

# The Impact of Color Use in Bedrooms on Children's Psychology

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**ABSTRACT :** Bedroom is a very private place, and the effect of color significantly influences the psychology of its occupants. Each occupant has unique personality traits, lifestyles, and needs. The age of the occupant also determines the choice of color. Every color has its own character and personality, distinguishing it from one another. Certain impressions on a person can even affect their feelings. The data collection technique for this research uses observation and documentation methods. The type of research for this study is qualitative with a case study approach, using Ms. Z's child's bedroom as the object. The aim of this research is to find the suitable color criteria for a child's bedroom. Ms. Z's child's bedroom applies a minimalist concept with a mix of green and white colors dominating every side, including the furniture used. The use of wooden materials on several sides creates a quite appealing impression for children. The benefits of this research for interior designers include understanding how certain colors affect the quality of children's sleep, which can help designers choose color palettes that support restful sleep. For the general public, this research can help parents understand how certain colors can influence their child's mood, behavior, and emotional well-being.

**KEYWORDS** –Bedroom, Child, Color, Psychology

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## I. INTRODUCTION

As the future generation of the nation, children must have high potential in intelligence and creativity. This potential needs to be developed from an early age so it can serve as a foundation for further development. A healthy child's room is an essential part of a healthy family. The room can be a place of rest that supports the child's health and well-being, but if not designed properly, it can become a source of health problems for the child. An ideal bedroom should meet two main requirements:

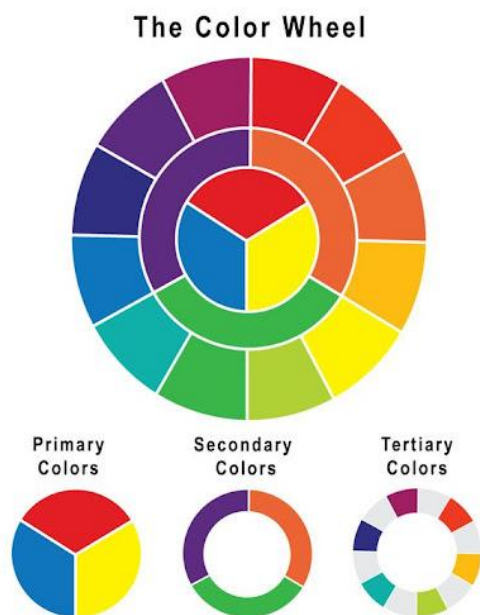
1. Meeting functional needs, namely as a place for healthy and comfortable sleep, including the location and size of the room.
2. Meeting aesthetic requirements, meaning the arrangement should be appropriate, harmonious, and in line with the occupant's personality. To achieve a good child's bedroom, it should have good air circulation, appropriate lighting, and good wall coloring (Bella, 2023).

Most people spend their time indoors. According to a journal (Maharlika, 2018), physical space is measurable and has empirical boundaries, while non-physical space is not measurable and has value boundaries. Compared to family bedroom designs, color choices for children's bedrooms should be different. A child's bedroom should be designed with warm or cheerful colors to make the child feel comfortable while resting. The child's bedroom can indeed function as a developmental teacher for the child. Therefore, the arrangement and

color of the child's bedroom should align with the child's character and overall psychological development. This means the arrangement should help the child grow into a healthy, intelligent, and creative individual.

Color is very important for decorating a child's room. Choosing the right colors to stimulate a child's growth is essential because colors affect a child's psychological development (detikHealth, 2011). Common colors, primary, tertiary, and secondary colors are types of colors needed for various purposes, such as for interior design. The types of colors and their mixtures can be seen in Figure 1. To find out how color affects children's psychology, it is necessary to first know the types of color and their characters.

1. Primary colors are base colors or colors without mixing. The three colors are red, yellow, and blue.
2. Secondary colors are the second derivatives of primary colors, consisting of mixtures of purple, orange, and green.
3. Tertiary colors are the third derivatives that combine primary and secondary colors. Compared to other colors like brown or pink, tertiary colors produce more nuanced colors (Samosir, 2023).



*Figure 1. The Color Wheel*

*Source:* (Color Schemes and Groups, 2019)

The problem addressed in this research is the effect of color usage in children's bedrooms on their psychological development. Based on this background, the research problem formulation is how to create a comfortable and healthy bedroom using colors suitable for the child's psychology. The objective of this research is to find the criteria for suitable colors for children's bedrooms.

## **II. RESEARCH METHOD**

This research employs a qualitative research type known as a case study. A case study, also known as "study case," is a type of qualitative research focused on understanding human behavior and opinions (Salmaa, 2023). This research can encompass individuals, groups, institutions, or communities. The data collection techniques used are:

1. **Observation Method:** Researchers use their senses to observe and examine the research environment. This method gathers data such as space (place), time, actors, activities, events, and feelings.
2. **Documentation Method:** This method combines research results and uses collected data to support the research. Data sources that can support the research objectives include written sources, films, photos or images, and monumental works.

Interactive data analysis is the analysis technique used, which includes four process parts: data collection, data reduction, data presentation, and conclusion drawing.

The research subject in this study is Ms. Z, a client at PT. Concepto Interior Indonesia. The research object in this study is Ms. Z's child's bedroom located in Pondok Indah, South Jakarta.

Observations in designing a child's bedroom involve various steps to understand, analyze, and create a functional, aesthetic space that meets the needs of the user. Here are some steps involved:

1. **Initial Information Gathering:**
  - A. Interact with clients to understand their needs, preferences, and lifestyle.
  - B. Identify the purpose and function of the room to be designed.
2. **Visual Data Collection:**
  - A. Document the space through photos and sketches.
  - B. Take notes on existing visual elements, such as colors, textures, and materials.
3. **Style and Aesthetic Assessment:**
  - A. Identify the existing design style and client preferences.
  - B. Evaluate the harmony between existing design elements and the desired style.
4. **Planning and Initial Sketches:**
  - A. Create sketches and initial layout plans based on the observations.
  - B. Develop a design plan that includes all analyzed elements.
5. **Building a 3D Design:**
  - A. Start creating 3D visuals and working drawings agreed upon with the client.
  - B. Conduct meetings with the client to ensure their desires are met.

### **III. RESULT AND DISCUSSION**

A well-designed child's bedroom can not only create an environment that helps the child develop and supports their growth but also provide a safe and comfortable place for them. A good bedroom for a child is crucial to motivate them to learn and give them a place to play. A child's psychology is greatly influenced by the choice of colors, lighting, and furniture layout (G, 2024).

Some of the benefits provided by good interior design for a child's room that affect the child's psychology include:

1. Increased creativity and productivity.
2. Establishing good sleeping habits.
3. Development of responsibility and independence.
4. An optimal learning environment.

### **3.1 Colors in Psychology**

Despite not depending on their use, the meaning of colors is quite varied. Color is the most dominant element and is closely related to elements like design. How one perceives color involves their psychological and physiological responses. From a psychological or emotional perspective, the meaning of colors can convey impressions of feelings towards something. In the complex processes of sensation and perception, objects, the brain, light, and the eyes are all involved. Here are some examples of the psychological meanings of colors:

1. Red  
Excessive use of the color red can cause feelings of anger and aggression. Red also gives a sensual and luxurious impression and can increase adrenaline and ambition. The lighter shade of red, known as pink, symbolizes feelings of love and affection as well as childishness. It is also a warm and emotional color but also soft and calming.
2. Yellow  
This color is suitable as an accent or in study spaces because it enhances logical thinking abilities, encourages communication and self-expression, boosts energy and mood, and is full of enthusiasm and vitality.
3. Green  
This color is often a natural and refreshing color that invigorates energy and is also capable of calming, cooling, and balancing emotions. It can also relieve stress, provide a sense of security, and offer protection.
4. Brown  
A natural, warm, earthy, and stable neutral color that provides comfort, security, and an impression of elegance and sophistication.
5. White  
Overusing the color white can evoke feelings of isolation, coldness, sterility, and rigidity, while white also symbolizes purity and innocence, providing protection, tranquility, comfort, and facilitating reflection.

Children's color perception varies because of their different characters. Sometimes, certain colors can also be associated with one's gender. Although not always true, the color preferences of boys and girls tend to differ. Some psychological characteristics of children include enjoying movement, playing, and starting to recognize shapes with the help of colors. Physical characteristics include physiological and anatomical structures, health, and emotional characteristics such as tension, fear, and cheerfulness (KP, 2010).

### **3.2 Application of Colors in Children's Bedroom Interiors**

According to color psychology, the meaning of colors affects how people interact with each other and how they perceive colors in their environment. Colors can serve as important symbols in a bedroom and create certain atmospheres that can be felt by its users (Sitoresmi, 2021).

In Ms. Z's child's bedroom, a minimalist concept is applied with a mix of green and white colors dominating every side, including the furniture used. The use of wood materials on some sides provides an attractive impression for children.



*Figure 2. 3D Render of Children's Bedroom*

*Source: Yulyana, 2024*

Analysis of the Application of Color Meanings in Ms. Z's Child's Bedroom that Can Affect the Child's Psychology

1. **Ceiling:** The use of white on the bedroom ceiling functions to reflect light back into the room and can give the impression of a larger space, so the user will not feel that the room is narrow and dark.
2. **Walls:** Psychologically, the use of white on the bedroom walls is very important because it can reflect sunlight into the room, creating a more calming atmosphere.
3. **Furniture:** The furniture in this room uses green and brown colors. The combination of these colors is very dominant in the room.



*Figure 3. Application of Color in Children's Room Furniture*

*Source: Yulyana, 2024*

In psychology, green is described as a natural, fresh, and calming color. It is very suitable for use in family rooms or children's bedrooms, as this paint color can provide a comfortable sleeping atmosphere. Green can also enhance children's creativity.

On the other hand, brown is a warm color with several key characteristics according to psychology:

1. A sense of consistency and strength. Often considered solid, like the earth, brown is also associated with resilience, reliability, security, and safety.

2. Brown is often described as something natural, simple, and producing feelings of warmth, comfort, and security (Kendra Cherry, 2023).



*Figure 4. Application of Color in Children's Room Furniture*

*Source: Yulyana, 2024*



*Figure 5. Application of Color in Children's Room Furniture*

*Source: Yulyana, 2024*

### **3.3 Colors Suitable for Enhancing Children's Creativity and Psychological Development and Their Applications**

Color plays an important role in children's lives, not only from an aesthetic perspective but also in their psychological development and creativity. Research shows that certain colors can influence children's mood, behavior, and cognitive abilities. Here are some colors that have been proven to benefit creativity and psychological development in children:

1. **Blue Psychological Effects:** Blue is known as a calming and stabilizing color. It can help children feel more relaxed and focused, which is very useful in a learning environment.

**Application:** Use blue in study areas or bedrooms to create an environment conducive to concentration and relaxation.

2. **Green Psychological Effects:** Green is associated with nature and balance. It is an eye-soothing color and can help reduce stress. Green can also enhance reading and comprehension skills.

**Application:** Green is suitable for study rooms, bedrooms, or play areas. It can help children feel more relaxed and improve their comprehension while studying.

3. **Yellow Psychological Effects:** Yellow is a bright and energetic color, often associated with happiness and enthusiasm. It can stimulate creativity and cheerfulness in children.

**Application:** Yellow is suitable for use as an accent in play areas or creative corners. Avoid using overly bright yellow throughout the room as it can become too stimulating and distracting.

4. **Red Psychological Effects:** Red is a color full of energy and can increase energy levels and enthusiasm. However, too much red can make children feel restless or aggressive.

**Application:** Use red sparingly, such as in accents in play areas or art rooms, to stimulate energy and creative enthusiasm.

5. **Purple Psychological Effects:** Purple is often associated with imagination and spirituality. It is a color that can stimulate creativity and provide a sense of wisdom.

**Application:** Purple can be used in art rooms or reading corners to stimulate children's imagination and creativity. Choose softer shades of purple for a calming effect.

6. **Orange Psychological Effects:** Orange is a friendly and energetic color. It can increase a sense of enthusiasm and social interaction in children.

**Application:** Use orange in playrooms or family rooms to create a warm and enjoyable environment. It can help children feel more confident and open to interaction.

#### IV. CONCLUSION

From the discussion on the analysis of the impact of color use in bedrooms on children's psychology, it can be concluded that the character of colors influences human feelings, and certain impressions can affect them. In interior design, color is one of the most important elements. Since the bedroom is a very intimate place, the effect of color also impacts the psychology of its occupants. Each occupant has unique personalities, lifestyles, and needs.

The color of the room should meet various purposes such as health, safety, psychology, and productivity. The choice of color for the walls is also important as it can affect a child's productivity and focus. Each color is believed to influence a person's feelings, emotions, reactions, physical responses, and overall perception of space (Meliana & Darmayanti, 2023).

The application of color psychology in Ms. Z's child's bedroom with a minimalist concept and the dominant combination of green and white, along with the use of solid wood materials for the furniture, creates an attractive and calming environment for the child. The colors used in this room, such as white for the ceiling and green and brown for the furniture, provide comfort, thereby enhancing the child's psychological tranquility in the room.

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