



Analysis of the Impact on Human Well-Being through Improving Indoor Environmental Quality by Local Folk Consciousness

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Abstract

Human well-being and the Environment are intricately linked. The traditional folk consciousness of Sri Lanka's ancient rural inhabitants has been effectively applied to promote human well-being. The main purpose of this study is to study how people's awareness of the effect on human well-being has been used through the improvement of indoor environmental conditions. The primary objective of this study is to evaluate how the indoor Environmental conditions have been affected to the human well-being. Data for this research were collected through a structured online questionnaire and undergone quantitative analysis. Based on the facts which are not addressed in this report are obtained through field observations and previous research studies. The interior space was extensively designed in historic homes. Ancient techniques to improve human well-being included situating furniture using, clay materials to retain internal heat, rough walls for internal sound management and utilizing local materials as interior antibacterial agents. Because a person's quality of life is greatly influenced by their environment. Researchers are also examining the impacts of altered building operations, materials, and design on occupant health. The public health community, building designers, and building operators should all be consulted when determining the research priorities. According to the aforementioned findings, rural households typically had more people, but there were fewer conflicts and everyone lived peacefully. But even though there are fewer family members today family issues have arisen rapidly because People do not receive the mental freedom they are entitled to, which is the cause of this. A home's indoor environmental quality can be cited as a key factor in lowering stress, developing mental freedom, and greatly reducing the likelihood of potentially problematic situations. And it was observed that not only mental well-being but also the internal environment has a great impact on the physical well-being of those who live there.

Keywords: Human well-being, Mental freedom, Indoor environmental quality, Folk consciousness, Home design

