

A390_2018AbstractGoodmanAnna

Abstract

My focus in studying hedonistic sustainability is to examine the user's enjoyment and experience and identify where this can intersect and benefit environmental sustainability. Sustainability only works if it does not compromise the lifestyle of the individual. If the individual is asked to give up amenities to contribute to a more sustainable environment, then the idea is not likely to be successful. This thesis is an exploration of sustainability that looks beyond just building performance to focus also on the social and cultural aspects of creating a healthy environment for residents. This project focuses on access to outdoor or park space and how this makes people happier and healthier in their mental or social states, as green spaces have been linked to better mental health (Gaston, 2015, p. 4355). I successfully experimented with non-rectilinear forms to increase the amount of light and access to views, and to create interesting and vibrant spaces for inhabitants while still maintaining a consistent floorplate efficiency required by the developer.

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