



Hvordan påvirker bruk av tre menneskene inne i bygningene?

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Teoriutvikling

Fromm (1964)
Social Psychology

Term 'Biophilia' i.e.
The love of living things

Wilson (1984, 1993)
Biology

Defined as innate
and hereditary

Kellert (1993)
Social Ecology

Biophilic values and
consequences for design

Effekt

Ulrich (1983)
Social Ecology

Stress Recovery theory
(positive psychological reaction)

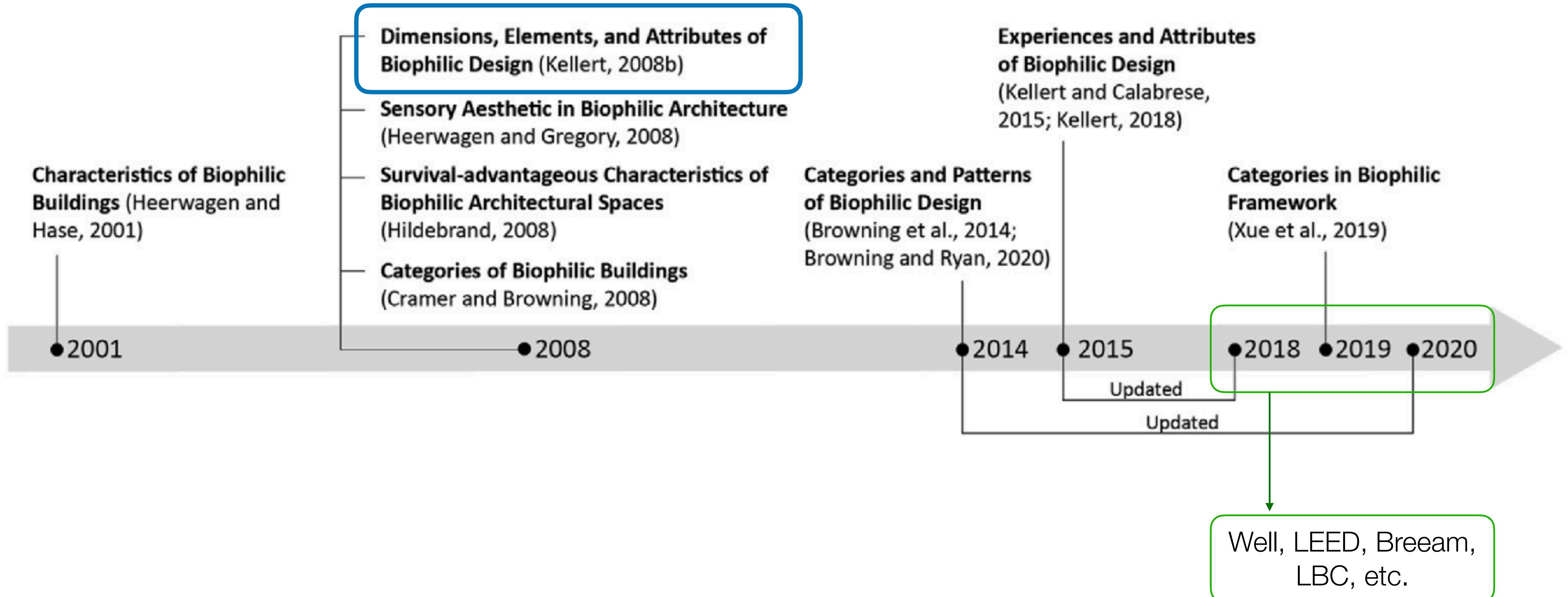
Kaplan & Kaplan (1989, 1995)
Psychology

Attention Restoration theory
(cognitive overload)

Ulrich (1993)
Social Ecology

Biophobia
e.g. fear of snakes

Bruk i bygninger



Biophilic Attributes av Kellert 2018

Direkte opplevelse av natur

Lys
Luft
Vann
Planter
Dyr
Landskap
Vær
Utsikt
Ild

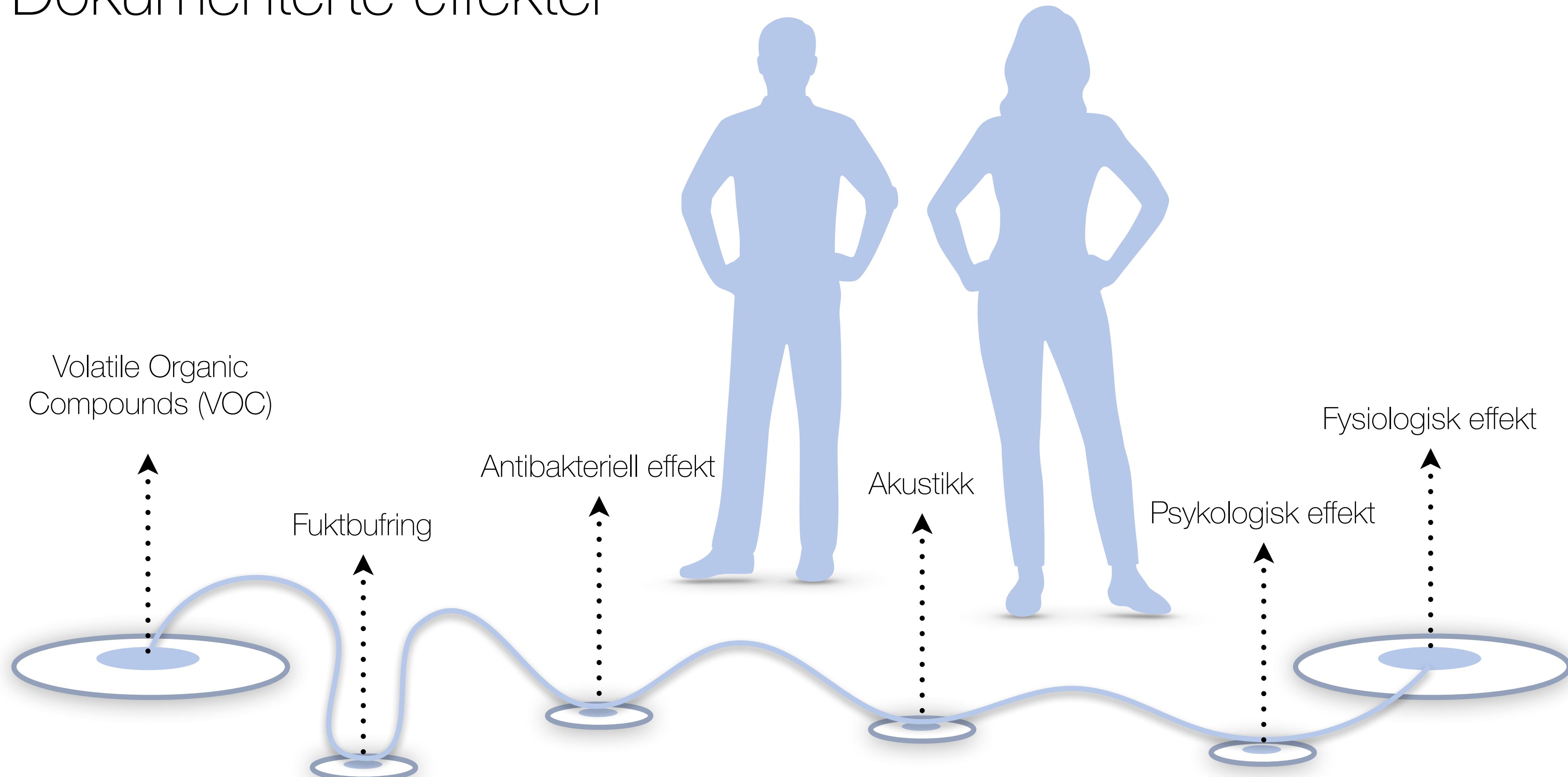
Indirekte opplevelse av natur

Bilder
Materialer
Tekstur
Farge
Form
Informasjonsrikhet
Endring over tid, patina
Naturlig geometri
Simulert lys og luft
Etterligning (biomimicry)

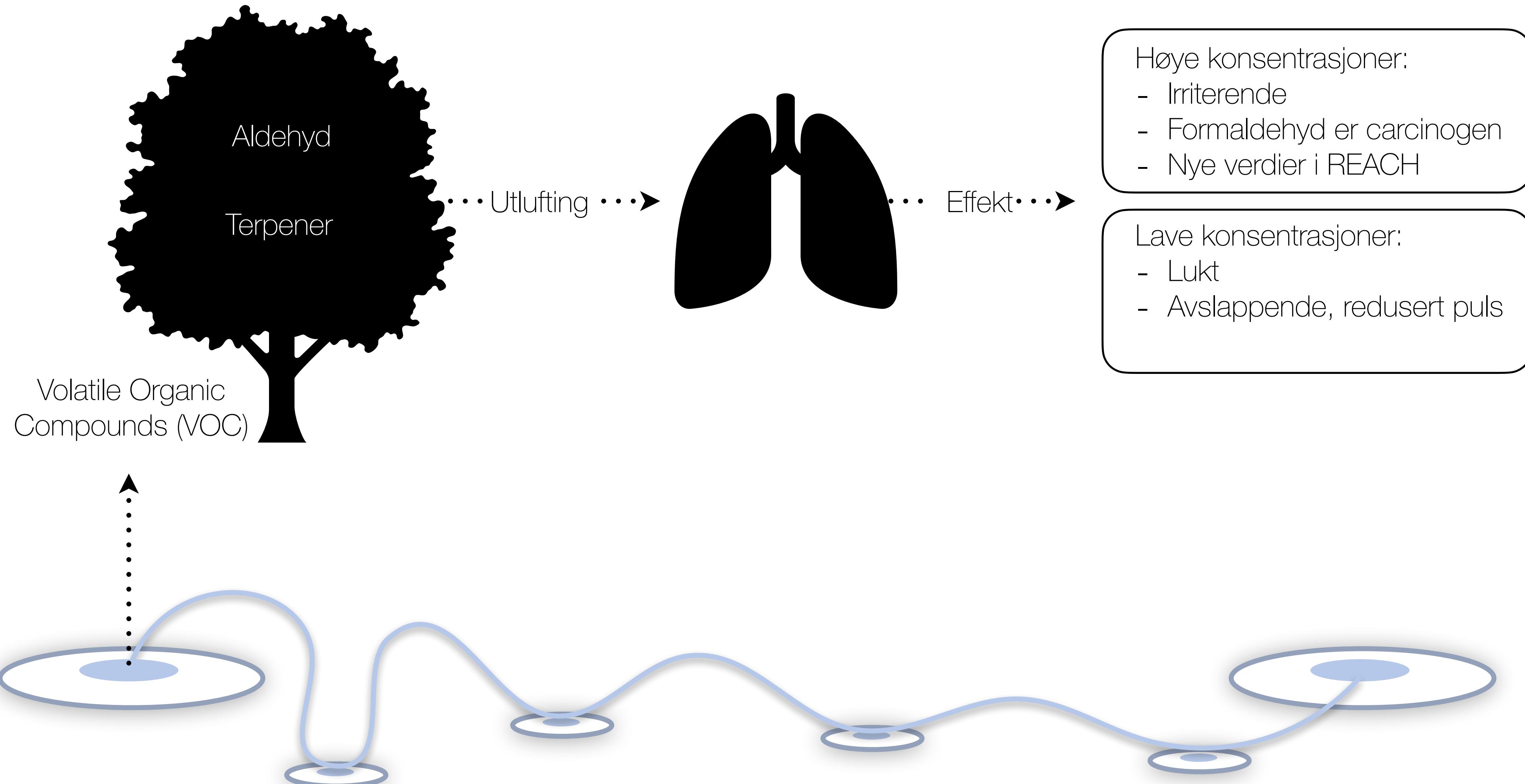
Opplevelse av rom og sted

Ly og beskyttelse
Organisert kompleksitet
Mobilitet
Overgangssoner
Sted
Deler som helhet

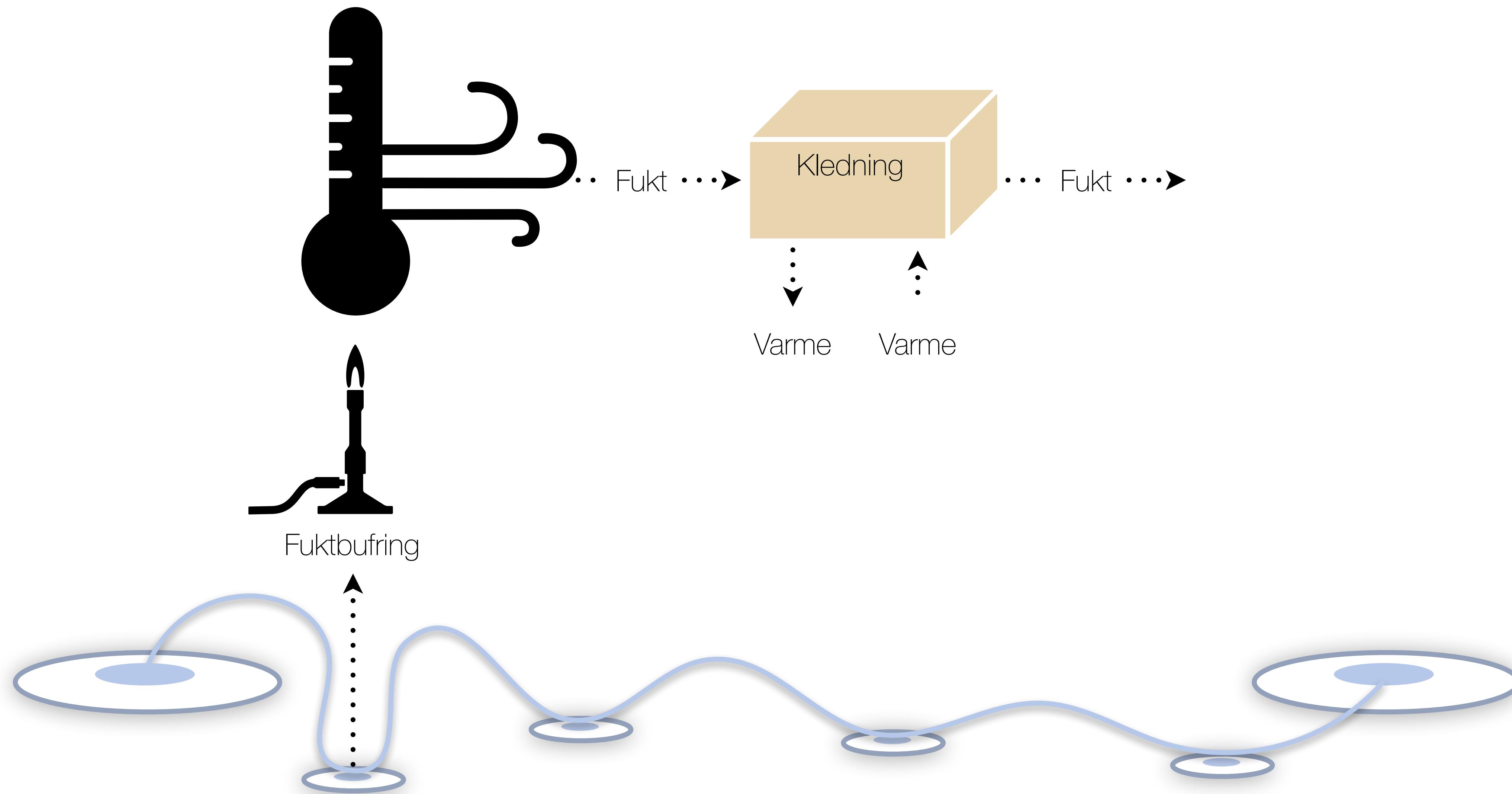
Dokumenterte effekter

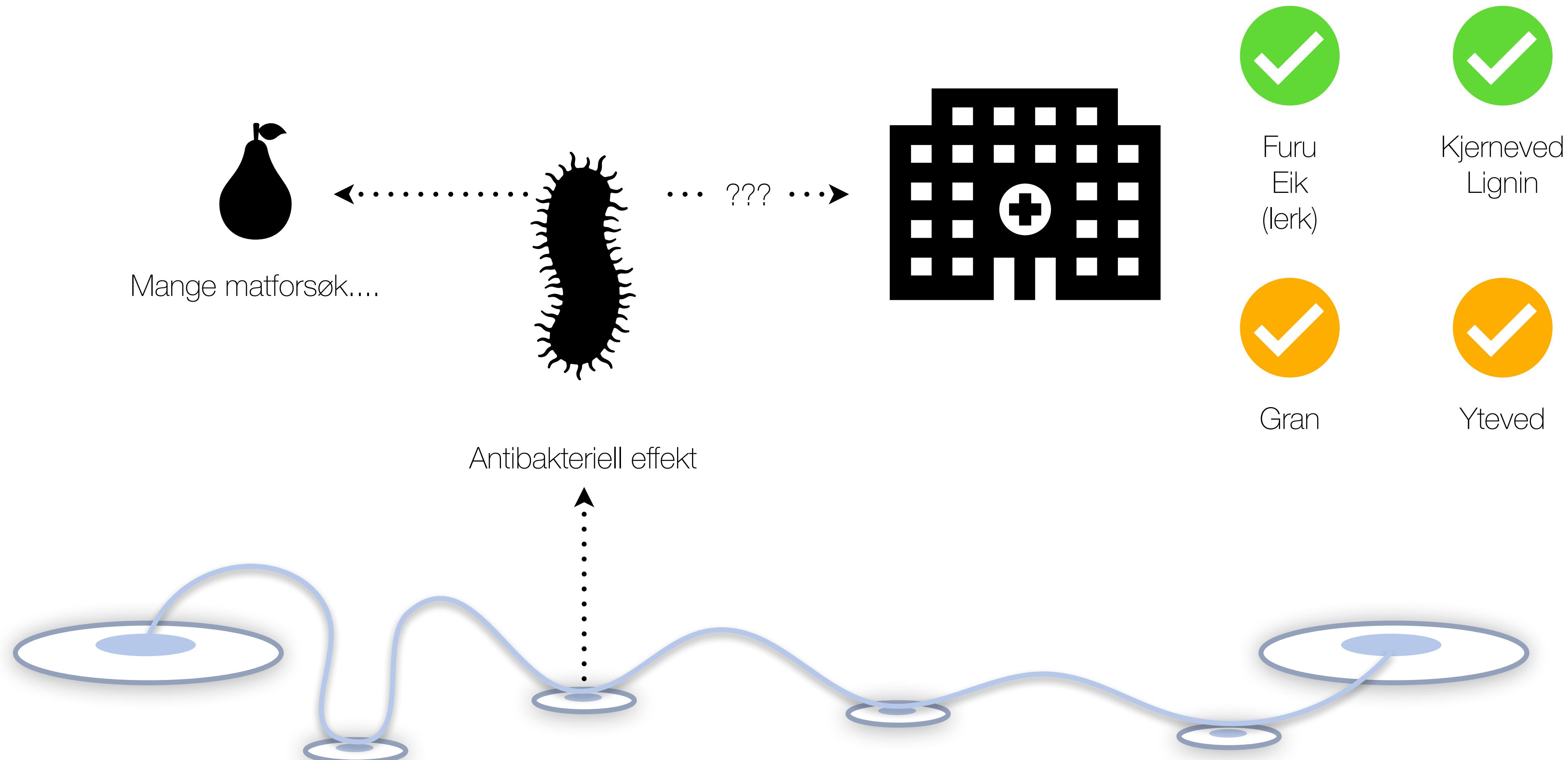


T. Alapieti, R. Mikkola, P. Pasanen, and H. Salonen, "The influence of wooden interior materials on indoor environment: a review," *Eur. J. Wood Prod.*, vol. 78, no. 4, pp. 617–634, Jul. 2020, doi: 10.1007/s00107-020-01532-x.



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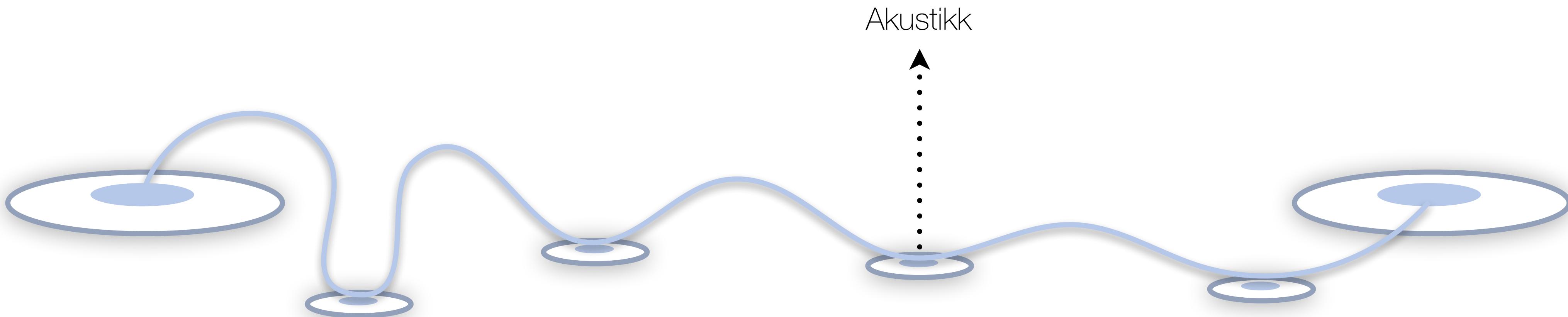




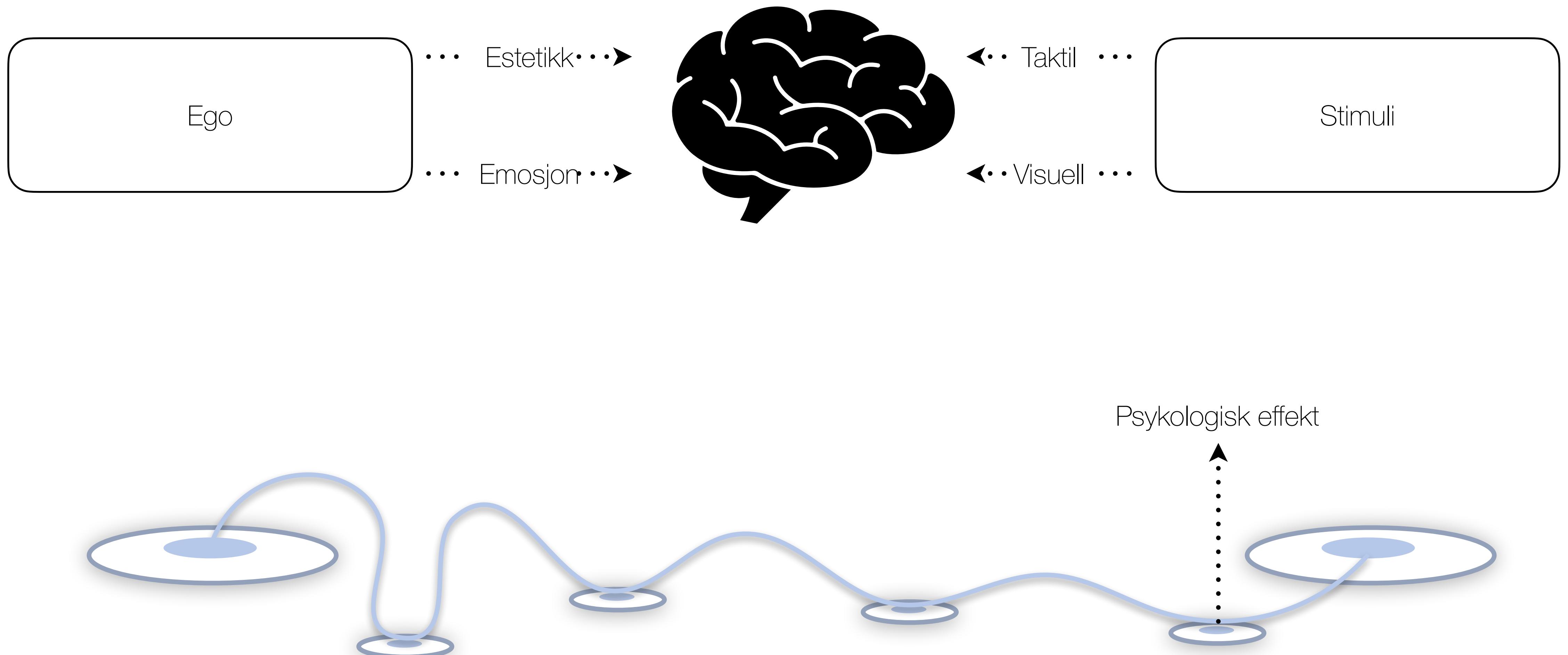
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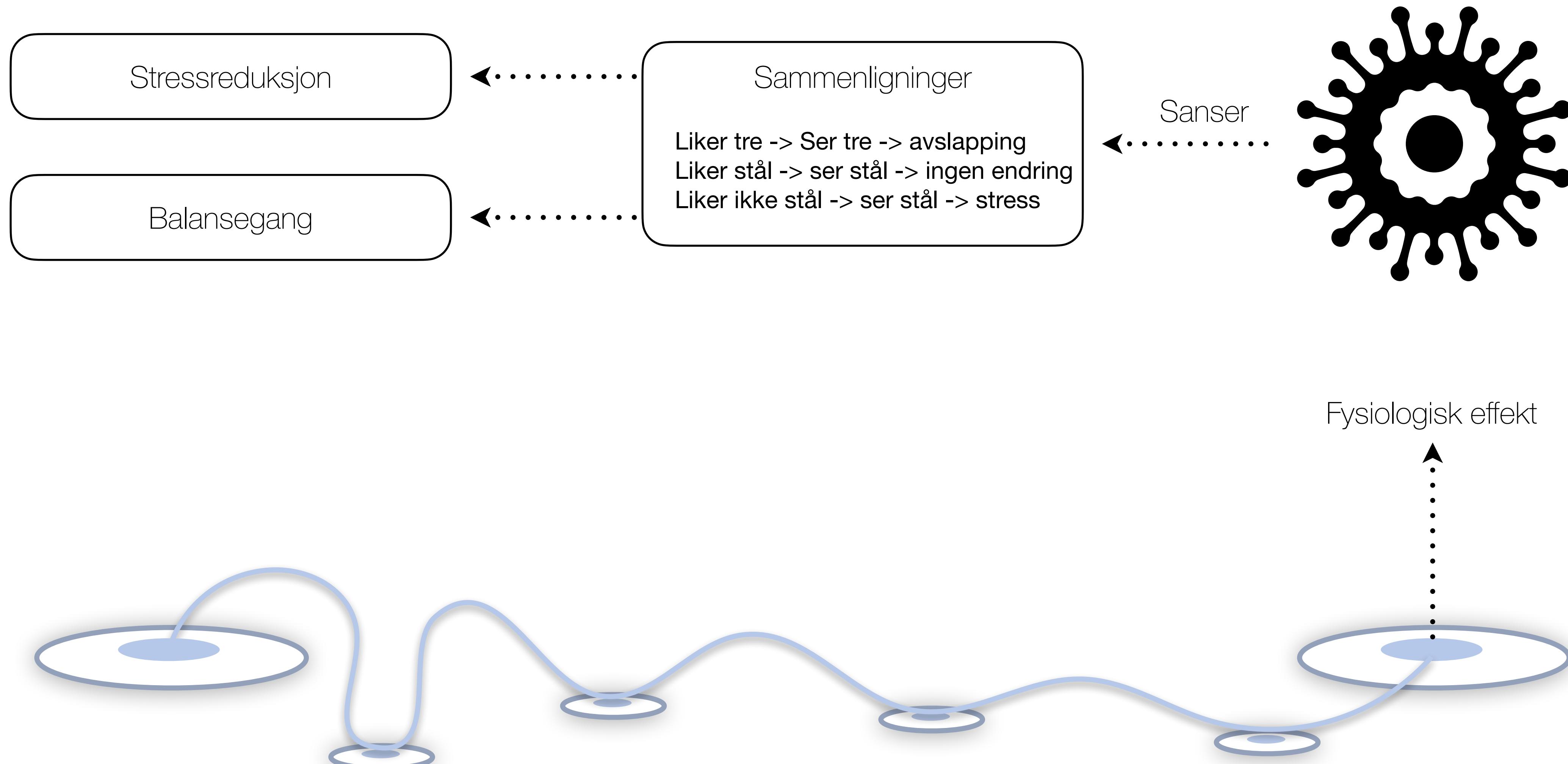
Greit, men veldig
designavhengig



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Forskningsfront

Effekt

Kausalitet

Kvantifisering

Neuro

Langtidstudier

In situ

Prosjekt: Wood4Health

- Forstå effekt av rom med ulike materialkomposisjoner
- Mikrobiologisk undersøkelse av bakterievekst

Metode: fNIRS og eye-tracking

- functional Near Infrared Spectroscopy
- Verifisere visuell stimuli

Mål:

- Kvantifisere kognitiv last



Referanser / ekstralesing =)

W. Zhong, T. Schröder, and J. Bekkering, “Biophilic design in architecture and its contributions to health, well-being, and sustainability: A critical review,” *Frontiers of Architectural Research*, vol. 11, no. 1, pp. 114–141, Feb. 2022, doi: 10.1016/j.foar.2021.07.006.

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