

MASTER THESIS - APPENDIX

DESIGN FOR POSTPONING LONELINESS IN PUBLIC DOMAIN

MSC DESIGN FOR INTERACTION

JANITA SIRISETH

APPENDIXES

A. Design brief

B. Factors

C. Pre research

- Questionnaire

- Results

A. Design brief

_____ project title

Please state the title of your graduation project (above) and the start date and end date (below). Keep the title compact and simple. Do not use abbreviations. The remainder of this document allows you to define and clarify your graduation project.

start date _____ - _____ - _____

_____ - _____ - _____ end date

INTRODUCTION **

Please describe, the context of your project, and address the main stakeholders (interests) within this context in a concise yet complete manner. Who are involved, what do they value and how do they currently operate within the given context? What are the main opportunities and limitations you are currently aware of (cultural- and social norms, resources (time, money,...), technology, ...).

Over the past few years, loneliness has become chronic for millions. In the UK, 60% of 18-34 years old are often lonely (Griffin J, 2010). In the US, 46% of the entire population feels lonely regularly (Cigna, 2018). Technology has made our lives more connected than ever, and yet there is an outstanding number of us feel isolated. From the definition in Oxford Languages, loneliness is sadness because one has no friends or company, the fact of being without companions; solitariness. Loneliness is unique and can be described in various ways. It creates different causes and effects for every individual. Everyone has experienced this because it is an innate part of being human. This project will investigate further at what moment and why people become lonely in the public areas, to prevent future occurrences from this phenomenon.

The concept of loneliness has started with a trend towards individualism, created by Protestant theology (Cacioppo & Patrick, 2008). This established principles based on rational thoughts. Along with the concept of capitalism, promoting private ownership, driven by profit motive and competition. In the nineteenth century, this trend was accelerated by the industrial revolution, there was a huge urban migration, people moved from rural areas to the cities, and hoped to have a better life in the new economic hub. As the world has rapidly grown, a number of the one-person households have dramatically risen. At the beginning of the twentieth century, modern urban planning principles were made for the functionality, the zoning, and automobile transportation in order to separate each area with a proper appearance. This way of thinking standardized not only the city but also the way citizens live. The cities lost the sense of diversities, disregarding the relationships between social life and the built environment. People are busy with their individual goals, becoming more isolated by giving up physical connections with their friends and families. Soon after, they become emotionally closed off, being less sensitive, and lack personality depths (Simmel, 1903).

While humans adapt to the modern lifestyle, their body and mind still function the same way as in the past, they deep down have a desire to form social connections at any circumstances (Baumeister & Leary, 1995). The impact of the lack of social connections on morbidity and mortality has dramatically increased (Hawkey & Cacioppo, 2010). Unsurprisingly, loneliness has a direct effect on our brains, producing cognitive biases, affecting hormones level, and leading to mental illnesses. It is a metaphor for social pain (Cacioppo & Patrick, 2008). Unlike hunger and physical pain which can be cured by eating or taking medications, instead of reaching out to people, loneliness activates self-preservation mode, making them interpret social interactions incorrectly, and become distrustful of others (Vanhalst, Gibb & Prinstein, 2017). Lonely people can be seen as unfriendly because of their social anxiousness, making people around them respond accordingly. Furthermore, society perceives loneliness as a sign of weakness, people rather ignore and suppress their feelings instead. This is why loneliness becomes a loop and harder to escape each time.

To have a better understanding of how this phenomenon relates to people's lives, Kileen (1998) explained the state of separateness from self and others with society's perception. The concepts indicate each state between alienation and connectedness, depending on the freedom of choice (sense of control). Figure 1 shows a simplified version of the continuum, defining the area to focus on this project. From the diagram, aloneness in the middle implies that being alone is tolerable, and yet the feeling remains neutral. The investigating area is between aloneness and loneliness. There is a trigger moment that causes people to change to their feelings from neutral to negative. In this project, the characteristics of the shift needed to be identified to postpone it.

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B. Factors

Individualism

Cacioppo & Patrick, 2008

Development

The concept of loneliness has started with a trend towards individualism, created by Protestant theology. Along with the concept of capitalism, promoting private ownership, driven by profit motive and competition. In the nineteenth century, this trend was accelerated by the industrial revolution, there was a huge urban migration, people moved from rural areas to the cities, a number of the one-person households have dramatically risen. People spend more time alone.

Modernist urbanism

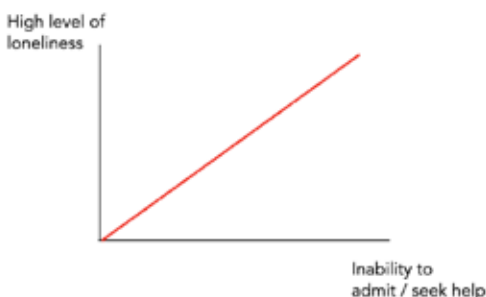
Development

modern urban planning principles were made for the functionality, the zoning, and automobile transportation in order to separate each area with a proper appearance. This way of thinking standardized not only the city but also the way citizens live. The cities lost the sense of diversities, disregarding the relationships between social life and the built environment.

Social stigma

Development

There is a correlation between shame anxiety and loneliness. Society perceives loneliness as a sign of weakness, people rather ignore and suppress their feelings.



Type of activities

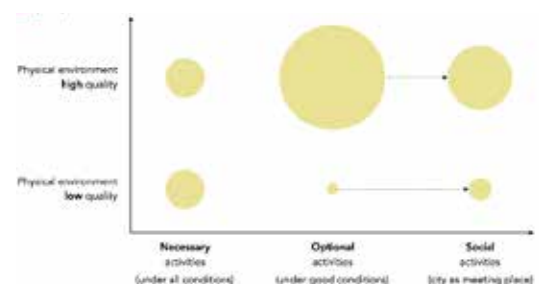
Gehl, 2010

Principle

Necessary: Activities that people have to take.

Optional: Activities that people might like such as walking down the street, sitting to enjoy the weather, etc.

Social: It includes all types of communication among people in the city space, there are social



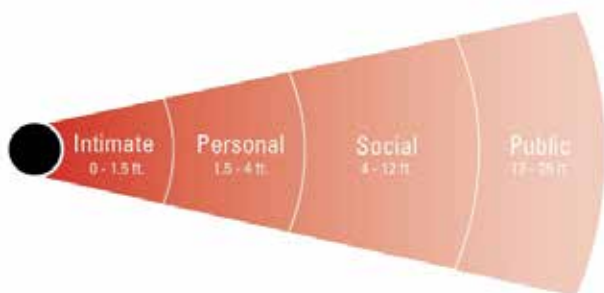
Interpersonal distance

Gehl, 2010

Principle

Communication distances :

1. Intimate distance (0-45cm)
2. Personal distance (45-120cm)
3. Social distance (120-370cm)
4. Public distance (>370cm)



Movement corridor

Principle

high levels of through movement will generally stimulate high levels of activity on the space, with the highest density of such activities (and social encounters) typically occurring in the gaps between the dominant lines of movement and being drawn to and around key amenities and features

* the space should provide the quieter areas next to the high movement corridor, for those who want to stop and relax --> more interactions

Non-place

Auge, 1997

Development

A place where users become passengers, their former identity is fixed at the beginning and remain the same at the end of a journey. The communications happen through images, names, guiding tools (signs and texts). It creates loneliness and similarity. There are two types of non places :

Transitional space - people spend short time, don't have to contact with others to perform the task, traditionless

Consumption space - people spend longer time, no sense of belonging

Use of space

David Stea, 1970

Principle

If you change the characteristics of the space, you will also change the behavior conversely if you change the behavior within the space, the perception of individual territories will change.



States of privacy

H. Proshansky, W. Ittelson, L. Rivlin, G. Winkel. An introduction to Environmental Psychology. Ed. D. Dempsey

Principle

Reserve - This is a more personal level of privacy. A more inward look, as in a time of reflection. Every person has things that they must withhold aspects of themselves that are too personal, profane, or shameful to share.

Solitude - The person is alone and free from observation from other people. Complete visual isolation. The individual is still subject to others auditory and olfactory stimuli. This person's choice in place to retreat to usually displays a direct relationship to the space.

Intimacy - Referring to the need to maximize a personal relationship with one person or a small group. At this level there is an attempt to totally minimize all sensory input from outside units.

Anonymity - This level is about keeping your identity and presence private while in a public setting. To be self-consciously aware the one is being watched. When one has the ability to seek and achieve that freedom in public space.

Transaction

Gifford, Steg, & Reser, 2010

Principle

Transaction is your interaction with the environment and also how environment interact with you

Territoriality

Gifford, Steg, & Reser, 2010

Principle

Territoriality in humans is a pattern of behavior and experience related to the control, usually by nonviolent means such as occupation, law, custom, and personalization, of physical space, objects, and ideas. Personalization, marking, and status are used much more often than physical aggression to control space and ideas. Theories of territoriality stress its organizing function and evolution more than its relation to aggression (Edney, 1976). Architects can and should incorporate knowledge about territoriality to allow building users as much control as they are capable of responsibly exercising and as the organizational context allows; territory holders then benefit from a greater sense of self-determination, identity, and even safety.

Personal distance

Gifford, Steg, & Reser, 2010

Principle

Many personal and situational influences interact with preferences for particular interpersonal distances. For example, males have larger personal spaces. Attraction and cooperation generally lead to smaller interpersonal distance, whereas less positive contexts such as stigma and unequal status lead to larger distances. When the physical setting is less spacious, larger interpersonal distances are selected.

Privacy

Namazian, 2013

Principle

Privacy is a dialectic process, in which forces to be with others and forces to be away from others are both present, with one force dominating at one time and other being stronger at another time. As a corollary, being alone too often or for long period of time (isolation) and being with others too much for too long (crowding) are both undesirable states.

Cities are unnatural

Gifford, Steg, & Reser, 2010

Development

Cities can be very stressful with a lot of stressors such as noise, pollution, traffic, density. Living here increases more risk of violence. Humans have only lived in such a large habitat for a tiny fraction of the time we have been a species; it is reasonable to say that cities are unnatural.

Public roles

Sennet, 1977

Development

Sennet suggests that lessened social participation/ interaction is not a matter of common psychology (of general lack of will or desire) but in fact it is a problem of losing the human ability to play "roles", in other words the ability to be expressive in an impersonal manner

The other-directed society

Riesman, 1950

Principle

In 1950 Riesman tried to explain a similar problem in American society in "The Lonely Crowd". Riesman identified a pattern of historical movement beginning with a tradition-directed society followed by an inner-directed trend. Finally, he claims, by the conditions of industrial revolution the society became more other-directed. Since the other-directed individuals could only identify themselves through references to others in their communities (what they earn, own, consume and believe in) they inherently were restricted in their ability to know themselves.

Blurred line between public and private

D Ricci, 2017

Development

The classification of spaces is based on the activities and the rights that citizens have in each of them. In today's modern society, the line between public and private spaces have become blurred. Private and intimate activities are now held in public spaces and vice versa. Private conversations can be held whether one is physically present within a public square, or digitally texting a written conversation. Correspondingly, we also perform activities in private spaces such as, publishing and posting information online, while connecting to a public Wi-Fi or having a webcam at home that records and places live footage publicly online.

Public space

Rogers, 1998; Lofl and, 2000.

Development

the sites of social interaction and active citizenship, in which personal identities are constructed through unmediated human contact, educating the city-dweller about the 'other' and teaching true urbanity. Research has shown that the social integration generated in public spaces, contributes to a sense of community and the improvement of citizen's wellbeing by increasing their feelings of safety and security.

Fear to be left alone

Bauman Zygmunt, 2015

Development

Bauman questions the perception that people currently have around privacy and its importance from a different point view. He refers to it as an issue caused by one's fear to be excluded or left alone, and the anxiety of not belonging to society

Factors to stimulate users

Hertzberger, 2005

Principle

To stimulate users, it is essential for the designer to be aware of accessibility, territorial claims, organization of maintenance and division of responsibilities.

The 'In-between' space

Hertzberger, 2005

Principle

The transition area between private and public also need to be consider. The threshold provides the key to the connection between areas with divergent territorial claims. It constitutes the spatial condition for the meeting and dialogue between areas of different orders. Ex. the area at the front door is the beginning of the threshold, it is the place where you say hello and goodbye to visitors. Conditions for privacy and for maintaining social contacts with others are equally necessary. The 'In-between' spaces provide an opportunity for accommodation between the adjoining worlds.

Public space

Hertzberger, 2005

Principle

The public space should form in such a way that the local community will feel personally responsible for the, so that the each member of the community will contribute in their own ways to an environment that they can **relate** and **identify** with.

Urban desert

Hertzberger, 2005, p.49

Development

Because the every built environment (and how the cities operate) must be regulated and quantifiable, in order to permit total control; to create conditions in which the suppressive system of order can make us all into lessees instead of co-owners. The system creates the alienation and obstructs the development of conditions that could lead to more hospitable environment. Architects should create an environment that offers more opportunities for people to make their personal markings and identifications, so it can belongs to them. Each spatial component will be more intensively used, while the users have more freedom.

Living-street

Hertzberger, 2005, p.54

Development

The concept of 'Living-street' is based on the idea of its inhabitants have something in comon, that they expect something of each other. However, this concept seems to be disappearing rapidly from our lives. The affinity between inhabitants is diminished as the independence that comes with greater prosperity.

Reconquered street

Hertzberger, 2005, p.49

Development

- The increase in motorized traffic and the priority that it is given.
 - The inconsiderate organization of the access areas to the dwellings (ex. high rise construction, less contact with the street level)
 - The decreased densities of housing.
- Today's streets are emptier than in the past. There is also an improvement in the size and quality of housing, It implies that people spend more time indoor and less in the street.
- Better economic circumstances of people, the less they need each other as neighbors, and less they do things together.

Feeling of belonging

Hertzberger, 2005, p.54

State

The separation between dwellings and the feeling of belonging together should not be rigid. The feeling of belonging together happens around everyday social interaction, such as children playing together, small talk concerning each other's health, all those cases and joys are things that one tends to underestimate the importance.

Concept of street

Hertzberger, 2005, p.64

Principle

The street was originally the space for actions, revolutions, celebrations, and throughout history you can follow from one period to the next how architects designed the public space on behalf of the community which they in fact served. So this is a plea for more emphasis on the enhancement of the public domain in order that it might be better serve both to nurture and to reflect social interaction. It is basically the expression of the plurality of individual. It constitutes the space where it should be possible for a dialogue between inhabitants to take place.

Private-public

Hertzberger, 2005, p.86

Principle

By selecting appropriate architectonic means the private domain can become less fortress-like and more accessible, while public domain can become more responsive to personal responsibilities and the personal care of those directly concerned, be far more intensively used and thus be enriched.

Influence users the possibilities (Polyvalence)

Hertzberger, 2005, p.148

Principle

Architecture should offer an incentive to its users to influence it wherever possible, not merely to reinforce its identity, but more especially to enhance and affirm the identity of its users. Users should be free to give his/her personal interpretation to the collective patterns.

*Flexibility accommodate the influences of changing times and situations, but neutrality in fact consists of the absence of identity. *It can never be the best and most suitable solution; it can provide any solution but the most appropriate one

Irregularities, casualness, non-committalness

Hertzberger, 2005, p.178

Principle

By increasing accommodating potential to make space more receptive to different situation enables people to take possession. Ex. seating - a place to sit offers an opportunity for temporary appropriation, while creating the circumstances for contact with others. The establishment of contact is like the process of seduction, making claims that the retreat is possible for users at any time.



Offering incentives

Hertzberger, 2005, p.169

Principle

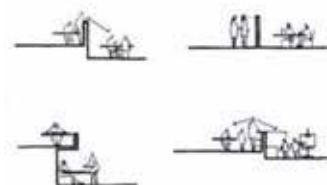
Freedom for the users. When the architect indirectly advocate giving the users a greater role to play in the shaping of their surroundings, the objective is not primarily to encourage more individuality, but rather to find a proper balance between what we build for them and what we should leave up to them.

View and seclusion

Hertzberger, 2005, p.202

Principle

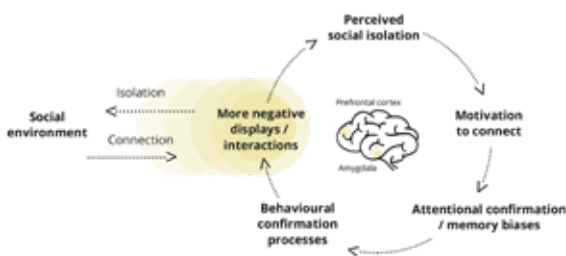
Enclosedness and openness relates to each other. It can regulate the desired contact in a particular situation in such a way that privacy is ensured where that is required, while the range of vision of 'the other' does not become too restricted. Spatial openness and enclosedness will form social relations intentionally or not. If social relations depend only to a limited extent on environment factors, that is still sufficient reason to aim at an organization of space that enables everyone to confront the other on an equal footing.



Cognitive biases

Principle

Loneliness produces cognitive biases, affecting hormones level, and leading to mental illnesses. This creates dysregulation in the cognitive process, making them unable to evaluate others' interactions.



Factors for loneliness

Cacioppo, J. T., & Patrick, W., 2008

Principle

Loneliness depends on three factors, which are level of vulnerability, ability to self-regulate, and mental expectations.

6 social needs

Robert S. Weiss

Principle

There are six social needs that if unmet, it contributes to loneliness

1. Attachment
2. Social integration
3. Nurturance
4. Reassurance of worth
5. Sense of reliable alliance
6. Guidance in stressful situations

Degree of isolation

Hawkey, Gu, Luo, & Cacioppo, 2012

Principle

1. Intimate attachments
2. Face to face relations
3. Social identities

Nostalgia

Wildschut et al., 2006

Principle

Loneliness has an indirect positive effect by increasing social connectedness via nostalgia: The lonelier one feels, the more nostalgic one becomes, and the more social connectedness one may then experience

Definition of loneliness

Peplau & Perlman, 1982, Cacioppo, 2013

Principle

The absence, or perceived absence of satisfying social relationships, accompanied by symptoms of psychological distress.

Unconsciousness

Cacioppo & Hawkley, 2009

Principle

Situations that appear to increase a person's risk for loneliness include those in which the person has little control over their social relationships and they are also nonconscious when this feeling is triggered. For instance, feeling socially isolated increases our motivation to connect with others, but it also produces an implicit (nonconscious) hypervigilance for social threats

Level of vulnerability

Principle

Level of vulnerability to loneliness depends on genetic inheritance, cultural backgrounds, personal features (self-esteem, shyness, etc), and situational variables (such as exhaustion, ambient stress)

Reactive loneliness

Rokach, 2019

Principle

Reactive loneliness is that occasional loneliness that may be experienced when undergoing the loss of a significant person or various other losses, or a major disruption in life like moving to another city or country or separation from a loved one.

Essential loneliness

Rokach, 2019

Principle

Deeply embedded psychology experience. (genetic inheritance, born with the symptoms, can't be cured)

Dimension of loneliness

Rokach & Brock, 1988

Principle

There are five factors in terms of loneliness. If 2-3 occurs, the researchers term the experience "loneliness"

Emotional distress - The gnawing pain, hurt, and anxiety

Social inadequacy and alienation - The concern that we are not good enough for others to want our company, feeling inadequate, ignored and not valued.

Interpersonal isolation - The thought of having no meaningful close relationship.

Self-alienation - The thought of separating your mind and body

Growth and discovery - The ability to realize that we may have more resources to cope with a difficult situation than we thought

Exhaustion

Interview with non-experts, experts, Seppala (2017)

State

There is a significant correlation between feeling lonely and work exhaustion. The more people are exhausted, the lonelier they feel.

Workplace that linked with social support has lower rates of burnout, and more work satisfaction and productivity.

Attachment theory

Hazan and Shaver, 1987

Principle

The way we are treated in childhood, has a long-term effect in who we are, including the way and the frequency that we feel loneliness.

Securely attached - lowest amount of loneliness,
Anxious attached - highest amount of loneliness

Solitude

Rokach & Sha'ked, 2013

Principle

The thought of welcoming aloneness. The way people use aloneness as their reflecting, relaxing, etc moments. Solitude is refreshing, providing us a respite from our fast-paced and demanding world, and is always welcomed by those who experience it

Self concept theory

State

Since loneliness is the dissatisfaction with a perception of social relationships, and there are various types of relationships to be considered, it is hypothesized that altering which level of a person is focusing on would also alter how they feel with loneliness.

Locus of control

Rotter, 1966, Zimbardo, 1985

Principle

Locus of control refers to which a person feels in control over the events that influence his/her life.

Internal control - believe that they are in control.

External control - believe that their lives are guided by fate, luck, external circumstances

Relate to how they cope with stress, loneliness, anxiety

Sense of control

Interview with Rokach

Principle

When people are lonely for a long time, they start to experience lack of control and hopelessness.
(They don't realize that they are lonely)

Freedom of choice

Principle

No one wants to be alone all the time but they want to feel that they have a choice of solitude.

Freedom of choice = feeling in control

Self awareness

Baumeister, 1999, Interview with Rokach

Principle

- The level of a person is focusing on themselves would alter how they feel with loneliness.
- When people aware of what's going on inside them, they will be aware of the emotion they have.
- The individual's belief about himself or herself, including the person's attributes and who and what the self is.

Learned helplessness

Seligman, 1972

Principle

This theory explains the shock escape from inability to control trauma. It directly interfere adaptive behaviors in many species. It is caused by the acceptance of powerlessness.

Comparison

Principle

Comparison is one of the triggers leading to loneliness, making them realize about the dissatisfaction in relationships they have

Self awareness

Interview with Rokach

Principle

When you are focusing on yourself, you are aware of what's going on inside and the inside there as long as you're going to be working inside his happiness, you're going to be at work. So focusing on yourself doesn't cause loneliness. It just makes you aware before it's into.

Alone time from stimuli

Interview with Rokach

State

Life is full of stimuli, when things are overwhelming, people tend to find some time to be alone, just to relax. It doesn't mean that they want to be alone all the time. It's just a little escape from reality

Cognitive maps

Edward Tolman 1948

Principle

Type of mental representation which serves an individual to acquire information about the relative locations and the attributes of phenomena in their everyday or metaphorical spatial environment.

The concept was used to explain the behavior of rats that appeared to learn the spatial layout of a maze, and subsequently the concept was applied to other animals, including humans.

Hawthorne effect

Ricci, 2017

State

As far back as 1958, Henry Landsberger described the Hawthorne Effect (the observer effect). That is, it became evident that people's behavior fluctuated drastically, when they were aware of being observed and acknowledged.

It suggested how a simple intervention could have noticeable crime-reduction benefits by "engaging the psychology of surveillance and even in the absence of surveillance itself

Social animals

Baumeister, & Leary, 1995

Principle

Human deep down have a desire to form social connections at any circumstances.

Self-preservation mode

Vanhalst, Gibb & Prinstein, 2017

Principle

Loneliness activates self-preservation mode, making them interpret social interactions incorrectly, and become distrustful of others

Digital age

Ricci, 2017

Development

The digital age with its speed of development has, thrown us into an unfamiliar realm where freedom and human rights are frequently violated, making the private more public and thrusting our personal data into the public sphere. The direction where society is heading to is uncertain; in part because

technology influences society and is developing at an ever-faster rate, steering every activity, space and decision made on a daily basis.

The Social Dilemma

Documentary, 2020

Development

The film shows the rise of social media and the damage it cause to our society, , focusing on its exploitation of its users for financial gain through surveillance capitalism and data mining, how its design is meant to nurture an addiction, its use in politics, causing polarization, showing its impact on mental health (loneliness, alienation), and its role in spreading conspiracy theories.

Cultural differences

Documentary, 2020

Development

Both individualism and collectivism contain cultural-psychological risk factors for loneliness based on different ideals about how individuals should be socially embedded.

**Different cultures =
Different needs in social relations**

Age groups

Lauder (2004), Richard (2017)

Trend

Loneliness can affect all age groups however, some groups are more strongly affected to loneliness. It appears to be particularly prevalent to younger and older age groups.



Security blanket

Development

One of the negative social media effects is using it as a security blanket in uncomfortable situations. As much as we all hate awkward moments in high school, it's how we learn to navigate the real world. Now, it's easy to escape those moments of silence by simply checking your phone or acting like you've received a notification.

“use social media to hide”

Crowding

Freedman, 1975, Gifford, Steg, & Reser, 2010

Principle

Sensory overload and lack of personal control lead to many negative outcomes. Short-term high density may have positive outcomes when social and physical conditions are positive. High outdoor density, as in large cities, certainly can provide an enjoyable variety of social and cultural experiences. In general, high density tends to magnify pre-existing social conditions.

To reduce the negative effects of high density through environmental design, more space is not always needed. Rather, careful environmental design (such as partitioning and behavioral zoning) can ease crowding within a limited space.

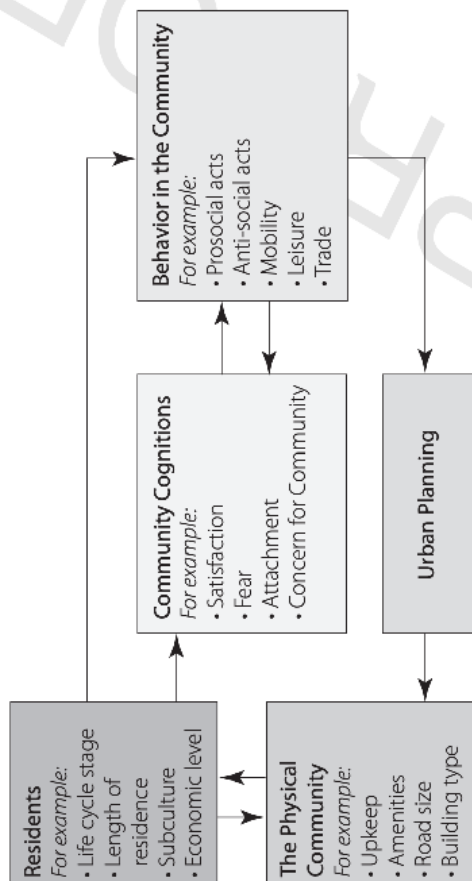
Environmental psychology & urban planning

Gifford, Steg, & Reser, 2010

Principle

The physical aspects of the city, personal factors, and these cognitions are presumed to affect residents' actual behavior in urban public places such as streets, parks, and stores. These behaviors may be pro-social, anti-social, or neither; they include everyday behaviors, such as how fast people walk, kids playing in parks, or where people choose to sit in public areas. They also include

behavior in retail settings such as shoppers' reactions to store music and displays. The model further states that these behaviors, in turn, are presumed to influence cognitions (just as cognitions influence behaviors) and the urban planning and design process.



Place attachment

Hay, 1998

Principle

Place attachment is psychologically important. It cannot be instantly attained; residents need to spend time in a place, to hear stories, to be part of a spiritual quest centered there

Definition of Privacy

Irwin Altman (1975)

Principle

The definition of privacy emphasizes the idea of control — opening and closing of the self to others and freedom of choice regarding personal accessibility. Privacy is an interpersonal boundary-control process which regulates the interaction with others (P.10-11) It involves both restriction of interaction and a seeking of interaction. (openness and closeness)

Privacy to design principle

Irwin Altman (1975)

Principle

The concept of privacy and its associated mechanisms can be translated into design principles that reflect changing social interaction.

Territory encroachment

Irwin Altman (1975)

Principle

There are three types of territorial encroachment (territory intrusion) :
Violation : involves unwarranted use of or entry into a territory. (culture defined)
Invasion : bypassing boundaries and interrupting someone or taking over the territory. (more specific on another person or a group)
Contamination : rendering of a place impure. ex. urinating, spitting
* unwanted
* results in a person moving away or establishing a new territory or reclaim

Functions of Privacy

Irwin Altman (1975)

Principle

Privacy functions : three basic components of privacy regulation are
1. Control and management of interpersonal interaction
2. Plans, roles and strategies for dealing with others: social comparison, self/other role relationships
3. Features of self-identity

Capitalism

Sedikides, C., & Brewer, M. B. (Eds.). (2001).

Principle

An economic and political system in which a country's trade and industry are controlled by private owners for profit, rather than by the state.

Types of territory

Irwin Altman (1975)

Principle

Primary : are owned and used exclusively by individuals or groups, are clearly identified as theirs by others, are central to the day-to-day lives.

Secondary : less central, pervasive and exclusive. Blend of semi-public or public availability.

Public : almost anyone can access. Have temporary quality. It has been termed free territories.

Principles of Privacy

Irwin Altman (1975)

Principle

Principle of privacy

Desired privacy : Ideal level of interaction with others

Achieved privacy : Actual degree of contact from interaction with others

If Desired privacy = Achieved privacy
—> a state of optimum

If Desired privacy \neq Achieved privacy
—> a state of imbalance

When achieved privacy is lower than the desired privacy, such situations are labeled as intrusion, crowding, invasion of privacy.

When achieved privacy is greater than the desired privacy, it is loneliness, or isolation.

Privacy and cultures

Irwin Altman (1975)

Principle

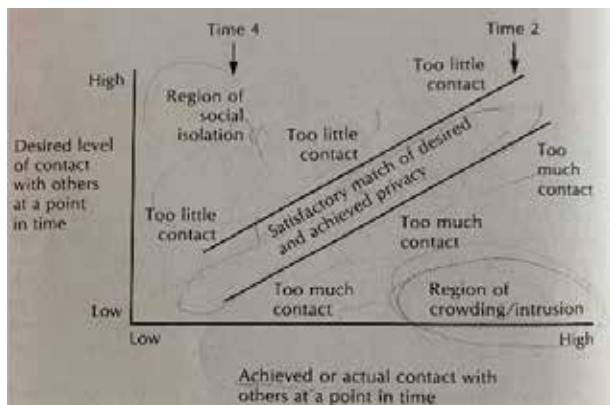
All human cultures have behavioral mechanisms for managing the social accessibility of people to one another. What is different among cultures is how they accomplish control over interaction.

Dialectic process

Irwin Altman (1975)

Principle

Privacy is a dialectic process, therefore, means that there is a balancing of opposing forces — to be open and accessible to others and to be shut off or closed to others. This competing forces change over time.



Personal space

Irwin Altman (1975)

Principle

When people are in places where they have had previous experience, they are more willing to be in closer contact with others, because they can control their contacts in such settings.

Personal space & privacy

Irwin Altman (1975)

Principle

is a mechanism used to assist in the regulation of privacy. It involves a combination of distance and angle of orientation from others. There are different personal-space mechanisms for men, for women, and for different social groups. To what extent are designed environments responsive to such different users? There are probably ways in which we can design environments so that personal space can shift with changing circumstances. (giving choices for users so they can adapt their personal-space mechanisms regarding to the desired situations)

C. Pre research questionnaire

Are you feeling lonely?

The abbreviated version of the UCLA Loneliness Index is used in this questionnaire to assess how often a person feels disconnected from others.

1. How often do you feel that you lack companionship?

Mark only one oval.

- Never
- Rarely
- Sometimes
- Always

2. How often do you feel that you have a lot in common with the people around you?

Mark only one oval.

- Never
- Rarely
- Sometimes
- Always

3. How often do you feel that your interests and ideas are not shared by those around you?

Mark only one oval.

- Never
- Rarely
- Sometimes
- Always

4. How often do you feel close to people?

Mark only one oval.

- Never
- Rarely
- Sometimes
- Always

5. How often do you feel left out?

Mark only one oval.

- Never
- Rarely
- Sometimes
- Always

6. How often do you feel that no one really knows you well?

Mark only one oval.

- Never
- Rarely
- Sometimes
- Always

7. How often do you feel isolated from others?

Mark only one oval.

- Never
- Rarely
- Sometimes
- Always

8. How often do you feel that there are people who really understand you?

Mark only one oval.

- Never
- Rarely
- Sometimes
- Always

9. How often do you feel that people are around you but not with you?

Mark only one oval.

- Never
- Rarely
- Sometimes
- Always

10. How often do you feel that there are people you can turn to?

Mark only one oval.

- Never
- Rarely
- Sometimes
- Always

11. How often do you feel lonely when surrounded by people?

Mark only one oval.

- Never
- Rarely
- Sometimes
- Always

12. Why do you feel lonely when surrounded by people?

13. What kind of situation do you feel lonely?

Perception of loneliness

14. You perceive loneliness as...

Mark only one oval.

- Positive experience
- Negative experience
- Other: _____

15. Why do you perceive loneliness as a positive experience or a negative experience?

16. What is the color of loneliness?

17. What is the sound of loneliness?

18. What is the texture of loneliness?

Score	How lonely	Lonely w people	Why do you feel lonely	Situation	Positive / Negative	Why	Color	Sound	Texture
23	Moderate loneliness	rarely	Only if my mood is down and I can't make any effort to interact with strangers around. Then if people don't make the first move with me, there I feel lonely. But only if I am sad for some reason	I feel lonely when I discuss or argue with someone I care. I feel lonely if my mood is down and nobody recognize it or do any moves towards me	Negative	if I am lonely I am usually also sad		Rain/piano	Leather
24	Moderate loneliness	never	Sometimes they don't get what i'm trying to say	Party with lots of crowd	Negative	It's empty	Grey	Rain sound	Smokey
29	Moderate loneliness	sometimes	Most of the time	at work	Both	Part of life (more to negative)	Greyish blue	silence	Smooth
27	Moderate loneliness	sometimes	If they know each other before and I'm new / They talk about the topic I'm not interested in.	I get sad and lonely easily when I have no schedule for myself even its small little thing like doing grocery. Basically I over think when I have too much me-time.	Both	Positive- You have time to do self examination and recharge yourself/ Negative if you over think about it , it can become sadness	Grey	Water drop	Smooth
26	Moderate loneliness	sometimes	-	When i wanted to go somewhere but there's no one to go with	Negative	-	Grey	Raining	Smooth

33	Extreme loneliness	sometimes	Not similar background	When I am too free, have nothing to do	Positive	I found I can reflect on my own story.		Clock ticking	Slippery
29	Moderate loneliness	sometimes	Not really	Out of comfort zone and being alone	Negative	Connects to the notion of being depress	Grey	silence	Smokey
28	Moderate loneliness	Sometimes	I don't really know. Probably I was not part of the conversation.	When I was in parties with a lot of people	Both	Sometimes I need to be alone, on the other hand, sometimes I need poeple to understand me.		Loud but silence at the same time, ocean sound	Ocean's texture
30	Extreme loneliness	Sometimes	Because the different interest and the ongoing conversation	When I am surrounded by people but knowing that I am alone and I am waiting for no one	Neither	A temporary moment which will come and go	Grey	People chattering in distance and the sound of car	Smooth
26	Moderate loneliness	Rarely	-	Stay home alone watching others through social media.	Negative	Make me feel depressed	Grey	silence	Smooth

27	Moderate loneliness	Never	I don't feel lonely when surrounded by people because I'm the one that make them feel not lonely	When I'm reflecting on why I lack of a deep relation with a partner	Negative	It makes me feel like i'm missing something		Silence	Smooth slightly opaque
29	Moderate loneliness	Sometimes	Not the same level of energy, atmosphere or fear of fitting in	Hungover in bed @16h	Both	lonely sounds really negative, though during corona I found out that it also gives me pleasure to be alone at moments and appreciate that more		Like the beep in your ears after too loud music	Slippery
25	Moderate loneliness	Rarely	-	In train stations. Coming out at the airport with Noone waiting for me	Negative	I am a social person who like sbeing surrounded by people and laugh.	An ill white, kind of pale yellow	Lie the tic tax of the clock, but getting slower and slower	Like bedsheets. If I feel lonely and have Noone to hang out with, probably I end up in bed doing nothing
25	Moderate loneliness	Rarely	when i don't like the group or the event	When i want to go out for dinner but no one has time or no money haha	Neither	Sometimes I would like to be alone	Grey	Silence	-
31	Extreme loneliness	Rarely	Because I am immersed in my own thoughts. I am the one who is not there. I am in a far away place living in my own head. I am not present.	When I am very stressed and when I am in a situation that I cannot easily share with those around me	Negative	Makes me feel sad	Grey	A forest whoooooooooooooo	Like feet on mud

30	Extreme loneliness	Sometimes	lack of interest	before bed	Negative	Have to be alone	Grey	Silence	Empty
30	Extreme loneliness	Always	It's not your people	crowded place with unknowns	Negative	loneliness creates sadness of being separated, not being able to blend in or be part of then	Greyish blue	Silence at night	Silvery aluminium and cement
31	Extreme loneliness	Sometimes	Small talk and lack of depth	Living abroad when your family and friends are in a different country, it happens often	Neither	-	Grey	Beep noise	Rough
32	Extreme loneliness	Always	Because you can feel lonely anytime even when surrounded by people for no reason.	When surrounded by a big fun group of people	Positive	It's a nice experience to enjoy your own private artistic time.	White	Rain and wind	Empty
28	Moderate loneliness	Rarely	Lack of connection of any common topic which can be chatted with.	When that person who are always beside me are not there anymore.	Neither	It's just an experience which you life will cross over at some point.	Grey	Silence	Texture of layered of dry leaves on the ground in fall.

