

What are the effects of artificial lighting?

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Environment lighting affects us both directly and indirect as we spend a great deal of time indoors. Recent studies reveal that fluorescent lights used in the classroom over extended periods of time can cause nervousness in those children who are not also exposed intermittently to natural light. However fluorescent lighting may be effective in motivating behavior when one is normally sluggish.

The designer needs to keep in mind the general effect of lighting: brightly lit rooms are more stimulating than dark ones; kitchens need bright light for efficient work, but that light will affect social interaction; increase of light is necessary in parties where alcohol is served; depressed individuals can profit from brightly lit areas. The designer must always consider lighting in terms of the desired emotional goals for that space. This may be as simple as darkening a room to quiet the senses or to aid digestion, or it may become quite complex in terms of the symbolic associations which light lends a space.