
THE INFLUENCE OF BUILDING ARCHITECTURE ON THE PSYCHOLOGICAL STATE OF A HUMAN

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Abstract:	Keywords
The paper examined the ways in which architecture influences a person's emotional state.	Architecture, psychological state, influence.

Introduction

A person's health is primarily influenced by their lifestyle and environment, so where and how they live is crucial. Architecture plays a special role in human life. The combination of lines, angles, and color of a building influences a person's consciousness, which shapes their social behavior. When creating a structure, an architect must consider not only its aesthetic components but also how it will affect people. This issue requires special attention, as it is impossible to precisely determine the impact of any given quality on each person. The architect's task is to study the influence of various aspects of architecture and then use this knowledge to improve quality of life.

In the modern world, the negative influence of architecture is becoming increasingly common. Cost and time savings lead to the simplification of forms and the decline of the architectural and spiritual value of buildings. People are surrounded by monotonous buildings of identical shapes and uniform colors. Asphalt pavement, solid bare walls, and monolithic glass are out of harmony with nature and negatively impact human behavior.

The depersonalization of cities began during the Soviet period, when every family was entitled to a separate apartment, leading to the mass construction of uniform, gray buildings. Psychology didn't play a significant role back then; the primary goal was to build as many houses as possible in a short period of time. During this time, people accustomed to seeing dull colors lose their former productivity.

In some countries, architects consult with psychologists when designing buildings for various purposes. Thanks to years of research, they are able to create structures that meet user needs and avoid design errors.

Architecture has the following ways of influencing people:

- color scheme;
- natural and artificial lighting;
- building materials;
- architectural forms.

Color is a key element in building design. Architects are now widely using this technique to positively influence people's psychological well-being. They use moderately bright, subtle shades to break up the overall drabness of buildings.

A clear example of the effect that certain colors have on a person:

- orange-red has a stimulating effect, increases the heart rate and raises blood pressure;
- dark shades of blue are calming and promote physical and mental relaxation;
- gray is a neutral color, but nevertheless it promotes melancholy;
- yellow lifts the mood and activates brain function;
- green relieves nervous and visual fatigue.

It's not just color schemes that can impact city residents; visually aggressive fields are a problem in modern cities. Spaces with repeated, identical elements that cause eye fatigue should be avoided. A typical high-rise building with its identical window openings is an example.

Natural light has a positive effect on the psyche. The sun produces serotonin and melatonin, the lack of which leads to melancholy and disruption of the biological clock.

In addition to the amount of color, its temperature is also important:

- cool shades are associated with daytime, when a person has more energy;
- warm shades draw a parallel with the evening or dawn sun, when the body is relaxed.

Materials influence the aesthetic and tactile qualities of a building. They can make a structure visually distinctive and create a positive impression. For example, a blank brick wall conveys boredom and monotony.

Shape also evokes certain emotions in people. Simple shapes, such as squares and ovals, are easier and more perceptible than complex ones. Lines in architecture have the following effects:

- straight lines are associated with clarity and peace;
- curved with grace and lightness;
- crooked and broken with aggression and sharpness.

The rectangular shape remains a favorite for people; it symbolizes rationality and reliability.

City layout is also important. High building density and height impact crime rates. This is particularly true in New York City, where crime rates increase proportionally with building height.

Green spaces, which must be in harmony with the architecture, must not be forgotten. Plants improve the environment, influencing temperature, humidity, and gas exchange. The aesthetic qualities of green spaces, the singing of birds, and the rustling of leaves create optimal living conditions for people. Plants can be placed not only near the architecture but also directly on the structures themselves. Plants have a positive effect on both human health and emotional well-being.

Therefore, the architect's task is not only to develop plans and facades, but also to fully understand the impact of their construction on people. More unique buildings should be created, avoiding monotony. To ensure people feel comfortable, it is important to consider

all the above factors, not forgetting about landscaping. Only then will it be possible to create harmony between architecture and people.

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