that provides a barrier between the seating space and the exterior. People tend to manifest an attraction towards places that present themselves as refuges, therefore seeking comfort and safety (Augustin, Coleman and Frankel 2009:11). As a result, the enclosure of the mentioned furniture provides the feeling of security and control, and along with the chromatic choice- dark blue for the cover- has a calming effect.

Augustin presents the beneficial effect of having privacy, which is rejuvenation and obtaining a strengthen psychological perspective (Augustin, Coleman and Frankel 2009: 29). Isolation capsules have been created in order to offer the possibility of a partial or complete detachment from the surrounding environment. These structures provide a massage system as well as a computer that controls the entire capsule, and can be used for research, writing a digital journal, and listening to music. Some of these activities have been proven to reduce stress, and offer psychological balance, music being one of the most popular therapies for a healthier life style (Scott 2017). In relation to light intensity, Augustin states that a room that relaxes people is usually not brightly lit (Augustin, Coleman and Frankel 2009:13), an approach that can be found in the design of the isolation capsule and on its placement in a low ceiling, dimly lighted space.

Augustin, in her color analysis, affirms that warmer and darker shades have an energizing outcome while cool colors impact people in a calmer way (Augustin, Coleman and Frankel 2009:49). Relating to the overall space designed, the use of neutral warm colors in combination with the dark brown of wood creates a relaxing environment, which at the same time has an invigorating effect.

Biophilic design explores the psychological satisfaction that natural design themes offer to its users, and the importance of relating to the exterior when creating an environment for humans (Augustin, Coleman and Frankel 2009: 85). As the beneficial effects of incorporating natural elements are not be dismissed, wood has been included in the design of the space, which offers a refuge, an escape from the outer world, whilst expressing and emphasizing the undoubted connection to nature.

Reference

AUGUSTIN, Sally and Cindy COLEMAN and Neil FRANKEL. 2009. *Place Advantage: Applied Psychology for Interior Architecture*. Hoboken, N.J: Wiley

HAMILTON, Laura. 2017. 'Get rid of negative thoughts by literally throwing them away'. Psychicsuniverse.com [online]. Available at: http://www.psychicsuniverse.com/articles/spirituality/attracting-positivity/get-rid-negative-thoughts [accessed 18 November 2017].

SCOTT, Elizabeth and Steven GANS. 2017. 'Try These Top 10 Ways to Relieve Stress'. Verywell.com [online]. Available at: https://www.verywell.com/stress-relief-activities-you-should-try-3144614 [accessed 13 November 2017].

MAYO CLINIC STAFF. 2016. 'How stress affects your body and behavior'. Mayoclinic.org [online]. Available at: https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987 [accessed 13 November 2017].