

**COLOR SELECTION STUDY OF CHILDREN'S OUTPATIENT CLINIC
INTERIOR RELATED TO PATIENT STRESS LEVEL**¹Made Ida Mulyati, ²Levi Anatolia S.M. Exposto¹Institut Seni Indonesia Denpasar, Indonesia²Universidade da Paz, Timor-LesteEmail: idagunawan2018@gmail.com, bebretelevi@yahoo.com,

Abstract

The interior of an outpatient clinic is generally a very scary thing for children, especially when they are sick. This is because if you are sick, the patient's stress level will increase, especially pediatric patients. Seeing this trend, it is considered important to minimize the patient's stress level, because the patient's increased stress level can cause the patient's immune system to decrease so that it is more difficult in the healing process. One of the patient's stress levels can be caused by the interior atmosphere in the waiting room and doctor's office. One way to minimize patient stress levels is by implementing the right colors in the interior of waiting rooms and doctors' offices in pediatric outpatient clinics. Given this, it is considered necessary to examine interior studies related to color selection in patient waiting rooms and pediatrician offices. The method used in this study is the method of descriptive analysis. To design the right interior in the childcare clinic, you should use a concept that can display a warmer, calmer, and cheerful interior, besides being supported by facilities with attractive designs so that children can forget about their stress due to the illness they suffer. While currently the selection of the right color of the interior of the pediatric clinic, especially in the waiting room and doctor's practice, is still not considered, only pay attention to the necessary facilities. Colors that are suitable to be applied to the interior of the practice and waiting room of the children's outpatient clinic include soft and fresh colors such as blue, green, yellow and orange are usually quite effective in providing a warm, calm, and cheerful sensation for children, especially those who are experiencing It hurts. But it does not rule out the possibility of implementing other colors that also need to encourage pediatric patients such as red, but should not be implemented too dominantly

Keywords: interior; color; outpatient clinic; waiting room; pediatrician practice room

INTRODUCTION

Children's health is very important in the growth and development of children both psychologically and physically children (Ariyanti, 2016). In the process of child brain development, it is said to be the golden age is during the golden age or

vulnerable age 0-6 years . At that age children will experience tremendous physical, intellectual, social and emotional progress. According to Benjamin S. Bloom said that 50% of a child's intelligence potential is already formed at the age of 4 years, then reaches 80% when the child is 8 years old (Sobral, 2021). For this reason, at that age, children's health needs to be maintained so that children's growth and development at that age, both psychologically and physically, can develop properly (Setyawati, 2012). But sometimes with an unhealthy lifestyle and psychological pressure of children who are sometimes not aware of by their parents so that children are easily affected by a disease both mild diseases to sometimes chronic diseases (Suiraoaka, 2012)cv. Children who suffer from a mild or chronic disease, of course, parents will check their children to the children's outpatient clinic, before being referred for hospitalization (Dalke et al., 2006). To help the recovery rate of children, especially children who suffer from mild to moderate stage disease, is determined by the intelligence of the treating doctor and the sense of suggestion of pa-sien.

The intelligence of the doctor who handles to cause a sense of patient suggestion is not only seen from the attention, treatment, accuracy of diagnosis, accuracy of administering (Bosch & Lorusso, 2019), and accuracy of drug administration from the doctor, but for smart pediatricians will also pay attention to the interior r practice money and waiting room for adequate pediatric patients Both from the facilities to the color selection of the interior. So to optimize the function of the room, in this case, the practice room and pediatrician waiting room, it is necessary to hold a holistic approach, one of which is the right color selection. With the right color selection, the patient's healing process can be done more optimally because the psychological condition (inner mid) of the patient is a complexity that must be intertwined to help the patient's healing process (Mulyati, 2022). Man and the environment are essentially a unity that cannot be separated because they interact with each other (Altman & Stodols, 1987). To further facilitate the interaction between humans and their environment, a comfortable environment should be created (Manuabe, 1977).

RESEARCH METHODS

The method used in this writing is the descriptive analysis method. Descriptive analysis is a research method by collecting actual data, then the data is compiled, processed and analyzed to be able to provide an overview of existing problems (Haryoko, 2020)

RESULT AND DISCUSSION

Color Studies

The study of warana begins with the interaction of light and color, because in the absence of light we cannot see color. The existence of Pthagoras law (circa 580-500 BC) is believed that an object emits particles so that we can see light. Aristotle (384-322 BC) had a better idea of expressing light in the form of waves. Aristotle also suggested that the colors we see are related to four elements, including fire, earth, air and water. Aristotle distinguished colors into two groups, those derived from bright light and darkness.

Understanding and influence of color on patient psychology

Color psychology is a theory about various colors that can affect human psychology. Color is not just a color, but has enough meaning that it can affect behavior, mood, cognition, focus, and general associations.

The influence of color on a person's psychology. According to Frank et al., (2008) explain the types of color psychology according to experts, as follows:

a. White Color Psychology

White is a symbol of purity, but there are also states that the color symbolizes cold and hard (Elliot & Maier, 2014). Based on psychology, the influence of white color among others The symbol of purity, innocence, adds to the impression. Designers often give white paint to make the room look more spacious. Gives the impression of clean, fresh, and neat. The negative associations of white color are dull, cold, empty, isolated, and stubborn

b. Green Color Psychology

Green color as a symbol of the influence of nature and the soothing environment. Paul Brunton said that green is a natural color that is comfortable, calm, soothing, cheerful, compassionate, relieves stress, and heals.

c. Yellow Color Psychology

Yellow is a bright and shining color, like the sun rises in the morning. Here are the characteristics of yellow and its influence on psychology: Strong feelings, marouse mood. Gives energy, gives warmth, cheerfulness and excitement.

d. Blue Color Psychology

Based on color *psychology*, blue gives calm, gives the effect of peace, security, order, security, and stability. But if applied too dominantly it will give the effect of sadness, loneliness, sadness and turmoil.

e. Brown Color Psychology

Based on color psychology, *cream* brown color is a natural color that affects the psychology of strength, resilience, security, safety, comfort, warmth. But as long as it is not implemented, the dark brown color is too dominant will bring negative effects such as asopian, sadness, solation, and blank.

f. Psychology of *Orange* Color Leads to Yellowish

Based on color *psychology*, *the color Orange* meminfluences emotional energy that must be shared, such as affection, passion, and warmth.

g. Yellow Color Psychology

Based on *color psychology*, yellow has a cheerful influence, and energyjik. Light yellow color gives a luminous and bright impression. The influence of this color is a picture of happiness.

Choosing the right color in the doctor's office and waiting room for pediatric patients

According to Kaplan et al., (1993) in this context factors that affect the healing process in patients include 40% environmental factors, 10% medical, 20% genetic and 30% other factors such as suggestions, biyaya, moral support from family or people closest to the patient.

The selection of appropriate colors applied to the interior of the child nursery and waiting room for pediatric patients is pastel colors such as pink, light green, light blue, light yellow, yellowish orange, and light brown (*cream*) (Haller, 2019). But we recommend that in choosing colors in the interior of the pediatrician's practice and waiting for pediatric patients not to implement pink too dominant because it will affect negative psychological effects such as increasing anxiety and anxiety (Ichwanudin, 2018). While the selection of light green, light blue, light brown (*cream*), light yellow, and yellowish

orange can affect the psychology of pediatric patients which can very positively cause a soft, calming, warm sensation, calm, and cheerful (Geers et al., 2013). This impression is needed by children, especially those who are experiencing pain. So that it can help stimulate the development of motor neuro psychology of children to feel healthier and increase the immunity of the child's body. In addition, if the pediatrician's office or waiting room is narrow, pastel colors should also be applied to give a wider impression to the room. For the interior of the pediatrician's office and waiting room for pediatric patients should not use white, dark brown, black, ash, and dark red that dominate because it will cause negative effects on child psychology such as the impression of dark, hot, sad, cold, angry, closed, and grieving.



Figure 1. Example Color selection in the waiting room of the pediatric clinic is not right, applying the dominant colors of white and ash

The application of white and ash that dominates the interior design of the waiting room of the pediatric outpatient clinic can affect the adverse effect in supporting patient recovery. The negative effects on psychology that arise in pediatric patients in waiting for their turn at the raw at street clinic can cause a sense of boredom, darkness, grieving and closure to children in expressing the pain suffered to their parents.



Figure 2. Example Color selection in the waiting room of the pediatric clinic is not right, applying dominant colors of red and white

The dominant application of red and white colors can disturb the psychology of pediatric patients such as seeming hot, restless, grieving and a sense of boredom when waiting for an outpatient turn.

While choosing the right color in the interior of the practice and waiting room for pediatric patients, 40% can help cure the disease suffered by children. In addition, play facilities and decorations that are attractive to children should be provided as well as the right color selection to support the waiting room for pediatric patients, so that children feel at home to fill the void of time when waiting for their turn for examination. Likewise, the facilities and decoration elements in the doctor's assembly room are selected in the form of animals, flowers, cute card characters with color choices that can

affect the positive psychology of children as patients so that they do not feel afraid in the examination and treatment process.



Figure 3 Selection of light to medium blue, white, green, light yellow and pink as the center of interest in the interior of the children's practice waiting room



Figure 4. A very comfortable pediatric dentist workshop with a selection of light blue to medium blue, white, green, cream, green, yellow, cream with natural landscape decoration elements and ceilings made with sky patterns.



Figure 5. Dental practice room for cool children with orange, cream, white color selection and dominated by cool young hijau colors.

CONCLUSION

According to color psychology, colors that are suitable to be applied to the interior of pediatricians and waiting rooms for pediatric patients include light green, light blue, light brown (cream), light yellow, and yellowish orange can affect the psychology of pediatric patients which can very positively cause a soft, calming, warm sensation, calm, and cheerful. So that the selection of the right color can help the recovery of pediatric patients.

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