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Investigating the Role of Urban Landscapes and Green Spaces in Improving Mental Health

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Introduction

Urban landscapes and green spaces are one of the most important places in cities, which can be fully utilized with proper planning. Today, with the spread of urbanization and the distance of society from nature, many psychological problems have plagued people, so the purpose of writing this study is to show the extraordinary capacity of urban landscapes and green spaces in improving and resolving the mental problems of society .

Methodology

This research is descriptive and applied and the basic information of this research was obtained by studying library resources and previous research and compiling and distributing a questionnaire among different people, so that a questionnaire was prepared with ten questions and many options. High, low, very low were considered for each question, then the validity of the questionnaire was confirmed through a survey of several experts, after which the questionnaire was distributed online through cyberspace among individuals and they were asked to submit the questionnaire for People who know how to send, finally the questionnaire was completed and sent by 55 people.

To determine the impact of urban landscapes and green spaces on the mental health of the community, ten indicators or cases have been used, which are:

Sense of belonging, sense of calm, physical health, improving efficiency and functional efficiency, friendly partnerships to solve problems, participate in group sports, get rid of urban pollution, have fun and friendly meetings, sense of security and comfort and increase accuracy and concentration

Results and Discussion

by examining the sources and answers given by individuals about the ten indicators raised in the questionnaire, which are: Sense of belonging, sense of peace, physical health, improving efficiency and functional efficiency, friendly partnerships to solve problems, participate in group sports, get rid of urban pollution, have fun and friendly meetings, sense of security and comfort and increase accuracy and focus It can be said that people have considered most of the indicators presented in the research as useful and effective in referring to urban landscapes and improving mental health.

Conclusion

According to the research on the effect of urban landscapes and green spaces in increasing mental health and the study and research conducted in this study, it can be concluded that urban landscapes and green spaces have a significant impact on increasing the physical and mental health of society. According to various indicators that affect physical and mental health, in urban landscapes and green spaces, according to the study, there is no suitable infrastructure for friendly communities to solve challenges and also do group sports, and therefore people are less likely to. These cases refer to urban landscapes and green spaces, which is one of the negative aspects of the design of these places that landscape and green space designers, urban planners and other experts should pay attention to this issue and not neglect them in their work. And urban green spaces also have many positive features that people in the community take refuge in these places to get rid of urban problems and dangers and spend some time away from these problems and increase their morale and family, which eventually improves and increases the mental health of people in the community.

In general, it can be concluded that the impact of urban landscapes and green spaces on the mental health of the community according to previous research and the data extracted in this study is very significant and plays a significant role.

Keyword: Mental health, Urban parks, Green spaces, Mental health indicators

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