

RESEARCH THEME

Title of the doctoral research Wellbeing for a new human dimension in future Urban Environments

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Abstract Three quarters of the European population concentrate in cities: studies on the long-term effects of growth in an urban environment show an increase in psychological disorders such as anxiety, panic, boredom, sleep disturbances. If health is assumed as a state of complete physical, mental and social happiness, the individuals and communities' life quality plays a key role. Beyond the concept of smart cities, starting from the interiors point of view (from the spaces, to furniture, products, service strategies, and communication) in interaction with a psychological perspective, the notion of resilient cities could be supported, promoting a more accessible and inclusive dimension for all people. It is a matter of designing not only spaces but places, not just "objects" but relationships: the challenge is at a methodological level and with minimal resources, also taking into account the particular scenario which we are living nowadays due to the sanitary emergency. A new humanistic approach needs to be achieved for the design of spaces, service and technology in a contemporary and future urban context. A special attention should be given to healthy sleeping and dwelling conditions, as well as personal relax time. The expected result is applying the design thinking, historically open to a dialogue with other disciplines, to create important connections between knowledge areas, experiences and research carried out in different contexts and with different types of tools. The research will possibly interact with didactic experiences carried out within the Design school.

Keywords Urban interior, wellbeing, psychology