



LANDSCAPE CAN CHANGE THE PHYSICAL AND MENTAL COMFORT LEVEL

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ABSTRACT

This research paper refers to the study on how landscape plays an important role in changing the physical and mental health of human beings. The emerging concrete jungle worldwide and hectic daily life are the reasons to understand the importance of landscape and its impact on human life. The study is focused on the role of various colours found in landscape which can change the mood of a person in a positive way. The paper talks about the surrounding created by landscape helps in providing appealing environment to human beings at the same time gives the healing effects. The survey undertaken to understand the topic in detail and the results of the same talks about the problems faced by the mid aged generation and how landscape helps in resolving the problems faced by them. Landscape anywhere around human beings helps to live their life to the fullest.

1. INTRODUCTION

The purpose of selecting landscape is for changing physical and mental comfort level of people because of today's rapidly growing of concrete jungle, the landscape will help to create a pristine environment for people to get away from the busy tiring day-to-day schedule, where they can relax, rejuvenate and charge themselves up.

The need of this is for a simpler life and a literal nest of utmost luxury, this is the perfect break away of escape from the hectic urban lifestyle into the heart of pristine nature, to experience the simplicity of nature around you.

In today's world there are many people who all are struggle with mental and physical imbalance because of their daily busy routine, now a days there is minimum physical work but a lot of mental pressure.

So, to release the pressure I want to help those people how they can manage their pressure as well as their work.

2. UNDERSTANDING THE INFLUENCE OF LANDSCAPE ON HUMAN BEHAVIOUR

Human psychology is influenced by the visual landscape in several ways. Short-term recovery from stress or mental weariness, speedier physical recovery from disease, and long-term general impact on people's health and well-being are some of the health issues that can be healed by landscape. Many books claim that landscape can assist people enhance their physical and mental well-being. According to 31 literature reviews, the jungle landscape has a greater impact on human psychology than the urban scene.

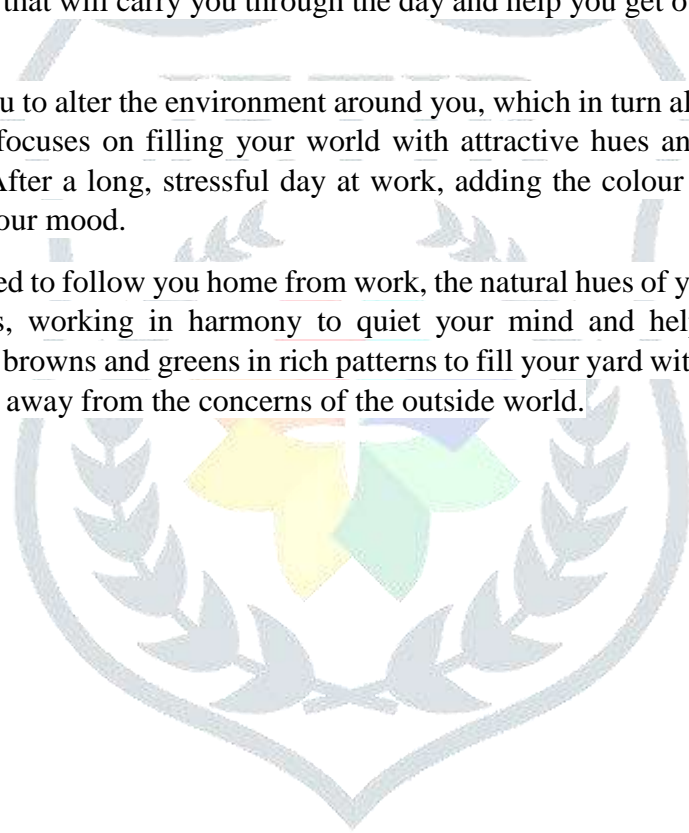
2.1 HOW LANDSCAPE CHANGES THE MOOD

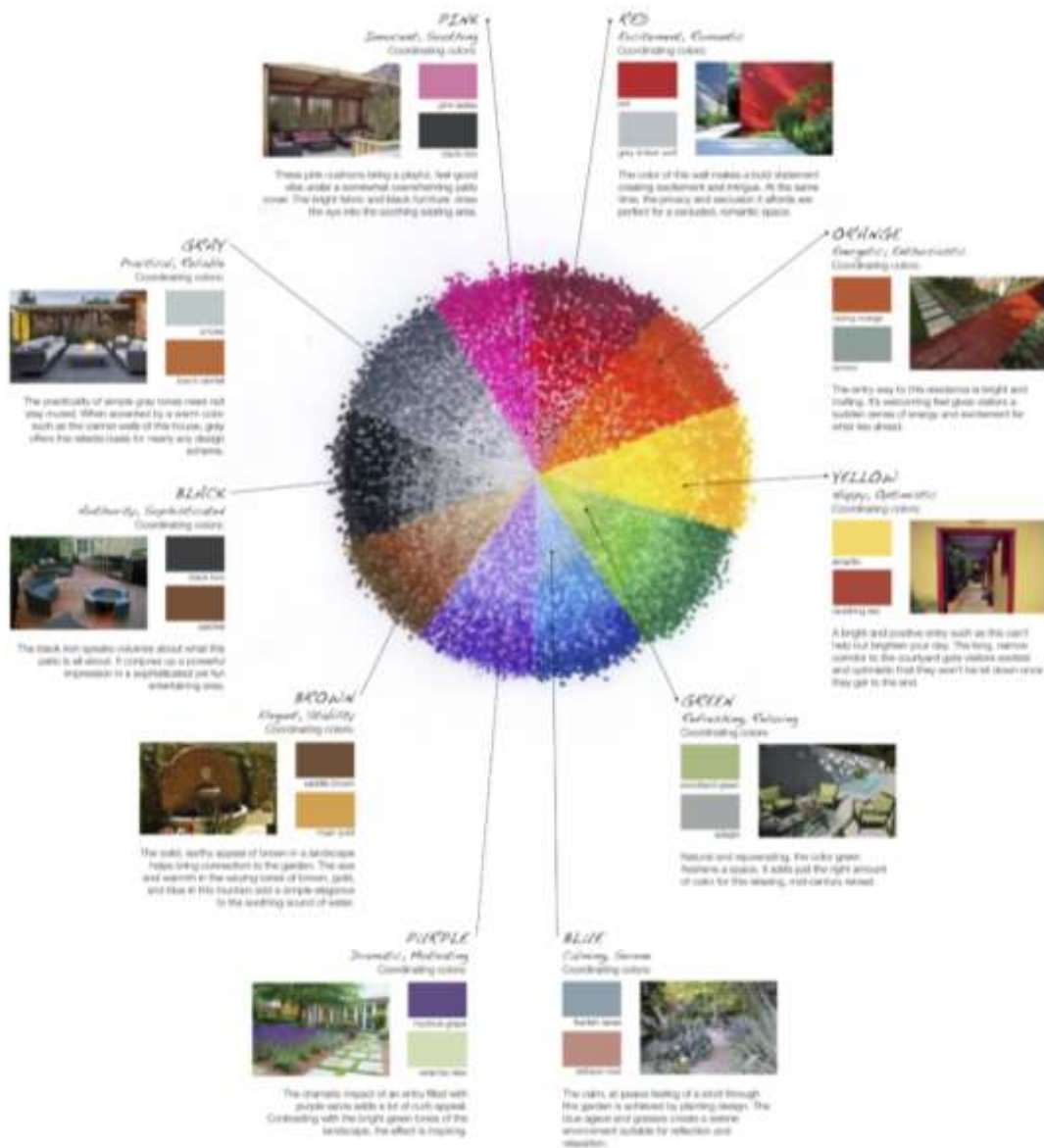
When colour is introduced to landscape design, it may generate a mood shift that will carry you through the day and help you get out of a funk after a stressful day. After a long, stressful day at work, adding the colour that gardening provides to your yard will transform your mood.

Multiple studies on the mood-altering effects of colour have proven that the colours we surround ourselves with can impact how we feel. Even something as basic as changing into a new coloured shirt can have a significant impact on our moods throughout the day. When colour is introduced to your landscape design, it may generate a mood shift that will carry you through the day and help you get out of a funk after a stressful day.

Landscaping empowers you to alter the environment around you, which in turn alters your perspective of the world. Landscape design focuses on filling your world with attractive hues and calming surroundings to make it more enjoyable. After a long, stressful day at work, adding the colour that gardening provides to your yard will transform your mood.

No matter what stresses tried to follow you home from work, the natural hues of your yard's landscape design will surround your senses, working in harmony to quiet your mind and help you think clearly. Your landscaper will use natural browns and greens in rich patterns to fill your yard with tranquillity, allowing you to feel closer to nature and away from the concerns of the outside world.

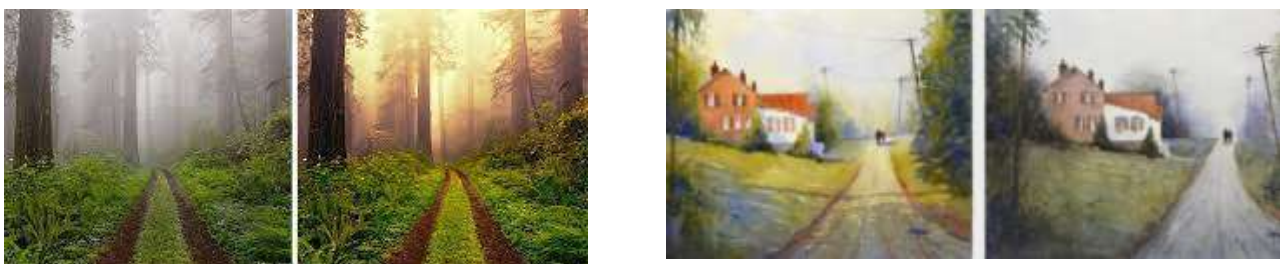




Using Colour to Set the Mood in Landscape

These generally vivid hues will be kept from being overpowering by the natural colours that make up the landscaping basis. Rather than overwhelming visitors, the precise mix of colour and nature will produce a quiet undercurrent of the mood that your landscape design has intended for. The moment to make colour decisions is while you're building your landscape.

When you adhere to a single colour scheme in the yard, the beautifully placed dashes of colour among the natural greens and browns of the landscape design can brighten your mood even when you look at it from inside the house.



Compared to the effects of urban settings, nature exposures had the most significant effect on Positive Affect, which included sentiments of attachment, friendliness, playfulness, and pleasure. The subjects' attention was held less successfully by the urban exposures than by the nature exposures.

2.2 HOW LANDSCAPE HELPS TO RECOVER A PATIENT SPEEDILY

"Spending time in a well-designed garden engaging with nature will not cure your disease or heal a horribly burned leg." However, there is evidence that it helps lower your pain and stress levels—and, as a result, strengthen your immune system in ways that allow your own body and other treatments to assist you in healing."

2.3 WHY IS NATURE STILL IMPORTANT TO HUMANS?



Humans, regardless of age or culture, find nature to be therapeutic. According to one study, more than two-thirds of people prefer to flee to a natural setting when they are anxious. In another study, 95% of those polled said that spending time outside improved their mood, going from gloomy, stressed, and worried to calmer and more balanced.

Another reason for our biological connection to nature could be that individuals who observed nature closely gained vital information that assisted them in surviving and reproducing. As a result, those genes carried the inclination to find nature absorbing.

Many studies suggest that views of nature create a calming impact shortly after a stressful incident. Blood pressure, respiration rate, brain activity, and the generation of stress hormones all decrease three to four minutes after seeing natural sights, and mood improves.

2.4 WHAT HEALTH BENEFITS DOES VIEWING NATURE OFFER?

1. Nature is a major source of diversion. We are fascinated by natural sights and distracted from our pain and anguish because we are genetically programmed to find nature intriguing.
2. Nature helps to relieve tension and anxiety. One argument is that nature gives a break from the constant effort we make in our busy lives to shut out competing stimuli. We don't have to make an effort to focus when we're faced with natural vistas since we find nature intrinsically engaging. This relieves mental exhaustion and revitalises the mind.
3. Plants provide psychological relief. "Plants take away some of the anxiety and tension of the immediate present by telling us that there are long, enduring patterns in life," says Lewis, a researcher in this field. Their development is consistent and progressive rather than chaotic.

3. STUDY OF LANDSCAPE AND THEIR EFFECTS ON HUMAN NATURE/ PSYCHOLOGY/ BEHAVIOUR/ MOOD

3.1 HEALING GARDENS

Healing gardens are green spaces in hospitals and other healthcare facilities that are expressly designed to improve patient outcomes. Patients, family, and staff benefit from these gardens because they provide a safe

haven and promote healing. Gardening can help healing in any context, but gardens are especially effective since humans are hard-wired to find nature absorbing and comforting.

Healing comes because the gardens promote:

1. Relief from symptoms
2. Stress reduction
3. Improvement in overall sense of wellbeing and hopefulness

Healing gardens differ from therapeutic landscapes, a concept used in the healthcare field. Therapeutic gardens or landscapes are created to satisfy the special needs of a sick group. They frequently and purposefully engage that population. Healing gardens, on the other hand, tend to favour a more passive approach and are intended to serve a wide range of people with varying needs.

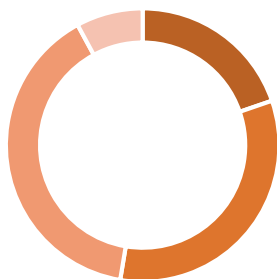
3.2 WHICH TREES ARE RESPONSIBLE TO MAKE ENVIRONMENT POSITIVE?

Trees are like the lungs of the planet. They breathe in carbon dioxide and breathe out oxygen. Additionally, they provide habitat for birds and other wildlife. But that's not all trees do for us! To see just how much trees are essential to the planet and to humans, let's look at the following statistics:

- CO₂ is one of the most significant contributors to the greenhouse effect. Trees sequester CO₂ from the atmosphere and produce sugars for plant growth. In exchange, they provide humans with oxygen. Trees that are mature may absorb about 48 pounds of CO₂ each year. The tree, in turn, produces enough oxygen to support two people. In metropolitan locations, trees also aid to minimise ozone levels.
- Trees store water and break the power of rain as it falls, reducing urban runoff and erosion. Sound is absorbed by trees, which reduces noise pollution. This is particularly significant for those who live near highways. A well-placed grove of trees can minimise noise pollution by up to ten decibels in some circumstances.
- Trees also provide shade for asphalt and trees, decreasing the "Heat Island" effect. The EPA provides some excellent advice on how to lessen the urban heat island effect by planting trees and other plants.

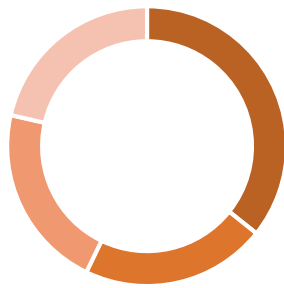
4. QUESTIONNAIRE SURVEY OBSERVATIONS

1. Which age group are struggling with more mental pressure?



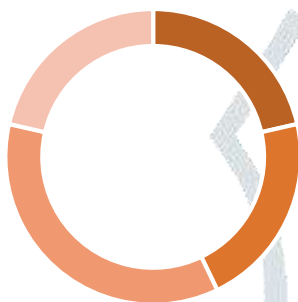
- 20-25 ■ 25-30
- 30-35 ■ Above

2. How many times you visit any landscape in a year?



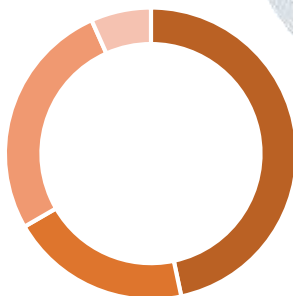
- Daily
- Weekly
- Monthly
- Yearly

3. Which type of landscape you visit regularly?

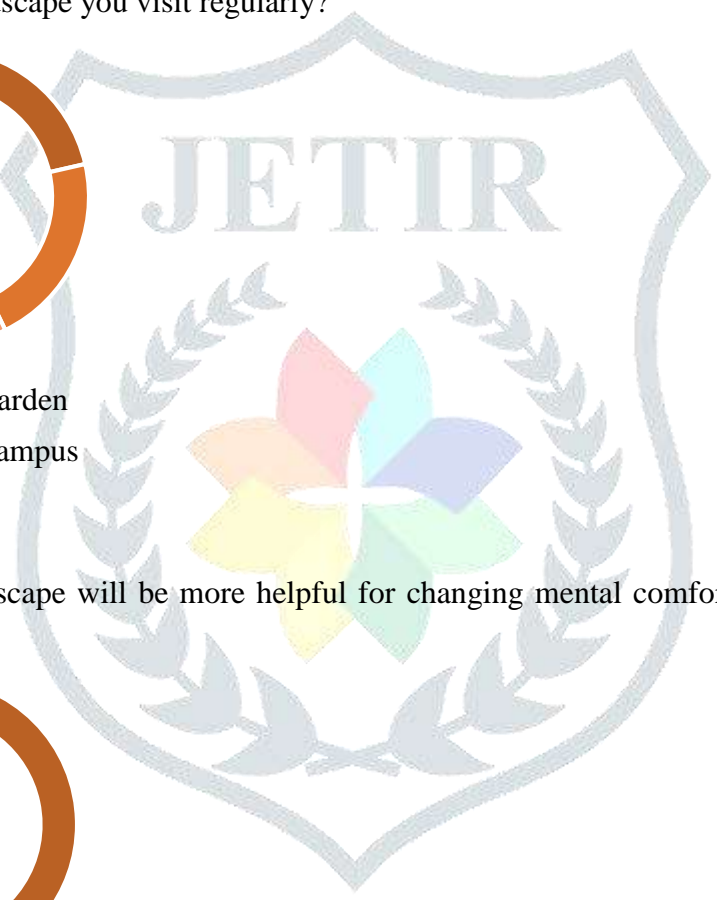


- Jungle
- Garden
- Park
- Campus

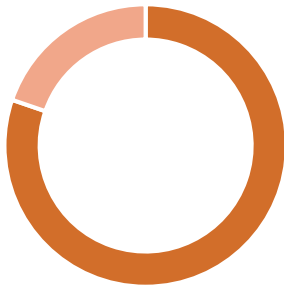
4. What type of landscape will be more helpful for changing mental comfort level or workability of human being?



- Jungle
- Garden
- Park
- Campus

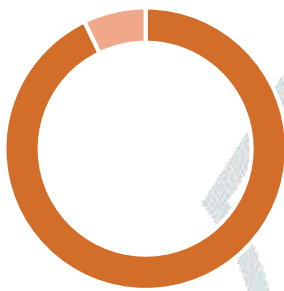


5. Is landscape will help you for change your mood?



■ Yes ■ No

6. What do you think is landscape is more helpful for changing your mood or behavior?



■ Mood ■ Behaviour

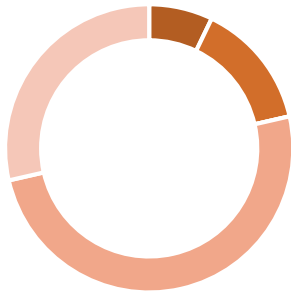
7. Which type of mood can easily change while visiting the landscape?



■ Angry ■ Sad
■ Depressed ■ Bored
■ Gloomy



8. What type of mood do you feel after visiting landscape on a stressful day?



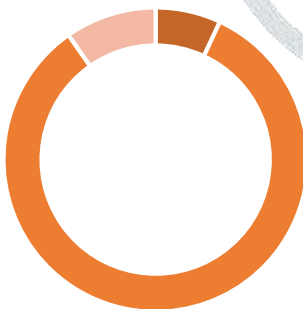
- Cool
- Happy
- Enthusiastic
- Fresh
- Energetic

9. What type of mood do you feel after visiting landscape on a normal day?



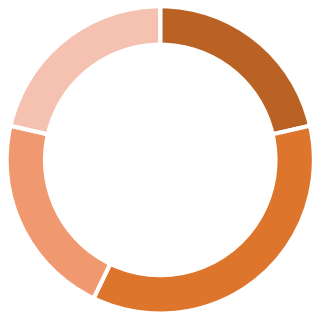
- Cool
- Happy
- Enthusiastic
- Fresh
- Energetic

10. What do you think that which type of mood will get change to what type?



- Sad to Happy
- Stress to Relax
- Angry to cool

11. What will be the minimum time you will get to change your mood after visiting the landscape?



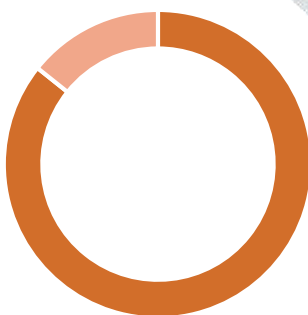
- 10-15 Min ■ 15-25 Min
- 30-60 Min ■ More

12. For how much time will you be able to carry forward the same mood?



- 12 Hrs. ■ 1 Day
- 1 Week ■ 1 Month
- More

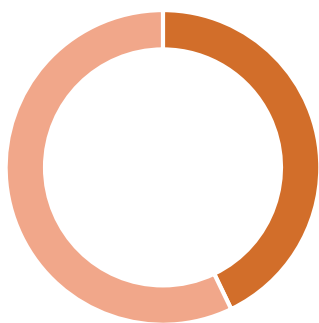
13. Do you think that landscape will help to change your behavior?



- Yes ■ No



14. What do you think that landscape will change the mood or behavior of any person for long period of time?



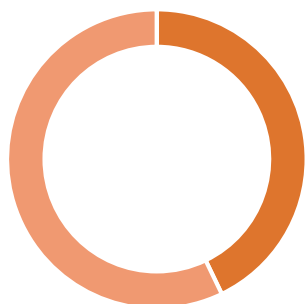
■ Yes ■ No

15. How do you behave after visiting any landscape?



■ Aggressive
■ Assertive
■ Passive
■ Passive-Aggressive

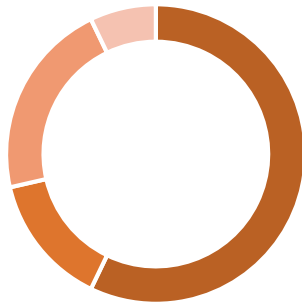
16. How do you behave around any landscape?



■ Aggressive
■ Assertive
■ Passive
■ Passive-Aggressive

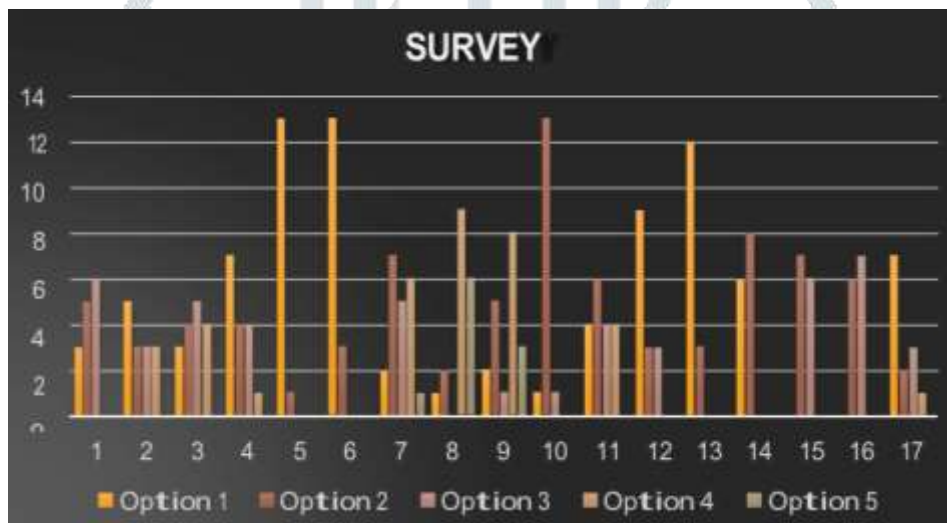


17. Which type of behavior will take maximum time to get over it?



- Aggressive
- Assertive
- Passive
- Passive-Aggressive

5. DATA ANALYSIS



Data analyzed by Anova Method.

6. OUTCOME FROM QUESTIONNAIRE SURVEY

The questionnaire survey was carried out in the group of people above 25Yrs. It is observed that the people between the age group 30 to 35 yrs. are more prone to mental pressure due to workload as well as relation problem. Most of the people prefer to visit nearby garden or parks to feel little relaxed from daily hectic chaos. It is observed that most of the people prefer dense landscape like jungle over urban landscape. On the basis of survey, it can be concluded that landscape plays an important role to convert the mood from sad to happy, to convert the feel from negative to positive and to convert the stressed mind into a relaxed mind.

CONCLUSION

On the basis of Survey Results, we can clearly conclude that, 'In today's Stressful Era, Landscape Design can be implemented in & around Office spaces, Public Spaces and Residential spaces to improve the Physical & Mental comfort level of Human Beings.

This can be concluded on the basis of following Survey Results:

Most of the people are willing to experience the landscaped area like Parks on daily basis because according to them it is helpful for changing their mood.

According to the survey, it is observed that visiting a garden or park helps to change easily the sad mood into happy mood.

Most of the people feel that even after a stressful day, visiting a garden or park rejuvenates their mind and makes them feel relaxed within short period of time like 15- 20 minutes.

According to the survey, visiting a landscaped area carry forwards the same mood of freshness for next 12 hours which can be reflected positively in their Behavior.

Passive & Assertive kind of behavior is observed after visiting the landscaped area which leads to a happy and successful life which is the need of today's stressful world

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