

## **PERIPHERALS OF THE SITTING / EXTREME SITUATIONS RELATED TO SITTING**

From an evolutionary point of view, bipedalism has brought with it an exciting consequence in that the sitting and lying positions have become more distant from each other, so that sitting can be interpreted as a real third body position. Nothing demonstrates this better than the fact that modern man spends about 1/3 of his life sitting for some reason, such as travel, work, rest, relaxation. The remaining 1/3 of the time is spent sleeping, i.e. lying down. This means that only the rest of the time is spent on his feet. The alternation of these three postures has important differences in terms of territorial behaviour, change of position and location, and reaction time. But it is also closely linked to mental and physical relaxation.

Sitting has played an important role for different civilisations. Sitting and to seat occupy a social and societal position, with sitting and certain seating arrangements being given a prominent place. Think of the throne, where sitting is a position of power, the occupation of which has triggered wars; the wheelchair, where one is likely to spend a significant part of one's life sitting; the electric chair, a form of punishment and the last seat for the condemned; animals to rides on, where sitting was a source of prestige and advantage in wartime, but also the toilet, where one usually has to sit down and „where even the king goes alone”.

In relation to sitting, we are looking for those extremes and peripheries that 1) are habituated, taken for granted, 2) are worth drawing attention to, 3) are interesting and exciting contexts for sitting, whether physical or social. In addition to the seated position and the physical seating, meaning and added content play an equally important role in the design and construction.

Recommended literature:

István Juhász, The Dignity of Seating, DLA thesis

Jean Baudrillard, The System of Objects 51-54.