

The Effects of Colors on The Human Mind in The Interior Design

I. R.Ibadullaev

S.B. Atoshov

Urgench state university

Urgench state university

This article discusses the types of colors, the colors in the interior of design, the color effects, and the negative and positive aspects of the color in the interiors

Introduction

The psychological state of color is based on the ability of different color and color combinations to affect emotional states in humans. Although many perceptions of color pertain to the individual's personality, experience, and life experiences, experts describe a number of common features that affect color. Public events play a big role in creating a mood that can be used by color lamps and lighting filters to decorate interiors of buildings where discussions, rallies, festive ceremonies and evenings are held. As evidence of this, we can say that in the debate the problem of seriousness, controversy is the fact that room walls are painted in yellow and orange, blue, green or illumination with the same color. Also, the color and lighting in the resting rooms should be designed to create favorable conditions for people to have a better leisure time at work and study.

Main part

It is important to look at lighting and color as a means of improving the emotions and moods and avoiding fatigue in working rooms, in educational buildings, laboratories, workshops, libraries, and places that are generally recognizable and remarkable. The color of the dyes should be taken into consideration when painting the interior. The process of exposure of the color to human organisms is complex, that is, the intrusion of the intravenous organs. The human body immediately senses slight change of color and light as it feels hot.

In order to be less tired, it is important to pay attention to all the working rooms and to the correct coloring of the premises in the educational institutions. Coloring of the buildings in educational institutions, it is absolutely wrong to return to the same color everywhere. Extremely monotonous color fades and tires the students and students quickly. From aesthetic point of view, the saturation and brightness levels in the colors do not meet the requirements even if they are taken in different variants. Tiredness of the same color, even the surfaces with saturated colors, can be easily overlooked. It is important to use the colors that fit the brightness and shine of the colors used in carpets, stairs, corridors, rest rooms, kitchen and meeting room, and other places. The contrast of the brightness in these places increases the mood of the building's visitors [Figure 1](#).

Figure 1.

There are controversy over data mining research. Looking at the benefits of color depends on the socio-personal factors. Pleasing the color of clothes, furniture, and flat walls - it depends on the age, profession and the nature of the surrounding environment. It is desirable to paint long-term rooms with soft colors. The aesthetic effect should be painted in strong contrast colors, such as a meeting hall, lobby, kitchen, or lounge with colorful, cheerful, cheerful spirit. In psychiatric and psychiatric hospitals, it is recommended to paint porcelain wardrobes, welding workshops and cell censors. Pink color activates the human body's blood circulation system. Increases the amount of red blood cells and adrenaline in the blood. It helps to quickly heal the wounds and restore the color of the skin. Improves the performance of the human organism. Yellow color invenes intelligent performance, promotes intellectual development, enhances immunity. The yellow color revives the spirit of the person, gives a good mood, enhances the creative thinking ability, calms the nervous system, improves brain activity, and enhances the effect of mental work [Figure 2](#).

Figure 2.

It is recommended that hospital ward beads be yellow, blue, blue and green. The orange color positively affects many members of the human body. The gastrointestinal tract, pancreas, the thyroid gland improve the performance. It improves the human emotions and increases immunity. The lymph nodes are good for the treatment of genital diseases, kidneys, bronchitis, bronchial asthma, thrombosis and thrombophlebitis. It is good to paint the walls of the restaurant, café and tea-room dining room with orange or orange color. This is because it opens appetite and improves digestion. The air is calming, boosting the tone of the body and mind, stimulating the body's nervousness. It helps you quickly and accurately capture weather information. It is therefore advisable to paint the children's classrooms with air. Establishing friendly relationships will help to lead useful dialogues. Blue color is calming, emphasizing, reducing arterial blood pressure. The

blue color restores the brain and the nervous system. When a person is ill and tired, he has a blue color. The green color also stimulates the nervous system. It relieves headache, relieves fatigue, normalizes the work of the cardiovascular system. White is used for the treatment of various illnesses. White color fills hearts with peace and tranquility. Excessive exposure to a wall painted in a white color may adversely affect the human nervous system. Colors also have a significant effect on room temperature. The red painted room is 3-4 degrees warmer than the room painted in orange, the blue-green color of the room is 3-4 degrees warmer than the color of the painted room.

Conclusion

In summary, the effects of colors on the spirit of the human being should be used efficiently and efficiently, based on the function of each building and structure when decoration of interiors.

Acknowledgement

We hereby say thankyou to Urgench state university for supporting our research

References

1. Ranner V.R. Interer. M.Vysshchaya shkola.1988 g.
2. Lisitsian M.V.Inter'er obshchestvennyx i jilyx zdanii. M.Stroyizdat.1978 g.
3. Jogol L.E.Dekorativnoe iskusstvo v inter'erax obshchestvennyx zdanii.Kiev.1978 g.
4. The Art of Decorative Art (Tutorial) Tashkent 2000 y.