



# INTERNATIONAL JOURNAL OF ACADEMIC RESEARCH IN PROGRESSIVE EDUCATION & DEVELOPMENT



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ISSN: 2226-6348

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To Link this Article: <http://dx.doi.org/10.6007/IJARPED/v3-i4/1218>

DOI: 10.6007/IJARPED/v3-i4/1218

**Received:** 10 October 2014, **Revised:** 16 November 2014, **Accepted:** 29 November 2014

**Published Online:** 20 December 2014

**In-Text Citation:** (Mehr & Mahnam, 2014)

**To Cite this Article:** Mehr, A. H., & Mahnam, Z. (2014). The Impact of Clothes' Hot Color on Learning Anxiety of Students in Area one in Kermanshah. *International Journal of Academic Research in Progressive Education and Development*, 3(4), 193–198.

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**Vol. 3(4) 2014, Pg. 193 - 198**

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## The Impact of Clothes' Hot Color on Learning Anxiety of Students in Area one in Kermanshah

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### Abstract

This study aimed to investigate the impact of clothes' hot color on learning of male students in area one in Kermanshah. The study population consisted of 3031 high school students in the area one of Kermanshah. Totally, 200 cases were selected as sample. A researcher made questionnaire, interview, and observation were used for collecting the data. This was a descriptive survey research. In addition to descriptive statistics, the inferential statistics and t-independent test were used for analyzing the data. The overall result of the study indicated that hot colors had a positive effect on students' anxiety.

**Keywords:** Hot Color, Anxiety, Learning, Environment.

### Introduction

The role that color plays in our lives is probably stronger than what we think. The color literally influences every aspect of our inner or outer existence. Color can enhance or impair learning, mood, and behavior and as a result, it may increase or decrease the students' attention, perception, absence, and sabotage. O'Connor et al (1990) conducted a study on the relationship between color and emotion and academic performance of the students. The school uniforms provide a fair learning environment for students and are effective in creating unity and discipline within the school and reduction of costs in families. However, the colors that are used in all schools are not adapted with the color and children's psychological theories. The social learning theorists such as Bandura believe that much of human learning is through imitation. The models that induce effective and efficient methods can enhance the confidence and performance of individuals who have several unsuccessful experiences and their inefficiency have been proven in that situation. Even people who have high self-confidence enjoy better mental health if models teach them better ways to do things better. The Albert Bandura's social learning theory (1977) states that behavior is learned through observation. Unlike Skinner, Bandura believes that human beings are active information processors and think about their behavior and its consequences. In society, children have been surrounded with many models such as their parents in the family, television personalities, and friends in their peer group at school. Children see the behavior of these people and imitate their behavior. Meanwhile, children try to imitate the behavior of those who are the same sex as themselves. People reinforce or punishment these behaviors. If a

child is awarded for imitating a behavior, he/ she will continue imitating it. The reinforcements are either internal or external. The external reinforcement is reinforcing a behavior by parents or peers. But if you feel happy because of a behavior, it is called internal reinforcement. The internal or external reinforcement may comply with the requirements of person. However, the important factor is that this reinforcement usually leads to changes in behavior (Icon, 2011).

### **Anxiety and its effects on children**

The anxiety disorders are major public health problems worldwide with significant mental, social, and economic costs. The impact of anxiety on cognitive performance is a major cause of these costs. The anxiety disorders may have crippling and negative impact on concentration and life events. Anxiety can lead to problems in both the social and work environments. In these cases, anxiety can be seen as inconsistency factor. However, anxiety can improve the ability to avoid danger. The precise impact of anxiety is on cognition. The main feature of anxiety is concern and worry about a situation with uncertain outcomes. The excessive concern is harmful, because it disrupts human capacity to act to solve the problem. The anxiety disorders are among the internal disorders. The internal disorders are uncompromised behavioral patterns that hurt the child rather than people who are around him/ her. Their main core is mood or emotion disorders. The problems related to anxiety are the most common psychological problems in children and teenagers (Dadz et al., 1999; Becker et al., 2002; Ginsberg et al., 2012; Schwartz and Waddell, 2012). The studies conducted on this disorder have shown that about 8 to 12 percent of children and 5 to 10 percent of adolescents are faced with one of the anxiety disorder's diagnostic criteria, to the extent that it has disrupted their normal life and daily performance. Anxiety is often accompanied by other problems such as eating disorders and drug abuse. Children with anxiety disorders have lower educational status, peer relationship problems, and poor social skills. The excessive absences from school and faulty communication with peers will lead to poor career adaptability, poor self-concept, and mental disorder in their lives (Kendal, 2003). The studies show that children with anxiety disorders experience significantly more negative events than non-anxious children in their life (Lejersty et al., 2010).

### **Hot Color and its Impact on Learning**

The colors can be divided into two hot and cold groups. The hot colors include yellow, green, red, and purple. Artists and designers have long used color as a powerful communication tool. The color impacts on the attitude of teachers and students in terms of feeling, time, and attention. A study conducted by Hertzfoomiton showed that hot colors are stimulants and can increase blood pressure and heart rate. Some research has conducted on the effects of red, yellow, and blue on the scores of men and women (Austin, 1985). The color studies on children have more credibility than studies on adults, because their answers have environmental implications. Newport in 1989 stated that pink impacts on children's physical strength and positive behavior compared with blue.

However, various colors may be useful at different times. Hot colors are recommended for a class that needs to stimulate learning. When young children need to focus on tasks such as reading, the space should have several different colors. Once students are encouraged to learn and retain information in the classroom, it is recommended that different colors to be used such as red, orange, and yellow that stimulate brain activity and green, blue, and purple that bring relaxation.

The teachers can design classroom in two active and quiet styles. The relaxing colors can be used for children who are hyperactive. The stimulating colors can be used for children with attention disorders to stimulate their brain.

Children remember the signals of color better. In a study conducted in 1999 by Ventola, it was found that children remember the signal of color better than verbal signals. However, using color may help children to retain information. The colors are effective in creativity and generating new ideas by the students. For example, if students are allowed to use different color pens to complete their homework, this will motivate them to do homework and also focus on and maintain the information.

### **The Impact of Hot Colors on Anxiety**

Attractiveness of colors is different at different ages. The young children are fascinated by intense and hot colors. By increasing of age, the colors with softer shades are attracted. Finally, older people enjoy light colors. In children, the use of color is just a show. The three to six years old children aged have particular interest to the colors and later gradually, this interest reduces (9). Red may motivate intense activity, exercise, fight, and competition. A person who wants to have an active life through his/her activities, he/ she will use the red color. The red indicates fiery and passionate power. Action is its main feature. Red has a very positive nature. It can be used to eliminate negativism in feelings and rejection. Red is greatly useful for people who have shy nature. It encourages them to go forward and gain confidence. Also, if someone does not want to start an important work or fears to start it, wearing red clothes or being in red environment will cause the flow of energy. On the negative side, excessive use of red may lead to feelings harshness and unstable depression. Therefore, nervous people should not be exposed to this color. When a person is anxious, he/ she often experience symptoms such as increased heart rate, shortness of breath, sweating, dry mouth, and muscle tension (13). Yellow is described as mentally strongest color. With his special effect on emotions, yellow may create positive feelings of optimism, confidence, high self-esteem, extraversion, emotional strength, and creativity. However, yellow can promote the feel of irrationality, fear, emotional fragility, depression, anxiety, and even suicide. Its excessive use will lead to activation of stress center in the brain. This may be due to eye strain caused by prolonged use of this color, because this color is closest to the color of light. Research has shown that babies are more likely to cry in a room that was painted yellow and adults are more likely to engage in aggressive behaviors in yellow environment.

### **The Impact of Color in the Classroom**

The color can play an important role in education. A majority of teachers agree that color may make alive the climate of a classroom. Colorful school desks and bulletin boards may convert a dull room into a bright and exciting place. The power of color is so large that stimulate the activity of students. Numerous studies have been conducted over the years about the physiological effects of color on people. Researchers have found that the color both spiritually and physically affect on a person. When using the psychology of color, the efforts of children to learn can be seen in the classroom. In general, hot colors (red, orange, yellow) have stimulation response, bring passion to children in the classroom, and stimulate their brain activity. The hot colors are used when we want to teach a new concept or to draw attention to parts of information. But if the goal is reading a book or making quiet the students, the cool colors (blue, purple, and green) are used which bring calmness and relaxation. They are relaxing and slow heart rate. The shades of blue are used for the walls and desks in schools of

areas where students need to read or focus. Green is used for areas that students need to be creative writers or creative thinkers. Wagner (2012) recommends the use of hot and bright color in preschool and elementary school, because students at this age are extroverted by nature. Cool colors are used for middle and high school classrooms, because students have the ability to focus in this age. The light green is a good choice for libraries. It is helpful for concentration and relaxation. It should be remembered that color has the same impact on teachers. The used colors must be appropriate to the needs of teachers, because they should spend a long time in education. Using relaxing colors around the table of teachers, therefore, may motivate and make ready the teachers to teach students.

### Methodology

The dependent variable is the level of student learning. The research tool was a researcher made questionnaire that was created based on theoretical foundations and guidance of colors and learning professionals. This questionnaire comprised of 16 items. The questions 1, 2, 4 and 5 investigated motivation, 3, 6 and 7 investigated the attention, 9, 11 and 10 investigated anxiety, and 12 to 16 investigated the impact of color on environment. This questionnaire examined the impact of dresses color on students' learning. To answer these questions, students in lower levels were interviewed. Using SPSS software, the descriptive statistics (mean, standard deviation, frequency, percentage) and inferential statistics (T-tests) were used to analyze the data.

### Data Analysis

The impact of hot color in the clothing and environment on learning anxiety of students

Table 1: The descriptive data of impact of hot color in the clothing and environment on learning anxiety of students

Mean	3.26
Standard deviation	1.338

Table 2: The impact of hot color in the clothing and environment on learning anxiety of students

Items	Frequency	Frequency percentage	Cumulative percentage
Totally agree	33	16.5	16.5
Agree	18	9.0	25.5
No idea	55	27.5	53.0
Disagree	52	26.0	79.0
Totally disagree	42	21.0	100
Total	200	100	

According to the data, mean and standard deviation are 3.62 and 1.338, respectively.

### Discussion and Conclusion

From the perspective of students, clothes and environment with hot colors affect students' learning anxiety. The significance level is  $\text{sig}=0.007 < 0.05$  which shows the significance of test. Since the  $\text{sig}= 2.747$  is greater than  $t_{0.05, 99}=1.658$ , it shows the direct impact of color on learning anxiety of students. The studies of Hewing and Wright showed that hot colors can increase anxiety.

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