

Biophilia

Biophilia means Love of Life/ Nature.

Bio- Life Philia- Love of (Merriam Webster, 2021)

Biophilia Hypothesis is the idea that we as humans seek to make connections with Nature and other forms of life eg. Animals. The natural worlds shapes, colours and smells are universally appreciated and National Parks and Zoos are evidence of Human interest in other life forms.

Biophilia in Architecture

Biophilia has influenced Architecture with Biophilic Architecture being an ever more common theme that aims to increase the connections between occupants and nature. An example of this is the Jewel, Singapore, an Airport terminal with a Hotel and 300 retail spaces. There is a huge glass biodome which allows light in and creates the look of a greenhouse when paired with the huge array of plants within. A 'rain vortex' waterfall sits in the middle recreating the sounds you would find in a waterfall found within nature. There is a hedge maze and orangutan sculptures, also creating connections with nature through our love of life.



Fig 1.1 The Jewel, Singapore Pic 1 (Globetrender, 2019)

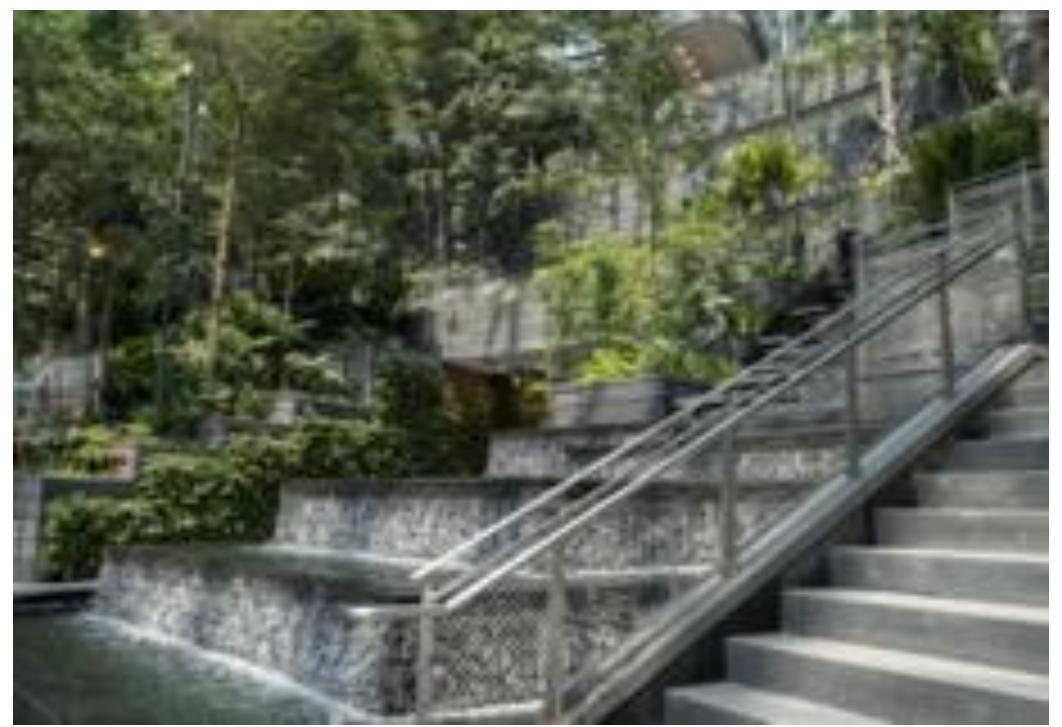


Fig 1.2 The Jewel, Singapore Pic 2 (Globetrender, 2019)

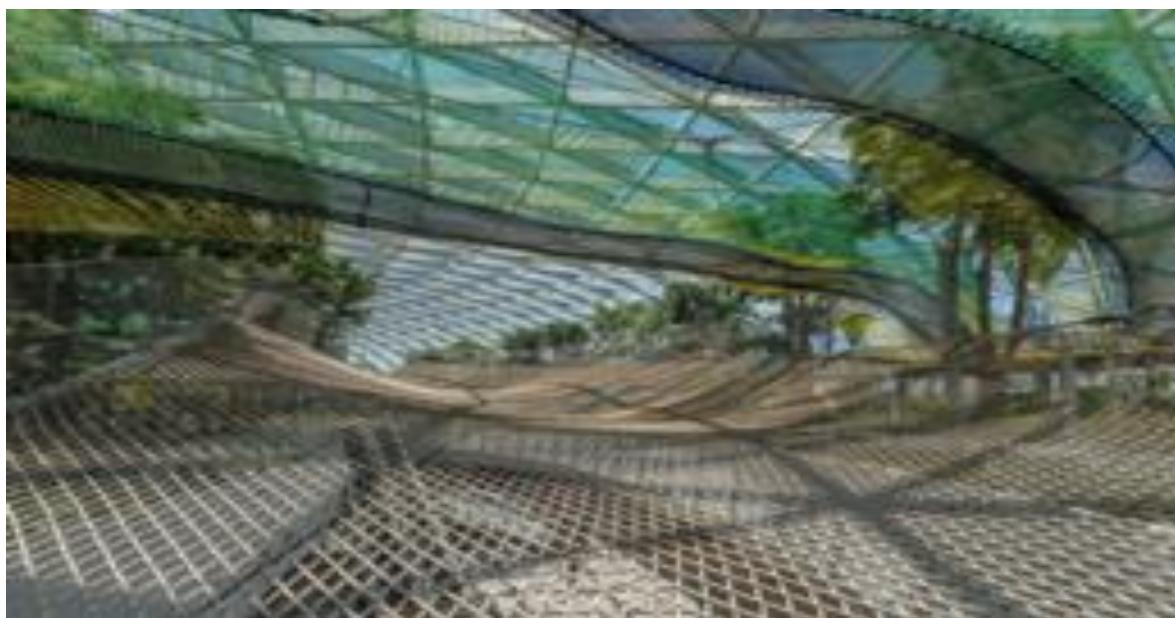


Fig 1.3 The Jewel, Singapore Pic 3 (Globetrender, 2019)

On a smaller scale, Architectural features which encourage biophilia include Skylights, planted window boxes, Green walls/roofs, presence of water. These are things that could be easily worked into the design of smaller scale buildings like homes, without creating high costs and unreachable targets. These features can allow the same effects for those living within and can increase their happiness through a close relationship with nature.

The Biophilia Effect

"We are a part of nature and integrated into a functional circle with nature. Everything we do to the ecosystem of the earth we do to ourselves. We need a new understanding of health and disease. Not only do modern pollutants and toxins make us ill, but so too does our disconnection from nature." (Arvay, 2018)

Some people, such as Clemens Arvay, believe that we are everlastingly intertwined with nature in a way which makes us depend on it. He believes that there are health benefits to having a close relationship with the natural world because of the substances we gain from natural resources and the health benefits they have. There are many cures to be found in the form of natural remedies and sunlight and fresh air has been known to give health benefits from the Victorian time and beyond. These benefits are not only physical, but psychological. *“As long as we deny this bond or do things that work against it, we will not find mental or emotional balance.”* (Arvay, 2018)

Healthy Ecosystems = Healthy Lifestyle

From this research, I think it would be beneficial to consider the effects of biophilia by designing Architecture that provides connections with the outdoors. This means efforts should be made to include skylights, planting, and flow from indoors to outdoors to encourage movement into nature.

References

Arvay, 2018. *The Biophilia Effect: Exploring the Healing Power of Nature* [Online]. Available at: <https://www.psychologytoday.com/gb/blog/animal-emotions/201801/the-biophilia-effect-exploring-the-healing-power-nature> [Date Accessed 10th October 2021]

Merriam Webster, 2021. *Biophilia* [Online]. Available at: <https://www.merriam-webster.com/dictionary/biophilia> [Date Accessed 10th October 2021]

Image References

- 1.1 Globetrender, 2019. The Jewel, Singapore Pic 1 [Digital Image] Globetrender. Available at: <https://globetrender.com/2019/04/12/singapore-changi-airport-jewel-terminal/> [Accessed 14th November]
- 1.2 Globetrender, 2019. The Jewel, Singapore Pic 2 [Digital Image] Globetrender. Available at: <https://globetrender.com/2019/04/12/singapore-changi-airport-jewel-terminal/> [Accessed 14th November]
- 1.3 Globetrender, 2019. The Jewel, Singapore Pic 3 [Digital Image] Globetrender. Available at: <https://globetrender.com/2019/04/12/singapore-changi-airport-jewel-terminal/> [Accessed 14th November]