

PP - (21402) - THE BENEFITS OF NATURE EXPOSITION IN THE WELL-BEING OF ADOLESCENTS WITH ATTENTION DEFICIT DISORDERS

Jesús Adrián Pérez Reales¹

1 - Universidade Da Coruña, España

Research or practical problem and objectives

Exposure to nature generates benefits in the psychological well-being of adolescents with attention deficit disorders. The literature explains that exposure to nature increases behavioral regulation, decreases the level of stress, and improves the level of life satisfaction. We propose that exposure to nature improves the symptoms of attention deficit, and life satisfaction levels in adolescents with ADHD. In this study we intend to understand the incidence of exposure to nature in the satisfaction of psychological needs, and in the improvement of the Well-being in the adolescents with ADHD.

Methods and process (for empirical research)

To this end, we present a research proposal with a mixed methodology. First, the qualitative design through initial exploration with focus groups on the relationships between exposure to nature and the psychological well-being described by the participants, followed by a quantitative methodology to establish the possible relationships between mediating variable among the variables studied. In the research we propose a third phase of experimental extension to identify the environmental characteristics of preferences for the population with attention deficit disorder and that can generate benefits in psychological well-being. We consider as a sample adolescent with attention deficit disorders with and without hyperactivity from Galicia, Spain.

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

We hope to describe the practices, spaces, and implications of contact with nature, and that can be related to a higher level of psychological well-being in adolescents with ADHD.