

# Discussion on the Design Method of Combining Rigidity and Ease in Office Space Design

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**Abstract:** With the development of the times and changes in work methods, office space has gradually become the place where we spend the longest time outside of home in our daily lives. However, rigorous office space neglects people's psychological needs and does not take into account the relationships between people, people and space, and people and the environment. Therefore, the main purpose of this study is to design office spaces to meet people's psychological needs and regulate their initiative. This article first analyzes the importance of humanization in office space design, which combines rigor and ease. Then analyze from aspects such as layout, color, lighting, etc. Based on different spatial layouts, the impact of color matching on human psychology, and the different lighting used in different office environments, a study is conducted to ultimately create a good office environment.

**Keywords:** Office Space; Hommization; Layout; Color; Lighting.

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## 1. Introduction

In modern life, no matter what industry you are engaged in, you cannot do without office work. Although the ways and places of work are different, they all play the same function. In today's rapidly developing economy, various industries are fiercely competitive, and people's work hours are quietly increasing. Due to the pandemic, employment pressure is also increasing, and employees are striving to create value and try to prevent themselves from being laid off, At the same time, there is also the situation of working from home, so office space has become the place where people stay for the longest time in modern urban life besides home. The current office space is also gradually developing. In addition to meeting the most basic office functions, it also has social, office, and leisure functions. The boundary between office space and home is gradually blurred.

With the development of the times and the progress of technology. The concept of "people-oriented" has gradually emerged in people's minds, and their physical and psychological needs are increasingly valued. After experiencing the epidemic, more and more people are paying more attention to the present. Young people entering the workforce now have higher requirements for quality of life, so care for people in all aspects is everywhere.

A relaxed and pleasant office environment can pay attention to the physical and psychological needs of users. Through reasonable spatial layout, comfortable color matching, soft lighting, and appropriate furnishings, people in the office space can be freed from the tense and oppressive atmosphere, enabling them to actively adjust themselves and immerse themselves in their work with a full mental state.

## 2. A Relaxed Office Environment is Conducive to Regulating a Rigorous Work Atmosphere

Working requires a rigorous work attitude, but long-term exposure to high pressure poses a great threat to people's physical and mental health. At the same time, the lack of leisure and entertainment functions makes employees only

have activity space in front of their desks. Prolonged exposure to the same environment can cause psychological illness, anxiety, irritability, and various physical reactions, such as palpitations and chest tightness. It can also affect communication with others, cause tension in interpersonal relationships, and have a significant impact on work efficiency. In the long run, it will have serious consequences.

However, through the renovation of the office environment, by meeting people's needs for office and leisure use in the office space, and by setting up the layout, color, and greenery of the office space reasonably, people can have a relaxed and pleasant office environment, thereby improving work enthusiasm and efficiency.

## 3. Using an Open Spatial Layout to Alleviate Enclosed Office Environments

The development of office space has gone through a long process, with different countries having their own unique development conditions in different historical periods. However, they all make corresponding layouts according to their respective office methods and requirements. After the Industrial Revolution, large-scale production by machines gradually replaced manual labor, and people's office spaces gradually shifted to office spaces. However, the development of office space design was relatively slow, and a large part tended to be "patterned", using the same design techniques and elements in a closed space, lacking decorative building surfaces, fixed color combinations, and mostly white. In terms of furniture selection, there is also a trend towards consistency, using standardized production of partitioned desks. These arrangements divide the office space into independent small blocks, appearing stiff and uniform. People who work in this environment for a long time often experience feelings of boredom and fatigue, leading to low emotions and low work enthusiasm, which reduces work efficiency.

## 4. Comfortable Color Matching and Tense Office Rhythm

Colors are ubiquitous in everyday life. In order to accurately express colors, people have distinguished the properties of colors and divided them into three basic elements: hue, brightness, and purity.

Hue is a term used to refer to different colors. Different hues can evoke different emotions and meanings, and the same color can also have different meanings in different situations. For example, red can be expressed as festive, lively, or terrifying, bloody. Therefore, when using colors, we should carefully consider the hue requirements in the office space. Purity is the degree of brightness of a color. The brighter the color, the higher the purity. The lower the purity, the more inclined the color is towards gray. Most high-purity colors usually express a positive attitude. Brightness refers to the brightness of a color, with the highest brightness being white and the lowest brightness being black.

According to research, different colors can lead to different associations. Red has a significant visual impact on people, making them feel energized and uplifting. It can be used as a matching color because a large area of red can cause tension and visual fatigue. Orange also makes people feel excited and warm, but it does not have the strong visual stimulation of red, so it can be used extensively to create an atmosphere. Yellow gives people a lively and bouncing feeling, but it also makes people feel unstable. Green makes people feel comfortable visually, representing the colors of nature, making people feel relaxed and quiet. Usually, in the design of office spaces, people choose green plants as embellishments to bring vitality to the office space. Blue is a cooler color, and in a blue environment, people usually become calmer than before. Purple is mysterious and elegant. Black gives people a serious and down-to-earth feeling. The feeling of white is clean and pure. However, using white on a large scale can make people feel bored, so it is important to be good at using colors to create a good atmosphere in office spaces.

The use of colors in office spaces should be aimed at providing employees with a comfortable and efficient working environment, and enhancing their motivation. So the overall color of the employee office area should be light and elegant, which is conducive to creating a good atmosphere. In the selection of furnishings or decorations, there can be some changes in brightness or purity, so that the overall environment is not too monotonous. Using elegant colors helps employees focus on their work and improve work efficiency. The supervisor's office is relatively closed and has strong privacy. Using colors with lower purity but higher brightness can make people feel more dignified and visually spacious and comfortable. The application of colors in meeting rooms and reception rooms should be relatively lively and lively, allowing employees to speak freely without being so serious.

## 5. Soft Lighting Relieves Tense Office Pressure

The lighting of office space first meets the most basic lighting functions, and secondly meets psychological and physiological needs. Lighting also includes natural light and artificial lighting. Due to the influence of weather, day and night, and geographical location, natural light is difficult to meet the basic needs of daily lighting. However, people have

a better visual experience with natural light. Although direct natural light has a higher intensity, the negative impact can be reduced through curtains and other means. People's demand for windows is not only for natural light, but also for the natural environment, hoping to connect indoor and outdoor to meet their needs for nature. High illumination environments can make people feel uncomfortable, and the reflection of light can also pose great harm to people. Therefore, the use of light should avoid too strong stimulation, and the brightness of office workers' work should match the brightness of the surrounding environment. Uniform lighting can effectively alleviate visual fatigue.

There are many workstations in the office area of employees, which are relatively concentrated locations for personnel and also places where they stay for a long time. The space here is generally relatively open, so more uniform lighting is used. Because electronic products are commonly used in office spaces nowadays, it is also important to prevent glare. However, relatively speaking, the natural light in the office area is relatively poor, so green plants or artificial landscapes can be used for adjustment to alleviate visual fatigue. The office of the management personnel is relatively private and requires a change in focus. In terms of lighting, it is necessary to use a combination of local lighting and decorative lighting to not only meet the lighting functions, but also reflect the spatial taste of the users and create an atmosphere. The requirements for lighting in conference rooms are relatively high, as the functions of conference rooms are generally more and more rigorous, so there are also requirements for the quantity and quality of lighting. In addition to meeting the needs of videos and speeches, the use of lighting should also provide a sense of presence for participants in the meeting. The reception area is generally spacious and transparent, and the lighting should also be evenly distributed. The lighting of the front desk should highlight the key points and highlight the company logo to create a visual center. The lighting in the tea room rest area is mostly warm in color, creating a relaxed and warm atmosphere. The use of lighting fixtures in corridors and hallways is generally dominated by ceiling lights, as they have a larger range of illumination and are suitable for overall lighting.

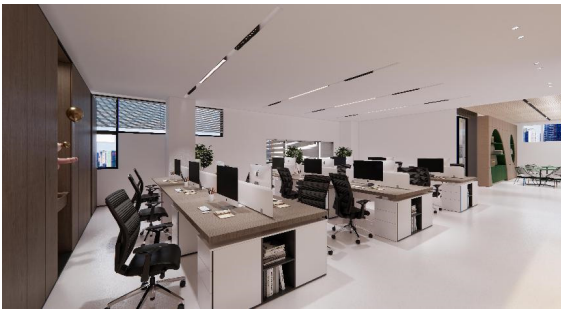
## 6. Practice based on the Integration of Rigorous and Relaxed Office Space Design

### 6.1. Open Spatial Layout

The open space layout is simple and generous, which is conducive to communication between employees and facilitates communication and collaboration. A transparent environment can increase the visual experience, making people feel spacious and comfortable. The rest area is not partitioned, and movable seats are used, increasing the diversity of the space. The embellishments of green plants add vitality to the space, allowing people to release themselves from the tense work environment, making it easier to change their thinking and provide creative opinions,

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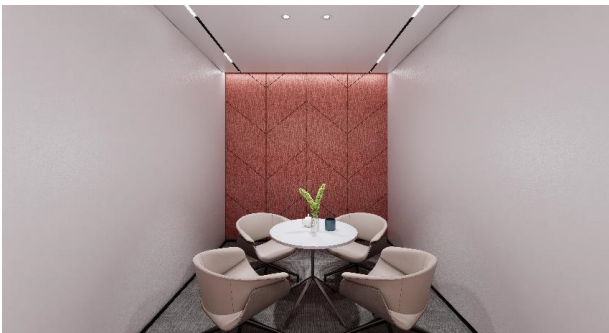
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**Figure 1.** Administrative area

### 6.2. Comfortable Color Matching

The overall color scheme of the interior is mainly composed of elegant tones, which can create a suitable atmosphere for the office space. At the same time, in order to prevent the space from being too monotonous, decorative background walls, greenery, furnishings, and other embellishments will be used to increase the level of the space. *References*, see [Figure 2](#).



**Figure 2.** Reception room

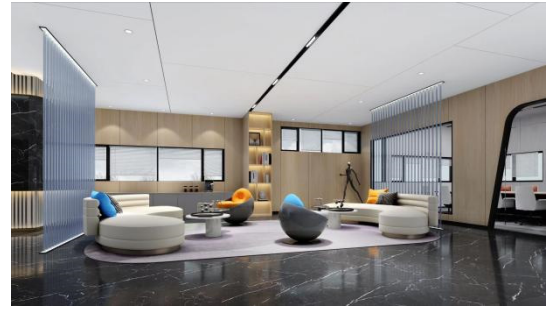
### 6.3. Soft Lighting

The lighting at the front desk has been styled, using light strips and down lights, combined with hardware and furnishings, to create a sense of the overall atmosphere of the company as soon as you enter. *References*, see [Figure 3](#).

The lighting in the reading area can be flexibly adjusted using down lights and track lights to meet different usage needs. Glass partitions divide the space without appearing rigid, increasing the permeability of the space. *References*, see [Figure 4](#).



**Figure 3.** Reception



**Figure 4.** Reading area

## 7. Conclusion

The development of office space has been gradually improving, and people's demand for a good office environment is also developing. In addition to meeting basic office functions, the requirements for office space have also begun to pursue the improvement of office quality, allowing for spiritual relaxation and a relaxed office environment. Therefore, the design of office space is receiving increasing attention. How to create a comfortable office space that can meet people's office needs and spiritual needs, so that employees can have a full mental state and a healthy physical and mental state for work, has also received more and more people's consideration.

Office space is a complex place with multiple functions and a wide range of areas. However, its purpose is to meet people's needs and create a relaxed and comfortable working environment for users. Therefore, designers should also explore and innovate, designing a spatial environment that satisfies people's physical and mental health.

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