



Theosophical-Philosophical Foundation of Iranian Art  
Volume 3 / Issue 3 / pages 193-208 / e-ISSN: 2980-7875 / p-ISSN: 2981-2356

Original Research

10.30486/PIA.2024.140303281123006



## Elucidating the Philosophical Framework of Biophilic Architecture in Accordance with the Psychological Goals of Environmental Design

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### Abstract

**Introduction:** In the modern world, humans have become increasingly distanced from their natural environment, leading to physical, psychological, and emotional challenges. Rapid urbanization and technological advancements have contributed to this disconnection, negatively impacting well-being and quality of life. However, an examination of Iran's architectural history reveals that environmental considerations and a strong connection with nature have long been integral to traditional designs. Iranian architecture has historically incorporated natural elements to enhance human comfort and well-being. This study explores the commonalities between biophilic design and environmental psychology, emphasizing the necessity of reconnecting humans with nature. By integrating sustainability principles and aligning with global design standards, biophilic design fosters environments that improve quality of life by strengthening the bond between people and the natural world.

**Methodology:** This research adopts a qualitative approach, utilizing case studies and content analysis to examine the psychological aspects of biophilic architecture. The study follows grounded theory methods for systematic data analysis. During the open coding phase, data was examined, compared, and categorized, while axial coding identified relationships and patterns among the themes. Finally, selective coding facilitated the development of a theoretical framework. MAXQDA software was used to analyze the extracted data, allowing for the identification and organization of key patterns related to biophilic design and environmental psychology.

**Results:** The findings highlight strong commonalities between biophilic design and environmental psychology, reinforcing the importance of integrating natural elements into architectural spaces. The study demonstrates that respecting natural patterns in design enhances human well-being by restoring the lost connection between individuals and their surroundings. By incorporating biophilic patterns and environmental psychology principles, architectural spaces can be designed to meet individuals' emotional, cognitive, and psychological needs. A comprehensive review of the literature led to the extraction of 89 codes, which were categorized and analyzed to provide insights into the impact of biophilic architecture on human health and well-being. The results suggest that the thoughtful integration of natural elements can significantly contribute to comfort, productivity, and mental health.

**Conclusion:** Based on the frequency of extracted codes, seven key elements were identified as fundamental to biophilic design: (1) Innate connection with nature, (2) Sustainability, (3) Benefits of natural and built environments, (4) Security, justice, and freedom, (5) The symbolic nature of design, (6) Aesthetic dimensions, and (7) The use of cultural patterns. These elements, along with their practical applications, form the basis of the coded model developed in this study. While a connection with nature is a crucial component of biophilic architecture, it alone may not be sufficient to fully support physical and psychological well-being. Future research should explore how additional social, cultural, and environmental factors can enhance the effectiveness of biophilic design, contributing to more holistic, human-centered architectural solutions.

**Keywords:** Biophilic, Biophilic Architecture, Environmental Psychology, Nature, Ruling Model

Received: 2024-06-17

Accepted: 2024-11-16

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