

THE ROLE OF COLOURS IN THE HEALTH AND WELLBEING OF THE BUILT ENVIRONMENT IN THE TROPICS

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ABSTRACT

Colour is an important component of our built environment and without its presence; our environment would be dull and depressing. It plays a vital role in our built environment, especially in relation to the partially blind, infants, hospital patients and people who are for some reason or the other feel trapped and unhappy with their way of life. Colour should therefore be included in the consideration of sustainable development of buildings as an important social and environmental factor. A built environment that is attractive and contributes to the “feel good” experience of people should also be an important economic consideration for sustainable development. The aim of this study is to know the role colour plays in the health and wellbeing of the built environment. In order to achieve this, it became necessary to study the colour theory, properties of colour, expressive qualities of colour and the optical and emotional effects of colour. The study has, however, identified the influence, symbol and, the effects of colour on the health and well-being of the built environment. Suggestions and recommendations of appropriate colours for use in our environment to make it conducive for living have been made.

Keywords: Role, Colours, Health and Wellbeing, Built Environment.