

IC - (21032) - RESTORATIVE EXPERIENCES DURING THE COVID-19 LOCKDOWN. THE ROLE OF CONTACT WITH NATURE AND SOCIAL INTERACTION.

Ferdinando Fornara¹; Elena Rinallo²; Massimiliano Scopelliti²; Giuseppe Carrus³

1 - Department of Education, Psychology, Philosophy, University of Cagliari, Italy; 2 - Department of Human Studies, Libera Università Maria Ss. Assunta (LUMSA), Italy; 3 - Department of Education, Roma Tre University, Italy

Background and objectives

The COVID-19 pandemic has dramatically impacted human health and well-being. This was true not only because of its effects in terms of numbers of infected and deceased persons worldwide, but also considering the stress-related psychological negative consequences of long lockdown periods for the general population (Odriozola-González, 2020; Roma et al., 2020; Shevlin et al., 2020; Shah et al., 2021). Contact with nature and social interaction have been found in literature as relevant mechanisms for reducing stress-related negative consequences and improving health and well-being (Berkman, 1995; Bratman et al., 2012; Hartig et al., 2014). Evidence of a positive amplification effect of nature exposure and social contact has also been proven (Staats & Hartig, 2004; Scopelliti & Giuliani, 2004).

The present survey study aims at assessing the positive effects of experiencing urban green spaces and social interaction on human well-being during the first lockdown in Italy due to the COVID-19 pandemic.

Process and methods (for empirical research)

The data collection is still ongoing. Participants are requested to fill in an online questionnaire that includes measures of social interaction and nature experience during the pandemic, perceived restorative qualities of the nature experience (Italian version of the Perceived Restorativeness Scale: Carrus et al., 2015), nature connectedness (Connectedness to Nature Scale: Mayer & Frantz, 2004), anxiety (short version of the Spielberger State-Trait Anxiety Inventory: Marteau & Bekker, 1992), and overall well-being (short version of the Oxford Happiness Questionnaire: Hills & Argyle, 2002). Sociodemographic indices were also detected.

Main results (or main arguments in the case of critical reviews)

Results will be discussed in the light of their theoretical and practical implications.

Implications for research and practice/policy | Importance and originality of the contribution

In particular, the focus will be put on the consequences of nature and social deprivation on people well-being, in order to provide useful suggestions to the policy side.

Palavras-chave : restorative experience, well-being, COVID-19, social interaction, urban green spaces