



RECOGNIZING THE COMPONENTS OF A SHARED HOME FOR THE ELDERLY AND ORPHANED TO REDUCE DEPRESSION AND FORM A MENTAL STRUCTURE

Atefeh Babaei^{a*}, Ali Babaei^b, Masoumeh Sazandeh^c

Abstract

Background: excommunicating of elderly and children is considered as a loss of useful human resources. The rebirth of the sense of ownership and providing a platform for the emotions expression in the mentioned elderly and children through the creation of a family is something that orbit around the axe of this special design. If the well-being of the human species increases in the located space, as the result, the stability of the building and the environmental stability of the earth will increase too.

Methods: The research method is descriptive-analytical, and the instruments for data collection include a field survey, observation, interview, and questionnaire. In February and March of 2022, interviews and questionnaires were used to gather data in Shiraz-Iran.

Results: Scoring the interview questions: It was deemed "extremely good" by up to 85% of the institution's psychologists and organizations managers. By Scoring the interview questions during in two different periods: the beck depression test(for elderly) and t test for measuring emotion intelligent level(for children), are evidence to that physical form changes and environmental psychological movements are so efficient.

Limitations: In addition to integrated design existence shortage, there was limitation for accessibility to the credible human sources related to the research.

Conclusions: the cooperation between the physical space(objects) and the abstract space(kind of activities and behaviors of users) has been effective in expanding the healthy life span of the elderly and making the mental structure of children more creative and flexible. Therefore, from the heart of this design, principles can be set to become as standards for the sustainable well-being of these two vulnerable groups' residence place.

Keywords: Elderly, Orphaned, Home, Mental structure, Depression

^aMaster of Architecture, Department of art and architecture, Islamic Azad University of Shiraz, Shiraz, Iran Email: Motarjem_babaie@yahoo.com

^bMaster of Geotechnics, Department of Civil Engineering, Central Tehran Branch, Islamic Azad University, Tehran, Iran, Email: Ali.babaei@yahoo.com

^cAssociate professor, department of architecture, Shiraz Branch, Islamic Azad University, Shiraz, Iran, Email: masoumehsazandeh@yahoo.com

***Corresponding author:** Atefeh Babaei, Email: Motarjem_babaie@yahoo.com, Telephone: +989365205642

1. Introduction

Today, in most civilizations, especially in developing countries, there is a disharmony and imbalance growing between science and technology and solid system of correct family relationship. Sadly, no matter how quickly the modernization of the visual space and urban industries advances, the system of ethics and family orientation is falling and dissolving at an equal rate.

The rising number of elderly and orphans is evidence of the harm caused by the instances above. Being an orphan is more of a social issue than a personal one. These children and elderly are victims of social violence which not only has deprived them to have parents and warm family club, but also rejects them and views them as a burden [1].

Rejection and disengagement from involvement lead to the early start of mental disease, accelerated physical aging, and mortality among the elderly [2]. The same problem (Lack of parenting) for orphaned will cause unwell growing, mental blooming and early independence of children. It overshadows all the age groups ahead of their lives and makes them into throwaways and consumers in society after preventing the evolution of wisdom for these minors, with the neglect of the necessary authorities as their most visible trait.

These questions are raised: 1- What are the qualities of integrating shared places? 2- What effects do the characteristics of a shared house have on reducing depression and forming the mentalities of physical residents? 3- Why are two incompatible age groups (children and the elderly) brought together? 4- Can the design of such a facility play a part in resurrecting the family's lost roles and members and reuniting the family? After speaking the different dimensions of this research, it seems that the suitable usage for the neighborhood of older people's homes is the children's welfare home, and the outcome of this combination is to enjoy the delicious flavor of the family in two ways. In addition, in one side the presence of elderly users directly affects the development of children's mental structure and personalities and in other side presence of children will make lowers the elderly's despair.

Many gaps in today's society contribute to the presence or escalation of such issues. In building construction (educational or residential), the quantitative notion, in the sense

of expanding the quantity and massification, has always dominated; therefore, the instructions and implementation solutions are less qualitative and emphasize quantitative growth or typology. Totally, 2 points should be paid more attention in building and constructing:

1- In popular concepts, some constructions resemble a train's quick movement, which excludes the possibility of any quality enhancement.

2- A building type with any propensity results in the transmission of current flaws to future generations and becomes an insurmountable barrier to educational (residential) growth [3].

So the dilemmas of these structures are subject to quantity, lack quality, and have only been utilized for the same period. The buildings left for the future heirs, if they are not changed and renovated, will not produce a feeling of place for those who enter, or they will inadvertently impose and convey false teachings about the location to its users.

This effort should be undertaken to 1- Remove, modify, and rebuild any former residential constructions that do not meet acceptable standards. 2- in spite of physical form design, A new residence should be constructed to incorporate the environment's psychological knowledge. The sort of activities and the people that engage in them are also crucial components that entice its citizens to embrace the joy and enthusiasm of healthy living. Therefore, the influence step is to deliver users trapped by this imposed form and dominate users on the previous form.

Fulfilling the concept of family was one of the issues that none of the case studies of orphaned welfare homes or homes for elderly persons could resolve, despite noticing the standardization of furnishings in these houses. Because over time, the absence of this notion grows to such an extent that it consumes the remaining delicate and fragile emotions in these two layers like a black hole and transforms them into isolated, separate entities.

Therefore, research to provide comprehensive and acceptable criteria for designing such residences for the elderly is essential. It is vital to arrange the nursing home as their second home and not a place to die.

The family is one of the most significant fundamental groupings; its members are emotionally attached; they have informal, emotional, face-to-face ties. In practice, the family is the cornerstone of all other social

institutions, including the economy, education, religion, and government, despite the family's tiny size relative to other social groups [4]. In this regard, Pratt (quoted in Amini [5]) states, "The family is the fundamental unit in which mental health is established, and it plays a crucial role in providing mental health and caring for and supporting the health of its members." This job is vital owing to the significance of communication, the most critical element influencing human health and relationships with others [6].

Another oversight is the conspicuous lack of architectural design activists because altering the designers' perspective and putting fresh ideas on the table to improve the previous ineffective construction process can stop the birth of thousands of future users' social harm with just one physical structure. Moreover, the unhealthy landscape of the city and the restricted number of functional and opulent structures are evidence of the inactivity of designers.

This design aims to improve upon prior flaws by including many objectives: 1- Its purpose is to defend the elderly and kids who have been unintentionally or purposefully rejected by members obligated to protect them. 2- Encouraging the involvement of the elderly by entrusting them with responsibilities commensurate with their talents and scientific expertise, as well as establishing an appropriate platform with the presence of children to allow them to accept and speak with one another, therefore mitigating despair and premature aging. 3- Giving minors a sense of relying on and seeking the personal refuge of older people as a spiritual sanctuary, using older adults as role models, and shaping their mental framework through association and guidance. 4- Creating an environment that promotes emotional self-fulfillment and physical self-management. 5- Releasing users enslaved by forced forms and transforming their situation into a platform for enhancing their morale and mindsets. 6- Enhancement of mental health and construction of a mental framework, with a focus on the living environment of the shared house. 7- Reducing sadness by fostering better relationships with a focus on creating a shared home 8- The physical body, its users, and its activities are transformed due to environmental and psychological changes. 9- Creating new, shared physical spaces between young children and senior citizens encourages involvement and collaboration and boosts two-way social

connections [7].

Since there is no case sample of nursing homes and orphanages, a separate study of these two was conducted, and eventually, a nursing home was selected and simulated to continue field research throughout their stay. This descriptive-analytical research collects qualitative information through field investigation, observation, interview, and questionnaire.

1.1. Finding critical similarities in the placement of 2 groups of children and the elderly with a significant age difference

Man is not an isolated being but a dependent being in close connection with the surroundings. This dependency is known as need. Needs, humans' dependency to whatever are placed out of our inner to remedy internal flaws and shortcomings, are to improve/grow ourselves. As a motivation in executing various activities, need plays a significant part in human existence and is the source of several motivations and behaviors [8].

Being an orphan is more of a social issue than a personal one. Children are victims of a violent culture that denies them parents and families and views them as a burden. A child's small mind, which has a continual need for protection, will develop character flaws if exposed to a constantly anxious, fearful, and worried environment. The result of these negative impacts is depression, and these individuals may turn to violence to gain prominence and attract attention, eventually becoming abnormal ones that pose numerous issues to society [1].

The aging process causes changes in the physiological and psychological capacities of the elderly and creates a foundation for depression, resulting in a decline in the ability to execute all everyday tasks. In consideration of losing or decreasing the individual independency, the built environment, which interfere to the quality of life and elderly safety, has found great significance. The effect of the physical environment on aging processes has been demonstrated as a factor that either supports or impedes life [8].

On the other hand, children are growing and completing childhood physically and mentally. children's' fast orbit in forming physical structure: watching, hearing, speaking,... Are equally to the slow orbit moods of environmental elderly. Children move slowly, have poor balance while handling items, have good eyesight but are illiterate, and can only speak in partial or short words. These are compatible with the function of

the elderly, who have weak speech and hearing impairment, and are associated with slowness and delay in moving.

Children accept elderly individuals, unlike young and middle-aged people, despite their accelerated growth. Aesthetics is there, it leads elderly to be interest for meeting youngsters and find suitable situation till convert so many past years experiences to the children voluntary. In generally, elderly are such as full of energy and experiences sources. If the circumstances will be provided. They are ready to ooze and become discharging of information. On the other hand, Minors are in the other direction and are like empty tanks ready to absorb messages, energy, and educational and cultural experiences. With this short explanation, it is clear that they communicate in various ways.

1.2. The influence of home and the abstract concept of family

The common point of the combined words "nursing home" and "orphaned home" is "home." For children, the home is the first place to visibly model behavior, while for the elderly, it is the first place where they have lost their former control in a genuine sense.

The first environment a child experiences is shaped by and explores is their home. The "self," which is a crucial component of personality and is stored in memories and the subconscious as perceptions and emotional experiences, is effectively formed by the possibilities the home offers to the child. Eventually, after numerous conscious or unconscious adjustments, it is transmitted to the individual's adulthood. By being placed in society, the world of children in the future has expanded from the home to the city and beyond; as ordinary people or experts, they will find the power and opportunity to create and influence private and public spaces and what they discover about "themselves" will reflect in the mirror of city. In a sophisticated process, the imprints of the past are utilized to shape various urban and architectural settings. Children's memories and experiences are influenced by the house's capacity to provide them with age-appropriate and aesthetically pleasing environments. Children's architectural preferences are heavily inspired by their interactions with the home. Therefore, it is vital to address how a house affects children and enhance future architectural designs [10].

By bringing discordant age groups together and utilizing shared space, they can meet each

other's emotional needs. Seeing oneself in the form of parents or children will be born in them, and by expanding it, they will have a healthier life span in terms of physical and mental dimensions. The elderly shape the ossification of children's characters in this manner. On the other hand, the faded identity of the elderly gradually regains the essence of their past and blossoms again from the side of free, light, and independent children who feel great and rejuvenated.

The unique feature of the new design of this house is a practical step toward self-fulfillment (spiritual and emotional) and environmental self-management (physical and caring) since, as a result of this design style, children enhance the spirits and emotional states of the elderly naturally. It is in contrast to the old care facilities, which were distinct, and only administrative and medical professionals were present with the elderly during defined working hours. In this arrangement, the elderly may function as guardians and loving supervisors for these youngsters, and there is no need for a large number of part-time staff to be there. Due to the constant presence of youngsters and the elderly, a sense of connection develops through repeated visits, and this dialogue with the staff and administrative authorities may never occur.

This concept is like a seed that lays dormant in the center of the soil and does not appear to be very fruitful, but this new plan will soon sprout and shine brightly in the future of the city, the nation, and the world. Its short-term advantage consists of residents bridging their mental, emotional, and physical gaps by gathering in a particular location and achieving relative mental comfort. However, for long-term investment, the improvement of urban look and bodily and social health depends on young adults, as the product of such areas, who will be the future administrators of the country. Therefore, the more positive experiences a child has during childhood, the more robust their cognitive structure will be. Because increasingly intelligent youngsters cannot be convinced by the poverty and deficiency in the urban body (citizens and urban facilities) and their greatness, the urban body transforms due to the perfectionism of these children of yesterday.

1.3. Formation of children's mental structure and reduction of depression in the elderly

However, What make these 3 items: childhood years, their environment in the past and their memories significant is the transfer of that period's discoveries to the subsequent years of our lives through memories and the subconscious

mind. Whereas self-consciousness is with law information in all manners most of all input/information from world will be registered in our unconscious especially in childhood. Cooper states, "The mind retains childhood memories until they reappear in the conscious state through a dream or something like in waking life, such as the association of free meanings" [11].

As a result, childhood perceptions are transferred to the current moment over time and by placing the person in various situations. Sometimes, broadening the meaning travels back to the person's unconscious and "hidden state" to be used later in other future chance.

Individual and communal unconscious difficulties are examined in Carl Jung's and Jolande Jacobi's ideas, which provide more evidence that the past is the source of psychic strength. When coupled with a person's past, these generate eternal patterns that live in the unconscious and constantly stay concealed; they reappear as representations of the actual world in dreams, fantasies, and logical encounters and are no longer in code form [11].

Children's interactions with the elderly may also be interpreted as a venue for "talent scouting" and "elite investment." Scientific and cultural instruction should occur during childhood. If extensive sciences are taught to them at this time, they will have a high IQ, and based on the role models and support of the elderly, their mental structure will be shaped, and they will be able to achieve excellent specialized professions via their imaginations. Because the majority of the elderly are celebrities or retirees of governmental entities or because they are or have been relatively affluent for some time. As a result, they can sustain these youngsters financially, and due to their connections, they can even represent them globally; these children can become prominent and famous doctors, engineers, and artists. This design differs from prior iterations solely on account of the distinction above.

A concentrated attempt has been made to gather many well-established, old, caring, and experienced people in a small space. In place of a few administrative staff who are incapable of instilling the essential feelings in the child's putative mother and putative father, this strategy will foster altruism among children. The elderly can therefore serve as a source of support and putative parents for these children.

The opposite of the putative trend is also true,

and the presence of children indicates a new dawn with the name of the fictitious child in the hearts of the old, whose delicate spirits are not met by the existing nursing home environments. For example, they have a problem with their modesty in the region of their talk there, whether they are in their own company or alone, (.....) and they keep thinking about these sentences:

- How family relationships become cold
- Expressing the instances in which they have sacrificed their time for the growth of their children till their success
- Speaking about the seemingly unending aches and symptoms of the condition. They value death more than recovery and therapy, primarily because of hopelessness and a loss of enthusiasm
- Sometimes, regardless of how much they speak about their prior grandeur and dignity, it appears that they are demeaning themselves since their aim has the opposite effect, and a paradox has happened

However, by putting children as companions, their credibility and respect are not contingent on their status and property. They are truthful, trustworthy, and loving because, in their perspective, respect is not defined by status or riches but by altruism and compatibility. They are eager to learn about their older friends' experiences in the past. They are not destined to be rejected and do not exhibit arrogance and indifference toward their wrongdoings or carelessness. They always make time to exercise, dine, and play with their elderly friends. The essential thing for them to do is to detach themselves from ideas of futility and return to a world of laughing, motion, and optimism. These are stimulants that attract the elderly, encourage physical and mental connection and participation with the surroundings and new users of their living space, and prevent them from isolating themselves, becoming depressed and aging prematurely.

2. Methodology

Due to the restriction in the implementation of this sample and, on the other hand, the incompleteness of the integrated simulated space of the nursing home and children's home, which did not impact the accuracy of this study's response, a sincere attempt was made to record the information without capture. After compiling a list of nursing homes in Shiraz, Iran, and observing their surroundings, it was determined that both groups would be relocated to a nursing home to facilitate the relocation of children's equipment and the

arrangement of their furnishings. This decision was made after simulating the nursing home's environment by architectural and psychological requirements. Following random selection, 15 elderly individuals in good health and 30 children from the welfare home were chosen. The experimental group consisted of 17 individuals who were placed together for one week under the observation of two high-ranking psychologists, two nursing home administrators, and two welfare home administrators.

In February and March of 2022, interviews and questionnaires were used to gather data. The supervisory board has approved the ethical transparency of psychologists, the nursing home officials, and Shiraz-Iran's welfare home.

There are two time periods in the research methodology. 1) a semi-structured interview and 2) a questionnaire: pre-test and post-test.

The questionnaire was carried out in two models:

1) Beck's Depression Inventory (for the elderly)

All eligible respondents must reply to 21 questions about physical, behavioral, and cognitive symptoms. These four alternatives receive a score between 0 and 3, which defines the severity of depression from moderate to severe. The following is an analysis of Beck's Depression Inventory:

Score 0-13, no or minimal depression

Score 14-19, mild depression

Score 20-28, moderate depression

Score 29-63, severe depression

2) Questionnaire of emotional intelligence and participation in group work through t-test (for children)

These two survey models were completed during two separate periods. First, while these two age groups remained in their old homes and were not merged, they were asked to complete Beck's Depression Inventory and a t-test to determine their emotional intelligence level. The experimental group completed the second phase of the questionnaires one week after the conclusion of the course with a seven-day accompaniment of children and the elderly. The replies of the elderly were then analyzed using the Beck test, while the children's responses were evaluated using the t-test, each in separate periods.

3. Results

Interviews using a semi-structured format and questionnaires were employed to conduct the research. The participants included two psychologists, two supervisors from the nursing home, and two welfare home officials during the stay of children and the elderly. Along with 30 children ages 4 to 12 who had spent more than six months to a year in the welfare home, 15 healthy older persons who had spent six to a year in the nursing home were considered. Thirteen individuals were excluded from the target course, and 17 were randomly assigned to group education to test the target hypothesis. Finally, students completed the questionnaire on their own or were assisted in recording their responses. Because such an integrated location does not exist anywhere in Iran, the author attempted to simulate one. The rooms were set for group work in order to assess the participants' interactions, types of contacts, and attitudes regarding various everyday tasks.

- Larger rooms were considered common dining halls

- Smaller rooms for team activities - learning, text reading, and poetry reading

- Rooms for individual-practical activities and intellectual games and painting

- The area was used as a space for group games, and the green space

After scoring the interview questions using the Likert scale and scoring, the study determined the following two questionnaire models for two time periods using the t-test and Beck's depression inventory.

Scoring the interview questions: It was deemed "extremely good" by up to 85% of the institution's psychologists and managers, who viewed this juxtaposition as a treatment for depression and a factor in avoiding early depression. This environment was deemed conducive to enhancing children's mental structure and personality since they enter broader social settings following the daycare age. They are accepted owing to social disadvantages and can keep their place and shine as influential individuals in a crowded society. Meanwhile, 15% of the comments have restrained and are unfavorable about this location next to each other.

Scoring of two questionnaire models: Beck's depression inventory revealed that, before the course, sixty percent of the seniors had an average level of depression, which reduced to 35% afterward. It suggests that this juxtaposition—along with doing everyday tasks

Lead to make connection with five senses such as: watching touching- listening-speaking and ...and at the end has encouraged them to have more: 1) heartily dependency 2) useful senses and satisfaction 3) emotional emergence.

For proving research hypothesis on the base of that the juxtaposition of children of different ages will enhance relationships, develops emotional intelligence, and contributes to the creation of children's mental structure. In this design, the integrated interaction process of children's emotional intelligence is examined between the experimental and control groups. The mean difference between the pre-test and post-test in each group was compared using an Independent t-test. The pre-test scores were used to compare the control and experimental groups before looking at the study hypotheses, and the findings are in Table 1.

According to Table 1, matching was done relatively well, and there was no significant difference between the two control and experimental groups before the participation of age in emotional intelligence ($p \geq 0.01$, $t=0.32(58)$). Based on this, the research hypothesis is examined.

According to Table 2, the mean difference of the pre-test of emotional intelligence in the experimental and control groups was not much different compared to the post-test stage. A significant difference between the two groups' means for emotional intelligence is evident in the post-test stage.

According to Table 3, the difference between the pre-test and post-test scores for emotional intelligence in the experimental and control groups was statistically significant ($P < 0.001$). The experimental group's mean change score ($M=156.72$) is greater than that of the control group ($M=3.38$). This experiment demonstrates that by bringing two different age groups together to promote behavioral and social interactions, emotional intelligence has increased and that this remarkable transformation is one of the crucial components in children's development of a more coherent mental structure.

4. Discussion

The design of the home for the elderly and orphans should take into account their mental and physical state in addition to the building's compliance with design requirements. The absence of caring and responsible individuals compelled to abandon the old and orphans

despite their inner desire forces them into nursing homes and welfare homes, respectively. Therefore, these designs should avoid inducing a treatment and maintenance atmosphere and instead establish a family-like setting for these two groups so that individuals who lack them may identify with this group and feel less alone. Children begin to form memories in this environment, which serves as their home, and as a result, older adults do not develop symptoms of depression; if they do, their relationships and cooperation with children cause it to decrease.

This article aims to build a center for the care of the elderly and children that will best meet the requirements of the elderly children. Improve the physical and mental well-being of the occupants of this building in a short amount of time so that they may have a prosperous existence. For long-term efficiency, individuals are given to society to hold high-level jobs and improve the city's beauty and body.

after searching integrated simulated space What was gained is reflection of this act: the new design has influenced on growing healthy mental structure in children and decreasing depression in the elderly.

Depending to the age sort, starting of children's connection will be by objects. According to the children's object or toy- lovely power, height differences and out of standard dimension of objects will be attractive for them. So physical form design will fill this part of children's request. But in other side elderly ages are so disgusted from objects and presence of users is so important for them.

The results, which formed from the beck depression test(for elderly) and t test for measuring emotion intelligent level(for children), are evidence to that physical form changes and environmental psychological movements are so efficient.

The importance of physical environment which people do their daily tasks in and the influence of space on the human behaviors are deniable. Weak designed building or those which are not harmonized with users have negative effect not only on bio-environment but also on the security or life quality of users.

In addition to integrated design existence shortage, there was limitation for accessibility to the credible human sources related to the research. Along to this examination, those above-mentioned limitations bring cause to delete these characters: 1) elders who have severe physical or

mental defect and cannot make meaningfully communication. 2) Children who have low ages and be out of legibility power for texts, waste so long time to achieve right / necessary responses. So if tend to consume times and energies, should select another ways.

In next study, for enhancing the psychological and environmental quality level in possession of users should be done systematical and integrated fields. Finally results of trial and error examination should be consistent knowledge which create buildings with high Human and environmental sustainability.

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Tables

Table 1. Independent t-test to compare the emotional intelligence of the control and experimental groups in the pre-test.

Pre-test	Group	Mean	Standard deviation	Degrees of freedom	t	Significance level
Emotional intelligence	Control	107.14	4.69	58	0.33	NS
	Experimental	106.71	5.34			

Table 2. Some descriptive indicators related to the emotional intelligence of the two control and experimental groups in the pre-test and post-test.

Variable	Group	Pre-test		Post-test	
		Mean	Standard deviation	Mean	Standard deviation
Emotional intelligence	Control	107.14	4.69	110.52	7.05
	Experimental	106.71	5.32	263.42	8.93

Table 3. Independent t-test to compare the change in emotional intelligence between control and experimental groups.

Variable	Group	Number	Mean difference	Standard deviation	Degrees of freedom	t
Emotional intelligence	Control	13	107.14	4.69	58	-83.88
	Experimental	17	106.71	5.32		

*** $P \leq 0.001$