

# Environmental Design of Psychological Counseling Room Based on Environmental Psychology Theory

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**Abstract:** The fierce competition in modern society has brought great pressure on people, resulting in increasingly serious mental health problems. Due to the relatively late development of psychological counseling services in China, the construction of psychological counseling rooms is still in its infancy, and there are few achievements in studying psychological counseling rooms from the perspective of environmental psychology. Environmental psychology is a discipline that studies the relationship between man and the environment, and it pays attention to the influence of the environment on man's psychology, behavior, and cognition. In the field of psychological counseling, the application of environmental psychology theory is of great significance to improve the effect of psychological counseling. Based on environmental psychology, this paper discusses the importance of the environmental design of a psychological consultation room. By analyzing the space layout, privacy protection, atmosphere building, science and technology integration, green elements, and barrier-free design, this paper puts forward a design scheme for a psychological consultation room that is more in line with humanistic needs. This scheme aims to create a comfortable, safe, and efficient psychological counseling environment for visitors and improve the effect of psychological counseling.

**Keywords:** Environmental psychology; Psychological counseling room; Space Layout.

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## 1. Introduction

Environmental psychology is a branch of psychology that studies how human beings perceive, understand, and respond to their own physical and social environment. In the design of a psychological counseling center, the theory and method of environmental psychology can create a comfortable, warm, and safe environment, thus improving the counseling effect of female visitors and helping to improve the work efficiency and professionalism of counselors. The environment of the psychological counseling room is very important for providing effective psychological counseling services, such as setting windows so visitors can enjoy the natural outdoor scenery and help relax. Good sound insulation can ensure that the consultation process is not disturbed by the outside world so that visitors can feel quiet and safe, and ensure good sound insulation performance of walls, doors, and windows. At the same time, we should pay attention to optimizing the indoor sound environment. In addition, the spatial layout should be rationally planned so that each functional area will not interfere with each other while maintaining a sense of transparency. Proper spatial layout can improve overall comfort and create a warm atmosphere. The treatment of indoor details, such as the selection of carpets and curtains, can add warmth to the interior. However, in the current environment, there are still many problems in the design of many consulting rooms. This paper analyzes the optimization strategies regarding space layout, privacy protection, atmosphere creation, green elements, and barrier-free design.

## 2. Overview of Environmental Psychology

Environmental psychology is a discipline that studies the relationship between human psychology, behavior, and environment, aiming at promoting the humanized development of artificial environment design, improving various theoretical and practical research on the relationship

between human and natural environment, improving human living environment, and improving quality of life. Environmental psychology pays attention to behavioral problems, also known as environmental behavior. The study of environmental psychology will understand and improve people's thinking, behavior, and emotional reactions so as to optimize the design and use of the environment and establish a healthy environmental psychological protection mechanism [1].

### 2.1. Environmental cognition

Environmental cognition is an important concept in the theory of environmental psychology, which mainly focuses on how individuals understand and explain their environment. This process involves the activities of perception, memory, thinking, and judgment of the environment, as well as the identification and evaluation of the physical and social attributes in the environment. Environmental cognition is an important factor affecting individual behavior and psychological state, so it is also an important field of environmental psychology research[2].

### 2.2. Human behavior and environment

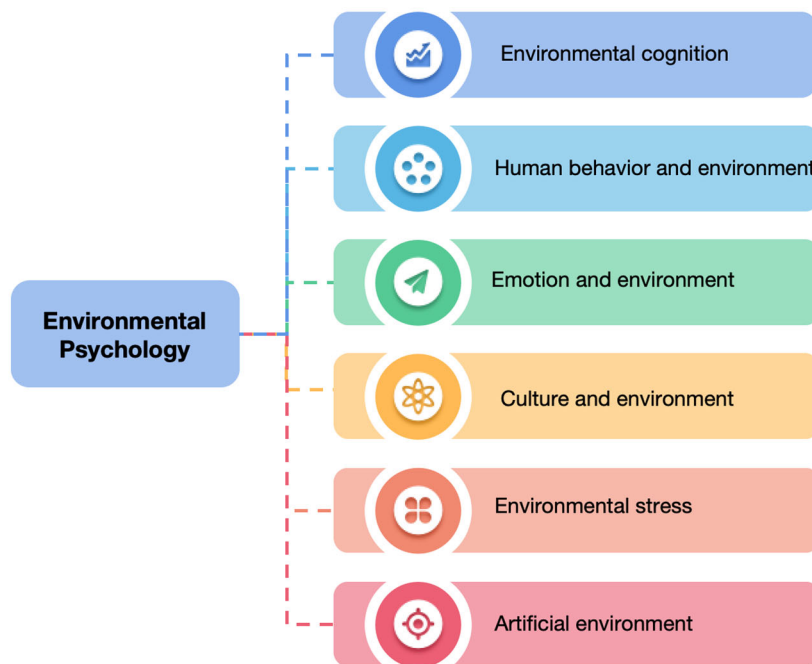
The relationship between human behavior and the environment is one of the core contents of environmental psychology theory. This concept mainly focuses on the interaction and influence between individual behavior and environment. The environment influences people's behavior, and individual behavior will also impact the environment. Studying the relationship between human behavior and the environment is helpful in understanding the laws and characteristics of human behavior, thus providing a scientific basis for environmental design and planning.

### 2.3. Emotion and Environment

The relationship between emotion and environment is an important research direction in environmental psychology theory. This concept mainly focuses on the influence of

emotion on individual behavior and psychological state, as well as the interaction between emotion and environment. Emotion can affect individuals' cognition and evaluation of the environment, and the environment can also affect

individuals' emotional state. Studying the relationship between emotion and environment is helpful to understand the influence of emotion on human behavior and to design a more comfortable and pleasant environment.



**Figure 1.** Overview of environmental psychology  
(Drawn by the author)

## 2.4. Culture and Environment

The relationship between culture and environment is also an important aspect of environmental psychology research. This concept mainly focuses on the influence of culture on individual behavior and psychological state and the interaction between culture and environment. Different cultures have different cognitions and evaluations of the environment, so it will affect the individual's behavior and psychological state. Studying the relationship between culture and environment is helpful to understand the influence of culture on human behavior and to design an environment that is more in line with different cultural backgrounds[3].

## 2.5. Environmental stress

Environmental stress refers to individuals' psychological and physiological response when facing an adverse environment. This concept mainly focuses on the influence of the environment on individual psychological and physical health and how to reduce stress reactions by improving the environment. The study of environmental stress is helpful to understand the influence of adverse environments on human health and to design a healthier and more comfortable environment[4].

## 2.6. Artificial environment

Man-made environment refers to the environment created and transformed by human beings, such as cities and buildings. The artificial environment has an important influence on human behavior and psychological state. This concept focuses on the influence of the characteristics and design of the artificial environment on human behavior and psychological state and how to improve the quality of life and happiness of human beings by improving the artificial

environment.

## 3. The Role of Environmental Psychology in The Environmental Design of Psychological Consultation Room

### 3.1. Understanding the relationship between psychology and the environment

The theory of environmental psychology emphasizes the interaction between man and environment. In the design of a psychological consultation room, it is very important to understand the relationship between psychology and the environment. The environment can affect people's mood and psychological state and then affect the consulting effect. Creating a comfortable, quiet, and warm environment through reasonable design will help visitors relax and communicate with consultants better[5].

### 3.2. Optimize the spatial layout and functions

The optimization of spatial layout and function under the guidance of environmental psychology theory is the key link in the design of a psychological consultation room. A reasonable spatial layout can improve the consulting room's utilization rate and visitors' comfort. Functional space design can meet all kinds of needs in the consultation process, such as reception area, consultation area, and rest area, so as to better serve visitors.

### 3.3. Improve the comfort of the consulting room

A comfortable environment helps visitors to relax and have

better psychological consultation. Under the guidance of the theory of environmental psychology, we can improve the comfort of the consulting room and create a pleasant consulting atmosphere for visitors by adjusting the physical factors such as temperature, humidity, light, and sound and reasonably selecting furniture and decorative materials[6].

### **3.4. Promote the effect of psychological counseling**

A good psychological consultation room environment is helpful in improving the effect of psychological consultation. According to the theory of environmental psychology, a comfortable, quiet, and warm consulting room environment can help visitors open their hearts better and have in-depth exchanges with consultants. At the same time, reasonable design can reduce the interference factors in the consultation process and make it more efficient.

### **3.5. Enhance visitors' sense of security**

Sense of security is an important basis for visitors to conduct psychological counseling. Under the guidance of environmental psychology theory, we can make visitors feel safe and trust through reasonable design. For example, the use of warm colors, comfortable furniture, private layout and other design elements can enhance visitors' sense of security.

### **3.6. Create positive psychological hints**

According to the theory of environmental psychology, the environment can bring positive psychological hints to people. In the design of a psychological consultation room, we can create positive psychological hints through reasonable design to help visitors build confidence and relieve anxiety and pressure. For example, putting green plants, hanging healing paintings, and other design elements can bring positive psychological hints to visitors.

### **3.7. Reduce the interference factors in consultation**

In the process of psychological counseling, reducing interference factors is an important guarantee to improve the counseling effect. Under the guidance of environmental psychology theory, we can reduce the interference factors in consultation through reasonable design. For example, setting up an independent consulting room, installing sound insulation materials, avoiding too fancy decoration, and other design measures can reduce interference and make the consulting process more focused and efficient[7].

## **4. Common Problems in The Environmental Design of Psychological Consultation Room**

### **4.1. Lack of scientific spatial layout**

Currently, the layout of many psychological consultation rooms is too rigid, and the functional areas need to be clearly divided, leading to low space utilization efficiency. The positional relationship between visitors and counselors may increase the pressure on visitors and affect the consulting effect. At the same time, green elements can positively impact people's psychology, so it is also a link that needs attention in the design of psychological consultation rooms. However, many consulting rooms need to do better in introducing green elements, such as the lack of green plants and natural light.

### **4.2. Atmosphere creation needs to be improved**

A good atmosphere can make visitors quickly relax and enter the consulting state. However, many consulting rooms' interior design, lighting, and color matching are not ideal, which can not create a comfortable and secure environment for visitors. In addition, at present, many consulting rooms do not do well in terms of sound insulation and line of sight occlusion, which may affect the free expression of visitors and the establishment of trust.

### **4.3. Functional area planning integration is insufficient**

The design space of the psychological consultation room must create a comfortable and healthy environment. This means that noise control, illumination, ventilation, temperature, and color must be considered in the space. Many visitors come to the counseling room with tension and pressure, so the space should make visitors feel at ease. Space should also have practical functions, such as a reception area, consulting room, rest area, bathroom, and so on. The design of these functional areas should be as flexible as possible to facilitate adjustment according to different needs. However, many consulting rooms still have great deficiencies in functional integration. For example, there are not enough barrier-free passages, toilets, and other facilities. In addition, the design of psychological counseling rooms has not provided different types of counseling rooms according to different types of people, such as individual counseling rooms, couples counseling rooms, and parent-child counseling rooms, to meet the needs of different people.

## **5. Environmental Design Strategy of Psychological Consultation Room Based on Environmental Psychology Theory**

### **5.1. Enlightenment to the spatial layout**

The spatial layout of the psychological consultation room should pay attention to privacy and comfort. The reception area, consultation area, rest area, and other functional areas are reasonably divided to ensure that each area does not interfere with each other. Adopt an open or semi-open layout to enhance the sense of transparency of the space. At the same time, it is necessary to ensure that the spatial layout is conducive to natural ventilation and lighting. In terms of artistic decoration, we should choose works of art and hanging pictures with positive and warm meanings to decorate, which can add an aesthetic feeling to the room and create a warm atmosphere. The decorations should also conform to the style and theme of the psychological consultation room. In the introduction of natural elements, arranging natural elements such as green plants and flowers indoors can increase indoor vitality and let visitors feel the beauty of nature[8].

### **5.2. Suggestions on color matching and lighting design**

Color is a very important part of the design of a psychological consultation room. Color matching should pay attention to comfort, harmony, and psychological comfort. It is suggested to use warm and soft colors, such as light blue, off-white, and light yellow, to create a warm and quiet atmosphere. At the same time, we should pay attention to the

balance and harmony of colors and avoid colors that are too dazzling or cold. Lighting design plays a vital role in the psychological consultation room. Make sure the indoor light is suitable and avoid too strong or too weak light. Natural light is the best light source, so use curtains and other facilities reasonably to adjust the light. Artificial lighting should use soft lighting to avoid glare and other adverse visual effects. Appropriate local spotlights and reading lights are set to meet the needs of visitors in reading and writing.

### 5.3. Suggestions on interior decoration

Interior decoration plays an important role in psychological suggestion in the design of psychological consultation rooms. Choosing positive and warm decorations, such as hanging pictures and ornaments, can transmit positive energy and enhance the confidence of visitors. At the same time, we should pay attention to the choice of decorations to conform to the atmosphere and style of the psychological counseling room. The application of soft decoration is also an important part of interior decoration, such as curtains and carpets, and their texture and color matching should be coordinated with the overall style. In addition, indoor greening can add vitality to the psychological consultation room, improve indoor air quality, and have a positive impact on the physical and mental health of visitors. Choosing appropriate plants and flowers for indoor greening can create a warm and natural atmosphere. At the same time, attention should be paid to the conservation and management of plants to keep them in good growth state.

### 5.4. Acoustic Design Suggestions

The acoustic design of the psychological consultation room should ensure a good sound insulation effect and avoid the interference of external noise. Walls, doors, windows, and other parts should be made of materials with good sound insulation performance to ensure indoor quiet. At the same time, we should pay attention to the optimization of the indoor acoustic environment to avoid adverse effects such as echo and noise. You can choose mute equipment, carpeting, and other measures to reduce the noise level. Adjust the temperature and humidity of the consulting room properly to make visitors feel comfortable and relaxed. The adjustment of temperature and humidity can be properly adjusted according to the seasonal and regional climate conditions to maintain a suitable indoor environment.

### 5.5. Outdoor Design Suggestions

The outdoor landscape is an important part of the design of a psychological consultation room. A good outdoor landscape can make people feel relaxed and helpful to relieve tension. Choosing an outdoor landscape with a broad vision and beautiful scenery as the background of visitors' consultation can enhance the consultation effect. At the same time, using plants, waterscapes, and other elements for outdoor landscape design can create a natural and harmonious atmosphere. In outdoor design, barrier-free design is one of the important

factors to be considered in the design of a psychological consultation room. It is necessary to ensure that there are no obstacles in the indoor space and avoid obstacles when visitors pass. Set up obvious guidance signs and exit signs to ensure that visitors can quickly find the exit in an emergency. At the same time, provide convenient and fast communication equipment and services so as to contact relevant personnel in time in case of emergency.

## 6. Conclusion

Based on the theory of environmental psychology, this study puts forward a set of suggestions on the design of a psychological counseling room that is more in line with the needs of humanity, aiming at creating a comfortable, safe, and efficient psychological counseling environment for visitors. Through practical application and effect evaluation, it is expected to improve the effect of psychological counseling and provide better services for visitors. Future research can further explore the effect and improvement direction of environmental psychology theory in the environmental application of actual psychological counselors and constantly improve and optimize the design.

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