

# Social Interaction in Health and Wellness Center: Through Five Elements Integration

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**Abstract** - Health and wellness centers play an important role in improving both physical and emotional well-being. This research explores how using natural elements like earth, water, fire, air, and space in the design of these centers can help people connect with each other and feel better emotionally. By reviewing studies and real-life examples, this paper highlights how these elements create spaces that encourage people to interact while also supporting relaxation and healing. The findings aim to guide the design of wellness centers that balance human connection with personal comfort.

**Key Words:** Social interaction, natural elements, wellness architecture, health centers, elemental design.

## I. INTRODUCTION

Health and wellness centers are more than just places for physical recovery; they are also spaces where people can connect and feel a sense of belonging. Research has shown that social connections are important for improving mental health and reducing stress (Cramer, 2023). A growing trend in architecture focuses on using natural elements—like greenery, sunlight, and open spaces—to create environments that make people feel comfortable and more likely to interact with others.

This paper explores how these natural elements can be used in health and wellness centers to improve social interaction. It looks at their effects on behavior and mood, how they encourage people to spend time in communal areas, and how they can create a positive atmosphere. The study uses examples from research articles and case studies to analyze how these design choices work in practice.

The goal is to understand how natural elements can make wellness centers better places for both healing and socializing. As cities grow and more people feel isolated, designing spaces that bring people together becomes even more important.

Healing spaces are among the most sensitive and multifaceted settings, requiring patients to share personal details with unfamiliar professionals, navigate

potentially intimidating or challenging circumstances, and make critical decisions, all while understanding a specialized professional language. Thoughtful architectural design can alleviate stress for patients, their families, and healthcare providers.

Rehabilitation facilities must cater to diverse needs, functioning as a workspace for staff, a recovery space for patients, a business venue for delivering healthcare, and a cultural space that embodies the organization's mission and values. To achieve these purposes, the design of such facilities must align with the institution's overarching goals and objectives (Kellert).

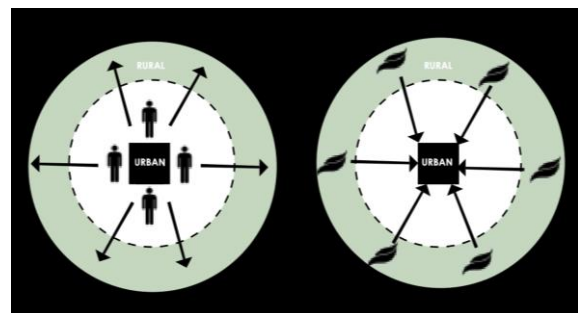


Fig -1.1: Traditional and Untraditional Method  
Source: <https://www.insol.co.nz/blog/perforated-facades-aesthetics-and-practicality>

## II. LITERATURE STUDY

### A. The Impact of Nature on Social Interaction

Natural elements have been shown to improve the way people connect in shared spaces. (Fujiwara, 2008) explains that features like gardens, trees, and water bodies make public spaces more inviting and encourage people to spend time together.

These features are not just decorative; they create a calming atmosphere that makes it easier for people to approach others and start conversations.

In healthcare settings, gardens have a special role. Research shows that green spaces in hospitals and wellness centers reduce stress and help patients recover faster.

These areas give people a chance to step away from stressful environments and interact with friends and family in a peaceful setting ( Heggie, 2014)



Fig -2.1: Healing Gardens: Nature as Therapy in Hospitals

Source: <https://www.archdaily.com/>

## B. Light and Air in Wellness Design

Natural light and ventilation are key elements in creating spaces where people feel at ease. (Cramer, 2023)found that well-lit rooms not only improve mood but also shorten recovery times for patients. People are more likely to interact in bright, open spaces compared to dim, confined ones. Natural airflow also improves comfort and makes communal areas more enjoyable to use.

For example, the use of perforated facades and elements like cobogós (hollow blocks) in building designs showcases how natural light and ventilation can be effectively integrated.

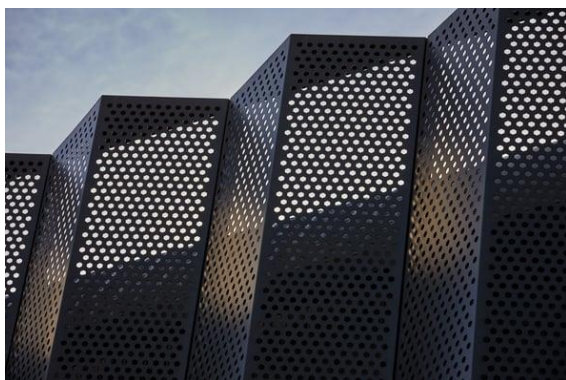


Fig -2.2: Perforated facades

Source: <https://www.insol.co.nz/blog/perforated-facades-aesthetics-and-practicality>

These features allow light to filter into interior spaces while promoting air circulation, contributing to the creation of more comfortable and inviting environments for social interaction. Research

highlights that these design strategies not only improve environmental comfort but also enhance user engagement with space by fostering a connection with the outdoors (Ulrich & Golembiewski, 2020).



Fig -2.3: Interior Warm lights- Lambreta Cafe Raipur.

Source: Author

Good ventilation and open layouts help make spaces feel fresh and open. Features like large windows that let in natural light and airflow create a relaxing atmosphere that encourages people to move around and interact more (Ouf, 2021)



Fig -2.5: Large Open windows, Studio Saransh Ahmedabad.

Source: Author



### C. Fire and Water: Social Anchors

Fire elements, such as fireplaces, are often used to create a sense of warmth and togetherness. These features naturally attract people, making them ideal for gathering spaces in wellness centers (Ouf, 2021). Similarly, water features like fountains or small ponds provide soothing sounds and visual appeal that draw people into shared areas. These elements are especially effective in making communal spaces feel inviting.



Fig -2.6: Courtyard Water Body-Gandhi Museum, Ahmedabad.

Source: Author

Features such as fountains or small pools create a peaceful environment that draws people together. The gentle sound and sight of water can encourage casual conversations and make the area feel more inviting (Heggie, 2014).



Fig -2.7: Courtyard Water Body-Amber Stepwell, Rajasthan.

Source: Author

### D. Earth and Grounding Materials

Natural materials such as wood, stone, and plants play an important role in connecting people with the environment. (Fujiwara, 2008) highlights how earthy textures and greenery create a relaxing atmosphere that helps reduce stress and improve mood. These materials also encourage physical interaction with the space, such as touching plants or sitting on wooden benches, which makes the environment feel more welcoming.

Materials like wood, stone, and plants bring a natural and calming vibe to indoor spaces. For example, having greenery like potted plants or gardens can help lower stress and make people feel more at ease when connecting with others (Fujiwara, 2008) (Heggie, 2014).



Fig -2.8: Potted Plants And Garden- Studio Saransh Ahmedabad.

Source: Author

Having flexible spaces that include open areas for group activities and quiet corners for personal reflection makes the design feel balanced. This lets people choose whether they want to connect with others or spend time alone, making the space feel welcoming for everyone (Fujiwara, 2008)



Fig -2.9: Open Area for Activities-CEPT Ahmedabad

Source: Author

#### E. Promoting Inclusivity and Accessibility: Designing for All

Inclusive and accessible design aims to create spaces that are welcoming and accommodating for people of all abilities. This involves thorough planning that takes into account universal design principles, ergonomic requirements, and sensory experiences to ensure that everyone feels comfortable and respected. For example, in healthcare settings, designing spaces that address a variety of patient needs can help improve overall well-being by providing a more supportive and dignified environment. Similarly, in educational settings, sensory-friendly design elements are shown to enhance learning experiences for all students by creating a more inclusive and engaging environment. As (Ulrich & Golembiewski, 2020) and other researchers suggest, designing with inclusivity in mind not only encourages full participation but also fosters a sense of community and belonging within these spaces( Ulrich & Golembiewski, 2020)



Fig -2.4: Promoting Inclusivity and Accessibility

Source:[https://www.rethinkingthefuture.com/architectural-community/a12241-holisticdesign-creatingenvironmentsforphysicalandemotionalrestoration/#google\\_vignette](https://www.rethinkingthefuture.com/architectural-community/a12241-holisticdesign-creatingenvironmentsforphysicalandemotionalrestoration/#google_vignette)

### III. METHODOLOGY

This study is based on a review of articles and case studies from journals and research platforms. The focus

was on wellness centers that use natural elements in their designs. Data from user satisfaction surveys, environmental studies, and behavioral observations were analyzed to understand how these features affect social interaction and emotional well-being.

### IV. DISCUSSION

The integration of natural elements in wellness centers creates spaces that encourage people to spend time together and share experiences. For example, gardens provide a break from the usual indoor environment and give people a reason to come together, whether to talk, relax, or simply enjoy nature. Water features enhance this experience by adding calming sounds, which reduce stress and make social interactions feel more comfortable.

Bright, open spaces with good airflow make people feel more energized and willing to engage in conversations. Adding fireplaces or similar features helps create cozy areas where people can gather, especially in colder weather. Using earthy materials like wood and stone adds to the overall comfort and appeal of these spaces. These findings show that natural elements can make wellness centers more than just places for treatment—they can become places where people form connections and build community.

### V. CONCLUSIONS

The integration of natural elements like earth, water, fire, air, and space into the design of wellness centers creates a welcoming and calming atmosphere that helps people feel more connected to their surroundings and each other. These elements not only make spaces more visually appealing but also encourage users to engage in social activities, reducing feelings of isolation. Gardens, water features, and natural materials like wood and stone provide both physical and emotional comfort, making these centers places where people can relax and interact.

Natural light and good ventilation are crucial in creating uplifting spaces where individuals feel motivated to communicate and share experiences. Adding fireplaces or symbolic elements of fire creates cozy corners where groups can gather. This blend of functionality and emotional warmth turns wellness centers into more than treatment spaces—they become environments that nurture both health and social well-being.

The findings of this study suggest that architects and designers can make significant improvements to the quality of wellness spaces by thoughtfully integrating these natural elements. Future research should examine how these ideas can be adapted to different cultures and locations, ensuring that wellness centers meet the diverse needs of their users. By focusing on designs that encourage interaction and emotional connection, wellness centers can help build stronger communities while improving individual well-being.

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