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Analysis of Residential Space Design Methods for Young People with Depression

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Abstract: Depression has become the primary mental illness faced by young people today. From the academic point of view, the living space design of young people with depression belongs to a kind of humanized space design for special population. The direction of this research is to create an indoor living space suitable for depressed patients through the analysis of the current situation of the depressed youth group, combined with the theories of environmental psychology, space design techniques and so on. The purpose is to enhance the happiness index of young people with depression, so as to realize the innovation of living space design and improve the living environment of them.

Keywords: Young people; Living space; Depression.

1. Introduction

Depression is now one of the top five diseases in the world, but the medical prevention and treatment of depression in China is still at a low level of awareness, and only less than 10% of patients with depression have received relevant treatment, with the diagnosis rate of their condition in Chinese hospitals less than 20%. At the same time, the incidence of depression and suicide have begun to appear at a younger age, and the number of young people with depression is also increasing year by year with the development of the society, so it is urgent to establish a cure space suitable for young people with depression. Through the actual investigation and research of young people with depression in the early stage, it is found that the current treatment level of depression patients in China is only drug treatment, in which case psychological and environmental treatment of depression patients is regarded insignificant. Living space is the place where young patients have their most daily activities. In this regard, it is hoped that from the living space of young patients, the physical and psychological needs of patients with depression can be provided with the greatest help to meet the needs of the population to cure the disease. The design of living space for young people with depression has a very low penetration rate and application rate among young people with depression in China. Therefore, it is hoped that these loopholes can be filled and a warm and comfortable living experience can be provided for the majority of depressed people.

2. The definition of young people with depression

2.1. The Sources of Depressed Youth

After the middle of the 20th century, a wave of health campaigns began to rise in developed countries in the West. The initiators called for "caring for patients", and the group of depression began to enter people's eyes. In Chinese medicine, there has long been a record of this kind of mental illness. Previously, depression in China was medically diagnosed as a mental illness with neurasthenia. However, influenced by Western medicine, The DSM (The Diagnostic and Statistical Manual of Mental Disorders) and the official diagnostic criteria of WHO (World Health Organization) gradually became popular in the medical community in China at the end of the 20th century, and the redefined mental diseases like depression began to take root in Chinese society.

The youth group is the most active factor in the social structure. At present, WHO determines the scope of the youth group to be from 15 to 44 years old, which covers the three groups of only child, professional youth and rural youth. Young people are in the crucial stage of development and change of life. With the increasing social pressure, the number of young people suffering from depression has been increasing year by year, but the pathogenesis of them is mostly complex; in addition to the special psychological and physiological level of young people, it is also related to other factors such as their growth environment and living environment, etc.

2.2. Interpretation of "Young People with Depression"

At present, in the field of medicine, the pathogenesis of young people with depression is not clear and the characteristics of the disease are diverse. It can be caused by a variety of reasons, generally with significant and lasting depression as the main clinical characteristics, and serious patients may appear suicidal thoughts and behavior. According to related medical investigation and research, most young people with depression even have recurrent symptoms, and the residual symptoms of some may become chronic depression. Young patients with depression often have higher incidence of low mood, slow thinking, sleep disorders and excessive worry over accidents and somatization symptoms in psychological and spiritual aspects. On this basis, some will suffer from psychological problems such as delusion of victimization, delusion of relationship and delusion of self-guilt, etc. In other words, the causes of youth depression are closely related to the development of the living environment and psychological level at a particular age. Many patients often stay home alone or lock themselves in secluded places such as bedrooms for long periods of time. Over time, they usually live in indoor environment, which also fully shows that indoor living space design is particularly important for

the cure of young depression patients.

3. Status analysis on the living space of young people with depression

3.1. The Needs of Young People with Depression

According to the Hierarchy of Needs Theory proposed by Abraham Maslow, a famous American social psychologist, the housing needs of young people can be divided into five aspects from low to high: physiological needs, safety needs, social needs, respect needs and self-actualization needs.

Physiological needs refer to a good physiological living space that can meet the needs of young people with depression, like the style of design may ensure the needs of high life quality of young people with depression through the use of color, the use of light, the collocation of soft outfit, the choice of green plants and so on. Safety needs are to protect the personal safety of young people with depression. For example, in the design of living space, safety measures should be taken to prevent suicide, preserve moisture and prevent skid, as well as to ensure the personal privacy and property safety of patients in private space. Social needs refer to the needs of patients for chatting with relatives and friends, gathering and social activities. In this regard, it is necessary to strengthen the interactive design of indoor living space for patients with depression, such as communication between patients and family members, parties between patients and peers, and social interaction between patients and colleagues, so as to enhance the communication and exchange between patients and friends and family members. The need for respect is the need for self-esteem to make people believe in their own strength and worth, to make them more capable and creative. Self-actualization refers to the psychological needs of young people with depression, including the improvement of their self-ability and the realization of their self-worth. Most young people with depression show excessive worry and anxiety in their daily dealing with people. Therefore, these are to be taken into account in the living space. It is necessary to meet the needs of young depression patients while giving them more hope and pursuit in life.

3.2. Problems Existing in the Design of Living Space

In the planning and design of residential space, it is necessary to highlight the space suitable for the life of young people with depression, and fully meet their living habits and living space requirements. Through visiting and investigating the living space of young people with depression, we found the following three main problems, that is, low permeability of indoor light environment, poor material selection and color collocation of indoor space, and problems in indoor space planning.

Due to the different structure of the interior space, the indoor light environment has a lower permeability. At present, the lighting of most youth living space is not bright enough, and the lighting atmosphere of interior space is not warm enough, failing to create a comfortable and secure living atmosphere for young people. The light environment of the living space only reflects the lighting function, and the utilization rate of light is low, which results in the inconsistent visual effect of the light environment and the indoor material, falling short of the living environment for young people with depression.

The selection of materials and colors in interior space don't match. On the one hand, the designer fails to handle the material and color collocation of the space reasonably to give a comfortable effect; on the other hand, the majority of young people have limited financial capacity and have not enough money to invest in interior design applications. As a result, most indoor space collocation cannot adjust the psychological state of young people with depression, and has little effect on the rehabilitation treatment for patients.

The problem of interior space planning mainly lies in the low utilization rate of interior space. In terms of spatial layout and design, although young people with depression prefer a more humane and spacious interior space, the living space of most young people has a low utilization rate. For example, as the frequency of cooking and dining behavior is reduced, young patients with depression pay more attention to the living environment of bedroom space. However, the storage space cannot meet the needs of young people --their basic daily life items occupy the vast majority of indoor space and things just pile up in a mess --the indoor space utilization is not reasonable. These problems make young people with depression easy to form a depressive and anxious psychological mood. It is hoped that through the reasonable division of spatial structure, the rationality of space design for young people with depression can be improved, and the daily living and living needs of contemporary youth can be effectively met.

3.3. Environmental Psychology and Residential Space Design

Environmental psychology and interior design are two inseparable disciplines. The purpose of interior design is to provide people with a good and comfortable environment in living space. Environmental psychology is to combine environment with human psychology and analyze the psychological relationship between environment and human.

Therefore, designers should not only meet the essential function of design, but also meet its psychological function, and use rational design to meet people's psychological needs. With the improvement of people's living standard and consciousness, the living space gradually evolves from the basic functional use aesthetic demand.

Environmental psychology can combine people's environment and psychological state, and analyze the psychological relationship between environment and people. People's psychological behaviors in the environment are related to domain and interpersonal distance. Designers should pay attention to the above psychological behaviors in interior design so that people and the environment should have a certain degree of intimacy. By reasonable use of some indoor items, grasping the actual needs of young people with depression, understanding the behavior habits and psychological characteristics of the crowd, we can not only meet people's visual effects expression, but also maintain a certain interpersonal distance. The creation of geometric changes allows the group to feel the comfort of the space, which is the basis of this research and design.

In essence, the integration of environmental psychology and interior design practices the design principle of people-centeredness", which is also the need of material culture and spiritual culture advocated by contemporary design. Based on this, in the design for the young people with depression, the designer must fully understand the psychological characteristics of this group, make full use of environmental

psychology, analyze the relationship between indoor environment and their psychology. In this way, the designer can grasp the needs of the group, and analyze their psychological characteristics, to give young patients with depression a good living experience.

4. Design of living space for young people with depression

4.1. The Design Concept of "Healing"

The term "healing" originated in Japan in the 1990s. It originally refers to the female entertainers on TV who can make people feel calm, healing and comfortable. Later, it has been widely used in music, drama, design and other fields. It tends to interact with people's five senses (vision, hearing, smell, taste and touch), and does not stick to a particular style. The home environment can be called "healing" as long as it is warm, comfortable and cozy.

Now, the design concept of "healing" has also been applied to environmental design, and gradually combined with interior design. The interior design of "healing" can mainly relieve the pressure of residents through visual design, thus producing a healing effect. The interior space design under the concept of "healing" includes the form of interior space, and color, light and green plants, etc. in it.

In the form of interior space, applying organic form to interior space design by extracting elements from nature and connecting people with nature can make the youth group more relaxed psychologically in the interior space. The modern medical practice proved that the healing effect of color and light on people does exist. For example, the pain of rheumatoid arthritis patients can be alleviated under the blue light, and the wall painted green in the classroom helps prevent students from myopia and so on. In addition, the cure function of green plants to people has its scientific basis. The healing function of green plants is reflected in the interaction with the five senses of people. Plant therapy, for example, is derived from horticultural therapy, which emphasizes the effects of a plant's environment on a person. By controlling the amount of greenery and the time of placement, the temperature, humidity and so on can be improved in the interior space. Plants and the natural environment of plants are used to relieve fatigue and anxiety, relieve body and mind, promote blood circulation and improve human immunity.

4.2. The Use of Color

In a specific environment, people's perception of the environment first comes from color. Color is an important way for human to obtain information and know the world. In the living space of depressed groups, reasonable color collocation can create a more comfortable and warm space atmosphere.

In general, colors are divided into warm colors and cool colors. Warm colors make people feel warm and excited, while cool colors make people feel cold. In the design of indoor space for patients with depression, such a color system can be chosen that is not only warm, but also has a soothing effect. This requires a warm color system, as well as lowered brightness and purity of color, which makes one fell cozy, yet calm at the same time. When designing the living space for youth depression group, designers can choose light blue tone and light pink tone as the dominant hue, and the match of white and log color as complementary hue.

4.3. Use of Light

Light occupies an important position in indoor living space. In today's people's daily life, the use of light and shadow can make the atmosphere of the whole space active. Light environment has a certain diversity. In modern indoor environment, light can not only meet the lighting needs, but also play a positive role in the state of space and creating the atmosphere of space. But improper lighting can affect people's mood, sleep quality and even put people at risk of disease. In the design of living space for young people with depression, designers can meet the needs of special people through specific light elements, so as to achieve the harmony between the internal space and the external space environment, and adjust the psychology of patients.

The design of interior lamplight basically abhors the principle of "bright hall and dark room". In the dwelling environment, for example, the light design of general sitting room and kitchen is bright and transparent, and the light of toilet and bedroom is relatively soft and comfortable. This design principle is more conducive to the youth group's relaxation of body and mind in nervous mental mood.

4.4. The Collocation of Soft Decoration

Different soft decoration collocation creates different atmospheres, and has different impact on people's psychological mood. In the soft outfit matching, the designer chooses the warm tone as the main color, such as beige, sky blue, cream white and so on. The materials are often cotton, hemp and cotton cloth, which creates a warm, natural and relaxing atmosphere. Besides, the use of some natural materials will make patients feel the original ecological atmosphere, and this combination is suitable for relieving patients' depression, helping them regain confidence and enjoy life.

In addition, some small decorations in the space, such as plants, handicrafts, healing decorative pendant, are the bright spot of the design. They not only serve as decoration, but can also have a promoting effect on the treatment of patients. Green vegetation has positive significance for patients, helping to improve their condition. Moreover, the design of decorative picture is also necessary, which is also the effective method that cultivates depressed patient and alleviates mood. In this way, patients can be soothed from the sad mood and get calm. In such a warm and bright space, patients will feel unprecedented peace of mind and comfort when resting or playing in such an environment.

4.5. The Selection of Green Plants

The concept of plant healing comes from horticultural therapy, which has a bioscience basis. It emphasizes the impact of a garden environment made up of plants on people. Patients can improve the indoor space temperature and humidity, relieve anxiety, ease physical and mental pressure and promote blood circulation, so as to improve human immunity.

Applying plants that are beneficial to patients' health to the selection of indoor ecological green plants can effectively improve patients' conditions and promote their physical and mental health. Studies have shown that chrysanthemum contains borneolum, which can improve headaches, blurred vision and other symptoms; jasmine can relieve dizziness, headache, nasal congestion and other symptoms; geranium

has an effect on calming nerves and promoting sleep. With people's attention to the young people with depression, the choice of green plants is a new content of the new era of interior design, which is conducive to the construction of ecological security of people and the environment.

5. Conclusion

Through the analysis of the status quo of depressed patients and the exploration of environmental psychology and living space design, this paper can construct the residential design of indoor space in line with the depressed patients' condition, and according to the professional theory of environmental design direction, it puts forward the corresponding research scheme of the living space of young depressed people. The goal is to create a psychologically comfortable living environment for young people with depression, so that they can "get rid of the shackles of the spiritual house" and face life more optimistically and enterprisingly.

Authors' contributions

Xiaoyun Ni wrote the paper and analyzed the theory and design. Ziyi Zhou revised and edited the paper.

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