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Biophilic design as a medium for reconnecting with nature in interior spaces

Designul biofilic ca mediu de reconectare cu natura în spațiul interior

The study investigates biophilic design as an emerging direction in the design of contemporary interior spaces, analyzing its role in reconfiguring the relationship between man, nature and the built environment. The premise of the study is based on the idea that the progressive separation of the individual from the natural environment, specific to urbanized societies, has generated perspective, psychological and functional imbalances, reflected also in the way interior spaces are used and perceived. In this context, biophilic design is approached not as a decorative trend, but as a conceptual and methodological strategy, capable of reintroducing processes, structures and values inspired by nature into interior architecture. The study proposes a critical analysis of the contemporary principles of biophilic design – the integration of direct natural elements, the use of authentic materials, spatial organization inspired by natural patterns and the stimulation of multisensory experiences - highlighting their impact on comfort, well-being and identity of the space. Particular attention is paid to the cultural dimension of design, in the spirit of heritage-oriented research and artistic continuity, following the way in which local traditions, vernacular materials and natural symbols can be reinterpreted in contemporary interior design. By correlating theoretical sources with relevant practice examples, the research highlights the potential of biophilic design to contribute to the sustainability of the built environment, not only from an ecological perspective, but also from a social and psychological perspective.

The results obtained support the idea that the coherent application of biophilic principles leads to the formation of more balanced interior spaces and more adapted to current needs, confirming the role of interior design as an active tool in shaping the quality of life and the responsible relationship between man and nature.

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