Workers can seldom take more than one week of vacation, and in school you only have the summers to dream of. These breaks allow people to relax and recharge. Even the time waiting for vacation gives relief just by knowing that it exists. A year, three months or a week can stand in for “luxurious time;” the length is less important than quality. Even if you can’t afford that time off, you qualify to have the time. This thesis proposes *subtraction spaces*, away from the pattern of everyday life and work, that provides access to “luxurious time.”
ADDING SUBTRACTION:
Wasting Time in Space

A thesis submitted in partial fulfillment of the requirements for the degree Master of Design in Interior Studies [Adaptive Reuse] in the Department of Interior Architecture of the Rhode Island School of Design

By
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2023

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“There is an alternative: the unfashionable but powerful notion of letting time use you, approaching life not as an opportunity to implement your predetermined plans for success but as a matter of responding to the needs of your place and your moment in history.”

Oliver Burkeman, *Four Thousand Weeks: Time Management for Mortals*, 2021
Productivity

15. Abstract
17. Motivation
20. history
26. productivity crisis
27. negative implications

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34. « Six Ways of Time »
   Start
   Reverse
   Break
   Accumulate
   Prolong
   Rerun

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96. Host Building
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Image Credits

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Architecture is designed to increase our productivity – think of features like uniform workspaces, straight pathways, or purely functional rooms arranged to optimize tasks. When forced into constant productivity, we gain efficiency, but we end up exhausted and disconnected from one another. We need to design subtraction spaces in our workspaces and everyday life, spaces that accommodate the feelings and dreams of the occupant: spaces where we can wander, wonder, feel, connect, relax, restore, and reset.

By challenging the perception that time just moves on and cannot be controlled, people can shift time: they can start, reverse, break, accumulate, prolong, and rerun time. *Subtraction spaces* invite people to choose to actively shift time. These spaces alter time depending on the condition of the host building. Time becomes space through transformation into architectural elements and sensory experiences. Different programs, such as schools, offices, factories, and hospitals require various strategies for subtraction spaces. The CIT and Fletcher buildings at RISD are used here as the host structure to demonstrate the addition of subtraction spaces.

While addressing the social problem of excessive productivity with an architectural solution, I seek to improve mental health and create spaces that encourage connection between people. Subtracting programmed areas while simultaneously adding undefined spaces into existing buildings displays the ability of architecture to foster moments of freedom in overly efficient lives and reconfigure life around what matters.
17. Motivation

“The borders of all time packages, there are neutral zones, small bonuses, in which time can be used luxuriously without ‘wasting’ it.”

Kevin Lynch, *What Time is This Place?* 1976

The change of seasons seen from the train window, walking on the narrow and long winding path surrounded by flowers swaying in the wind, the sparsely visible light through the dense trees on the edge of the road, and the scenery of rural buildings scattered here and there.

As an undergraduate, I took a year off from school to take a break and find out what I was interested in. I traveled to multiple cities without a plan and focused on what I wanted to do at each moment. I was curious about what I would do without my duties as a student, daughter, and everything in my life. At first, I didn’t know what to do, so I decided on a few destinations. On the way to the destination, I encountered so many unexpected sensory experiences and scenes. That one year helped me to rethink my passion and start over with a new perspective. Giving myself this time unintentionally led me to discover beautiful directions I would never have seen.

Workers can seldom take more than one week of vacation, and in school, you only have the summers to dream of. These breaks allow people to relax and recharge. Even the time waiting for vacation gives relief just by knowing that it exists. A year, three months, or a week can stand in for “luxurious time;” the length is less important than quality. Even if you can’t afford that time off, you qualify to have the time. This thesis proposes subtraction spaces, away from the pattern of everyday life and work, that provides access to “luxurious time.”
19. Productivity
History of Productivity

People have been trying to increase productivity for 2000 years from a philosophy to fast food to smartphones. Productivity does not apply only to work, but to all our lives, becoming obsessive, burdensome, or overwhelming.

304 BC Stoicism founded in Athens by Zeno is based on the philosophy of controlling our thoughts and reactions which became a blueprint for today’s productivity.

1760 The Industrial Revolution contributed to increases in production and efficiency, shifting the economy from agriculture to manufacturing.

1776 Adam Smith’s classic economics text *Wealth of Nations*, historically mentioning productivity, divided labor into two: productive and unproductive.

1791 Benjamin Franklin first announced the to-do list and described time management from the beginning to the end of the day.

1793 Eli Whitney’s invention of the cotton gin had a major impact on the U.S. economy and on slavery. The term “gin up” was also coined at this time.

1850 The Boston Globe report showed that by 1850, the use of daily planners had skyrocketed, making their creators staggeringly rich. Etiquette manuals explained daily planners as a means of self-improvement.

1905 German sociologist Max Weber, in his book *The Protestant Ethic and The Spirit of Capitalism*, describes the Protestant Ethic as the value placed on hard work, thrift, and efficiency of worldly calling.

1912 Fordism began as a mass production system pioneered by the Ford Motor Company with moving assembly lines and spread to other industries. This movement led to changes in the social and labor-economic system in advanced capitalism.

1940 New Hampshire brothers Richard and Maurice McDonald opened the first mechanized kitchen McDonald’s in San Bernardino, California.

1971 Texas Instrument and Intel unveiled the personal computer, and the computer became ubiquitous in offices and homes.

1973 NASA engineer Jack Nilles coined the term “telecommuting” in 1973, and in 1979 five IBM employees worked from home as an experiment.

1992 IBM engineer Frank Canova invented the first smartphone which included a calendar, world time clock, address book, calculator, and notepad.

2008 Hustle culture started to become popular among younger generations who feel they must work long hours and start a side hustle to the pursuit of their goals.

2023 *Subtraction space* as an architecture solution to the social problem of productivity.
History of Productivity

1760 Industrial Revolution

1776 Historical Mentioned

1791 The Birth of To-do List

1793 The Cotton Gin

1850 Daily Planner
History of Productivity

1912 Fordism - Ford Assembly Line

1940 Fast Food Movement

1971 Computer Age

1973 Remote Work

1992 Smartphone Era
Developing productive forces has been the historical mission of capitalism. Labor productivity has been steadily increasing from the 1800s to the present.\(^1\) However, productivity growth rates in major economies have gradually declined since the 1950s. Average annual productivity growth in Germany and France has declined by 87% since the 1960s. It fell 80% in the UK and 60% in the US.\(^2\) This has been accelerating during the COVID slump.

The fundamental contradiction is that improvements in labor productivity have not led to an increase in human living standards, including reductions in the time required to produce products and services.

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</table>

2. Long-Term Productivity Database. 2016.

Growing out of a relatively positive belief that hard work pays off, hustle culture puts new pressure on people to create unrelenting expectations to be productive and successful. People believe that continuing to work is productive and try to reduce the time they are not working. Even besides work, because of socializing, self-studying, housework, and childcare, the line between work and rest is increasingly thinner. The obsession with productivity that accumulates day by day can have short-term positive outcomes, but in the long run, many negative implications will eventually be revealed.

Burnout is caused by the amount of work one can handle, unreasonable time pressure, and lack of communication at work, school, and in relationships. The World Health Organization announced in January 2022 to update the definition of burnout in the new disease handbook of the International Classification of Diseases (ICD-11): “Burn-out is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed.” Burnout finally became a global concern, recognized as a serious problem and in need of help.

In 2022, another new term, quiet quitting, emerged as a key alternative to burnout. Quiet
quitting is described as doing the minimum amount of work to stay employed.

Conversely, other side effects produced by toxic productivity include workaholics. Although few countries can statistically confirm workaholism, a Norwegian study by Dr. Cecilie Andreassen found that about 7.3%-8.3% of Norwegians are at risk of work addiction.² In the US, we can only guess; it might be 90%. Workaholics appear to be obsessed with work or study but are also related to excessive and dedicated occupations such as medical staff, teachers, and lawyers.

Occupational groups like the above often feel guilty about resting due to the unavoidable environment. Especially in health care, doctors and nurses even feel guilty for not doing so because of the professional ethic of continuing to work if there is a patient who needs them, even if paid hours are over.

A work environment for maximum efficiency creates fewer connections, which results in social isolation and loneliness. Even though a lot of productivity comes from interaction with other people, there is a strange correlation in which personal boundaries are created by busy lives. Even with the start of remote work and study through COVID-19, the previous psychological distance became a physical separation.

During the pandemic, the newly created productivity paranoia amplifies this problem. Microsoft chief executive Satya Nadella said the company coined the term “productivity paranoia” to describe employers’ anxiety about whether their employees are working hard enough. Many bosses have problems trusting the amount of work their employees do, and it leads to enormous pressure on them.

The negative impact of optimizing every minute causes poor mental health such as depression, stress, anxiety, and ADHD. According to The Learning Network of The New York Times, when students are asked about their lives as students, they often talk about school-induced exhaustion and stress.³ Students who have spent over 10 years of stress-tired education from the repetition of eating, studying, and sleeping are likely to believe that idleness is a failure. The perfectionism implanted in their minds in school continues as we strive to be productive at work. Obviously, workers are experiencing extreme work-related stress. According to Gallup’s Global 2022 Workplace Report, 44% of employees worldwide experience significant workplace stress every day.⁴

The obsession with productivity is not sustainable and consequently eats away at our productivity. Overwork is no longer the answer to real productivity. We need to consider whether toxic productivity and negative implications became our daily lives.

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Time and Space

Time and space cannot be considered separately from one another. They are the primary frameworks of our lives. Whatever we do, we take into account when and where. However, these two values we use every day are highly normalized. We wake up to an alarm in the morning, take public transportation to work or school, have lunch at noon, get off work in the afternoon for a brief social activity, or return home to have dinner and go to sleep. Not only our daily routine but also our whole life seems as if someone else planned it: a life cycle of being born, studying at school, becoming an employee, getting married, having a child, continuing to work, retiring, and dying at the end.

Chrononormativity, described by queer theorist Elizabeth Freeman as “the use of time to organize individual human bodies toward maximum productivity,”1 highlights the economics behind how we are expected to spend our time. Chrononormativity also judges the timeline of the majority as normal and the life of anyone who does not follow this timeline is seen as unsuccessful, struggling, and wrong. Generalized timelines, deeply ingrained in our minds, created by capitalism and other forces of oppression, are fantasies of productive time that we do not realize. Benjamin Franklin’s timetable2 mapped out how to organize life around work for productivity. However, in the Notes for the Waiting Room book, a reproduction series of his timetable, including “crip time,” emphasize the importance of finding one’s own tempo rather than working efficiently.3 “Creep time,” the temporality of non-normative realization that occurs to disabled people, along with “queer time”, resists such a universalized perspective and suggests a new consideration of time.

What about normative and non-normative spaces? Naturally, many of us make an effort to create the form of subtraction spaces outdoors as “queer time,” away from the indoors that is limited by normative time. We try to meet people in the public park, lake area, empty field, community garden, or favorite neighborhood block during the time when we are at home, school, and work. However, due to limited time, long distances, or uncontrollable weather, it is difficult to get outdoor access and we end up staying indoors, even though outdoor space is conducive to psychological well-being and physical health. In a 1984 study, even looking outside through a window seemed to help states of well-being. Hospital patients recovering in a room with a view of trees and grass had better outcomes and needed less pain medication than patients in a room with a view of a wall.4 In our indoor environments, instead of getting used to spaces with the quality of outdoor or indoor with windows overlooking nature, we are more accustomed to productively programmed indoor areas and interiors with a view of a brick or concrete wall. Consequently, the indoor space we stay in has no sense of where to go and we end up spending our time at the desk where we work.

Spatial design has forgotten to pay attention to our lifestyle, instead of the program of the building. In a study from The National Human Activity Pattern Survey, we spend 86.9% of our time indoors.5 Of course, going outside is encouraged in the first place, but we also need a space with the same quality as the outside, which is our main living environment. A space must be created inside that fulfills the role of an external space by enhancing cognition and creativity, making us calm, inducing unusual movements, socializing, and distracting the mind. It is so obvious that we have trapped both time and space. Subtraction space proposes the spatial alternative to the productive use of time and typical working space.

Six Ways of Time

Most people think that time is fixed, but in fact, time passes relatively to us. We feel that time moves very quickly or slowly. Time is incredibly elastic and changes according to an individual’s choices and priorities.\(^1\) People’s choices and priorities can shift to no longer be just about productivity. While acknowledging the preciousness of time other than productive time, people pay attention to other times past and future, and themselves. We need to make good use of this subjective time, breaking away from the concept of time that only slides forward without looking back.

In Alan Lightman’s novel *Einstein’s Dream*, which embodied the diverse and beautiful concept of time, there are 30 types of time and people who live according to those types. In the book, there are various times: regressive, past, present, future, delayed, absolute, relative, mechanical, felt, stopped and ended, and discontinuous.\(^2\) In this thesis, similarly, freed from the concept that time should be used only productively and continued, six alternative ways of using time are presented: start, reverse, break, accumulate, prolong, and rerun.

People believe that there is only one start, but it can be defined as reset and restart. In a situation where people are stuck or monotonous, the start will come as another opportunity. Reverse seeks to transpose that perspective from the idea that time only goes forward. In reversed times, it makes people feel at ease by taking a step back and looking at the current difficulty they are facing. Break refers to taking time away from work. Literally, it is to pause for a moment and focus on the present. Accumulated time recalls the stacked memories as if looking at a photo album where good memories were collected. It is time to look back and recharge. Prolonged time allows us to maximize valuable moments. When you go on a summer vacation and read a book on the beach, it is a way to increase and sustain the time and use the time to enjoy the moment more fully. Lastly, rerun means a time that is repeated like meditation, focusing only on breathing. In the process of repeating or reenacting something, we sometimes realize or become calm and stable.

These six ways of time are substituted into space through the process of free-associating architectural and sensory elements. Spatial design focused on a specific function and purpose is reconsidered with ten architectural elements: scale, form, sequence, boundary, spatial arrangement, proportion, mass, light, surface, and context. Visual, tactile, olfactory, and auditory experiences are added to awaken one’s moment-to-moment senses and emotions.

On the next six pages, each item is broken down, along with a list of terms that have been brainstormed to transform time into space. On the left page, the physical model with each time concept appears, and on the right page, with a list of terms, how they are spatialized is shown through plans and sections. Then, the problems are shown in context.

These explorations demonstrate that when you are busy, you forget what you are doing and why you are there. We need to know how we spend our time and what kinds of space we desire. Time and space can be magically controlled on our own, apart from the bubble that we are used to so that we can live and enjoy each moment surrounding work, relationships, and ourselves.

---

\(^1\) Vanderkam, Laura. “How to gain control of your free time?”, TED video, 2016.

Six Ways of Time

38.

start

physical model

small to big
threshold
leading path
one opening
one space
entrance: entire space
integrated mass
leaking light
flat surface
white concrete
cold temperature
wet soil
sound from door
Six Ways of Time

- big to small
- mirroring
- a-b-b-a sequence
- boundaries between spaces
- 2 spaces
- original : mirrored
- twisted masses
- reflected light
- bending surface
- reflective metal
- corrugated texture
- musty attic
- echo
Six Ways of Time

break

physical model

plan

section

abrupt in scale
voids
interrupted sequence
enclosure
separated from the context
void: enclosure
hidden mass
shadow
rounded surface
carbonized wood
wooden texture
forest scent
sound proofed
Six Ways of Time

accumulate

layered scale
widening
ascending and descending
thicker boundaries
at least 3 spaces
room height : floor height
heavy and dense mass
dim light
rough surface
rammed earth
stratified texture
warmth scent
buzzing sound

plan

section
gradually change scale
curved to be the longest
winding sequence
no complete boundaries inside
no full separation
proportion between corners
sinuous mass
fill light
stretched surface
gradation color
existing texture
fresh air
stepping on a gravel
rerun

physical model

plan

section

repetitive scale
replicated forms
a-b-c-a-b-c sequence
boundary by same elements
circular arrangement
proportion between spaces
3 volumes
sheer light
translucent surface
see-through lumisty
rhythmic repetition
whiff of water
lapping sound
53. Subtraction Space
Problems in Context

- Office
  - Conference rooms
  - Boss's office
  - Corridor
  - Workstations
- Factory
  - Test taking rooms
  - Assembly lines
- School
  - Test taking rooms
  - Classrooms
- Hospital
  - Waiting rooms
  - Operating rooms
  - Nurse station
  - Emergent/urgent care area
  - Intensive care units

- Tense/pressured environment
- Jammed/crowded space
- Heavy atmosphere
- Repetitive workload surrounding
Time Solutions

small (two time shifts)

\[ \text{start} + \text{prolong} = \text{tense/pressured environment} \]

\[ \text{prolong} + \text{reverse} = \text{jammed/crowded space} \]

\[ \text{reverse} + \text{accumulate} = \text{heavy atmosphere} \]

\[ \text{accumulate} + \text{break} = \text{repetitive workload surrounding} \]
The context around us that drives toxic productivity and sequentially produces negative implications is largely divided into four categories: tense/pressured environment, jammed/crowded space, heavy atmosphere, and repetitive workload.

At work, we are surrounded by tension and pressure in the boss’s office or conference room. In schools, a large number of students pour into the corridors at regular intervals, and hospitals, nurse stations, and emergency areas are crowded with many people. The intensive care unit in the hospital always has a heavy and sad atmosphere. Finally, repetitive work is a constant in classrooms, assembly lines, and workstations.

Depending on the Six Ways of Time, different times are combined to address the problems in context. The concepts of each time are not simply attached but are merged with the elements of time to make a subtraction space.

Subtraction spaces come in two sizes. The small one is 5m x 5m, where two times are mixed, and the large one is 5m x 10m, where three times are blended to create a new shape. This space is determined by the intervention in size according to the available space, time, and cost of the host building. In addition, even if a small one is initially selected and installed first, it can be upgraded to a larger subtraction space according to the needs of users.
61. Subtraction Space
prolong + reverse

+ start

Subtraction Space
break + accumulate

+ reverse

Subtraction Space
Precedent Studies
A parallel for subtraction spaces can be found in a traditional Korean house called a Hanok. Within the Hanok is a space named the Maru that is not intended to induce specific behavior of users, but it is an essential part of the house and occupies a large portion of the architectural space.

The Maru plays a structural role in controlling temperature and humidity by allowing air to flow naturally and blur the distinction between inside and outside. Warmth rises from the floor via traditional heating methods called “ondol.” The wooden material used throughout has a soft texture and the natural breeze blows through. The Maru can swiftly shift from private to shared space, through windows and doors that can be opened and closed freely between interior rooms or inside and outside of the house. You can be there alone, or it can be a space for communing where people can chat with each other or drink tea.

The Amorepacific Headquarters in Seoul by David Chipperfield Architects applies the Hanok concept to the modern high-rise building. The large voids in this project create social connections and unify the building to the city.

The subtraction spaces integrate these qualities of the Maru (open-ended activity, warmth, porosity, and sociality) within a modern building.
The *subtraction space* is applied to the existing building according to the context. The building is not only composed of a series of rooms with a purpose, but it breaks continuity through *subtraction spaces* in between.

The lines shown in *Study for Sanctuary* have various intervals around the black squares. Just as *subtraction spaces* change the architectural elements and sensory experiences, it affects to the surrounding environment.

The diagonal lines are formed by the black squares, adding a three-dimensional effect to the picture. The *subtraction space* will give a stereoscopic effect to the existing monotonous structure and give a sense of space that is free from flat and repeating spaces.

The movement and gaze are no longer straight lines, but indirect and meandering broken lines. Those are blocked by the newly intervened *subtraction spaces* so that people go around, go through, or pause in the spaces.

*Added subtraction spaces* create new boundaries out of the chessboard-shaped space. These grids suggest the possibility of space influencing people's behaviors and emotions.
Adding Subtraction: Concept
Adding Building Systems

**ONE**
- building systems
- in the corner

**TWO**
- light shelves
- air ventilation
- open space

**THREE**
- LED controller for color-changing light
- connect to the existing ducts for cooling
- near top floor

**FOUR**
- solar tube
- water pump
- within circulation
- no shoes with Ondol (floor heating system)
83. Adding to Program
Office

host building

subtraction spaces

Larkin Administrative Building by Frank Lloyd Wright
86. **Factory**

- host building
- subtraction spaces

---

87. **Adding to Program**

AEG Turbine Factory by Peter Behrens
School

host building

subtraction spaces

Hunstanton School by Alison and Peter Smithson
Hospital

host building

subtraction spaces

Adding to Program

Paimio Sanatorium by Alvar Aalto
92. Adding Subtraction Strategy

- Office
- Factory
- School
- Hospital

- In the corner
- Open space
- Near top floor
- Within circulation

- Tense/pressed environment
- Jammed/crowded space
- Heavy atmosphere
- Repetitive workload surrounding
95. Adding Subtraction: Applied
The Center for Integrative Technologies (CIT) and Fletcher buildings, the workspaces of RISD graduate students, are two separate buildings with interior spaces connected through the core staircase. Located at Weybosset Street, Providence, Rhode Island, each of the two buildings has a total of six stories in the shape of two rectangular boxes. CIT has a size of 48,000 sq. ft. and Fletcher has 25,900 sq. ft. CIT was converted from commercial and office space to new classrooms and studios for five design graduate departments in 2003. The Fletcher building reopened as studios for five fine art majors from an office building in late 1998.

Graduate students enter these buildings, and they have two choices. They can go into their studio and work alone with the door shut or they can walk down the hall and go to the bathroom to the elevator. The main programs can be divided into two main categories: productive space and circulations including bathrooms and facilities. Fletcher building has purely functional rooms arranged around a single straight hallway. The CIT building has an open plan, but only with uniform workstations, with a corridor on one side and a row of studios and classrooms on the other. These buildings have normative spaces that make users overly productive. These spaces create an environment that triggers a few repeated behaviors and limits the small changes that have the potential to energize our lives.

On the first floor, the CIT building leads users inside with a spacious lobby and gallery space, whereas the Fletcher building has a maker studio and retail shop without any lobby area. For that reason, the Fletcher building does not have a welcoming atmosphere due to the direct circulation from the entrance to the elevator within a compact space.

Starting with the lobby area of the Fletcher building, subtraction spaces are implemented throughout the two buildings. These spaces add subtraction in two ways: breaking circulations and adding a new environment. Both add spaces for other activities or thoughts, bringing vitality to the buildings and users.
99. Adding Subtraction Spaces
100. CIT and Fletcher buildings subtraction spaces

101. within circulation

open space

in the corner

near top floor
The possibilities of subtraction space can be expanded in various directions. Although the thesis demonstrated a strategy in which subtraction spaces are added to offices, factories, schools, and hospitals where productivity is maximized, these spaces can also spread to buildings with multiple programs. For example, as there are amenities such as fitness areas, coffee and snack areas in offices, and chapels in hospitals, subtraction space can be considered as a program and added to each scenario, even in individual homes.

In addition, the subtraction space can be extended to the outside. Going outside for a walk or spending time in the park should be a priority, but our cities are often filled with spaces that need to be used efficiently both inside and outside. The subtraction space can be a pavilion inserted into a park or plaza to emphasize its role. Alternatively, it can be a temporary installation as an event in the city. Spaces such as bus stops where people don’t do anything can be used by substituting subtraction spaces. It can also act as a shelter, providing protection from danger or bad weather. It can be installed in an alleyway to serve as a connection such as arcades between buildings.

Some believe that the right direction in our lives is not to waste a single moment, but to use time with effect toward results. However, our real challenge is to make the wisest decisions about what makes our lives meaningful and pursue truly sustainable productivity. Subtraction space is a medium that allows us to escape from our lives focused on productivity and realize what is most precious to each of us. Imagine the possibilities not just for a space but for yourself.
History of Productivity


Productivity Crisis


Negative Implications


Introduction

A sentence quoted from the book shows the mindset that people ultimately have through the thesis.

The explanation of time on page 80 of the book explains the thesis concept of untraveling time into space, and is located at the beginning of the motivation writing.

Productivity Crisis

This explains the rise of productivity under capitalism. The graph in the publication shows the labor productivity that has gradually increased from 1947 to 2012.

The article researches productivity by time and country. As productivity growth has declined, it argues that productivity will face a crisis and analyzes the reasons.

Negative Implications

It presents that the World Health Organization no longer regards burnout as a speculative disease, but has officially defined it as a disease.

There are very few studies in the world that show workaholics statistically. Looking at the research on The Prevalence of Workaholism in Norway helps to predict the number of workaholics in other countries.

In this article, different perspectives on hustle culture are revealed. Through the comments, it was possible to consider both the positive and negative aspects by discussing the hustle culture among students.

This document shows global trends for the overall environment of the workplace and highlights the well-being of workers. A survey was conducted to showcase the stress received at work in numbers.

Time and Space

Elizabeth Freeman’s book about the generalized use of time is supported by the dissertation on generalized time and space in this thesis.

Benjamin’s personal view of the use of time shows one way of using time, explaining how to use it productively. It is cited to revisit how to use standardized timetables.

This article is a reinterpretation of Benjamin’s timetable in consideration of creep time and sick time.

This research studied different recovery times according to which patients had different views of the room after surgery.

The survey reveals how much time we spend indoors. The data shows that we spend 86.9% of our time inside which explains people need various interior spaces.

Six Ways of Time

This book was taken into consideration when setting the Six Ways of Time. In the form of a novel, it showed what situations appeared in relation to each time.

This video provides the phrase that time is incredibly elastic and changes according to each individual’s choices and priorities.
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