

A Study on Developing Modesty in Interiors Using Transitional Style

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Abstract

Interior design plays a significant role in shaping the visual, functional, and emotional quality of residential spaces. Transitional style, which combines elements of traditional and contemporary design, has emerged as a preferred interior approach due to its balance between comfort, simplicity, and elegance. The present study aimed to assess the level of modesty achieved through transitional style in residential interiors, compare transitional style with other interior styles, and identify people's interest in implementing transitional style in their homes. A quantitative research approach using an ex-post facto and cross-sectional design was adopted. Data were collected from 80 residential house owners through a structured questionnaire using random sampling techniques. The findings revealed that a majority of respondents preferred transitional style for living rooms, bedrooms, and dining areas due to its calm appearance, neutral color schemes, flexibility, and aesthetic appeal. Statistical analysis using ANOVA indicated significant differences in interior style preferences based on role in the family, annual income, type of house, and size of the house. The study concludes that transitional style contributes positively toward achieving modesty, comfort, and functional beauty in residential interiors.

Keywords: Interior Design, Transitional Style, Modesty, Residential Interiors, Contemporary Design, Traditional Design.

Introduction

Interior design reflects social, cultural, and aesthetic values while also influencing the functionality and comfort of living environments. Residential architecture and interior spaces continuously evolve according to human lifestyle, economic conditions, and cultural trends. Modern homeowners increasingly seek designs that provide comfort, simplicity, sophistication, and practicality.

Transitional style has become one of the most popular interior design approaches because it successfully combines traditional and contemporary elements. It creates balanced spaces through neutral color palettes, clean lines, minimal ornamentation, and refined furnishings. The concept of modesty in interiors refers to maintaining simplicity, comfort, elegance, and functionality without excessive decoration.

The fusion of traditional and modern concepts in transitional interiors supports both aesthetic and practical needs. Transitional style offers flexibility in combining textures, materials, colors, and furniture while maintaining harmony and visual balance. Due to these qualities, transitional style has gained popularity among homeowners seeking timeless and adaptable interiors.

This study focuses on understanding how transitional style contributes to modesty in interiors and evaluates public preferences toward transitional design.

Review of Literature

Interior design is defined as the art and science of enhancing interior spaces to achieve healthier and aesthetically pleasing environments. According to Lerner (2019), interior design combines aesthetics with functionality to improve the quality of living.

Transitional design is described as the reinvention of classical styles using modern materials and elements while preserving timeless elegance (Drake, 2019). This style serves as a bridge between traditional and modern design concepts.

Several studies emphasize the importance of interior design in improving functionality, safety, comfort, and emotional well-being. Good interior design enhances space utilization, increases resale value, and creates a positive atmosphere within homes.

Different interior styles include:

- Modern Style
- Contemporary Style
- Traditional Style
- Scandinavian Style
- Minimalist Style
- Industrial Style
- Transitional Style

Among these, transitional style has gained attention due to its adaptability and modest aesthetic appeal. Neutral colors, simple lines, natural materials, and minimal accessories are the defining characteristics of transitional interiors.

Sözmener (2012) emphasized that simplicity in design removes unnecessary elements and focuses on purity, balance, and functionality. This concept directly aligns with the idea of modesty in transitional interiors.

Objectives of the Study

The major objectives of the study were:

1. To assess the modesty level achieved using transitional style in interiors.
2. To compare the features of transitional style with other interior styles.
3. To identify people's interest in implementing transitional style in residential interiors.
4. To evaluate the suitability of transitional style for different interior spaces.

Methodology

Research Design

The study adopted an ex-post facto and cross-sectional research design. Quantitative research methods were used to collect and analyze the data.

Sampling Technique

Random sampling technique was adopted for selecting respondents. Residential house owners from urban and suburban areas were selected for the study.

Sample Size

A total of 80 respondents participated in the study.

Tool for Data Collection

A structured questionnaire was developed for data collection. The questionnaire included:

- Demographic details

- Residential details
- Awareness of transitional style
- Preferences regarding interior styles
- Suitability of transitional style in different spaces

Statistical Analysis

The collected data were coded, tabulated, and analyzed using percentage analysis and One-Way ANOVA.

Results and Discussion

Demographic Profile

The majority of respondents (87.5%) were family members, while 12.5% were heads of families. Female respondents constituted 82.5% of the sample. Most respondents (51.2%) belonged to the age group of 20–30 years.

Table 1: Demographic Profile of Respondents (N = 80)

Variable	Category	Frequency	Percentage
Role	Head of Family	10	12.5%
	Member of Family	70	87.5%
Gender	Male	14	17.5%
	Female	66	82.5%
Age	20–30 years	41	51.2%
	31–40 years	13	16.3%
	41–50 years	26	32.5%
Occupation	Clerical/Administration	21	26.3%
	Business/Entrepreneur	18	22.5%
	Private Sector Employee	38	47.5%
	Government Sector Employee	3	3.7%

Regarding occupation, 47.5% were employed in the private sector, while 22.5% were entrepreneurs. Most respondents (81.2%) had an annual income between 1,21,000 and 3,00,000.

Residential Details

The study showed that 52.4% of respondents lived in flats, while 35% lived in individual houses. Most houses ranged between 601 and 1,200 square feet.

Table 2: Residential Details of Respondents

Variable	Category	Frequency	Percentage
Type of House	Apartment	9	11.3%
	Flat	42	52.4%
	Individual House	28	35.0%
	Villa	1	1.3%
Size of House	Below 600 sqft	14	17.5%

Variable	Category	Frequency	Percentage
Number of Rooms	601–1200 sqft	53	66.2%
	1200–1800 sqft	12	15.0%
	Above 1800 sqft	1	1.3%
	1BHK	6	7.5%
	2BHK	42	52.5%
	3BHK	26	32.5%
	4BHK	6	7.5%

Modern style was the most commonly used existing interior style (40%), whereas 25% of respondents reported having no particular style.

Awareness and Knowledge of Transitional Style

The results indicated that:

- 75% of respondents were aware of transitional style.
- 80% expressed interest in transitional interiors.
- 88.7% believed transitional style gives interiors a modest and calm appearance.

Table 3: Knowledge on Transitional Style

Statements	Yes (%)	No (%)
Awareness on Transitional Style	75.0	25.0
Knowledge about Transitional Style	75.0	25.0
Interest in Transitional Style	80.0	20.0
Gives Modesty to Interiors	88.7	11.3
Tried Mix and Match Styles	48.8	51.2
Appealing and Calm Look	88.7	11.3

The findings reveal that transitional style is widely accepted due to its flexibility and balanced visual appeal.

Transitional Style and Interior Preferences

A majority of respondents preferred transitional style for bedrooms, dining rooms, and living rooms.

Table 4: Preference for Transitional Style in Interior Spaces

Interior Space	Frequency	Percentage
Entire Interiors	34	42.5%
Living Room	30	37.5%
Bedroom	7	8.8%
Dining Room	9	11.2%

Table 5: Preferred Style for Different Rooms

Room	Modern Style	Traditional Style	Transitional Style
Living Room	25.0%	31.3%	43.7%
Bedroom	15.0%	23.7%	61.3%

Room	Modern Style	Traditional Style	Transitional Style
Dining Room	23.8%	23.8%	52.4%

Respondents felt that transitional style offers:

- Freedom to mix and match elements (92.5%)
- Enhanced aesthetic appearance (88.7%)
- Calm and appealing spaces (88.7%)

Neutral color schemes and minimal accessories were identified as important features contributing to modesty.

Table 6: Features of Transitional Style

Features	Yes (%)	No (%)
Bright Lighting Preference	53.7	46.3
Over-Accessorizing Causes Congestion	70.0	30.0
Neutral Color Scheme Preferred	77.5	22.5
Transitional Style as Future Trend	86.2	13.8

Statistical Findings

One-Way ANOVA results indicated significant differences in preferences for transitional style based on role in the family, annual income, type of house, and size of the house.

Table 7: ANOVA Results for Transitional Style Preferences

Variable	Significant Factors	F Value	Significance
Role in Family	Interior Spaces	3.172	0.005**
Annual Income	Living Room Preference	3.114	0.041*
Type of House	Bedroom Preference	4.120	0.004**
Size of House	Dining Room Preference	5.080	0.003**

The findings suggest that demographic and residential factors influence preferences toward transitional interiors.

Conclusion

The study concludes that transitional style is an effective interior design approach for achieving modesty in residential spaces. By combining traditional elegance with contemporary simplicity, transitional interiors create comfortable, balanced, and aesthetically pleasing environments.

The majority of respondents preferred transitional style because of its calm appearance, flexibility, neutral color palettes, and ability to blend multiple styles harmoniously. The study also found that transitional design is highly suitable for living rooms, bedrooms, and dining spaces.

Overall, transitional style satisfies modern residential needs while maintaining simplicity and sophistication, making it a preferred design approach for future interiors.

Suggestions for Further Study

1. Comparative studies between transitional, contemporary, and traditional styles may be conducted.
2. Future research may focus on sustainable materials used in transitional interiors.

3. Studies may be carried out on psychological impacts of transitional interiors on residents.
4. Further research can examine transitional style preferences across different cultural backgrounds.

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