

Published Research Paper

Title: The Effects of Urban Green Spaces on Mental Health: A Case Study

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Abstract: This study explores the relationship between urban green spaces and mental health outcomes among residents in Springfield City. Utilizing a cross-sectional survey design and GIS mapping for green space analysis, the research investigates how access to and the quality of urban green spaces influence stress levels, mood, and overall mental well-being. The findings indicate a significant positive correlation between the presence of accessible, high-quality green spaces and lower stress levels among urban residents, supporting the hypothesis that urban green spaces are vital for mental health.

Keywords: Urban Green Spaces, Mental Health, Stress Reduction, GIS Mapping, Urban Planning

1. Introduction

Urbanization poses increasing challenges to mental health, with urban residents facing higher rates of stress and mental health disorders than rural populations. Urban green spaces (UGS) are increasingly recognized for their mental health benefits. This paper examines the impact of UGS on mental health in Springfield City, hypothesizing that greater access to and quality of these spaces correlates with improved mental health outcomes.

2. Literature Review

The review synthesizes current research on the benefits of UGS, including stress reduction, improved mood, and enhanced psychological well-being. Studies by Green et al. (2020) and Parks (2021) provide foundational insights into the mechanisms through which green spaces exert their positive effects on mental health.

3. Methodology

The study combined a quantitative survey of 500 Springfield residents with GIS analysis to map green space distribution and accessibility. Survey questions assessed participants' mental health using the General Health Questionnaire (GHQ-12) and their use and perception of local UGS.

4. Results

Data analysis revealed a strong association between frequent use of UGS and lower GHQ-12 scores, indicating better mental health. GIS analysis showed that areas with higher UGS accessibility had residents reporting lower stress levels.

5. Discussion

The results support the hypothesis, aligning with the literature on the positive effects of UGS on mental health. The study also identifies factors such as green space design and maintenance as critical for maximizing mental health benefits.

6. Conclusion

This research underscores the importance of integrating UGS in urban planning to enhance mental health outcomes. Future research should explore longitudinal effects and the role of specific green space features.

References

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