



# **Benessere e Architettura: Un approccio integrale al Comfort (Italian Edition)**

*Luca Buoninconti*

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## **Benessere e Architettura: Un approccio integrale al Comfort (Italian Edition) Luca Buoninconti**

La ricerca sviluppa un metodo per eseguire la valutazione del comfort, in grado di considerare i numerosi agenti - stressori, fisici e psicologici - che influiscono sulle persone. Il metodo è basato su due principi innovativi: il primo scaturisce dall'osservazione che il comfort è uno stato mentale, ed è quindi frutto di un equilibrio che evolve nel tempo e nello spazio a causa delle varie sensazioni, sia fisiche che psicologiche; il secondo parte dalla considerazione che i software per la valutazione del comfort necessitano di grandi quantità di parametri, il cui prelievo è molto complicato. Una stima olistica riduce le variabili, sfruttandone la spiccata ridondanza. Viene dunque sviluppato il metodo di verifica della bio-compatibilità quale sussidio al lavoro dell'Architetto: la scelta tra le diverse soluzioni progettuali deve infatti essere supportata da strumenti in grado di eseguire valutazioni complesse, sia per ottenere stime relative ai livelli prestazionali afferenti alla bio compatibilità, che per orientare la progettazione verso scelte eco-sostenibili grazie all'uso di strategie generali di pianificazione (forma, orientamento, distribuzione delle funzioni).

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