



Impact Of High Rise Buildings On User Experience Of The People

¹Veda V. Pattar, ²Sharath Aithal

¹Student, ²Associate Professor

¹Faculty of Architecture,

¹Pes Universit, Bengaluru, India

Abstract: High-rise buildings are an iconic feature of modern urban landscapes due to their impressive designs and imposing presence. The different effects that high-rise structures have on their surroundings are examined in this article. These impacts are urban density, property values, and economic development. The article delves into the complex dynamics and outcomes of towering structures on infrastructure, community dynamics, and ecological systems. By examining these effects, we can better understand the challenges and opportunities presented by the vertical expansion of urban spaces. In order to minimise any potential negative effects and maximise the advantages of tall buildings for present and future generations, this investigation emphasises the necessity of careful urban planning and sustainable design principles.

Index Terms - Urban Density and Congestion, Visual Impacts, Ecological Impact, Social Dynamics

I. INTRODUCTION

The urban landscape of the 21st century has witnessed a paradigm shift with the proliferation of high-rise buildings that redefine skylines across the globe. As a response to urbanization, population growth, and land scarcity, high-rises have become emblematic of modern living. But as these buildings transform urban environments, it is crucial to examine how they affect the people who live there. The transition from conventional horizontal to vertical living raises concerns about the physical, social, and psychological aspects of high-rise building users' experiences.

Cities are expanding quickly, which has benefits and drawbacks. The construction of high-rise structures is one of the primary ways to address the growing space constraints in urban areas. Even though these tall buildings can maximise the use of the land that is available, it is crucial to consider how they affect the residents. A comprehensive investigation of the intricate relationship is necessary to achieve sustainable and harmonious urban development. between residents' varied needs, tastes, and perceptions and high-rise architecture. This research aims to investigate how high-rise buildings influence the human experience and what measures can be taken to ensure that their impact is positive and beneficial for the inhabitants.

II. OBJECTIVES

The following research goals are diverse and represent the complexities of living in a high-rise:

- To evaluate how high-rise architecture affects user experience: Investigating how the physical design, including aspects such as spatial layout, views, and natural light, shapes the daily lives and well-being of residents.
- To examine how facilities and services affect residents' level of satisfaction: Delving into the impact of facilities such as gyms, pools, communal spaces, and concierge services on the overall quality of life within high-rise buildings.
- To explore the impact of community engagement initiatives on social wellbeing, understanding the importance of fostering a sense of community and connection among residents to counteract potential isolation in vertically dense environments.
- To investigate the broader implication of high rise on urban living and accessibility

III. METHODOLOGY

I have used a thorough methodology that blends quantitative and qualitative techniques in order to completely understand how tall buildings affect the environment around them. This includes conducting a thorough review of relevant research papers and websites, as well as collecting data through interviews and questionnaires. As part of this process, a digital interview of approximately 50 individuals was conducted.

IV. LITERATURE REVIEW

The study [1] "The impact of building configuration on urban microclimate during the summer in the Mediterranean coastal city" was published in 2019 by Chen, Ng, and An. The study aimed to investigate the effect of building configurations, specifically high-rise structures, on urban microclimates during the summer season. The research highlights the importance of understanding the climatic implications of architectural design in order to create comfortable living environments within high-rise buildings. According to the study's findings, building layouts can significantly affect the temperature, humidity, and wind speed of the surrounding microclimate. The significance of these findings lies in their potential to guide future architectural and urban planning choices that prioritise the development of sustainable and livable cities. All things considered, this study offers insightful information about how building layouts and urban microclimate interact, which can assist architects and urban planners in creating more climate-responsive structures and urban environments

Yao et al. [2] explore the complex relationship the complex relationship architectural design, and human perception in high-rise residential buildings in their research paper "A study on daylighting performance and human perception in high-rise residential buildings" (Yao, Liu, & Li, 2020). The study presents comprehensive insights into the effects of natural light on the overall living experience of residents of tall structures. The authors go over a number of tactics and methods that can be used to maximise daylighting in high-rise structures, such as the application of cutting-edge building materials, lighting control systems, and shading devices. The study also emphasises how crucial it is to balance artificial and natural light in order to prevent glare and guarantee visual comfort. All things considered, the study highlights how important daylighting is to designing cosy, sustainable, and healthful living areas in high-rise residential buildings.

The study conducted by [11] Knez and Thorsson in 2006 aimed to investigate the effects of cultural background and environmental attitudes on people's evaluations of public spaces, focusing particularly on thermal comfort, emotional responses, and perceptual experiences. By analyzing how different cultural backgrounds and environmental attitudes shape individuals' perceptions of open spaces, the study provides valuable insights into how architectural design in high-rise buildings can influence user experience. The findings of the study can help architects and urban planners create spaces that cater to the unique needs and preferences of diverse groups of people, taking into account factors such as thermal comfort, emotional responses, and perceptual experiences.

Nasar and Terzano's [9] (2010) study delves into the desirability of city skyline views by investigating the psychological and aesthetic aspects that influence individuals' preferences. The authors aim to gain a comprehensive understanding of how these views, which are a key feature of high-rise living, impact the overall satisfaction and well-being of residents. The research highlights the importance of views in shaping people's perceptions of their environment and provides valuable insights into how urban planners and architects can design buildings that promote positive experiences and improved quality of life. By examining the factors that contribute to the desirability of skyline views, the study sheds light on the complex interplay between the built environment and human behavior, providing a valuable resource for anyone interested in the field of urban design and planning.

Talbot and Kaplan's seminal paper [10], "Needs and fears: The response to high density," published in 1986, offers an in-depth analysis of the psychological responses that individuals exhibit when living in high-density environments. The authors explore how the availability of amenities and services can either alleviate or exacerbate the stress and discomfort associated with crowded living conditions. Their study highlights the importance of well-planned amenities in high-rise buildings, which can significantly impact the quality of life and well-being of residents. Talbot and Kaplan's research sheds light on the needs and fears of individuals living in densely populated areas. They emphasize the importance of creating a comfortable and safe living space that can mitigate the negative effects of living in crowded environments. Overall, Talbot and Kaplan's paper provides a valuable contribution to the field of environmental psychology, offering insights into how the built environment can impact human behavior, emotions, and well-being. Their research highlights the vital role that amenities and services can play in creating a positive and supportive living environment for individuals living in high-density areas.

This paper [4], titled "The impact of built environment attributes on home values: Evidence from Sydney" by Li and Yao (2019), explores how various characteristics of high-rise buildings, including amenities and services, can sway the perceived value of residential properties. The study aims to investigate the influence of built environment attributes on home values in Sydney.

The book titled [12] "Public Space" authored by Carr, Francis, Rivlin, and Stone in 1992 provides an in-depth analysis of the significance of public spaces in promoting social interactions and building a sense of community. While the book does not exclusively focus on high-rise buildings, the principles discussed in the book lay a solid foundation for comprehending the role of communal areas in tall buildings in fostering a sense of community. The authors explore the various elements that make up public spaces, including design, aesthetics, and functionality, and how they influence the behavior and interactions of individuals within those spaces. Overall, "Public Space" is an informative and valuable resource for anyone interested in understanding the importance of public spaces in creating a sense of community and promoting social interactions.

Jan Gehl's [13] "Cities for People" is an insightful book that advocates for a more human-centric approach to urban design. In this book, Gehl delves into the intricacies of designing cities that prioritize the well-being and needs of their inhabitants, offering a fresh perspective on the importance of social interactions and improved quality of life. The book emphasizes the significance of creating public spaces that are inviting and comfortable, while also highlighting the need to prioritize pedestrian and bicycle traffic over cars. One of the key takeaways from the book is the importance of mixed-use developments that offer a range of amenities and services, which can help create a more vibrant and sustainable community. Gehl's approach is not limited to cities but can also be applied to high-rise living environments. The book emphasizes the importance of creating living spaces that are conducive to social interactions and promote healthy living. Gehl's ideas challenge traditional urban design and offer a roadmap for creating more people-friendly communities. By prioritizing the needs and well-being of inhabitants, Gehl contends that we can create cities and communities that are healthier, more sustainable, and more enjoyable places to live.

Ahmed's research paper, [5] titled "Social Interaction in High-Rise Buildings: A Case Study Analysis," offers a comprehensive analysis of the complex dynamics of social interaction within high-rise buildings. The paper delves into real-world scenarios to provide valuable insights into the factors that

either facilitate or impede the development of a cohesive and supportive community in vertically-oriented living spaces. The study examines various aspects of high-rise living, including the physical design of buildings, the use of common spaces, and the role of building management in fostering a sense of community among the residents. Ahmed's research highlights the significance of social interaction in high-rise buildings, and he argues that it can help reduce feelings of isolation and The paper also focuses on the impact of physical design on social interaction such as the placement of elevators, staircases, and other common areas that encourage socialization. The research emphasizes the role of building management in creating an environment that promotes social interaction and fosters a sense of community among residents. The paper concludes with recommendations for building designers and managers to create more socially engaging high-rise living environments. These recommendations include suggestions for the design and location of common areas, the promotion of social events, and the encouragement of resident participation in community-building initiatives. Ahmed's paper is a valuable resource for architects, building managers, and policymakers who are interested in improving the social dynamics of high-rise buildings and creating a better living experience for residents.

In their paper [6] "The Impact of Mixed-Use Developments on Social Interaction in Urban Neighborhoods" published in 2017, Hodge and Newton explore the effects of mixed-use developments on social interaction. The study is not limited to high-rises, but it provides a comprehensive understanding of how diverse functions within high-rise buildings can promote community building. The research analyzes the relationships between residents and the built environment, emphasizing the importance of social interaction and its effects on community building. The findings indicate that mixed-use developments with a variety of functions and amenities can enhance social interaction, creating a sense of community, and promoting a shared neighborhood identity. The study also highlights the importance of public spaces within high-rise buildings, such as shared community spaces, outdoor areas, or common gathering areas, as they provide opportunities for residents to interact and build relationships with one another.

Marshall and Garrick published "A review of the influence of built environment factors on walking and cycling" [14] in 2011. The comprehensive analysis discussed in the publication highlights the impact of the built environment on active transportation, particularly the influence on walking and cycling. The study emphasizes the importance of urban design on mobility and accessibility within cities, including how tall buildings affect city dynamics. Although the review does not specifically address high-rise buildings, it does provide useful insights into the broader implications of urbanisation and the need for sustainable urban design. The study emphasizes that creating pedestrian-friendly spaces in cities is crucial to encourage active transportation and promote healthy living. The insights provided in this study are essential in developing urban environments that prioritize safety, accessibility, and sustainability for all residents.

In 2017, a comprehensive study by [8] Huang, Yang, and Yang titled "Effects of Built Environment on Pedestrian Behavior in High- Density Cities" explored the intricate relationship between the built environment and pedestrian behavior in high-density urban settings. The researchers' primary objective was to investigate how different elements of urban design, such as sidewalks, intersections, crosswalks, and public spaces, affect pedestrian behavior. The research revealed that a well-designed built environment can significantly influence pedestrian behavior, particularly in high-density cities. For instance, the presence of safe and well-lit sidewalks, ample street lighting, and clear signage can encourage pedestrians to walk more and improve their sense of safety. Similarly, accessible public spaces, such as parks and plazas, can boost pedestrian activity and social interaction. Overall, this study highlighted the critical role of urban design in shaping pedestrian behavior in high-density cities. It suggested that creating pedestrian-friendly environments can not only promote sustainable and healthy modes of transportation but also enhance the social and economic vitality of a community. Together, these papers provide a detailed insight into how high-rise buildings influence user experience. They explore various various aspects such as architectural design, amenities, community dynamics, urban environment, and overall well-being

v. CASE STUDY

5.1 Bosco Verticale, Milan

Architect Stefano Boeri's revolutionary residential project, [17] Bosco Verticale, is situated in Milan's Porta Nuova area. Bosco Verticale comprises two towers that serve as models of sustainable architecture and pioneering urban planning. An exceptional feature of Bosco Verticale is its extensive greenery, with numerous trees, shrubs, and plants embellishing the exterior of both towers. The project was completed in 2014.

The Bosco Verticale towers are a masterpiece of architectural design that is built around the concept of a "vertical forest." These towers are not just an impressive sight, but they also serve practical purposes. Each tower has a height of 111 meters (364 feet) and 76 meters (249 feet) and is covered with a diverse array of vegetation, which provides a range of benefits. The greenery offers a stunningly beautiful facade that is pleasing to the eye, but it also serves to purify the air, reduce noise pollution, and regulate the temperature. The architects have designed Bosco Verticale to provide a unique spatial environment that is unparalleled in modern architecture. The inclusion of balconies and terraces for each apartment allows residents to immerse themselves in nature, fostering a close connection to the surrounding greenery. The spatial experience is not just confined to the interiors; it extends outward, creating a harmonious blend between the built environment and nature. The towering greenery creates a microcosm of a forest within an urban setting, offering a distinctive and refreshing living experience. Furthermore, the vegetation on the towers is carefully selected and maintained to ensure that it thrives in a vertical environment. This results in a constantly evolving landscape that changes with the seasons, offering a unique and ever-changing view for the residents. Bosco Verticale is an excellent example of how architecture can be used to create a sustainable living environment that promotes a deep connection with nature while providing all the modern amenities that residents need.

Bosco Verticale, an awe-inspiring architectural wonder located in Milan, Italy, is built with the aim of promoting community engagement and social interaction among its inhabitants. Its communal gardens, terraces, and walkways provide an excellent opportunity for the inhabitants to connect with each other and develop long-lasting relationships. Living in a vertical forest is a distinct experience that instills a profound sense of community among the inhabitants, who share a strong bond with each other and the natural world surrounding them.

Bosco Verticale is an architectural masterpiece that has a profound positive impact beyond the residents' comfort. The concept of a vertical forest is aligned with sustainability principles, promoting biodiversity and enhancing air quality. The verdant vegetation acts as a natural filter that captures pollutants and particulate matter, thus improving the overall environmental quality of the surrounding area. What's more impressive about Bosco Verticale is how seamlessly it blends into the urban landscape of Milan, demonstrating how tall buildings can be designed to match the surroundings. The towers serve as a model for sustainable urban development, showcasing the potential for high-rises to improve the ecological balance of a city while offering a high standard of living for its inhabitants.

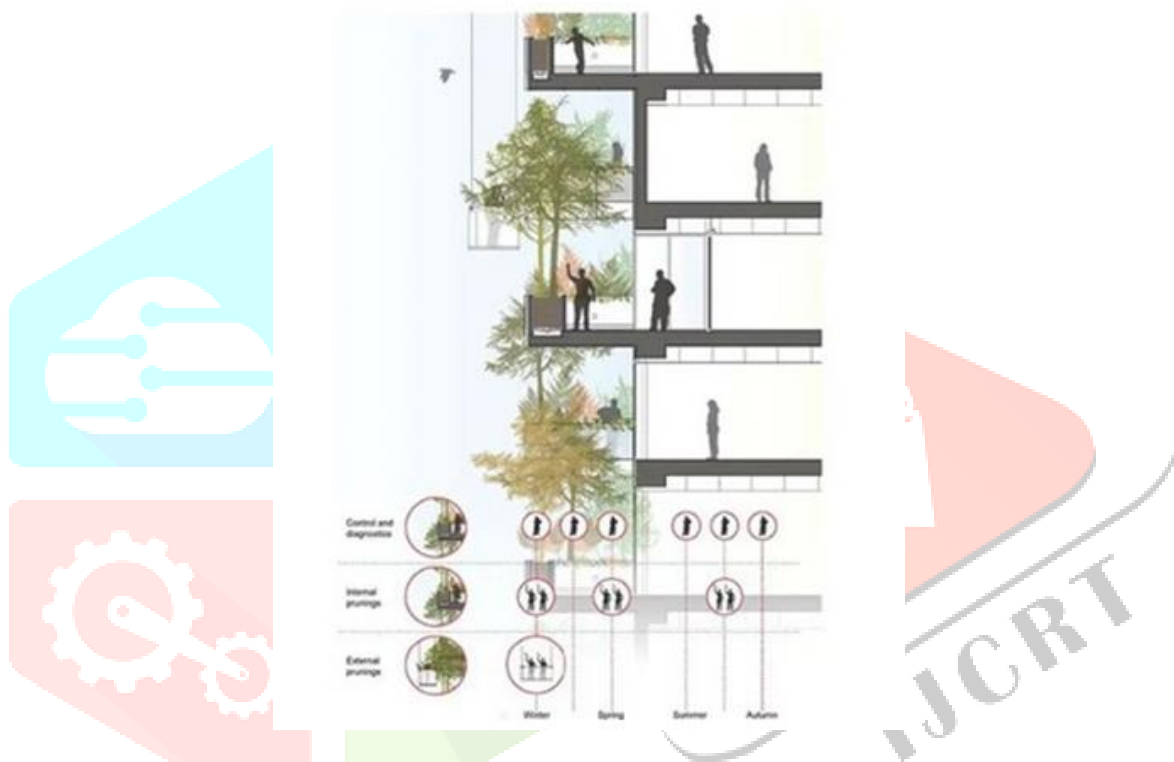
In conclusion, Bosco Verticale presents a great example of how tall buildings can have a positive influence on both the inhabitants' experience and the environment around them. By incorporating greenery into the architectural plan, it not only improves the overall health of the residents but also promotes a sustainable and livable urban environment. In summary, Bosco Verticale is a case study that showcases the benefits of incorporating nature into high-rise buildings.

5.2 The Interlace, Singapore

The Interlace [18] is an exceptional residential development situated in Singapore, which was completed in 2013. The project was envisioned and designed by the renowned architect Ole Scheeren, who aimed to challenge and redefine the conventional ideas of high-rise living by exploring the relationship between architectural form and communal spaces. This unconventional development consists of 31 interconnected apartment blocks that create a series of hexagonal arrangements, resulting in a distinctive, interconnected, and contemporary architectural ensemble that stands out from the surrounding buildings. The design of the apartment blocks is such that the open spaces between the blocks form a series of natural courtyards and gardens, providing the residents with a sense of

community and shared space. The Interlace is a masterpiece of modern architecture and is regarded as a unique and groundbreaking example of innovative high-rise living that has redefined the concepts of urban living.

The Interlace is a remarkable example of modern architectural design and innovation that defies conventional high-rise structures. The development features a series of blocks that are stacked and staggered in a unique manner, creating a breathtaking array of open spaces and gardens between them. The innovative design of this development maximizes spatial experiences by providing residents with unprecedented access to green spaces and outdoor areas on various levels. Each block is interconnected, forming a series of cascading terraces that blur the lines between indoor and outdoor living, thus creating a seamless blend between the two. The cascading terraces provide breathtaking views of the natural surroundings and create a sense of openness. The Interlace's innovative approach to design fosters a sense of community and belonging, providing a unique spatial experience that is unmatched by any other high-rise structure.



SOURCE: ArchDaily. (2014). Gallery of Bosco Verticale / Boeri Studio - <https://www.archdaily.com/557667/bosco-verticale-boeri-studio>

This development offers residents the opportunity to live in a space that is both beautiful and functional, encouraging a healthy and active lifestyle. The Interlace is truly a masterpiece of modern architecture that is sure to inspire and delight all who visit it.

The Interlace prioritizes social interaction and communal living through shared spaces like pools, fitness centers, and lounges, fostering a sense of unity. Its sustainable design integrates greenery, enhances natural light and ventilation, and reduces energy reliance. The staggered blocks challenge conventional high-rise design, contributing to Singapore's architectural diversity while harmonizing with the urban fabric. As a pioneering development, The Interlace sets a benchmark for future high-rises by blending community-centric living with ecological sustainability.

In conclusion, The Interlace presents a compelling case study that demonstrates how innovative architectural design and a focus on community living can have a positive impact on both residents' user experience and the surrounding urban environment. The integrated and environmentally friendly

approach challenges the established ideas about high-rise living and highlights the potential for sustainability, social harmony, and improved living experiences in vertical communities.

VI. COMMUNITY AND SOCIAL DYNAMICS

The prevalence of high-rise buildings has increased with the ongoing urbanization, leading to significant changes in city skylines. Apart from the architectural and aesthetic aspects, it is important to comprehend the impact of social dynamics on the residents living in these buildings and the surrounding areas. In this report, we will delve into the ways in which social dynamics affect the experiences of those residing in high-rise buildings and their overall influence on the wider community.

As urbanization continues to intensify, high-rise developments are becoming increasingly popular, offering a solution to the scarcity of land in urban areas. However, living in a high-rise can be isolating, leading to social disconnection and a lack of community. To counteract this potential issue, many high-rise developments are now integrating community-building initiatives. These initiatives aim to provide communal spaces, shared facilities, and organized events within the building to encourage residents to connect with each other. For instance, The Interlace in Singapore and SkyPark Residences in Sembawang have been designed to promote social interaction and foster a sense of belonging within the vertical community. Such initiatives have shown to be effective in positively impacting social cohesion and promoting a sense of community among residents. Despite the success of these initiatives, challenges to community formation in high-rises still exist. One significant challenge is the transient nature of urban living, where residents may have diverse schedules and lifestyles, making it difficult to have spontaneous interactions. The lack of horizontal connectivity, as seen in traditional neighborhoods, also poses a challenge. To gain insights into the nuanced nature of social interaction in high-rises, case studies have been conducted to examine both successful and challenging community dynamics. These studies offer insights into the factors that contribute to or hinder community formation, highlighting the importance of planning for community-building initiatives in high-rise developments. According to the results of a digital interview, when asked about the impact of living in a tall building on their interactions with neighbors, 40% of the respondents reported that it does not affect their interactions at all. Meanwhile, 34.1% of the respondents were unsure and responded with "maybe," while 25% of the respondents reported that living in a tall building does indeed affect their interactions with neighbors. (fig 10)

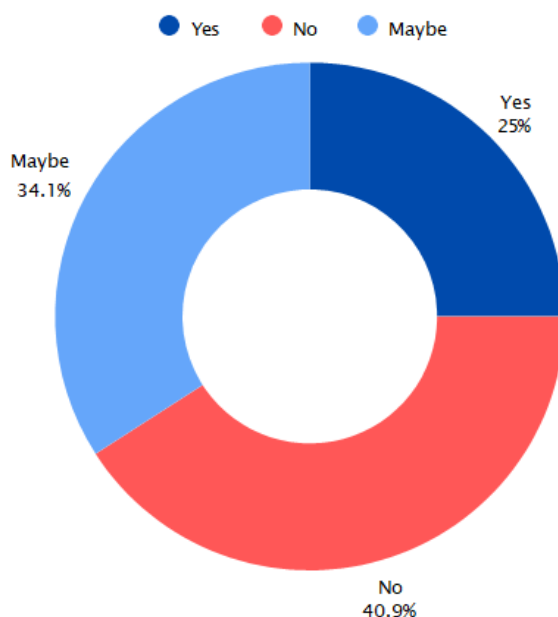


Fig.1 illustrates the impact of tall buildings on people's interactions with their neighbors

Living in a high-rise building can be a unique experience, as it brings together people from various backgrounds, communities, and age groups. However, this diversity can also lead to isolation and difficulty in engaging with one another. The vertical living arrangement of a high-rise building can make it challenging for residents to form meaningful connections and build a sense of community. As each floor can have numerous apartments, it can be challenging to interact with neighbors daily,

leading to a lack of social cohesion. This can result in a feeling of detachment and a sense of loneliness, even when surrounded by hundreds of people.

VII. COMMUNITY AND SOCIAL DYNAMICS

The rapid expansion of cities in recent years has led to the proliferation of high-rise buildings in urban landscapes. This trend has resulted in a significant concentration of population in and around these towering structures. As a result, this report aims to delve deeper into the implications of such population concentration on urban dynamics. It will examine both the internal dynamics within high-rises and their broader impact on the surrounding areas. The report will analyze the ways in which high-rise buildings affect social, economic, and environmental aspects of urban life, such as community cohesion, resource management, and mobility. It will also explore the potential benefits and challenges of high-rise living, including the impact on residents' health and well-being, and the role of urban planning in promoting sustainable, livable high-rise communities.

High-rise buildings are unique in their ability to concentrate population vertically, creating a highly dense living environment. This unique form of density is created by stacking multiple floors and units one on top of the other, which has a significant impact on various factors such as elevator usage, communal space utilization, and the overall flow of residents within the building. Due to the high concentration of people within high-rises, efficient utilisation of communal spaces becomes crucial. The design of communal spaces is critical to accommodating diverse user needs and facilitating social interactions within the building. This includes considerations such as the location, size, and type of communal spaces, as well as the amenities and services provided within them. Understanding the importance of communal spaces in high-rise buildings is essential for enhancing the overall living experience of the residents. When designed thoughtfully, these spaces can serve as a hub for social interaction, recreation, and relaxation, providing residents with a sense of community and enhancing their quality of life.

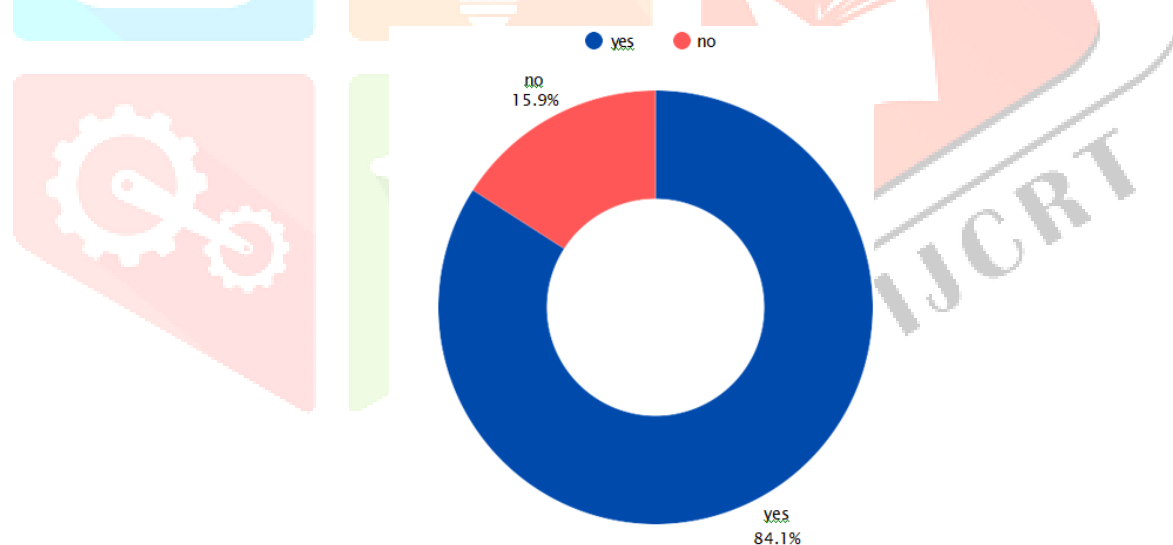


Fig2 shows people's perception of congestion around tall buildings.

According to the survey results, a considerable proportion of respondents, specifically 84.1%, expressed their concern about the overcrowding in spaces.

Concentrated populations within high-rise buildings tend to lead to a surge in demand for basic amenities, infrastructure, and services in the surrounding areas. The local businesses, healthcare facilities, schools, and public transportation systems experience heightened usage due to the increased population density. By examining case studies from cities such as Tokyo and Singapore, it becomes evident how the influx of residents from high-rises influences the development and adaptation of neighborhood services. However, the increased population density in and around high-rise buildings also contributes to gentrification dynamics, which can have far-reaching social implications. The demand for urban living spaces is likely to trigger an increase in property values, which in turn reshapes the socio-economic fabric of the surrounding neighborhoods.

High-rises have a significant impact on urban dynamics, shaping communal space utilization, contributing to vertical density, and influencing local demand and gentrification dynamics. A holistic urban planning approach is crucial to address the challenges and opportunities associated with population concentration in high-rises, fostering sustainable, vibrant, and inclusive urban environments.

VIII. USER EXPERIENCES IN AND AROUND THE BUILDING

The experience of living in high-rise buildings involves a multitude of factors that can significantly affect the quality of life, happiness, and overall satisfaction of residents. This comprehensive report delves into various aspects of user experience within these towering structures, examining the critical influence of architectural design, amenities, community dynamics, and technological integration on the daily lives and well-being of residents.

The design of high-rise buildings plays a crucial role in shaping the spatial experience of their users. Carefully considered architectural choices can greatly enhance the overall atmosphere of these structures. For instance, the provision of panoramic views and ample natural light can create a sense of openness and connection to the external environment, positively impacting user experience. Take the example of The Shard in London or One World Observatory in New York. Both of these buildings are renowned for their thoughtful design, which allows users to enjoy breathtaking views of the surrounding cityscape. The Shard, for instance, features a series of viewing galleries that provide 360-degree views of London, while One World Observatory boasts a floor-to-ceiling glass exterior that offers unobstructed views of Manhattan. Such architectural features not only enhance the aesthetic appeal of high-rises but also contribute to the well-being of their users. By creating a sense of openness and connection to the external environment, they can help reduce stress and promote a sense of calm. Therefore, it is important for architects and designers to carefully consider the spatial experience of users while designing high-rise buildings.

High-rise structures frequently offer diverse facilities, ranging from exercise centers to shared lounges. For a pleasant resident experience, it is crucial to incorporate these amenities into their daily routine. An enriched user experience is the result of high-rises that prioritize inclusivity and diversity in their design. By studying developments in culturally diverse cities such as Toronto or Sydney, we can observe the positive impact of inclusive design on social dynamics. Spaces that celebrate different cultures, traditions, and lifestyles contribute to a vibrant and harmonious community, where individuals feel valued and included. When high-rises embrace inclusivity and diversity, they create a sense of belonging that fosters social cohesion and inspires a shared sense of purpose.

In the realm of high-rise buildings, ensuring accessibility for occupants and visitors is crucial. This involves implementing effective vertical transportation systems that can comfortably and efficiently move people between different levels of the building. Elevators, escalators, and other smart access technologies are integral components of such systems. Elevators provide a convenient and reliable means of vertical transportation, while escalators are useful for moving large numbers of people over short distances. Smart access technologies, such as keycard or biometric authentication systems, can enhance security and control access to different areas of the building. In combination, these technologies enable efficient and safe movement within high-rise buildings, making them more accessible to everyone.

The user experience in high-rise buildings is a complex concept that includes various factors such as architectural design, amenities, community dynamics, and connectivity. By analyzing case studies from different developments around the world, we can learn how to create high-rise environments that prioritize resident well-being, satisfaction, and a sense of community. This report emphasizes the importance of a holistic approach to design and management to ensure a positive and enriching user experience in high-rise living.

IX. PSYCHOLOGICAL IMPACTS DUE TO VISUAL ACCESS

Living in a high rise building can have a profound effect on one's emotional and psychological well-being, and there are several factors that contribute to this experience. A detailed analysis of these factors reveals that scenic views, window placement, and visual access all play a crucial role in shaping the overall aesthetic experience.

One of the most significant factors that can impact one's mood and sense of well-being is the type of view that they have from their window. Whether it is a panoramic view of the city skyline or a view of a nearby park, the view can have a profound effect on one's mental state. A beautiful view can provide a sense of calm and relaxation, while a view that is unappealing or unpleasant can have the opposite effect.

Another factor that can impact one's mental health is the placement of windows in relation to the surrounding environment. The amount of natural light that enters the space can affect one's mood and sense of well-being. If the window placement allows for ample natural light, it can have a positive impact on one's mental health. On the other hand, if the windows are poorly placed, it can result in a lack of natural light, which can negatively impact one's mood and overall well-being. Finally, the level of visual access that one has to the outside world can also play a role in shaping their emotional and psychological experience. If the windows do not offer enough visual access to the outside world, it can result in a sense of isolation and disconnection from the surrounding environment. This lack of visual access can also affect one's sense of privacy and security, which can have a negative impact on their overall well-being. In conclusion, the factors that contribute to one's emotional and psychological well-being when living in a tall building are complex and multifaceted.

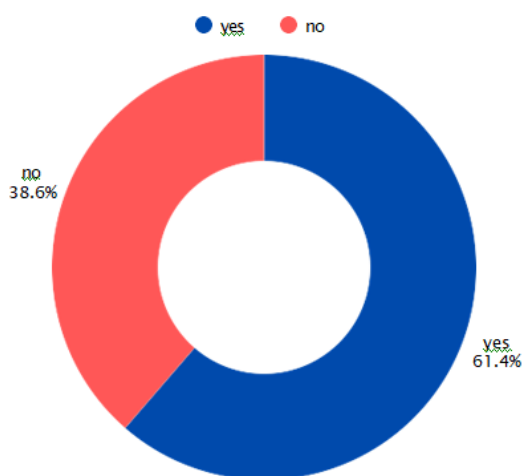


Fig.3 shows how high rise buildings can impact psychologically

The fig 3 indicates that around 62% of individuals believe that high-rise buildings can have a psychological impact if proper windows, lighting, and views are not provided.

X. CONCLUSION

As the world's population grows and urban areas become denser, high-rise buildings that support healthy and sustainable living are more important than ever. Architects and urban planners must consider not only the building's design and construction, but also its impact on the surrounding community and environment. High-rise buildings should prioritize natural light and fresh air, sustainable materials, and green spaces. They should also promote social interaction and connectivity through shared spaces and amenities. Collaboration among architects, urban planners, and communities is essential to create sustainable and enriching high-rise environments for urban residents.

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