


Event:
Date:
Place:

ENERGY in BUILDINGS 2019
Saturday September 28, 2019
Athens, Hellas



#	Eirini Kontopoulou (Architect Engineer N.T.U.A.)	
Title:	Student of Lighting Design MA, Hellenic Open University, School of Applied Arts, Patras, Greece Architect Eng., NTUA, Greece	
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Presentation title:	Psychological Impact of Lighting in Living Conditions	
<p>The presence of light or the lack of it constitutes an important checkpoint of subconscious neuroresponsive mechanisms, capable of influencing human psychology. Light can stimulate our perceptual mechanism and trigger miscellaneous human emotional states or behaviors, depending on its characteristics, i.e. type, color, range of exposure, intensity and saturation. This particular type of stimulus is able to impress, to move, to communicate, to stimulate, to heal and finally to induce well-being, by creating a sense of harmony and coexistence with the environment, whether a home's interior or a shop corner, an office space or an exhibition section of a museum.</p> <p>The current research examines the key role of natural and artificial light in human psychology, focusing on living conditions. In this context, a literature research has been carried out on the psychological effect of light on users and a case study has been conducted in everyday living spaces.</p> <p>Spaces of living conditions in three residences are tested using three different lighting arrangements. The study is conducted in each participant's living environment for a three-week period and examines whether different lighting settings (general direct light, indirect lighting) with constant temperature and adjustable intensity could affect subjective emotions, when the space is familiar and familiarity is taken for granted. The subjective impressions in the pre-existing vs. the experimental lighting conditions are captured and categorized in three distinct groups: visual clarity, space assessment, and space perception. Outcomes are evaluated and compared with the use graphic charts.</p>		
CV:		

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Hellenic Chapter



Eirini Kontopoulou studied at the National Technical University of Athens, Department of Architecture, where she received her diploma in 2010. During her studies she participated in architectural competitions and exhibitions, such as the Future Bench (Athens 2010), and the international competition of XXIII UIA World Congress of Architecture (Torino 2008). Her thesis "Epoptheia / Nature and mythology in the landscape of Vrayron", was selected by the committee of Great 2013 (Greek architectural talent) as one of the 41 projects that was exhibited in Athens Concert Hall. Since 2010 she has been working in Greece in collaboration with various architectural offices and she also has an extensive experience in architectural competitions. In 2016, she participated in World Multidisciplinary Civil Engineering-Architecture-Urban Planning Symposium 2016 - WMCAUS, as a co-author of the publication "Sustainable development as a means to protect sensitive cultural landscapes". In recent years, she has established her own office in association with partners, while she is finishing her studies at Hellenic Open University on a postgraduate course specialising in Lighting Design (MA).