

IC - (21057) - MEMORIES OF RESTORATIVE EXPERIENCES IN NATURE: THE ROLE OF SHARED EXPERIENCES

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Background and objectives

Research on restorative experiences tends to assume a relationship between the satisfaction of a personal need and the environmental resources offered by a given situation. Recently, Hartig (2021) raises the need to go further and believes it is also necessary to analyze the interdependence of the restorative experience in the present with the memory of past experiences. In this presentation, it is intended, on the one hand, to recover some basic concepts of Environmental Psychology that describe the role of past experiences in the interaction with the environment and the resources it contains in the present. Based on these insights and concepts, I will analyze the role that shared experiences have in the formation of restorative experiences in nature in the past.

I will argue that the content of environmental memories is based on the interdependence of the physical and spatial variables that make them up and the people, real or imaginary present, in the place that is remembered. In preliminary studies carried out on the experience of nostalgia for lost places in a sample of aged Spanish people, both the feelings for the loss of the place and the feelings produced by the memory of the people with whom the place has been shared in the past play an important role. It can be deduced that this interdependence will also occur in the memory of restorative experiences in which landscape features are connected with the people who were part of the nature restorative places, such as nuclear family and other relatives (grandparents, aunts and uncles), friends, teachers and neighbours. Social experience are part of anchor restorative place experience.

This presentation also includes methodological proposals to study the relational component of restorative experiences in nature.

Palavras-chave : Restoracion, Social experience, Environmental memory