



The Influence of Color in Soteria Bandung Recovery House on the Therapy and Recovery Process

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History:

Submit : February 28, 2025

Review : March 29, 2025

Publish : April 30, 2025

Keywords:

color psychology, mental disorders, design, therapeutic colors

ABSTRACT

This article discusses the selection of the right color to be applied in a recreation and rehabilitation place specifically designed for individuals with mental disorders. The use of color in a room plays an important role in shaping an individual's mood, emotions, and psychology. In the context of a recreation and rehabilitation place for people with mental disorders, the selection of the right color can be one of the strategic elements to create an environment that supports recovery and improves their quality of life. A recreation and rehabilitation place for them not only functions as a treatment room, but also as a place to improve holistic well-being. The purpose of this study was to determine the role of color in recreation and rehabilitation places in the psychological effects felt by people with mental disorders. Using qualitative methods and using a color psychology approach, this study explores how certain colors can affect mood, reduce stress, increase relaxation, and support the healing process. In this case, design elements, including color, are an important part of supporting therapy and creating a positive atmosphere. In addition, it is also expected to provide new knowledge about the influence of color in the Soteria recovery house on the recovery process of patients with mental health disorders.

1. Introduction

Human psychology and attitudes are influenced by interior architectural design through various aspects. Each person receives, understands and responds in different ways, this is due to physical and psychological differences as well as differences in personal experience. Various factors affect a place of recreation and rehabilitation for people with mental health disorders, one of which is the influence of color on the emotions and moods of people with mental disorders. Color has been studied since the late 19th century as a healing tool that has therapeutic value. Experts believe that the right color will make it easier to learn, cure diseases, and increase work enthusiasm to increase production (Darmaprawira, 2002). In addition, according to Mary (2009), color energy can be a catalyst for our healing process and support healthy and normal body work.

Recreational and rehabilitation places must pay attention to everything, both in terms of programs, services, facilities, and room interiors. Color therapy can be applied to overcome any problem, whether

physical, mental, emotional or spiritual, or specific problems that are usually treated with relaxation therapy. Color therapy can be applied safely and effectively, whether used with other therapy methods or not, with modern or traditional medicine, to adults, children, babies, and animals. However, seeing the reality in the field, many factors related to this are ignored because they are considered less important. Color has a strong influence on human feelings (mood) and emotions. The use of the right color can accelerate the recovery of people with mental disorders. Therefore, the application of the right color elements can improve the relationship between the built environment and human thought and feeling actions in carrying out therapy activities in recreational and rehabilitation places.

Patients with mental disorders require a healing process to improve their quality of life in living in an environment like people in general. Therefore, a built environment is needed that can play a role in the healing process and supporting facilities for occupational therapy. It is believed that the main and most important human visual experience is color (Dzul kifli & Mustafar, 2013). Color is an important element in interior design because it can affect the perception and psychology of each individual who comes to a recreation and rehabilitation place for people with mental disorders, so that color can provide a comfortable, peaceful atmosphere and can be one of the right psychological and physical recovery options. The interior design of the Soteria Recovery House is a built environment whose existence is directly related to patients. Through elements that form the interior space such as color elements, an environment or atmosphere of space can be created that supports the healing process.

Color plays an important role in conveying messages that can affect the mood of people with mental disorders, therefore, if the color is used incorrectly, it will have an impact on the psychology of the sufferer. Color is the fastest indirect transmitter of messages and emotions. Colors are the fastest readable than shapes (Green-Armytage, 2017). In the interior, color is one of the attractions that affects the user's experience of space and makes it color, room and user inseparable. Likewise, the use of color can also affect recreation and rehabilitation places to provide a sense of security, tranquility, and comfort. In the book *Landscape Architecture* by Simonds (1983) it is stated that the character of the planned space can affect its users in reducing psychological burdens, one of which is the use of color to restore the psychological condition of visitors.

Based on previous research, there has been no research on the use of colors and appropriate interior elements for recreation and rehabilitation places for people with mental disorders. In addition, the Soteria Recovery House located in Cimahi, Bandung is a place for mental recovery that aims not only for mental recovery, but also for self-development for sufferers. The Soteria Recovery House handles it holistically, namely a medical approach, as well as a psychological, social, and spiritual approach. Therefore, in order to provide a correct and good room design for people with mental disorders in providing peace, comfort, and security in physiological and psychological healing, it is necessary to pay attention to how color can affect the atmosphere of the room and the right color to use to have a good impact on the psychology of people with mental disorders. The selection of "Soteria Recovery House" as a study was because the Recovery House still does not have a prominent characteristic in the use of its interior elements including room color. The use of the wrong or inconsistent room color is one of the problems in "Soteria Recovery House" so that it can make people with mental disorders more stressed or feel uncomfortable.

Based on the description, the purpose of this study is to determine the effect of color in the Soteria Recovery House on the recovery process for patients with mental disorders in the psychological effects felt by patients. And the research question is focused on determining the function of color in patient psychology, such as the impact of the use of room color on the psychology of patients in the "Soteria Recovery House" and finding what color is suitable to provide a comfortable, calm, and safe atmosphere for patients. Based on the formulation of the existing problem, the research questions studied are: i). How does the color in the Soteria Recovery House affect the recovery process of patients with mental disorders?, ii). What colors are appropriate and can be recommended for the Soteria Recovery House for patients with mental disorders?



Figure 1. *Front view of Soteria Recovery House.* Source: Personal Documentation (2024).



Figure 2. *Front Area of Soteria Recovery House.* Source: Personal Documentation (2024).



Figure 3. *Soteria Recovery House Parking Area.* Source: Personal Documentation (2024).

2. Method

This study uses a qualitative method with interviews with staff workers at the Soteria Recovery House. Basri (2014) concluded that the focus of qualitative research is on the process and the meaning of the results. Qualitative research focuses more on human elements, objects, and institutions, as well as the relationships or interactions between these elements, in an effort to understand an event, behavior, or phenomenon (Mohamed, Abdul Majid & Ahmad, 2010). Interviews are conducted formally, namely

with the state of data, information and questions that have been prepared to be more appropriate in the questions to be asked. Formal interviews, namely first the researcher/interviewer systematically compiles and understands the questions to be asked to the interviewee to get more specific answers. The discussion will focus on the concept of color and its psychological impact on patients in order to help in terms of the psychology of the room in designing recreation and rehabilitation places.



Chart 1. Research Flow Stages. Source: Personal (2024).

Interviews were conducted with the owner of the Soteria Recovery House, namely Rev. Yopie Buyung on site, in order to understand the vision and mission of the Soteria Recovery House properly and accurately, in addition, Rev. Yopie Buyung is the owner and active staff there. Rev. Yopie Buyung explained that the Soteria Recovery House focuses on mental recovery from mild to severe levels. In addition, in terms of interior, Rev. Yopie Buyung explained that the limited space in the Soteria Recovery House is one of the obstacles faced by the place. Likewise, the color and interior elements are still lacking and still need some renovation to make it look more decent and add to its aesthetic value. Judging from the use of color in the Soteria Recovery House which is still monotonous and there is no variation in color whatsoever. During the healing process there and asked directly to one of the residents/patients who was in the healing process, the patient stated that the patient felt comfortable doing the counseling session there. In addition, in an interview with Rev. Yopie Buyung, stated that many patients had been treated and discharged after their self-discipline had improved and they were no longer experiencing mental health problems.

3. Results and Discussion

Soteria Recovery House located at Jl. Purbasari No. 3 Sangkuriang Cimahi is a mental recovery place that provides services to people with mental disorders.



Figure 4. Map of Soteria Recovery House. Source: Google Documentation (2024).

At Soteria Recovery House, people with mental disorders will be trained to be more disciplined and slowly helped to restore their mental health that has been problematic or damaged. Soteria Recovery House develops their services by establishing a crisis center for dealing with victims of stress, depression and drug addiction. At Soteria Recovery House, 3 stages are carried out for therapy/healing, namely:

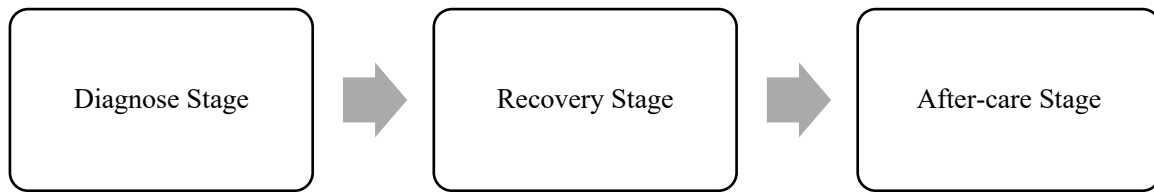


Chart 2. Stages of Recovery at Soteria Recovery House. Source: Personal (2024)

Those sufferers who have recovered will be sent home and monitored periodically. The Soteria Recovery House has a living room which functions as a welcoming room for sufferers and for guests who come to visit.



Figure 4. Living room. Source: Personal documentation (2024).

Based on an interview conducted in November 2024 with staff from the Soteria Recovery House, the staff argued that the Soteria Recovery House is expected to have a safe, calm and comfortable atmosphere and must have a cool room. This statement reminds us of the use of harmonious or soft room colors to create a calm atmosphere. Meanwhile, colors that are too contrasting will cause discomfort and are less appropriate if given to the rooms in the Soteria Recovery House. Soft colors are often associated with calm, pleasant and less arousing (Labrecque, 2012). Color psychology is a field of study that studies the interaction of color use, factors and impacts caused by considering psychology and cultural factors (Cyr, 2010). Avicenna in a book entitled Canon of Medicine explains the theory of the action of color on the human body. For example, he believed that red increases blood circulation, while blue inhibits it, and yellow helps reduce pain and inflammation. According to Jane (2012) each color has a special effect on our bodies, even if we don't realize it. In some situations or conditions that are stressful and threatening, it will give rise to feelings of fear, worry, and anxiety in individuals. So this causes uncomfortable and unpleasant feelings. This will result in anxiety which if not addressed can cause individuals to be confused in determining positive attitudes or behaviors, damaging personality and causing trauma.

There are colors that have the ability to stimulate human nature and emotions as explained by Marial L. Davis in the book Design in Dress (1987:135), some of which are:

Table 1. Colors and Meanings. Source: Personal Documentation (2024).

Color	Meaning
Bright Yellow	Wise, Bright, Happy, Warm
Light Green	Fresh, Rich, Calm, Growing
Blue	Restrained, Gentle, Peaceful, Loyal
Brown	Calm, Warm, Friendly, Natural, Humble

Pure White
Red Strength

Hope, Innocent, Clean
Strength, Courage, Attractive

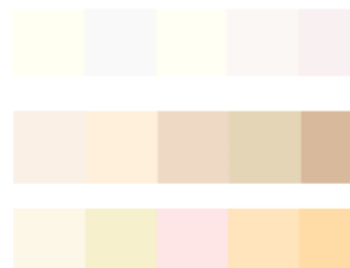
COLOR RECOMMENDATIONS FOR SOTERIA RECOVERY HOME

Based on The Practical Book of Color Therapy (Sue Lily, 2010). The use of monochrome combinations gives a calming effect because there are not many types of colors used. According to a survey, warm and calm colors are ideal colors for healing.

Ceiling



The color of the ceiling in the therapy room is adjusted to the size of the room. Common colors used can be bright colors and can calm emotions, such as white, off-white, and cream.



Wall



The wall color in the therapy room is adjusted to the size of the room, but in general it still uses cool colors/cool tones that give a cool impression or warm colors/warm tones that give a comfortable impression. Both provide a sense of calm with a different approach and are adjusted to the color of the ceiling and floor. The colors that tend to be chosen are: Cream, Yellow/Orange, pastel colors. The colors used on the walls should not be too bright and striking because they can interfere with comfort and distract attention. Colors that are too dark also give a gloomy and cramped impression, especially with the many pieces of furniture in the room.



Floor



In general, the floor in an occupational therapy room uses wooden parquet flooring because it is commonly used in residential homes and the natural color of the wood can also give a comfortable impression.



The effects of these colors can be used as an advantage in designing interior designs. Small spaces will appear larger, odd shapes of rooms will appear more proportional by using colors that can create these effects. Dark colors on the ceiling will appear lower than the same ceiling given a light color. Dark floors and ceilings can reduce the appearance of the height of the room and feel suffocating.

The statement above has been known that the impact of color on patients at the Soteria Recovery House has a major influence on the atmosphere and mood felt by its patients, starting from giving the impression of a safe, comfortable rehabilitation place with a sense of calm and the color of the recovery room that often gives this impression is a recovery room with a dominant cream color and brown wood accents so that it can foster a warm room atmosphere.

4. Conclusions

In the Soteria Recovery House, there is still no combination of colors that can stimulate and accelerate mental recovery for patients. The use of colors that are still predominantly monotone colors such as white and blue which are the colors of the Soteria Recovery House. From this, it has been analyzed how the colors in the Soteria Recovery House can affect the mental recovery of patients. Based on the results of research and interviews at the Soteria Recovery House with patients who stay at the place, as well as the theoretical basis of previous research, it was found that the use of dominant colors in a room can affect feelings and can help in the process of recovery psychically and psychologically for patients with mental disorders who need a safe, calm, peaceful room and have privacy.

Considerations for the use of room colors in the Soteria Recovery House case study tend to be warm, soft and monochrome colors to support the mental recovery process in patients. The use of wood elements, white, orange, yellow, cream, pastel and brown colors dominate the inpatient rooms and other rooms in the Soteria Recovery House. Sight is the main sense that will be used by humans which affects physical perception and will affect the brain to really feel the meaning of the object (Weinschenk & Susan M, 2011). Therefore, the influence of the use of room color in a design is something that must be considered because it will have an impact on the brain which will stimulate human feelings towards the room.

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