

## **Sustainability | Individual communication**

### **IC - (21386) - HOW DO PSYCHOLOGICAL ECOSYSTEM SERVICES AFFECT THE HUMAN-NATURE EXPERIENCE? A WALKING TO BIOPHILIC DESIGN IN URBAN GREEN SPACE**

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#### **Background and objectives**

Why should we pay attention to human health and wellbeing in the built environment? According to the World Health Organization report, about 280 million people worldwide suffer from depression and mental illness. Coupled with the impact of the covid-19 pandemic in the past two years, people are full of uncertainty about the future, adding more to a sense of psychological panic. Natural interventions such as walking, jogging, and gardening are an alternative for health, alleviating mental illness, and improving human wellbeing. Therefore, does psychological ecosystem service support human health and wellbeing walking in urban green spaces? Does perceive biophilic attributes related to landscape preference?

#### **Process and methods (for empirical research)**

This research used a dataset with more than 500 valid data points collected online. In addition, the dataset includes a personal dose of natural perception in the built environment, such as types of green activities, duration, the psychological rating of landscape preference, perceived biophilic design, pleasure, etc.

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

The results found that the longer the participant walked in one of the types of urban green space (i.e., parks), the more perception of positive well-being they could obtain. That is to say, the effect of spending more than 60 minutes was significantly better in pleasure than those who spent 30 minutes in the urban parks in Taiwan. In addition, people prefer the urban parks more as they exposure longer and also feel more arousal. Moreover, there was a significant correlation between perceived biophilic design and landscape preference, and the preference matrix could predict perceived biophilic design in the urban green space.

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

This research explains the psychological health and well-being of the dose of exposure in the built environment. It could further understand human need for nature and its relationship to biophilic design and the psychological responses, which refer to be a reference for evidence-based healthy landscape design.

**Palavras-chave : Biophilic, Urban Nature, Positive Wellbeing, Walking**