Relation between Type of Architecture, Interpersonal Relationship and Spiritual Health of Resident

Ar. Aviral Dixit[1§], Dr. Raghav Shah[2], Dr. Mahesh Sharma[3] and Dr. Kusum Lata Gaur[4]

[1]A Assistant Professor, Wilfref Architecture College, Ajmer (Rajasthan) India
[1]Architect, Akesh Architects and Interior Designer, 21 Kailashpuri, Malviyanagar Ext. Jaipur (Rajasthan) India
[§]Email of Corresponding Author: drkusumgaur@gmail.com
[2]Senior Registrar, Department of Psychiatry, SMS Medical College, Jaipur (Rajasthan) India
[3]PMO, R. K. Joshi District Hospital, Dausa (Rajasthan) India
[4]Professor, Department of Community Medicine, SMS Medical College, Jaipur (Rajasthan) India

Abstract—*By providing proper architecture as per the need and behaviour of the individuals a person may be satisfied with surrounding that may affect spiritual health of individual and in turn the overall health. So this study was conducted on two type of housing society with the aim to find out relationship between type of architecture, interpersonal relationship and spiritual health of their residents.*

Methodology: *A comparative observational was conducted on two type of housing society having same SES status class I but with different type of architecture. Various components of architecture of their houses was assessed of these houses and general information gathered from head of family. Interpersonal relationship of societies was assessed by applying 9 itemed self reported Relationship Structures (ECR-RS) questionnaire for neighbors on head of family. Spiritual health of head of family was assessed with Spiritual Health Assessment Scale (SHAS). The relationship between type of architecture, interpersonal relationship and level of spiritual health was inferred by Chi-square test and Unpaired 't' test.*

Result & Conclusion: *It was also found out that Interpersonal relationship were significantly better of society having architecture preferring more of comfort and ambiences than safety and vice versa. Likewise spiritual health score was observed significantly higher in occupants having architecture preferring more of comfort and ambiences than safety and vice versa.*

Keywords— Architecture, Interpersonal Relationship, Spiritual Health

I. INTRODUCTION

Architecture is both the process and the product of planning, designing and constructing buildings and other physical structures. "Architecture" can mean; a general term to describe buildings and other physical structures.[1][3] It can also be described as knowledge of art, science, technology and humanity. [1][3] And practice of the architect, where architecture means offering or rendering professional services in connection with the design and construction of buildings, or built environments from the macro-level (urban designing, landscaping etc) to the micro-level (construction details and furniture). [2][4]

Architecture has to do with planning and designing form, space and ambience to reflect functional, technical, social, environmental and aesthetic considerations. It requires the creative manipulation and coordination of materials and technology, and of light and shadow. Often, conflicting requirements must be resolved.

According to Vitruvius[3][6], a good building should satisfy the three principles of *firmitas, utilitas, venustas*,[7][8] commonly known by the original translation – *firmness, commodity and delight i.e.* equivalent to durability, utility and beauty. [4,5]

Since the 1980s, as the complexity of buildings began to increase (in terms of structural systems, services, energy and technologies), the field of architecture became multi-disciplinary with specializations for each project type, technological expertise or project delivery methods.[6] There are various type of architecture prevalent nowadays.

This architecture is impacting not only occupant's behavior through the body, but also impacting occupants intellectually, emotionally, physiologically and even spiritually through the body as well. To have good health, good interpersonal relationship of occupants of societies is also needed. By providing proper architecture as per the need and behaviour of the individuals a person may be satisfied with surrounding that may affect spiritual health of individual and in turn the overall health. So this study was conducted on two type of housing society with the aim to find out relationship between type of architecture, interpersonal relationship and spiritual health of their residents.

So this study is conducted on nursing students with the aim to assess the awareness of students regarding Brest feeding and its advantages.

II. METHODOLOGY

A comparative observational study was conducted on two type of housing society having same SES status class I but with different type of architecture in Jaipur (Rajasthan) India. For this purpose 50 households from HIG houses of sector 32 Shipra Path, Mansarovar (Figure 1) and 50 households from Sector 32 Rangoli Garden, Siker Road Jaipur (Figure 2) were taken. But if head of family is either >60 years or ont able to communicate then house was excluded from study and another house was chosen. Houses locked at the time of survey were also excluded.

Figure 1

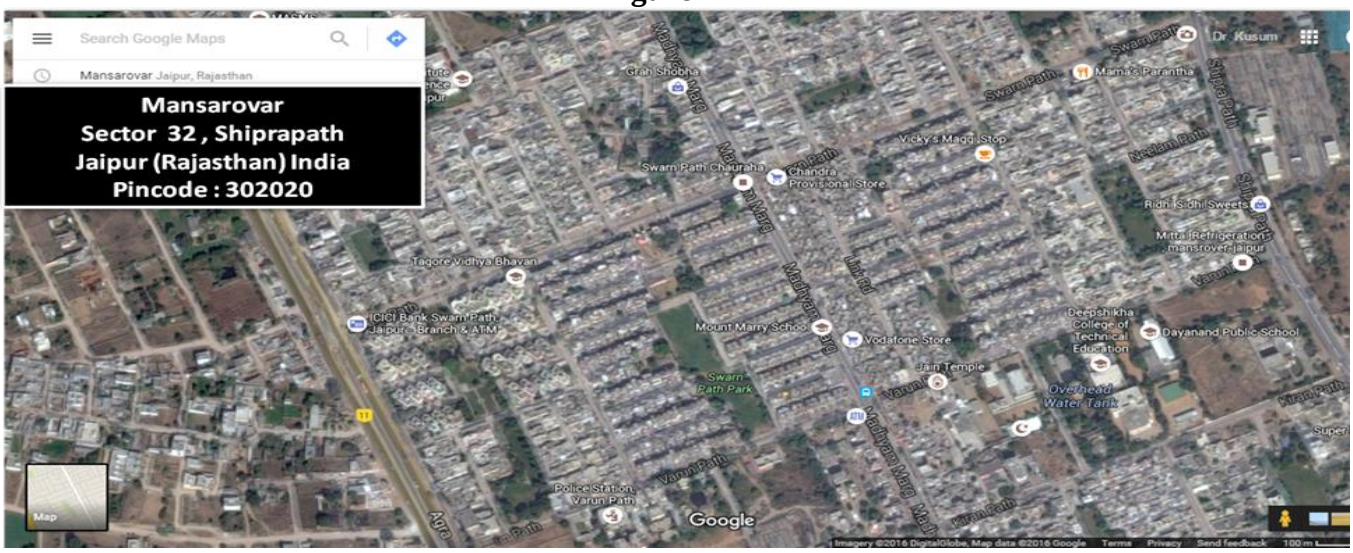


Figure 2

First house was selected by simple random technique then systemic random technique by taking alternate house till sample size was completed. Selected house was observed as per predesigned proforma and head of family was enterogated as per following study tools:

1. Predesigned semi structure performa to assess architecture of house
2. Relationship Structures (ECR-RS) questionnaire for neighbors on head of family (9 itemed self reported)[7]
3. Spiritual Health Assessment Scale (SHAS) of head of family[8]

Various components of architecture of their houses was assessed of these houses and general information gathered from head of family. Interpersonal relationship of societies was assessed by applying 9 itemed self reported Relationship Structures (ECR-RS) questionnaire for neighbors on head of family. Spiritual health of head of family was assessed with Spiritual Health Assessment Scale (SHAS). The relationship between type of architecture, interpersonal relationship and level of spiritual health was inferred by Chi-square test and Unpaired 't' test.

III. RESULTS

Both studied societies were comparable as per SES status and with no significant difference in age and sex of respondent head of family.

When interpersonal relationship of head of family was evaluated by ECR-RS scores it was found that there was significant difference in mean ECR-RS scores of both studied society. Residents of Rangoli Garden had significantly less ($p<0.001$) ECR-RS score than of residents of Mansarovar. (Table 1).

When spiritual health of head of family was evaluated by SHAS scale it was found that Residents of Rangoli Garden had significantly more ($p<0.001$) SHAS score than of residents of Mansarovar i.e. Residents of Rangoli Garden had better spiritual health than of residents of Mansarovar. (Table 1).

Table 1

Comparison of ECR-RS and SHAS scores in residents of Both Areas

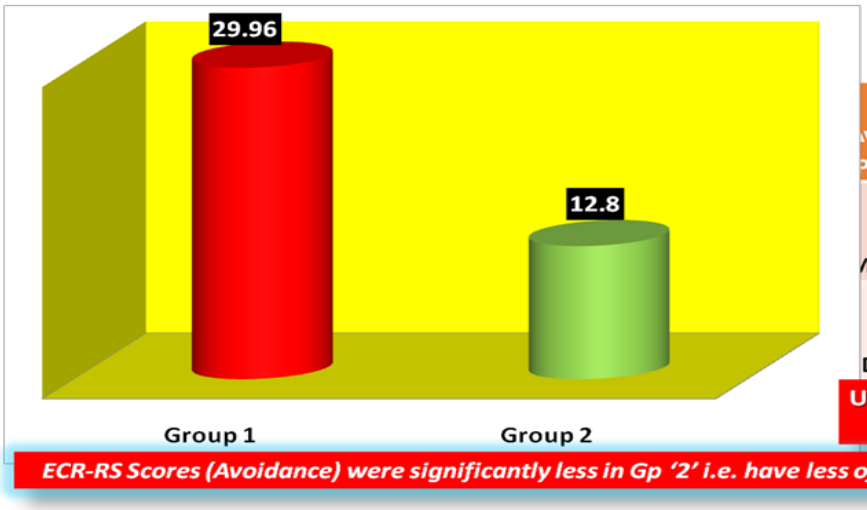
Type of Scores	HIG Mansarovar (Group 1)	Rangoli Garden (Group 2)	Unpaired 't' Test P value LS
ECR-RS Scores	42.98±6.06	17.56±2.68	27.020 at 98 DF <0.001 S
SHAS Scores	35.58±7.27	63.84±11.72	-14.489 at 98 DF <0.001 S

ECR-RS Scores were significantly less in Gp '2' i.e. have less of Avoidance and Anxiety in I-P relation ship
SHAS Scores were significantly high in Gp '2' i.e. have better Spiritual health

When interpersonal relationship of head of family was further evaluated it was found that avoidance score in interpersonal relationship was significantly less ($p<0.001$) in residents of Rangoli Garden than of residents of Mansarovar. (Figure 3).

Figure 3

Comparison of Avoidance IP Score in residents of Both Areas



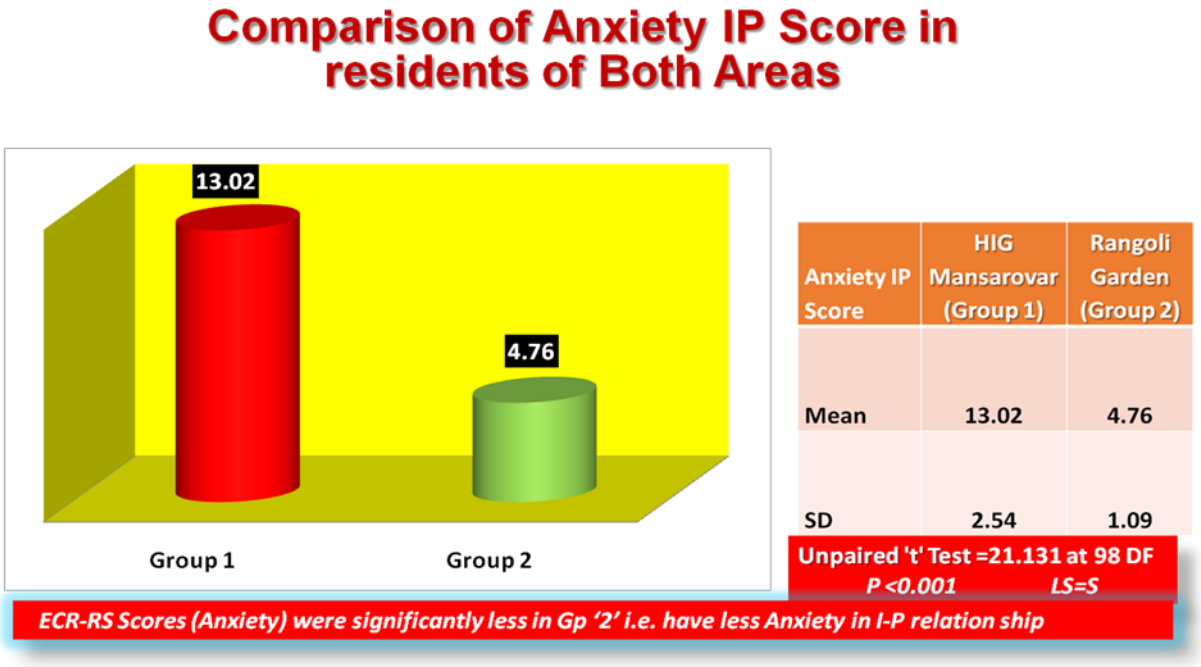
voidance Score	HIG Mansarovar (Group 1)	Rangoli Garden (Group 2)
Mean	29.96	12.8
D	4.68	2.15

Unpaired 't' Test =23.560 at 98 DF
P <0.001 LS=S

ECR-RS Scores (Avoidance) were significantly less in Gp '2' i.e. have less of Avoidance in I-P relation ship

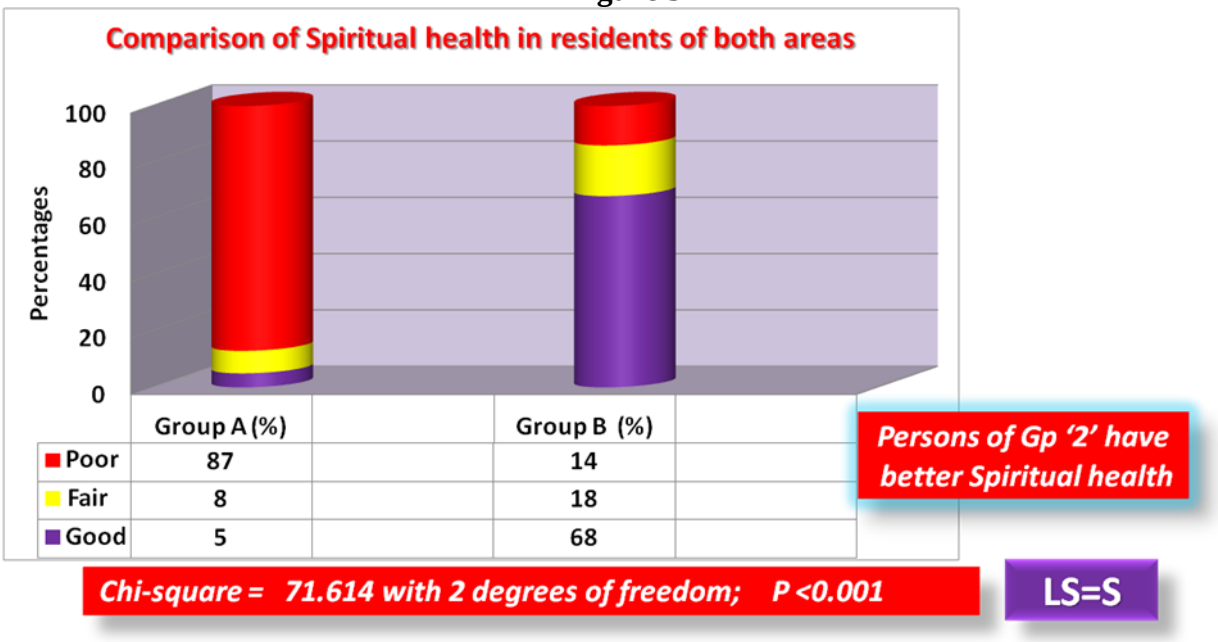
When interpersonal relationship of head of family was further evaluated it was found that anxiety score in interpersonal relationship was significantly less ($p<0.001$) in residents of Rangoli Garden than of residents of Mansarovar. (Figure 4)

Figure 4



When association spiritual health of head of family with type of architecture was further evaluated it was found that proportion of person having good and fair spiritual health were significantly more ($p<0.001$) in residents of Rangoli Garden than of residents of Mansarovar. (Figure 5)

Figure 5



IV. DISCUSSION

In this study it was observed that residents of Rangoli Garden who had architecture preferring more of comfort and ambiences, had better interpersonal relationship than of residents of Mansarovar i.e. avoidence score and anxiety score were significantly less in residents of Rangoli Garden than of residents of Mansarovar.

It was also observed in this study that spiritual health of residents of Rangoli Garden had better spiritual health than of residents of Mansarovar.

So residents of society having architecture towards more of comfort and ambiences had better interpersonal relationship and better spiritual health than its counter parts.

It is reported that Green building practice expands and complements the classical building design concerns of economy, utility, durability, and comfort.[9,10[3]]

A 2009 report by the U.S. General Services Administration reported that occupants of such green buildings were overall more satisfied with the building than other type of building.[11 [6]]

Many people today yearn for a better quality of environment in their cities, towns and countryside.[12]

Soldberg (2009) suggested that architectural should incorporate features that encourage make their people healthy. So urban designing should includes walkways, pools, sport clubs, shopping malls etc.[13] Other authors[14,15,16&17] are also suggested to includes walkways, pools, sport clubs, shopping malls etc in urban designing for wellbeing of residents of communities.

V. CONCLUSION

Avoidance and Anxiety both Interpersonal score was significantly lower of Rangoli Garden residents i.e. society having architecture preferring more of comfort and ambiences than HIG Mansarovar

Interpersonal relationships were significantly better of society having architecture preferring more of comfort, ambiences and social security. Likewise spiritual health score was observed significantly higher in occupants having architecture preferring more of comfort and ambiences than safety

Interpersonal relationship and Spiritual health are directly proportional to each other. Thus Type of Architecture around directly affects spiritual health. So there is need to learn to reshape our built environment in a way that made healthy & happy residents.

CONFLICT

None declared till date.

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