Acceptance and challenging analysis of Factors Affecting Users' Stress in University Learning Environments

Somayeh Pourbagher [1], Hamid Reza Azemati [2], Bahram Saleh Sedgh Pour [3]

Abstract

Research Problem: One of the topics in modern societies that are an inevitable part of people's lives is the issue of stress. The presence of people in social environments such as educational spaces is accompanied by an understanding of levels of stress. University educational spaces are also among the environments in which people experience a level of stress, while the main goal in these spaces is the growth and prosperity of people and the existence of stress is in contrast to these goals.

Research question: The questions of the present study are to identify and extract environmental-physical stressors and the extent and percentage of importance of each factor and to examine the acceptability and challenge of the extracted factors.

Objectives of the research: The main purpose of this research is an effort to reduce stress and increase spatial relaxation for users in university educational spaces.

Research Method: The research has been done by survey method and in the form of Delphi technique and the attitude of experts and professors has been studied. Then, the analysis of the information was performed by the Shannon content analysis method. After studying and reviewing library resources, open-ended interviews have been conducted at various times with twelve psychiatrists, psychologists, and expert architects in this field, then content analysis and effective components on user stress in educational spaces. University has been extracted according to the weighting of the coefficients of importance and their acceptability.

The Most Important Results and Conclusion: The factors extracted by five professors specializing in the field of architectural design are divided into four separate categories. The results indicate that among all the extracted factors, four main factors include: 1- Environmental comfort (39.20%), 2- Physical and physical factors (32.80%), 3- Psycho-social factors (20 19% and 4- Perceptual factors (8.00%) have an effective role on the level of stress in educational spaces. The challenge is related to factors that are stressful from the perspective of experts, and in contrast, people fully agree on factors that are not stressful; Therefore, there is the most disagreement about the factors that have gained the highest percentage of acceptance, and the issue of examining the factors will be challenging.

Keywords: Stress, Educational Environments, Environmental Conditions, Acceptance and challenging, Environmental-Physical Factors

[1] Shahid Rajaee Teacher Training University, Tehran, Iran.
[2] shahid Rajaee teacher training university
[3] Shahid Rajaee Teacher Training University