

PP - (21148) - FROM MY WINDOW: VIEWS OF NATURE AS A RESOURCE FOR PSYCHOLOGICAL RESTORATION DURING COVID-19 LOCKDOWN

Esther Lorenzo Montero¹; Jose Antonio Corraliza¹

1 - UNIVERSIDAD AUTÓNOMA DE MADRID

Research or practical problem and objectives

The situation experienced during the confinement forced by COVID-19 has psychological consequences. These consequences have effects on people's emotions and psychological well-being, due to the drastic reduction in social interaction and contact with nature. The main objective of this study is to find differences in the emotional experience in relation to the views through the window.

This study aims to understand how restorative experiences can be and what elements are needed to elicit restoration during a lockdown (between March and May 2020 in Madrid).

Methods and process (for empirical research)

We designed an online self-reported questionnaire, which was distributed to 137 participants, with the following variables: contact with nature maintained through the window, the scale of psychological restoration observed and the emotions experienced during the period of forced confinement, in addition to sociodemographic variables.

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

In a first step, the exploratory qualitative analysis shows the relevant elements (nature and social presence) in the experience of looking out the window or going out to the terrace, forming restorative experiences when people have not been able to leave their homes. The quantitative analysis shows that access to views of nature from the window of our houses is significantly related to higher levels of psychological restoration and positive emotions (tranquility). Also, participants were asked about the most desirable features of the view from the window. The preliminary analysis shows that the most frequent features are concerning the presence of nature.

These results indicate that contact with nature through the views through the window from our homes is a psychological restoration resource during confinement situations. These results are in line with the previous body of research that points to the psychological benefits of access to nature in times of stress such as that produced by confinement due to COVID-19.

Palavras-chave : Contact with nature, Nature viewed from the windows, psychological restoration, Emotional well-being, Covid-19 pandemic, Lockdown