

# Psychology and Philosophy of Home

## Home is the place from where everything begins

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**Abstract:** The psychology and philosophy of home are deeply intertwined and reveal the complex role that home plays in our personal and collective lives. From a psychological perspective, a home is a place of security and comfort, a sanctuary from the outside world where we can relax and be ourselves. It is often closely tied to our sense of identity and self, and the way we decorate and maintain our homes can be seen as a way of expressing our individuality and personal style. From a philosophical perspective, home represents ideas such as belonging, community, and the human condition. It is a place where we feel a sense of connection and attachment, and it is often a key component of our social networks. The home can also be seen as a symbol of the larger community in which it is located, representing a shared culture and sense of belonging. In terms of the human condition, a home is a place where we confront and navigate the challenges and complexities of life. It is a place where we must make choices and decisions, and where we must deal with the ups and downs of daily existence. As such, the home can be seen as a microcosm of the larger human experience, representing the full range of emotions, struggles, and triumphs that we encounter throughout our lives.

The concept of home is therefore deeply intertwined with both psychology and philosophy, and it is a central aspect of our personal and collective lives. It provides us with a sense of security and comfort and a place where we can relax and be ourselves. At the same time, it represents ideas such as belonging, community, and the human condition, and serves as a symbol of the larger human experience. By examining the psychology and philosophy of home, we can gain a deeper understanding of the importance of this central aspect of our lives and the ways in which it shapes and is shaped by our psychological and philosophical perspectives.

**Keywords:** Home, Psychology, Philosophy, Belonging, Human condition

### Introduction

The concept of home has long been a subject of interest to both psychologists and philosophers. Home is often thought of as a place where we feel secure, comfortable, and able to be ourselves. It can be a place of solace and refuge, a place where we can escape the stresses and demands of the outside world. In this way, home is closely tied to our sense of identity and self and can be seen as a reflection of who we are as individuals.

At the same time, home is also a symbol of the larger human experience, and is often associated with concepts such as belonging, community, and the human condition. From this perspective, home is not just a physical place, but a psychological and emotional state, a feeling of connection and belonging to something larger than ourselves.

Given the centrality of home in our personal and collective lives, it is no surprise that the psychology and philosophy of home have long been a topic of investigation and discussion. In this paper, we will examine the various ways in which the psychology and philosophy of home intersect and explore the ways in which home shapes and is shaped by our individual and collective experiences. To begin, we will examine the psychological perspective on home, exploring the ways in which home is tied to our sense of identity and self. We will consider how home serves as a place of security and comfort, and how it can be a source of both positive and negative emotions. We will also examine the role that home plays in shaping our social connections and relationships and consider the impact of the home on our overall well-being and mental health.

Next, we will turn to the philosophical perspective on home, exploring the ways in which home is seen as a symbol of the larger human experience. We will consider how the home is tied to concepts such as belonging, community, and the human condition, and how it reflects our broader values and beliefs. We will also examine the role that home plays in shaping our sense of identity and self and consider how it influences our relationships with others.

Finally, we will examine the ways in which the psychology and philosophy of home intersect and explore the complex and multifaceted nature of home. We will consider the ways in which home is both a psychological and emotional state, as well as a physical place, and how these different aspects of the home interact and influence one another.

Through this analysis, we hope to gain a deeper understanding of the role that home plays in our personal and collective lives and to shed light on the ways in which home shapes and is shaped by our individual and collective experiences.

### House to Home

The word home suggests a deeper understanding and attachment to the nearby environment, a sort of combining of the spatial, time, and material elements into a single strong knowledge of being. Contradictions rise from the unsympathetic interchangeable use of the words home and house in the language today. This is rather troubling, especially given the fact that a lot of the housing construction, in various parts of the world, rigorously lacks homelike qualities. It is interesting to see how people define their definition of home and when they start calling their house as a home, which is only planned by an architect.

According to Bryce Stoneham, architecture can concretize the psychological needs of the occupant and thus render a house a home, whereas according to Juhani Pallasmaa designing dwellings is an architectural manifestation of space, structure, order, and is unable to touch upon the more subtle, emotional and diffuse aspects of the home. Many architects have split personalities as designers and dwellers while designing they seek a meticulously articulated and temporally one-dimensional environment, whereas as dwellers they prefer a more layered, ambiguous, and aesthetically less coherent environment.

Home is a notion of psychology, psychoanalysis, and sociology and an expression of personality and family and their unique patterns of life. Home is not an object, a building, but a diffuse and complex condition that integrates memories and images, desires and fears, the past and the present. A home is also a set of rituals, personal rhythms, and routines of everyday life. Home cannot be produced all at once; it has its time dimension and continuum and is a gradual product of the family's and individual's adaptation to the world. A home cannot thus become a marketable product. A house can be decorated from floor to ceiling with the finest furnishings money can buy. However, that will never ever make it a home. A home is a sanctuary. Home is comfort. Home is inviting. Home is where you are surrounded by simple belongings that make you smile and decorated with your favorite things. Home is filled with one's personal touches and one's sentimental collections.

As a notion, the home holds a strong emotional value for the person. Therefore, it is not surprising to find its numerous expressions more revealing in the works of painters, poets, photographers, and filmmakers. Where the artist is not concerned with the principles and intentions of the discipline of architecture thus, he approaches the mental significance of images of the house and the home directly.

Home is a projection and basis of identity, not only of an individual but also of the family. However, homes, the privacy of private lives concealed from the public eye, also structure social life. Homes outline the realms of intimacy and public life. It is frustrating to live forcefully in a space that we cannot recognize or mark as our personal space. Many times, when one travels, they carry their belongings, which give them a sense of home to that new place which could be from a set of books to toys to pillows, etc.

I remember a table from my past house where the remembrance of the table is stronger than that of the room itself. Everyone had his or her place at the table. One particular chair was left empty and was occupied only by the occasional guest. The table was the stage for eating, sewing, playing, doing homework, socializing with neighbors and strangers, etc. The table marked the difference between weekdays and Sundays, working days and feast days.

The process of turning a house into a home can have a significant impact on an individual's well-being and quality of life. It involves personalizing the space, adding comfort and functionality, and creating an environment that promotes a sense of belonging and attachment.

One of the primary benefits of turning a house into a home is the increased sense of belonging and attachment that it can create. When a person feels connected to their living space, they are more likely to feel a sense of ownership and responsibility for the house. This can lead to increased feelings of pride and accomplishment, as well as a stronger sense of connection to the community in which they live.

Another important benefit of turning a house into a home is its positive impact on mental health and well-being. When a person feels comfortable and at peace in their living space, they are more likely to experience reduced stress and anxiety levels. This can lead to improved overall health and well-being, as well as increased productivity and satisfaction in other areas of life.

In addition to the psychological benefits of turning a house into a home, there are also social benefits to consider. When a person creates a welcoming and comfortable living space, they are more likely to invite others into their home. This can provide opportunities for hosting and entertaining and can help to strengthen relationships with family and friends. It can also contribute to a sense of community, as people come together in a shared space.

While the process of turning a house into a home can be challenging at times, it is ultimately a rewarding and fulfilling endeavor. By creating a living space that reflects their values, interests, and personalities, people can feel more connected and grounded in their surroundings and can enjoy all the benefits that come with feeling truly at home.

### **Psychology of Home**

The psychological significance of a home cannot be overstated. It serves as a safe haven, a place of security and comfort where individuals can escape from the stresses of the outside world. This feeling of security is often tied to a sense of belonging and attachment to the home, which can be influenced by various factors such as the length of time spent in the home, the presence of personal possessions and memories, and the presence of loved ones.

In addition to providing a sense of security, a home is also a place where individuals can relax and be themselves, free from the expectations and social norms of the outside world. This sense of freedom and self-expression can be particularly important for those who feel constrained or oppressed in other areas of their lives.

The home is also closely connected to an individual's sense of identity and self. It often reflects an individual's values and can be a source of pride and self-esteem. The way individuals decorate and maintain their homes can be seen as a way of expressing their individuality and personal style.

Overall, the home plays a crucial role in an individual's psychological well-being and is an integral part of their identity. It is a place where they feel secure, comfortable, and free to express themselves, and it is a reflection of who they are and what they value. It is a place of safety, relaxation, and self-expression, and it has the power to shape an individual's sense of belonging and attachment.

### **Philosophy of Home**

From a philosophical perspective, the concept of the home holds a great deal of philosophical significance, as it serves as a symbol of the larger human experience. It represents ideas such as belonging, community, and the human condition.

One way in which the concept of home is particularly significant is in its connection to the idea of belonging. For many people, a home is a place where they feel a deep sense of connection and attachment. It is a place where they feel comfortable and accepted, and it is often closely tied to their sense of identity. For example, someone may feel a strong sense of belonging to their childhood home because of the memories and personal possessions that are associated with it.

In addition to representing a sense of belonging, the home is also often seen as a symbol of community and social connection. It is a place where individuals interact with loved ones and build relationships, and it is often a key component of their social networks. For example, a person may host holiday dinners or other gatherings at their home, which serve as a way to strengthen bonds with friends and family.

In terms of the human condition, the home can be seen as a place where individuals confront and navigate the challenges and complexities of life. It is a place where they must make choices and decisions, and where they must deal with the ups and downs of daily existence. In this way, the home can be seen as a microcosm of the larger human experience, representing the full range of emotions, struggles, and triumphs that we encounter throughout our lives.

Overall, the concept of the home holds a great deal of philosophical significance, as it represents ideas such as belonging, community, and the human condition. It is a place where we feel a sense of connection and attachment, where we interact with loved ones and build relationships, and where we confront the challenges and complexities of life.

### Conclusion

I did a study that intended to understand the meaning of home through the experiences of people living in rented space and their perception of space. When people shift to a new city or a space and choose a place to live, what do they do to make it home? How and when a space becomes home for them. Because home is a place, where there is a kind of different meaning that people give. The responses of the people defined a few objects, things, and spaces, which make a house according to them into a home.

- Proximity of family members- All the family members living together in a house or in the next dwelling but in the same location
- Artifacts/Home furnishings- Family photographs, colored walls, a layer of furnishings
- Spaces- personal space like a separate bedroom, “Puja” (prayer) space, kitchen
- Objects- Television, Radio, toy, and objects with which they have some memories
- Furniture- periodic furniture, sofa, bed
- Legal documents- Legal documents on the same house address as Voter ID, Adhar Card, Ration card, Driving License, and Electricity meter.

Thus, the concept of the home holds a great deal of philosophical and psychological importance, as it serves as a symbol of the larger human experience and a locus of security, comfort, and self-expression. From a philosophical perspective, home represents ideas such as belonging, community, and the human condition, and serves as a microcosm of the full range of emotions, struggles, and triumphs that individuals encounter throughout their lives. Psychologically speaking, a home is a place where individuals feel a sense of connection and attachment, and it often reflects their values, aspirations, and sense of identity.

In this way, the home can be seen as a multifaceted construct that encompasses both the psychological and philosophical dimensions of human experience. It is a place where individuals feel a sense of belonging, where they nurture their relationships with loved ones, and where they confront the complexities and challenges of daily life. A home is also a place where individuals relax and express themselves freely, and where they can find a sense of refuge from the stresses and expectations of the outside world.

Overall, the psychology and philosophy of home are deeply interconnected and reveal the complex role that home plays in our personal and collective lives. By examining the ways in which the home serves as a source of security, comfort, and self-expression, as well as a symbol of belonging, community, and the human condition, we can gain a deeper understanding of the importance of this central aspect of human experience.

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