

Abstract

The focus of this study was to gain an understanding of the design elements that can be utilized to improve the wellness of the users of a space. As the public's interest in personal wellness continues to grow, the need for facilities that are equipped to promote this type of lifestyle will also increase. An online survey was conducted to gain insight into how individuals' wellness preferences were influenced by factors such as household situation, travel frequency, and importance placed on well-being. The results of this survey provided support for wellness-promoting facilities, while also conveying individual preferences for design features, such as lighting. The data that has been gathered can be applied to the design of health facilities to offer better accommodations for a variety of guests.

Benefits of a Spa Resort

- Offer physical and leisure activities (Iwasaki & Havitz, 2004)
- Improve emotional, spiritual, mental, and physical health (Frost, 2004)
- Assist in making lasting changes to personal wellness (Cohen et. al, 2017)
- Guests can relax, reduce stress, exercise, and treat health issues (Frost, 2004)
- Lighting and color applications within the environment can be used to promote healing (Day & Rich, 2009)

Methods and Procedure

- Quantitative research questionnaire
- Participants – NDSU students and faculty
- Created through Qualtrics, a survey site
- Distributed through NDSU email
- Questions inquired about:
 - Demographics
 - Vacationing frequency
 - Lighting preferences
 - Importance of physical/mental well-being
- 299 responses were collected

Results

Of the 299 responses, those who lived alone (22%) traveled less than once a year. Whereas, those that lived with a spouse or friend (33%) traveled 7 or more times in a calendar year (Figure 1).

- A majority of respondents preferred running/walking (26.6%), attending a cardio fitness class (18.1%), or weightlifting (17.6%) when seeking ways to improve physical health (Figure 2).
- Respondents preferred the following activities to improve their mental health, (21%) preferred massage therapy, (17%) manicure/pedicure, (16%) facials or body scrubs and (15%) sauna (Figure 3).

Figure 1: Participants travel frequency in calendar year per current household situation.



Figure 2: What are some physical and mental health activities that you prefer to do when seeking ways to improve your health?

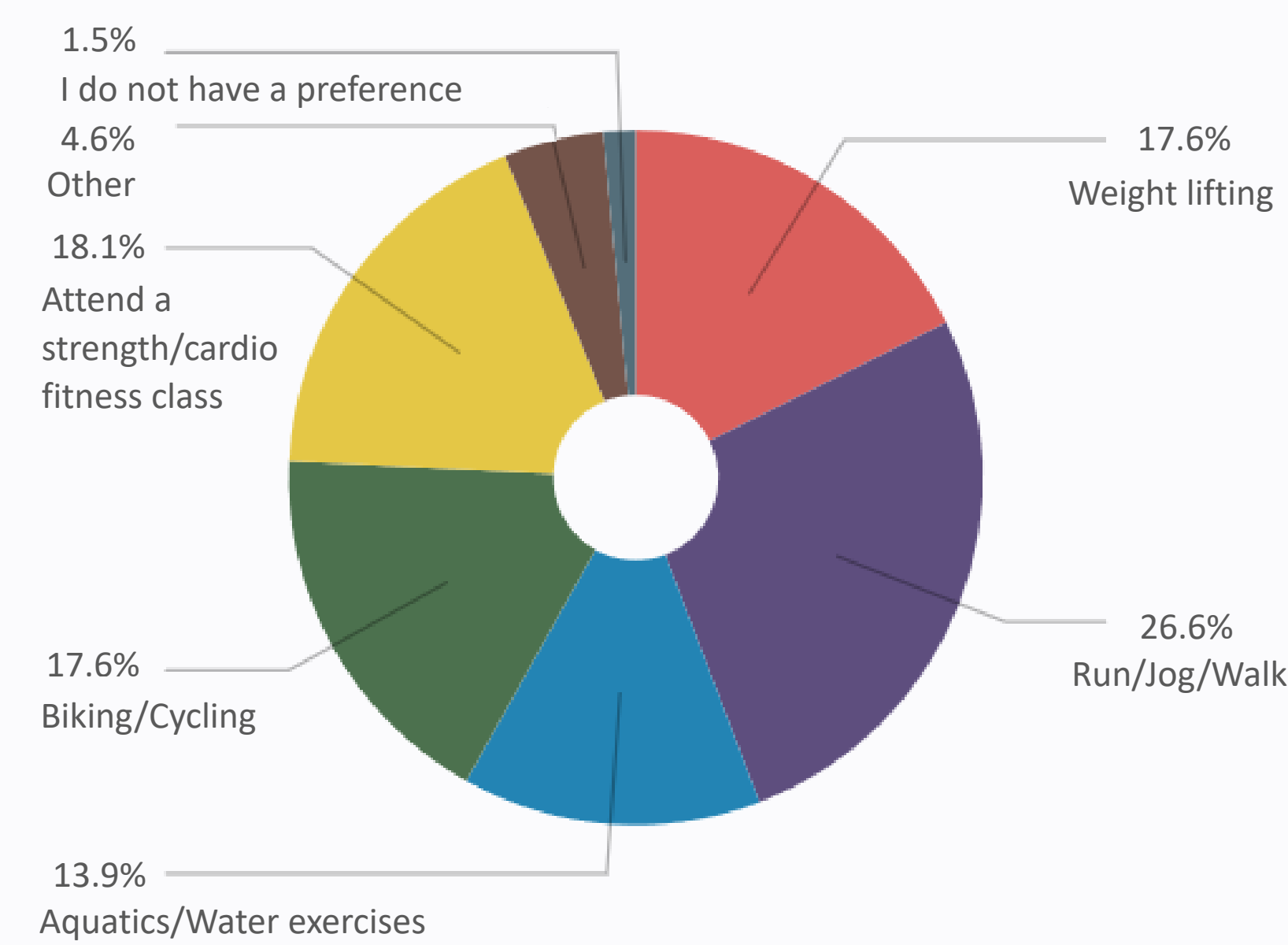


Figure 3: What are some physical and mental health activities that you prefer to do when seeking ways to improve your health? (Activities involving mental and pampering treatments)

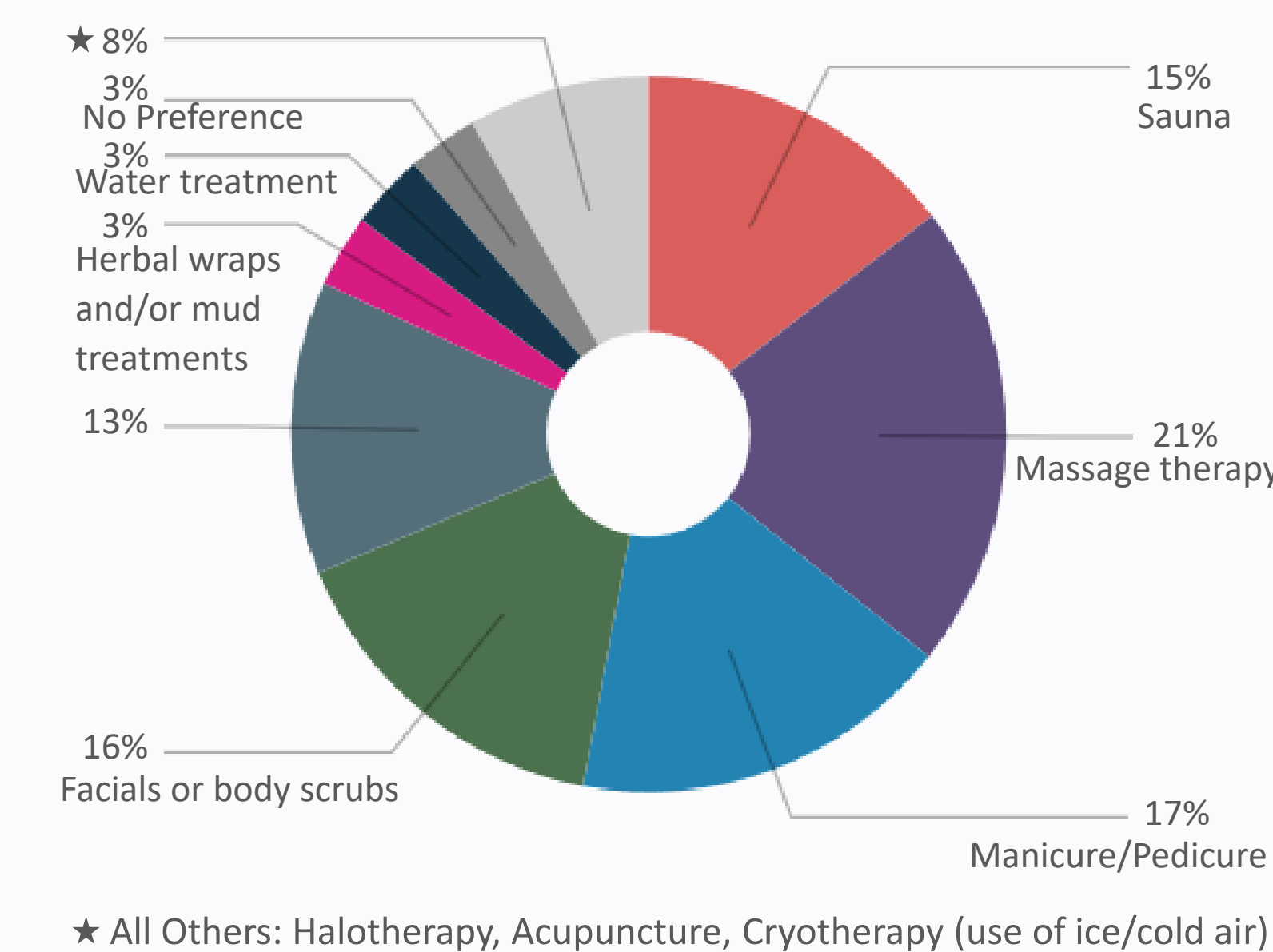
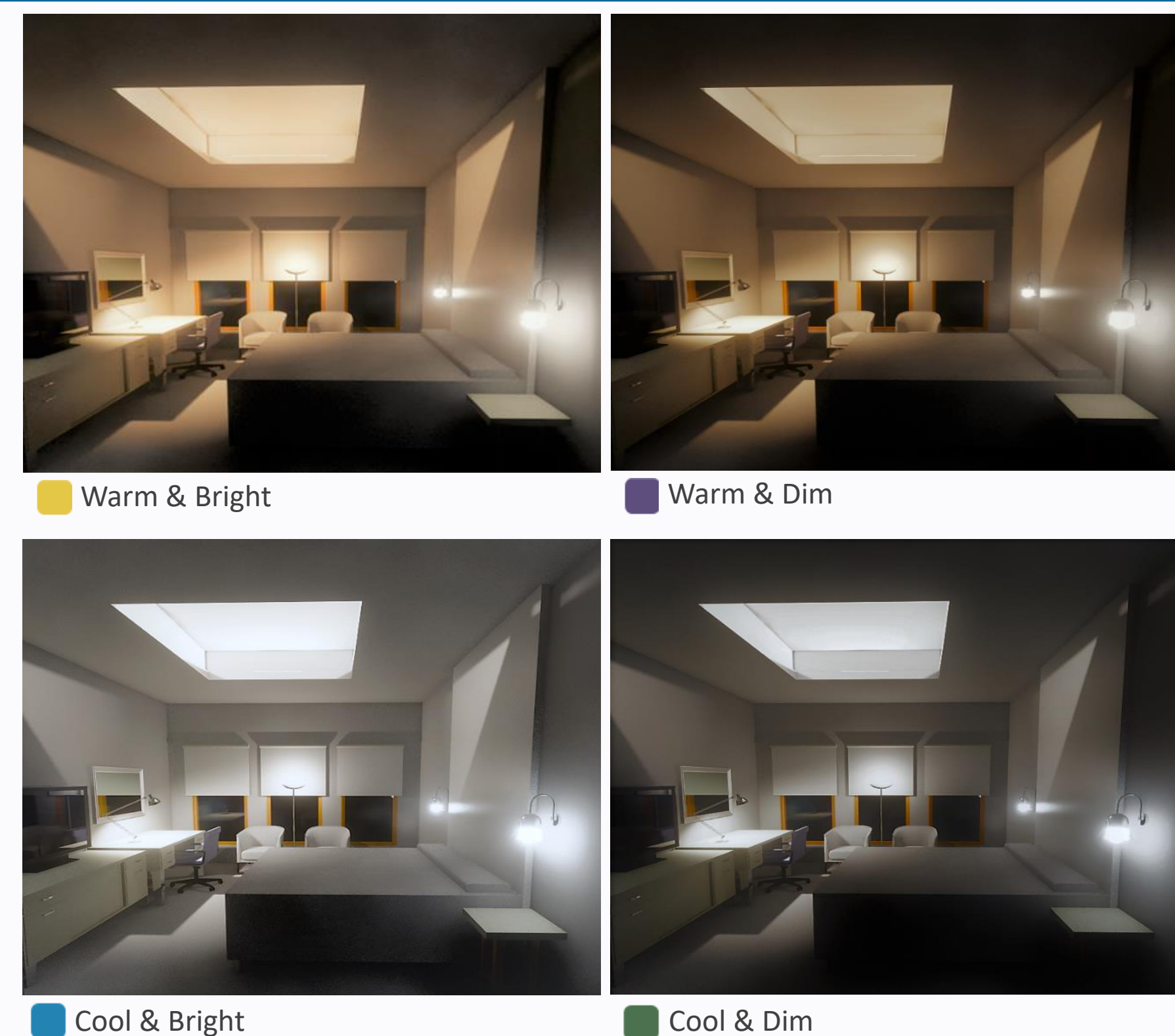
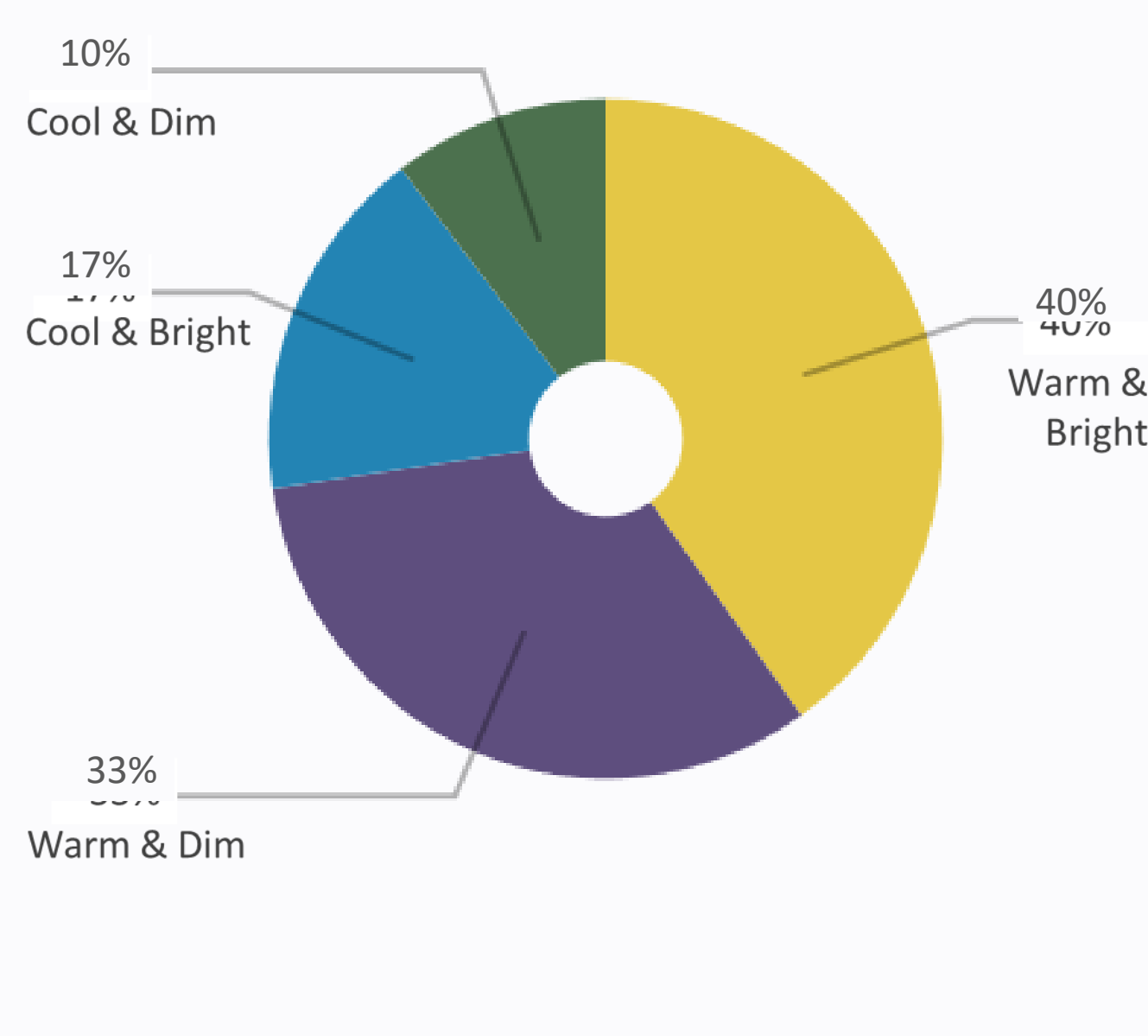


Figure 4: Guestroom lighting preferences



Promotion of Personal Health & Wellness through Design

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Guestroom Lighting Preferences

Participants reviewed four different guestroom lighting options. The set of images that were used are displayed below. The chart to the left of the images (Figure 4) indicates the percentage results for the guestroom lighting preferences, with warm and bright being the most preferred option.

Discussion

The survey resulted in a better understanding of how often participants traveled and how their household situation impacted their traveling. In addition, results indicated how participants rated their physical and mental health, what activities they believed improved their health when traveling, and how they identified different lighting preferences.

After finalizing the results of the study, it was concluded that a majority of participants would prefer running and walking to improve their health. Additionally, participants preferred massage therapy as a method of improving mental health. It was also indicated in the results that a majority of participants in the study preferred a warm and bright lighting solution in guestrooms over a cool and dim solution when traveling.

Through the results of the survey, there were some limitations noted. Data was only conducted at North Dakota State University. These limitations may alter lighting design considerations made in guestroom suites. As well as alter results when considering mental health and well-being activities.

References

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