

Role of Eco-Friendly Interior Design in Promoting Sustainable Lifestyle

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1. Abstract

Using a variety of strategies, eco-friendly interior design minimizes the negative impact the environment by building with sustainable resources, by using energy and resource efficiently, by improving indoor environmental quality, by making furniture selections that are durable, and with intentional circular design that reduces waste and extends the usable life of a design. In the framework of current sustainability discourse, this paper contends eco-friendly interior design sustains a healthy lifestyle by reducing the environmental impact of interior design and also influences individuals on how to consume, how to occupy, how to maintain, and what to value in their everyday surroundings (UNEP & GlobalABC, 2024; IEA, 2024).

The study analyzes the following five dimensions of this relationship: sustainable materials and finishes; energy and resource efficiency; indoor health and well-being; behavioral change and sustainable everyday practices; and impediments to the widespread practice of sustainable living. From a methodological perspective, the study adopts a literature-based analytical approach to select contemporary academic and institutional reviews. It critiques the literature on the effect of interior design choices on environmental outcomes and human actions.

The research argues that green interior design includes more than just sustainable resources. It also promotes waste reduction, mindful buying, healthier choice indoors, and responsible long-term consumption that fosters sustained eco-friendly living (WHO, 2018; Oh et al., 2023). The study is valuable for designers, homeowners, and policymakers who put efforts towards more sustainable interior spaces.

Keywords: Sustainable materials, Biophilic design, Circular design, Indoor environmental quality, Sustainable lifestyle, Eco-friendly interior design

1. Introduction

Buildings use a massive amount of global energy and materials, and release massive amounts of carbon emissions, making environmental sustainability in the built environment an immediate priority. With climate pressures getting worse, researchers and stakeholders are looking at the finer scale, more detailed, and intimate large-scale construction systems like the spaces people use every day. Sustainability research often looks at the construction sector, but less attention is paid at interior design which is important because of the materials used, the energy cycle of the building in connection to the lighting and ventilation and the use of spaces (UNEP & GlobalABC, 2024; IEA, 2024), The design of interiors is an important factor of environmental sustainability and peoples' health, therefore sustainability of interiors design is more than an aesthetic focus.

The relevance of interiors becomes clearer when considering their direct influence on daily routines and household behavior. The selection of finishes, furnishings, and layouts affects not only resource use and waste generation, but also the health and comfort of occupants. Low-emission materials, durable products, and efficient use of daylight can reduce

environmental burdens while supporting healthier living conditions. At the same time, interior environments influence how individuals consume, maintain, and value domestic spaces. They can encourage either repeated replacement and excessive consumption or longer-term use, care, and responsible habits. Moreover, the addition of indoor plants can help foster a more healthy and restorative indoor environment, while the use of energy-efficient electrical lighting systems (e.g. LEDs) can help to reduce electricity usage and aid in achieving sustainability goals (WHO, 2018; Geng et al., 2019). Even with its importance, another challenge surrounds eco-friendly interior design, as it is often considered a design trend and/or a visual preference at best, rather than a substantive means for changing a person's behavior to adopt a more sustainable lifestyle. Most of the sustainable interiors conversation is still about the aesthetics, the marketing, or a single-product approach, while the potential of sustainable interiors for cultivating positive environmentally and/or health-conscious behavior is largely ignored. This is a significant gap, especially as we need to make the practice of sustainability real at the daily household level. To address this gap, the current study tries to answer: In what ways can eco-friendly interior design harness materials, space, behavior, and health factors to influence and promote a sustainable lifestyle?

This subject is significant for multiple reasons. To begin with, it integrates sustainability with the practical aspects of everyday home life, where countless environmental choices are made. Also, it merges environmental accountability with community wellness by acknowledging the connection between indoor environments and the well-being of people. Additionally, it moves the air quality responsibility framework out of policy and encourages everyday practice. Lastly, it views indoor environments as facilitators of behavioral change that can make sustainable options easier, healthier, and more habitual (Fahlstedt et al., 2024).

Thus, this paper will analyze the significance of sustainable interior design in encouraging sustainable lifestyles. The objectives include defining sustainable interior design, analyzing recent publications on sustainability in relation to interiors, assessing the environmental, material, and behavioral impacts, understanding the barriers to sustainable interior design, and suggesting practical implications. To do this, the paper will be divided into five sections: literature review, methodology, results, discussion, and conclusion.

Table 1. Why eco-friendly interior design matters in sustainability research

Dimension	Relevance to sustainable lifestyle	Example of interior design impact
Materials	Reduces environmental burden of products	Recycled, low-VOC, durable finishes
Energy use	Shapes everyday efficiency	Day lighting, lighting layout, passive comfort
Health	Improves indoor quality of life	Better air quality, thermal comfort, acoustics
Consumption habits	Influences purchase and replacement behaviour	Minimalism, reuse, repair culture
Waste reduction	Extends life of interiors and furnishings	Modular furniture, refurbishing, adaptive reuse

Explanation: Table 1 can be incorporated in the introduction to illustrate that eco-friendly interior design needs to be examined beyond an aesthetic consideration to include its functional contribution to sustainable living.

2. Literature Review

Eco-friendly interior design is a design approach tailoring emphasis to functional practicality and the overall wellbeing of the users while minimising the impact on the environment (Fahlstedt et al 2024; Wulf et al 2024). While traditional interior design tends to focus on fads and designs that require replacement in the near future, eco-friendly interior design

focuses on a far more sustainable future for the environment. It is dedicated to creating interior spaces that are aesthetically balanced and adaptable, promoting overall wellbeing and enhancing the environment.

A number of basic yet interrelated principles determine the outlines of sustainable or eco-friendly interior design. This design approach concentrates on the planning of the interiors in ways that are most efficient in the use of energy and water, that are sustainable in the use of sources and that reduce the amount of embodied carbon, as well as in the selection of finishes and furnishings that are low-emission. Sustainable interior design provides principles and guidelines that help the designer minimize waste through the design of interiors that are functional for longer periods of time and that create fewer burdens in use on the environment (Maury-Micolier et al., 2023).

Recent studies show that sustainability within interior design must be looked at from a more micro perspective because most building-level sustainability approaches tend to ignore the specific effects of interior materials, furnishings, finishes, and user interaction patterns. Consequently, the impacts of interior choices on the environment are often assumed to be negligible. Therefore, some researchers and practitioners advocate for a more comprehensive approach to assessing sustainable interiors by considering all stages of the product life cycle from the extraction of raw materials and the processes of production, use, maintenance, and replacement to the final disposal.

Given that it concerns regular renovations, upgrades to finishes, and turnover of furnishings, the interior sector plays a crucial role in sustainability. Hence, the need for sustainable interior design is critical to waste reduction, emissions reduction, and the promotion of sustainable behavioral practices in everyday living environments. (Buildings, 2024).

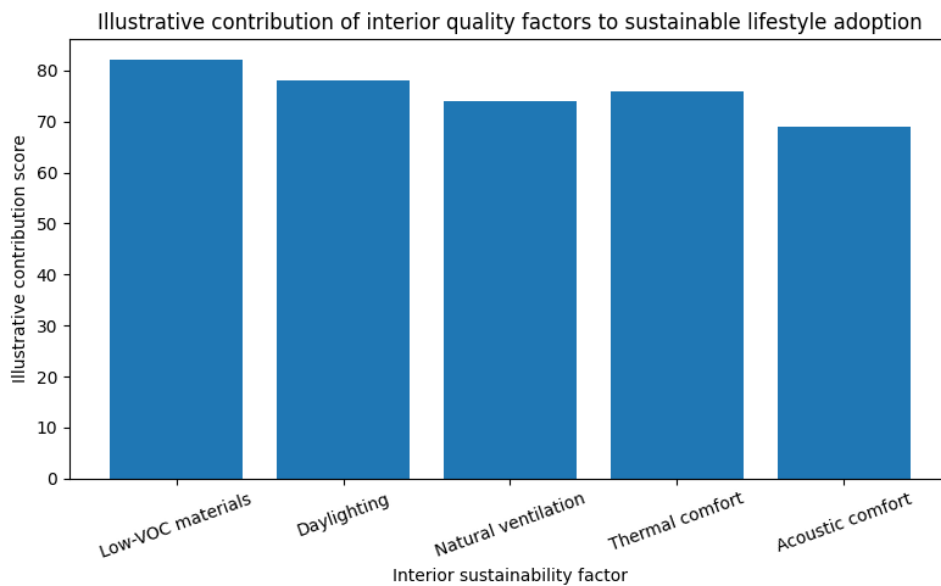
2.1 Eco-friendly interiors, indoor environmental quality, and sustainable lifestyle

A sustainable lifestyle means living in a way that impacts the environment the least, promotes human health, and involves using natural resources responsibly. A sustainable lifestyle encompasses more than eco-consciousness and individual values. It includes the design of the physical environment in which people live. Interior design, in particular, has the potential in the greatest measure of all design fields to influence the degree of sustainability in the home and other indoor environments (WHO, 2018; Oh et al., 2023).

By preserving and improving natural resources, including air, light, and materials, as well as reducing energy, eco-friendly interiors create and, along with other factors listed, create an environment where supportive, sustainable living, habits, and behaviors are possible. These spaces improve air quality and thermal comfort, reinforce the reduction of harmful materials, and reduce eco-destructive behavioral elements, such as maintenance, repairs, and replacements. Indoor plants enhance eco-friendly interior design as they reinforce the relationship between the indoor and outdoor ecosystems, improve the perceived air quality, and enhance psychological comfort. Specifically in work and home settings, plants contribute to a more serene and health protective environment, which may motivate occupants to appreciate and sustain the eco-friendly environment more. Besides biophilic benefits, the use of efficiently designed electrically powered lighting systems such as LEDs, is also important, as they use and waste less energy, last longer, and need less replacement than conventional lighting systems. Consequently, the use of plants combined with LEDs will enhance indoor environmental quality and the environmental quality of the interior space. Some of the most notable examples. Once individual behaviors become incorporated into daily routines and habits, the chances of them being adopted permanently and of living an environmentally responsible lifestyle increase dramatically. In well-ventilated spaces, the need for artificial fragrances and cleaning products is diminished, and daylight-responsive interiors reduce the need for artificial light and enhance natural comfort (EPA, 2024; Licina & Yildirim, 2021).

Indoor environmental quality is an important mediator of sustainability and daily life, as it associates environmental performance with human experience. When interior spaces are more pleasant, comfortable, and controllable, people are more likely to engage in sustainable behaviors such as natural ventilation, cooling abstention, and selective purchasing. Most notably, using low-emitting materials fosters sustainable living by decreasing environmental and health impacts of indoor pollution (Wu et al., 2023; Maury-Micolier et al., 2023).

Nonetheless, sustainable interiors need to integrate environmental functionality with practical and psychological comfort. If green design bypasses quotidian requirements, it runs the risk of becoming merely a symbolic gesture to more meaningful and enduring alterations to lifestyle.

Graph 1: Illustrative Contribution of Interior Quality Factors to Sustainable Lifestyle Adoption

Explanation: Graph 1 can be placed in the literature review to illustrate that the indoor environmental quality is one of the strongest pathways for eco-friendly interior design to impact sustainable lifestyle practices.

2.2 Theoretical approaches: biophilic design, circular design, and behaviour change

Biophilic center design, coupled with circular design and behavior-change design, creates a good framework for how eco-conscious interior design can encourage end users to adopt a more sustainable way of living. Biophilic design uses elements such as forms, textures, materials, and sensory elements to instill a greater sense of connection to nature within a space. Some of the most notable examples of this in interior design are the use of ample natural daylight, indoor plants, natural ventilation, and the use of organic, natural materials along with calming natural spatial qualities (Zhong et al., 2022; Shbaita et al., 2024). Of these strategies, indoor plants are particularly important as they visually and psychologically reconnect occupants with nature within the daily inner spaces. They enhance the emotional experience and quality of indoor spaces, and foster the values of sustainability through the integration of indoor natural elements. Similarly, energy-efficient LED lighting, when used in conjunction with biophilic strategies, will reduce energy use and maintain the adequate level of illumination for daily activities. The aforementioned design elements and materials can reduce stress, improve emotional wellbeing and elicit feelings of positivity towards the environment. This demonstrates that design can influence users way beyond mere comfort – it can foster and strengthen an audience's ecological awareness.

A circular approach incorporates both materials and products. In the field of interior design, it focuses on the repairable, modular furniture, design for disassembly, second-life materials, and refurbishment and reuse. All of these strategies aim to prolong the use of materials and furnishings, prevent premature disposal, and ultimately reduce waste. While traditional interior design promotes short-term decorative replacements, circular interiors promote design for durability, adaptability, and longer consumption cycles, directly fostering more sustainable living practices (Sustainability furniture circular design study, 2024).

The behavior-change perspective elaborates on how space influences daily habits. The way an interior space is designed can encourage the use of natural light, the keeping of reusable items, the orderly/efficient organization of items, and the streams for avoiding excess/ unnecessary consumption. When design makes certain choices visible, easy, and appealing, the choices are most likely to become habitual. This way, interior design is able to integrate low-impact choices into daily life and remove the emphasis of treating it as a great lifestyle change. This means that sustainable interior design serves a dual purpose of intervening in lifestyle changes on an operational and psychological level by putting an emphasis on what/ how long items are used, and how people behave in the designed space. (Wulf et al., 2024).

Table 2. Theoretical lenses used in the paper

Framework	Main idea	Relevance to eco-friendly interiors
Biophilic design	Human connection with nature improves well-being	Natural light, plants, organic materials, sensory comfort
Circular design	Materials and products should remain in use longer	Reuse, refurbishing, modular furniture, repairability
Behavior change design	Space influences daily decisions and routines	Lower energy use, mindful consumption, less waste

Explanation: Table 2 is beneficial to the literature review because it establishes a clear conceptual framework for the paper and illustrates that sustainable interior design is a multifaceted issue that must be approached through multiple theories.

3. Methodology

The purpose of this paper is to utilize a qualitative, literature-based, research-design methodology to analyze the influence of eco-friendly interior design on the implementation of sustainable living practices. In this study, I eschew both primary fieldwork and experimental methodologies and opt to conduct this study as a structured review of contemporary scholarly and institutional publications from the last five years (2018 to present). This is a fitting approach as the topic of eco-friendly interior design is broad and interdisciplinary, incorporating design theory and practice; environmental science; building performance; public health; and behavioral studies. A literature-based design is, therefore, well-suited to this end and aids in the identification of key ideas, recurring themes, and notable controversies pertaining to sustainable interior spaces (Geng et al., 2019; UNEP & GlobalABC, 2024).

I have chosen the most relevant, recent, and credible sources pertaining to sustainable interiors. These include peer-reviewed journal articles, recent reviews, international reports, and health and environment guidance documents. I particularly focused on literature pertaining to eco-friendly interior design, indoor environmental quality, sustainable low impact materials, circular furniture and interior systems, and behavior oriented sustainability. I prioritized literature published in the last seven to eight years to reflect the most current knowledge, innovations, and challenges pertaining to sustainability. I also prioritized sources with DOI links or those published through official institutional urls, as this adds to the academic credibility and traceability of the sources used in the study (Wulf et al., 2024).

The analytical focus of this paper is divided into five dimensions: material sustainability; resource and energy saving; indoor environmental quality and well-being; behavior/lifestyle impacts; and barriers and implementation strategies. This multi-faceted framework demonstrates how eco-friendly interior design can be analyzed both from an environmental perspective and a human-centered perspective. From this framework's perspective, certain design elements and decisions can reduce material usage, minimize waste, lower energy demands, and espouse ecological responsibility; meanwhile, certain interior environments can affect the health, comfort, awareness, and sustainable behavior of individuals. This is a valuable framework because the study of sustainable interiors must be grounded not only in technical performance, but also in the analysis of human experience and lifestyle changes (Fahlstedt et al., 2024; Oh et al., 2023).

Within this design, the Results section will summarize the main themes, trends, and patterns found in the literature review, while the Discussion section will analyze their outmost significance concerning sustainable living and current interior practices. This approach is justified to the topic as it allows a holistic study of the design, environment, performance, and behavior in one framework.

4. Results

4.1 Result 1: Sustainable materials and circular furnishing choices reduce environmental impact

Sustainable design considers multiple elements including the environmental impact of all the interior materials and design features of a space throughout its life cycle. Research shows interior design impacts go beyond aesthetics and user experience. The implications of design decisions extend to embodied carbon, resource depletion, pollution, and waste. The impact of interior design materials, finishes, and furnishings during the extraction, manufacturing, use, maintenance, and end of life phases can contribute significantly to the overall environmental burden (UNEP, 2023). For these reasons, more recent research is showing that the evaluation of sustainable interior design needs to move beyond the short-term and the ephemeral to include a life-cycle assessment.

In terms of practical applications, literature encourages more sustainable material options in interiors, especially with regard to recycled and renewable, reclaimed wood, modular furniture systems, and materials with lower toxic emissions. Options involving recycled and reclaimed materials, for instance, promote further use of existing resources, whereas renewable materials provide a more replenish able sourcing alternative. Also, materials with lower emissions become more recognized for their value in reducing environmental and indoor pollution, thus combining the principle of environmental responsibility with the option of a healthier indoor environment. (Maury-Micolier et al., 2023)

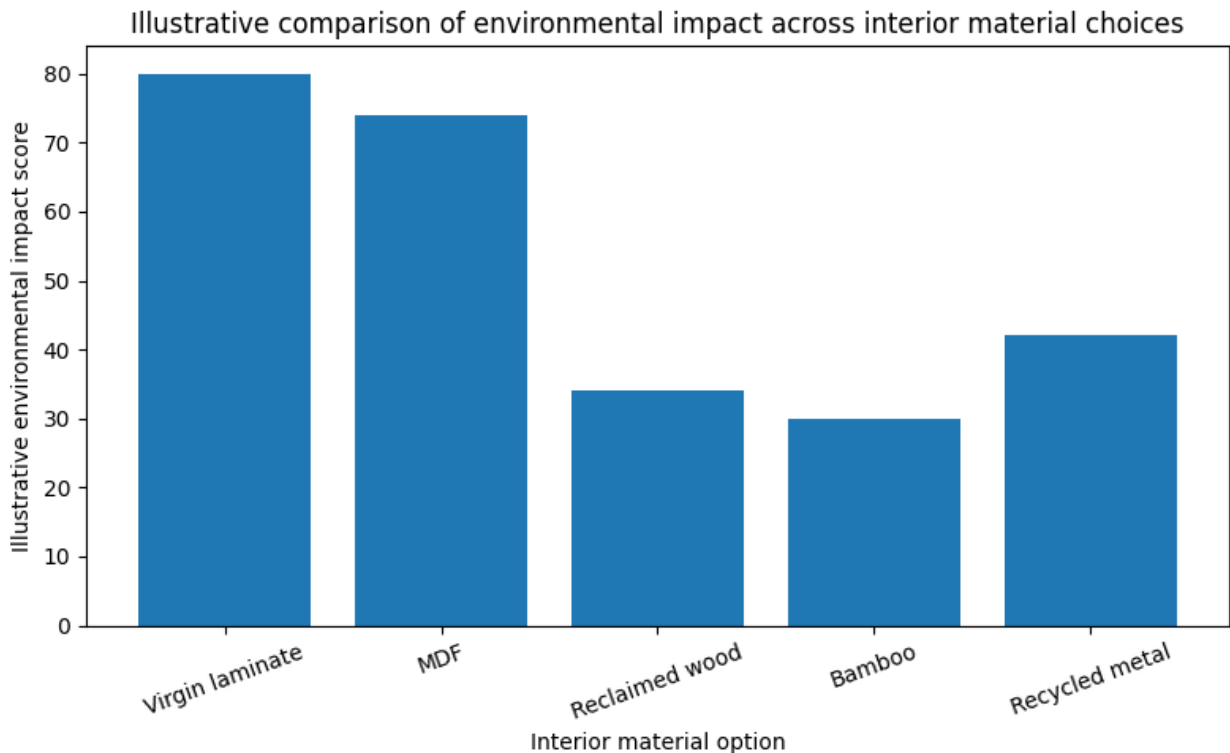
Another strong result for the studies discussed is the value of durability and long-term use. The literature suggests that for the more sustainable choice, detachable finishes and furnishings should be used, and not trend-driven products that need replacement more frequently. Here, the development of circular furniture is recognized as a more important strategy for addressing furniture and interior waste. Recognizing Modular components, repairable parts, and disassembly designed for modular systems allows interior products to be maintained, adapted, reused, and refurbished instead of being prematurely disposed of. These strategies reduce material turnover and encourage more circular consumption in domestic and commercial interiors (Fahlstedt et al., 2024).

The results suggest that when eco-friendly interiors are implemented, it facilitates an environmentally conscious way of living both from an impact material level and behavioral impact level. Interiors that are designed for longevity, maintenance, and re-use, and are less frequently replaced, diminish disposable consumption patterns. In this regard, choosing sustainable materials and furnishings encourages practices that are resource and time enduring and environmentally responsible.

Table 3. Key material-related findings from the literature

Theme	Main finding	Lifestyle implication
Recycled/reclaimed materials	Lower resource extraction and waste	Encourages conscious material choices
Durable finishes	Longer life span than trend-driven products	Reduces frequent replacement
Modular furniture	Supports repair and disassembly	Encourages reuse over disposal
Low-emission materials	Improves indoor health	Promotes healthier sustainable living

Explanation: Table 3 in the Results section summarizes the recent studies that link the selection of interior materials with the environmental impacts and the daily consumption patterns of the users.

Graph 2: Illustrative Comparison of Environmental Impact Across Interior Material Choices

Explanation: Graph 2 supports the finding that life cycle conscious material selection is integral to sustainable eco-friendly interior design, as well as influencing sustainable choices when designing interiors within the home.

4.2 Result 2: Healthy indoor environments support sustainable living patterns

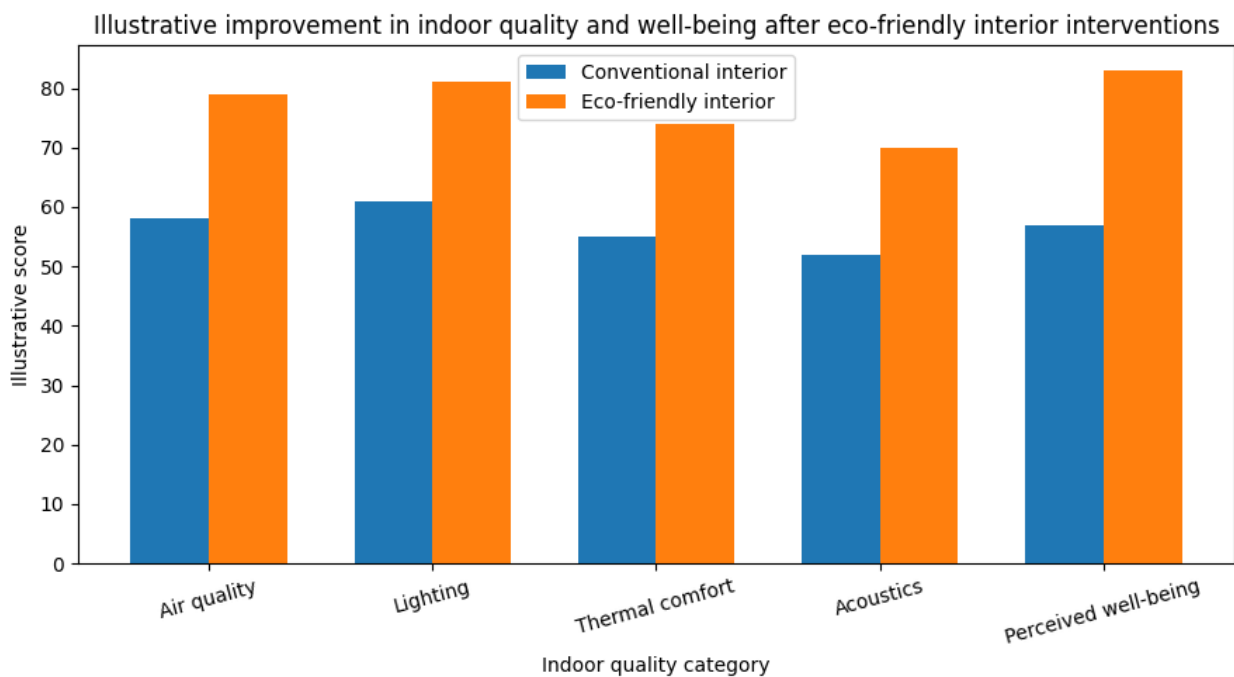
As established in recent studies, the quality of indoor environments affects the level of satisfaction, mental well-being and productive sense, among the occupants. With regards to eco-friendly design, this relationship becomes more crucial because sustainable environments are easier to accept and longer to maintain, when they provide more healthier and comfortable day-to-day environments. Healthy indoor environments are instrumental in motivating the target clientele to adopt more sustainable behavioral choices (Licina & Yildirim, 2021).

Several practical strategies can improve quality of the environmental indoors. For example, The use of low VOC (volatile organic compounds) paint and finishes can exposed of harmful chemicals and pollutants and improve air quality. Stronger ventilation can circulating fresh air and decrease the amount of contaminated indoor air. Healthier and safe furniture and materials can reduce indoor toxic content and improve surface hygiene. Also, better daylight access can improve mood and even positively affect daily functioning. Acoustic and thermal comfort make the spaces feel calm and stable (EPA, 2024; WHO, 2018).

Using indoor plants has been recognized in studies as beneficial to health oriented design in the built environment. In addition to plants' aesthetic contributions, they improve biophilic design and occupants' comfort, providing an environment that is cooler and fresher and supports well-being. In addition, sustainable design incorporates the latest energy-efficient artificial lighting, especially LED lighting. LED lighting is more sustainable in residential and commercial interiors because it consumes less electricity, produces less heat, and lasts longer than previous lighting technologies. Combined with daylight-responsive design, LED lighting offers the potential to reduce energy consumption while ensuring the comfort and functionality of indoor spaces.

Research on green and WELL certified buildings indicates that healthier indoor environments lead to increased occupant satisfaction, enhanced perceptions of health, and improved performance at work (Wu et al., 2023; Oh et al., 2023). These results imply that when sustainable practices are combined with personal benefits, it becomes easier to endorse and sustain such behaviors. Healthy interiors refute the stereotype that sustainability is about discomfort and sacrifice. Rather, they show that sustainable design can balance environmental sustainability, comfort, and health.

Graph 3: Illustrative Improvement in Indoor Quality and Well-being After Eco-friendly Interior Interventions



Explanation: Graph 3 assists in demonstrating that eco-conscious interiors boost the health and comfort of indoor spaces and make sustainable living more achievable and attractive in everyday life.

4.3 Result 3: Eco-friendly interiors influence sustainable behaviour and household habits

Designing with eco-friendly materials fosters sustainable practices by transforming everyday activities, changing behaviors, and altering consumption trends. Results of this study show that inner environments do not merely act as a frame for activities that are happening within; rather, they structure the flow and use of spaces, energy, and materials on a daily basis. Spaces that are designed and built with sustainable principles, for example, can motivate occupants to use more natural light and to avoid overuse of artificial light. Likewise, improved energy conscious behaviors can come from space built with adequate ventilation, and improved shading and thermal comfort, which can reduce the use of artificial cooling.

Research suggests that eco-friendly interiors promote systems that are better organized and easier to reuse, repair and maintain (Shbaita et al., 2024; Wulf et al., 2024). These systems enable households to store items for longer periods, thereby extending the time before they are disposed of. Moreover, minimalist aesthetics in interiors can foster an intentional and controlled engagement with the consumer goods and materials, driving down the incidence of impulsive buying and reducing consumerism. The intended impacts of Biophilic designs of interiors are even more pronounced, leading to a greater connection with natural elements and, in turn, an enhanced sense of mindfulness and lower levels of stress and consumption.

An important implication of this result is that the consistency of sustainable behavior is reinforced by the surrounding environment instead of the reliance on personal motivation. With eco-friendly design, responsible behavior and choices are made more apparent, easier and routine in the physical space of the home. Therefore, sustainable interiors, instead of just representing sustainable values, actively help to develop and sustain a long-term sustainable lifestyle (Zhong et al., 2022).

4.4 Result 4: Barriers remain despite the benefits

Despite offering clear benefits to our environments and ourselves, research shows eco-friendly interior design still faces numerous challenges to its more widespread use. A common issue is the high initial spending required to invest in sustainable resources, energy saving technologies, and the implementation of sustainability certifications. This typically deters consumers and designers from investing in more sustainable options. Additionally, consumers remaining unaware

of the benefits of sustainable interiors poses yet another hurdle to widespread adoption. This is even more the case when considering the improved health and economic position of the consumers and the enhanced environmental outcomes from the sustainable interiors. Leg weaker than desired sustainability assessment tools of interior environments make the implementation of sustainable interiors even more difficult than it needs to be, as the sustainability of interiors is typically less defined and less quantifiable than the sustainability of the entire building, and in certain cases less so than the performance of the entire building (Buildings interior sustainability review, 2024; Wulf et al., 2024).

The growing issue of green washing and vague environmental claims leads consumers and professionals to have difficulty identifying genuinely sustainable options and separating them from false claims. Also, market accessibility to sustainable options is a practical challenge, particularly in developing areas or in regions where the supply chain is constrained. Designers and clients alike may have limited understanding of applicable sustainable design methods, reducing their confidence in the adoption of a design due to insufficient knowledge about material life cycles and maintenance. Together, these challenges are a significant impediment to the broader lifestyle advantages that eco-friendly interior design has to offer. Hence, many of the recent publications emphasize the need for additional practical frameworks, more stringent regulations, and improved transparency regarding the communication of sustainable interior design choices and their life cycle benefits to make them more practical, quantifiable, and reliable (UNEP & GlobalABC, 2024; IEA, 2024).

Table 4. Main barriers identified in the reviewed literature

Barrier	How it affects adoption	Broader implication
Higher upfront costs	Delays sustainable choices	Sustainability may appear elitist
Weak product transparency	Makes comparison difficult	Increases risk of green washing
Limited technical knowledge	Poor implementation	Reduces effectiveness of design decisions
Lack of interior-specific standards	Interiors remain under-assessed	Sustainability remains superficial

Explanation: Table 4 can help articulate the negative or restrictive findings in the Results section and aid in making the transition to the Discussion.

5. Discussion

5.1 Interpreting the findings: how eco-friendly interior design promotes sustainable lifestyle

Sustainable interior design encourages a more eco-friendly daily life through three interconnected strategies: lessening the ecological footprint of used materials and furnishings, enhancing health and wellbeing, and influencing daily habits through design. From this perspective, the selection of less harmful, long-lasting, recycled and ethically sourced materials, lessens the consumption of natural resources, reduces waste and pollution, and, as a result, lessens the pollution of the indoor environment. Here, interior design becomes more than just an aesthetic choice, but a way of practically reducing the ecological impacts of daily life, (Zhong et al., 2022).

Eco-friendly interiors enhance health and comfort. Eco-friendly spaces are more inviting and simpler to use. Improved daily routines are a result of natural light, improved air circulation, non-toxic materials, and heat regulation. Using LED lights and adding indoor plants improve and create a more pleasant indoor environment and reduce energy costs and interior use energy consumption. These factors also help to lower reliance on systems that are costly to operate. When people are sustained both physically and emotionally by sustainable design, they are more inclined to cherish and uphold those spaces. This indicates that sustainable interiors are not only focused on environmental goals, but also on the experience of people living within the designed spaces (Oh et al., 2023).

Eco-friendly interior design focuses on environmentally conscious behavior by incorporating sustainable practices around them. For example, a home centered on flexible furniture, durable items, and optimal spatial arrangements promotes a culture of repair, positive long term use, responsible consumption, and waste reduction. Therefore, home design transcends the simple emission reduction and the removal of waste - it changes the occupants' sense of ownership, stewardship and responsibility in the everyday. Most importantly, sustainable design connects sustainability to daily practices instead of relegating it to a cognitive policy or moral ideal. (Maury-Micolier et al., 2023).

Overall, the findings indicate that a sustainable lifestyle cannot be reduced solely to personal ethics or personal awareness. More frequently, it is a practice supported by design. Eco-friendly interiors work best when a change of behavior is embedded in the spatial and sensory environment and sustainability is allowed to flow through the habits and choices of people.

5.2 Practical implications for designers, households, and policy

All three parties the designers, the households, and the policymaking bodies—can benefit from the insights gained from the eco-friendly interior design study, and the data show's the need for cooperation to bring about an increase in sustainability in interior design. The data shows the designers need to incorporate more lifecycle thinking and lifecycle analysis during the design, and in the end, any single-use, long-lasting low-emitting pollution materials will be more used than they will be thrown away harmoniously used in a hand-protective environment and in a hand-healthy environment. Buildings will be better not just because people will be better, and the harmoniously used, hand-protective buildings will also be better. If buildings need to be better and if people do need to be better, and if the buildings do need to be healthy, and if people do need to be better, and the people do be need to better, and when buildings will not be needed. Ultimately, the ends justify the means and buildings will be better.

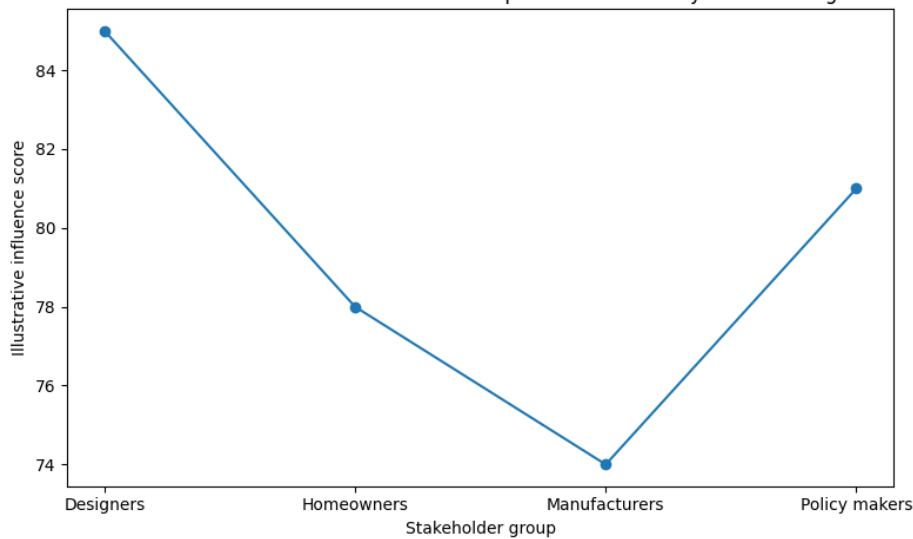
Households should shift their consumption from buying grown ephemeral pieces to purchasing long-lasting, repairable, reusable, and multifunctional furniture that adds value to their home. This also helps with waste diversion, and with reducing clutter and decorative overconsumption. A more mindful living practice helps reduce excess and waste. Furthermore, intentionally choosing healthier materials, such as furniture with low VOCs, aligns everyday living with sustainability goals and also contributes to healthier indoor climates (EPA, 2024).

Across policy and industry, more robust foundational structural support is required. Improved product transparency and clearer labels related to materials, emissions, and durability should guide consumers and professionals toward better decisions. Policy frameworks that support sustainable materials certification and circular economy products will also promote consistency in responsible design. Finally, policies that support and subsidize interior retrofits, materials reuse, and low emissions renovations will promote wider adoption (UNEP, 2023; Wulf et al., 2024).

For widespread implementation to happen, the public must be educated, sustainability supply chains must be created, and the eco-friendly interior designs must be affordable. If these are not met, eco-friendly interior designs will continue to be the affordable option that is only available to niche and high-income markets.

Graph 4: Illustrative Stakeholder Influence on Adoption of Eco-friendly Interior Design

Illustrative stakeholder influence on adoption of eco-friendly interior design



Explanation: Graph 4 in the Discussion will illustrate that the promotion of sustainable lifestyle through interior design rests on the actions of several stakeholders and not just individual consumers.

6. Conclusion

6.1 Summary, significance, and future research directions

Eco-friendly interior design helps foster a sustainable way of living by impacting both the ecological side and everyday life behavioral side. This study demonstrates that sustainable materials lessens the environmental impact through decreased resource consumption, less waste, and reduced toxic emissions. Furthermore, the indoor spaces that are healthier as a result of enhanced ventilation, and the use of non-toxic materials, and the introduction of natural lighting, further improve comfort as well as the health and the quality of life of the occupants. Similarly, indoor plants and LED systems show how minor design decisions can improve indoor air quality and waste ventilation energy in the home (Oh et al., 2023; UNEP & GlobalABC, 2024).

Research shows that some biophilic and circular design strategies foster responsible ways of living. Mindful consumption is promoted through reuse, adaptability, and waste awareness design. Nature integrated design fosters a greater affinity to their surrounding environment. These strategies illustrate that eco-conscious design is not merely the creative representation of sustainability, rather, it is an essential and powerful tool for defining comfort, consumer habits, and the degree to which society demonstrates a sustainable lifestyle.

The research demonstrates that the challenges of the initial cost, green washing for marketed products, and the absence of established, consistent guidelines to assess the sustainability of interior products and design, continue to limit widespread adoption and trust of sustainability among practitioners and consumers (Fahlstedt et al., 2024; Wulf et al., 2024). Therefore, future research will need to continue to refine the focus to the home/household to assess the affordability and social equity of eco-friendly design, long-term post-occupancy behavior studies, and interior design sustainability assessment frameworks. Ultimately, sustainable, eco-friendly design for interiors can make living sustainably visible and a habit.

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