

UNIVERSITI TEKNOLOGI MARA

**USER PERCEPTION OF INDOOR PLANTS
AND WINDOW VIEWS TOWARDS THEIR
MENTAL HEALTH IN CO-WORKING OFFICE**

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Dissertation submitted in fulfillment of
the requirements for degree of
Bachelor Interior Architecture (Hons.)

Faculty of Architecture, Planning and Surveying

August 2022

ABSTRACT

These study was conducted to investigate user perception of indoor plant and window view toward their mental health in co-working office. The structure in the study, research on possible types of plants appropriate to the office situation was performed through extended literature review, study insights into how indoor plants help to enhance employee health and well-being and improve perceived productivity. It's good to see wellness in workplaces. Since workers spend significant time at work, the working conditions should be safe. Two important ways can be to add plants to workplace, particularly the window views that can help healthy air and stress reduction. An study of similarities and inconsistencies with regard to the research background, starting points and test methods has been carried out to compare the results of various researchers. This research aim is to study how employee perception towards indoor plant and window view setting within the co-working office is able to change the atmosphere of the working room and psychology effect on workers. This research is based on data obtained from a survey questionnaire that show perception workers regarding indoor plant and window view apply at certain area. The findings were analyzed to identify any statistically relevant variations that will be use to legitimate plant investment to enhance (comparability) plant analysis. A vision is provided in addition to the assessment of the effect of plant life on various forms of productivity.

ACKNOWLEDGEMENT

Firstly, I wish to thank Allah S.W.T for giving me the opportunity to embark on my degree and for completing this long and challenging journey successfully. My gratitude and thanks go to my main supervisor, Dr. Mawar Masri, and co-supervisor, Madam Zarina Za'abar. In addition, I would also like to thank the coordinators for the subject of INA 637 (Dissertation II), Dr. Aiza Musthapha, Madam Nadya Shaharom, and Madam Nur Adilla Rahaman. Thank you for the support, patience and ideas in assisting me with this dissertation. A big thanks to everyone involved either directly or indirectly in making this paper success.

Finally, this dissertation was successful due to the blessings of prayer and support from my family especially my mother. Who understands and gives spirit until the completion of this dissertation.

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CHAPTER ONE

INTRODUCTION

The inclusion of indoor plants combining with views through windows in the design of office workspace have been known to give positive impact to office workers. In the state of a developing city and towards progress. Now, everyone spends a lot of time being in their respective work areas. most of them are more comfortable working in an air-conditioned room and less exposed to natural light. But just spend so much time inside, and you will find your health is starting to suffer. You may still have the symptoms of being within so many years, but may not even know that it is the product of much of your time spent cooping.

The purpose of the study is to ensure that the existing workplace environment in the country becomes more conducive with the addition of indoor plants also window views, to evaluate whether the employee's relationship with the indoor plants has a positive impact on them, assess how this can affect in terms of health as well as the ambiance. The research question is to identify about plant types that ideal for placing in the office room, as well as the differences with other plants. In this study also wants to find out what the workers perception when those plants are in their workplace.

Some plants were placed in a room in order to make the workplace more attractive. The availability of plants in a room not only improves the appeal and beauty of the workers, but also helps the indoor air quality inhaled by the workers. This refreshes the environment and removes damaging contaminants. In a detailed NASA report, up to 87 percent of air toxin can be eliminated from plants within 24 hours (Lee Sophie, 2017). Indoor plants, studies show that concentration and productivity are increased and that stress levels are minimized and moods elevated.

1.1 Background of study

In recent years, co-working has become increasingly popular. It is a style of working in which workers congregate in one place to produce value, while exchanging information and wisdom through connection and collaborating under the settings of their choice. Individuals who have distinct employment, such as