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THE ACCLAIMED LANDSCAPE OF KNOWLEDGE SHARING
"Warning in Spaces: Blending Heritage, Nature and Design"

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PROCEEDING OF

6th Conference On
The Acclaimed Landscape
of Knowledge Sharing
(i-TALKS 6.0)

Organizer:

Bachelor of Landscape Architecture (Hons.)
Programme of Landscape Architecture, Department of Built Environment & Technology,
Faculty of Built Environment, UiTM Perak Branch, Seri Iskandar Campus



TALKS 6.0

THE ACCLAIMED LANDSCAPE OF KNOWLEDGE SHARING

"Harmony in Spaces : Blending Heritage, Nature and Design"

PROCEEDING OF

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Healing in the Green: The Relationship Between Park Environments and Mental Wellness at Taman Tasik Titiwangsa, Kuala Lumpur

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Abstract

The process of urbanization in Malaysia has resulted in the development of greater psychological pressure among city residents, which requires finding the so-called healing environments that will help to reduce stress levels and increase the level of emotional resilience. This paper explores the usefulness of Taman Tasik Titiwangsa, Kuala Lumpur as a restorative landscape and its effect to the psychological wellbeing of visitors. Based on a quantitative research design, the participants used to gather data through a structured questionnaire comprising 44 participants with the assistance of three central dimensions of exposure to the natural environment, psychological and emotional well-being, and the perception of the park as a healing space. The results indicate that there is a deep relationship between the activity in the park and mental renewal. Precisely, 90.9% of the respondents said that the park atmosphere enabled them to forget about academic and personal stressors temporarily, and 84.1% specifically said that the lake and water features served as the prime triggers that made them forget about their academic and personal stressors and restarted their emotional balance. Moreover, the research study shows that there is a high degree of agreement (88.6%) as to the design of the park- that is, the strategic blend of an open green setting and the use of the blue infrastructure (water) forms an effective healing environment. Although the number of visitors to the city is very high, the environment is still a major motivator and experience that can leave a person inspired as 81.8% of the respondents were inspired after the visit. The study concludes by recommending that Taman Tasik Titiwangsa is an important element of the mental health infrastructure in the city. The findings can assist urban planners and landscape designers in making empirical decisions on the importance of maintaining the blue-green resources to improve the emotional healing and psychological wellness of the urban population.

Keywords: Healing, The Relationship, Park Environments and Mental Wellness

INTRODUCTION

The life in the centre of Kuala Lumpur is extremely quick. In the world of screens, traffic and noise in the city, students are forced to study, work part-time, and meet social expectations. In the long run, these demands may cause mental, anxiety, and emotional burnouts. As the issue of mental health among the youthful adults gains more awareness, more emphasis is currently placed on how nature can be used as an effective but simple form of treatment. Green areas such as parks, gardens and lakes provide an individual with an opportunity to break the cycle and have a deep breath and re-discover the self. Parks in the city are not a form of recreation but a place to live in that promotes growth in both mind and body. Burke et al. (2023) and Dushkova and Ignatieva (2020) emphasized that green and blue spaces have an important effect on stress reduction, improvement of mood, and inner peace. Likewise, Baskaran et al. (2025) noted that a visit to nature has quantifiable impacts on mental health,

which feels emotionally relieving and balancing. In a country that still experiences urbanization, such as Malaysia, research conducted by Hussein et al. (2022) and Izana and Shobri (2024) revealed that urban parks promote mental restoration of all people because they provide relaxing, safe, and peaceful backgrounds. These discoveries indicate that nature does not just adorn a city, it maintains a healthy emotional state.

Taman Tasik Titiwangsa is among the most popular green areas in Kuala Lumpur, which is a kind of an oasis in the life of the city bustling. Its picturesque lake, shaded trees, and free lawns provide a serene atmosphere in which both the students and the urban residents can spend their leisure time. To many people this is not only a recreational place where one enjoys their time but it is also a place where mind can relax, emotions can mend and sanity restored. Nevertheless, although the overall mental health benefits of green spaces have been already studied, little research has been conducted to identify the specific environmental attributes of Taman Tasik Titiwangsa and their impact on the well-being of students visiting the park to unwind under the influence of the environment or to rejuvenate (Hamzah et al., 2024; Mohd Shobri et al., 2022). Such an available, ordinary setting is an opportunity gap to consider how such an environment can be used as a natural treatment of urban youth.

Based on the theories that support the healing power of the green spaces and mental wellness, including the Attention Restoration Theory by Kaplan and Kaplan (1989), the Stress Recovery Theory by Ulrich, this study aims to examine the relationship between green spaces and mental wellness with reference to these theories. Specifically, the study is aimed at the comprehending of the effect that the exposure to the natural environment of Taman Tasik Titiwangsa has on the level of stress and the general mood of the visitors and the identification of those park activities that have the most significant effect on the emotional renewal and the overall enhancement of psychological well-being. Moreover, the research will determine how visitors perceive Taman Tasik Titiwangsa as a healing place and how the natural environment can help people reduce stress, boost their mood, and feel psychologically relieved. By answering them, this research will illuminate how even basic experiences in nature such as walking by the lake, sitting under a tree, or listening to the sound of water can assist students to relieve stress and be in an emotional balance. However, more crucially, it points at the way in which urban parks, carefully contemplated and preserved, can turn into a fundamental mental recovery and self-development tool amid the city lifestyle.

Through this, this paper seeks to comprehend the way that Taman Tasik Titiwangsa can help students, who can get a break out of the stresses of city living, maintain their mental health. This paper aims at examining the impact of the natural environment in the park on the level of stress and emotion equilibrium, the kind of activities that make students feel relaxed, calm, and in a better state of mind, and how visitors value the park as a sanctuary and stress reliever. With the help of a closer examination of these experiences, the study is confident that such everyday life experiences in nature, as walking near lakeside, sitting under a tree, or having an open view to green environments, can make a significant difference in stress management and re-established emotional clarity. In the end, this paper demonstrates how urban parks are not only significant recreational facilities, but also as serene and non-dramatic environments that aid mental recovery, strength, and general wellness in an overly busy city.

In doing so, this study aims to understand how Taman Tasik Titiwangsa supports the mental well-being of students who seek relief from the pressures of urban life. The study focuses on exploring how spending time in the park's natural surroundings influences stress levels and emotional balance, identifying the types of activities that help students feel calmer, more relaxed, and mentally refreshed, and understanding how visitors perceive the park as a place of healing and emotional recovery. By looking closely at these experiences, the research hopes to show

how simple moments in nature such as walking along the lakeside, sitting quietly under a tree, or enjoying the openness of green spaces can make a meaningful difference in managing stress and restoring emotional clarity. Ultimately, this study highlights the importance of urban parks not just as recreational spaces, but as gentle, everyday environments that support mental healing, resilience, and overall well-being in the midst of a fast-paced city.

LITERATURE REVIEW

Green Spaces and Mental Wellness

The city life of Kuala Lumpur is hectic and stressful, with students having to contend with the society, deadlines and internet overload at all times. When regular everyday routines are based on screens, overcrowding, and noises, intellectual exhaustion is nearly inevitable. The green spaces are hence necessary as recreational and breathing spaces to recover the emotions. It is based on research that nature has a strong ability of soothing the mind. Burke et al. (2023) state that the nature of the environment (green: trees, plants) or the color blue (water) reduces anxiety, improves mood, and positively affect emotional balance. The availability of fresh air, running water, and tree cover makes the environment that enables the mind to unwind and refresh.

Dushkova and Ignatieva (2020) have developed the notion of therapeutic landscapes and stated that nature is conducive to the recovery process due to visual greenery, peace, and sensory comforts. These soft and natural signals reduce stress and bring a feeling of psychological safety. The same case is witnessed in Malaysia. Mohamad (2021) argues that city residents rely on open parks as their healing spaces that offer them much-needed relaxation in the bustle of the metropolis. Hussein et al. (2022) suggest that parks may be an emotional refuge to people who are experiencing socioeconomic pressures, such as living comfortably in a small area and struggling with finances. Xu et al. (2022) were sure that frequent visits to green spaces increase life satisfaction and reduce emotional fatigue. All these studies indicate that green spaces are natural means of mental health, particularly to vulnerable students who are prone to academic burnout and cognitive overload.

Urban Parks as Healing Environments

Urban parks have been termed as green lungs of a city areas that inject life, calm, and comfort to urban populations. They are like some mild reminders that in a big city with lots of people, nature still can be perceived in tranquility and beauty. In the case of students who spend a lot of time indoors, sitting in front of screens or doing their homework, parks are the easiest, yet efficient option to rejuvenate their mind and become closer to nature.

According to Dushkova and Ignatieva (2020), floral, water-related, and open parks have therapeutic value that reduces the emotional load and mental fatigue. Hussein et al. (2022) also discovered that in Malaysia, urban parks play an important role in restoring psychological health, particularly among lower-class citizens who rely on the free facilities as a way of emotional relief. Izana and Shobri (2024) also argue that the design of parks also plays a major role in the experience of mental restoration among the visitors. Some examples of how this can be so include trees, walking tracks, and lake views all of which make one feel refreshed and revitalized. Similarly, Mohd Shobri et al. (2022) have found that parks have a positive influence on the emotional recovery of the visitors depending on the natural beauty and the physical layout of the park, which makes careful landscape design a key aspect of supporting mental wellness.

The best example of a healing green space can be found in Taman Tasik Titiwangsa, which is situated at the central part of Kuala Lumpur. The park offers visitors particularly the students an opportunity to leave the academic and digital stress behind in the company of beautiful lake and lush trees. Nath et al. (2018) established that these urban green spaces in Kuala Lumpur play a great role in improving the emotional well-being and social harmony because they promote social interaction and self-reflection. According to Ibrahim et al. (2024), parks that have walk paths and that are comfortable in design promote a sense of safety and mental ease in people making them frequent the parks more frequently. To students, visiting Taman Tasik Titiwangsa may be more than leisure it may also be an act of curing.

Theories Explaining Nature's Restorative Power

Psychological theories based on the Stress Recovery Theory (SRT) and the Attention Restoration Theory (ART) are well-known and prove the connection between nature and mental health. A proposal of ART was made by Kaplan and Kaplan (1989) and the authors expounded the fact that natural environments enable our mind to rest against mental exhaustion that is as a result of sustained focus and exposure to artificial environments. Being in a park and hearing the birds, feeling the air or seeing water moving all helps in getting our mind in the right track again.

In the meantime, the SRT by Ulrich points to the physiological reaction of the body to nature. Natural scenery can assist in reducing stress hormones, reducing the heart rate, and elevating the mood with very minimal effort. These theories were also supported by Razmara et al. (2021), who observed that the emotional well-being increased and psychological stress decreased when the landscape was designed based on such healing principles like balance, variety, and openness. Hamzah et al. (2024) further clarified that individuals in congested locations feel more stressed, although they gain immensely by having close access to green surroundings that soothes their eyes and hearts.

To students, these theories can be used to determine why time spent in parks may make a big difference. This can be achieved by taking a brief walk along the lake, or taking time in the shadow of the trees; this will bring them back to track, enable them to think impartially and put them in a better mood. The natural experience serves as a kind of therapy one that does not need any words it only needs presence.

Local Studies on Green Spaces in Malaysia

Further studies on the role of green spaces in the mental health of urban populations in Malaysia have been increasing in response to the rising urbanization. Hamzah et al. (2024) established that the mental strain is more likely to increase with urban density, and parks are able to mitigate the impact by creating restorative experiences. Likewise, Hussein et al. (2022) proved that urban parks can play a crucial role in the emotional and physical health of the population, especially when other leisure activities might be absent in the community.

Izana and Shobri (2024) ensured that the parks were considered in terms of their suitability to various age categories and the sense of relaxation and healing was most heavily reliant on the impact of the environmental design. Xingrui et al. (2024) have highlighted that parks have positive effects on mental health because they trigger positive feelings with the help of sensory inputs such as natural sound, open air, and plants. Mohamad (2021) also established that parks are social places that promote connection and lessen loneliness among the urban residents.

In Kuala Lumpur case, Nath et al. (2018) emphasized that green spaces enhance emotional stability and build relationship within the community. However, with these powerful results, little is known about the influence of the particular parks like Taman Tasik Titiwangsa on the mental well-being of students. The available research is more inclined to consider general populations or adults, but the specifics of younger populations who cannot overcome the effects of academic pressure and city life are not addressed. This is the gap under which the current research is based.

The green areas in cities are becoming a recognized element of sustainable cities, not only in terms of recreational facilities but also as essential facilities, which facilitate human, environmental and social well-being. In cities with a high rate of urbanization, such as those in Malaysia, the role played by green infrastructure in the general state of living has been pointed out in the recent studies.

The Urban Sustainability of Green Space. An in-depth examination of the planned federal administrative capital of Malaysia, Putrajaya, helps to show how urban green space (UGS) can become a part of sustainable development aims. Based on qualitative research and analysis of documents, a group of researchers discovered that UGS has a multi-dimensional role in environmental, social, and economic spheres of urban life. Green spaces are important to resilient and healthy cities because they help maintain local biodiversity, enhance ecological processes, and improve the quality of air and water (Nurfarhana and Syazwani, 2024). In social terms, parks and landscape increase the interpersonal relationships, foster recreational activities, as well as contribute to the human health and wellbeing. Green spaces may also increase property prices and make cities more attractive, economically, and this is an indication that, besides aesthetic value, it has other socio-economic advantages that can be quantified. This paper validates the fact that strategically designed green facilities are invaluable to the establishment of a not only habitable but also sustainable and resilient long term city.

Through the Putrajaya research, greening in urban areas is not a single intervention but a process which should be applied over time with community involvement, good governance and wise planning. This is consistent with more general areas of sustainable development where green areas are seen as being part of the environmental health and social integration of a city. **Green Space and Well-Being in the Malaysian contexts.** In addition to sustainability research, a number of Malaysian studies demonstrate that the green spaces have a direct impact on the human health and the dynamics of the community. As an example, the article COVID-19: Are Our Green Areas Enough for the Well-being of People has noted that during pandemic lockdowns, the neighbourhood green space became important to mental and emotional health. Access to parks and green space by urban residents had fewer reported feelings of isolation, anxiety, and stress, which is important psychologically to highlight the significance of green infrastructure particularly during times of crisis (Ismail, Rosley and Wan Ibrahim, 2022).

The other aspect of urban green space study in Malaysia focuses on social effects. One of the studies of the green environments in Putrajaya concluded that green spaces encouraged the social cohesion of people, enhanced interpersonal interactions in their families, and provided collective spaces where people of various ages could gather and interact to improve the well-being of their communities (Hamzah Jusoh et al., 2024). Inasmuch as the current research is less concerned with the physical health indicators, it highlights the socio-cultural importance of green spaces in the creation of stronger urban societies, which closely intersects with the statements about mental wellness and emotional support. These Kuwaiti and Malaysian studies combined are representative of a cohesive story: green space is not just a decoration of the city but a support structure of sustainable, healthy and resilient urban natural environments. They also help improve the quality of the environment, they offer physical exercise

and leisure, promote socialization, and they also carry psychological benefits. Meanwhile, studies point out that potential of the green spaces can only be realised when accessible, properly maintained, and included in larger urban planning plans that focus on human and ecological well-being.

Student Mental Wellness Research Implications. The experience of the sustainable development lessons in Putrajaya and the research of well-being during the COVID-19 pandemic will be useful with your emphasis on the Taman Tasik Titiwangsa. Although sustainable urban planning focuses on environmental and socio-economic advantages, it is the human aspect, the way people feel and think about natural environments, which is also important. The green spaces have also been found to alleviate stress, improve mood, and build a sense of belonging, which is particularly applicable to students who have to deal with academic pressure in urban areas. Based on these results, your study can be used to enhance the existing body of knowledge on how urban parks such as Titiwangsa can be used as sources of emotional renewal, mental stability, and everyday psychological reprieve as part of the sustainability and well-being and discourse.

METHODOLOGY

Site Background

Taman Tasik Titiwangsa is situated only northward to the city centre of Kuala Lumpur and is commonly known as one of the most well-regarded urban parks in the city. The park covers about 95 hectares and used to be the former mining ground but was later converted to a big recreational and the green cover where people could enjoy themselves. It is now conveniently placed at its centre, and accessible through the nearby residential neighbourhoods, universities and major roads, it is now a favourite destination amongst students and city residents to take a break and escape the hectic atmosphere of the urban scene.

Taman Tasik Titiwangsa is all about a scenic lake at the center that is bordered by open lawns, mature trees, as well as, shaded paths. The park is equipped with many provisions of jogging and cycling tracks, foot paths, outdoor fitness equipments, playgrounds, and many seating facilities. These areas accommodate diverse activities such as physical activities and socialization as well as solitude and contemplation. The greenery combined with water features and open sceneries make the experience relaxing and enable people to feel calmer and their minds relaxed.



Figure 1: Key Plan of Kuala Lumpur
Source: Satellite Imaginary from Google Earth (2025)

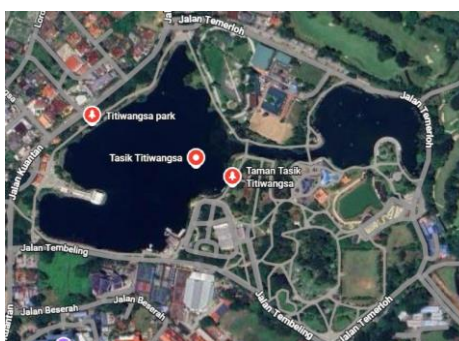


Figure 2: Location Plan of Taman Tasik Titiwangsa
Source: Satellite Imaginary from Google Earth (2025)

Design of Research

The methodology flowchart presents the general steps in this research that will explain how Taman Tasik Titiwangsa contributes to the mental wellness of the students. The study begins by identifying Taman Tasik Titiwangsa as the research area as the park is a common urban park that also contains natural features that could be effective in reducing stress. The collection of data will be through three methods including questionnaires, interviews, and observations. The data on visitors is collected through questionnaires where basic data is collected on visitors and their activities in the park and the impacts of the park on their stress and emotion. The interviews will enable the students to give their personal opinions and experiences of their time in the park. The observations are done in the field where the visitor is observed to view the usage of various parts of the park and what the visitors are involved in.

The results of surveys, interviews and observations are analysed and integrated after data collection. This assists the research to know the general trends and individual experiences. Lastly, the results are applied in explaining the role of the park setting in the restoration of emotions and mental health of students.

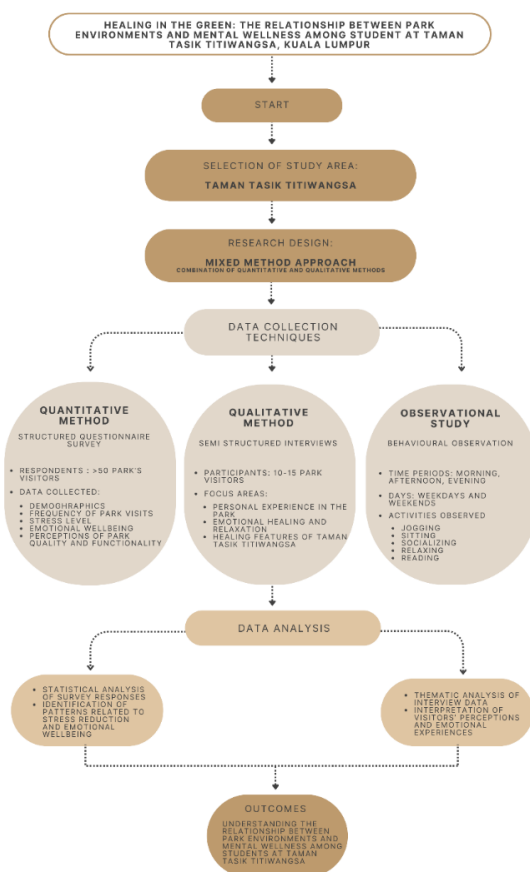


Figure 3: Diagram of methodology flowchart,
Source: Author (2026)

Data and Analysis

Site Observation

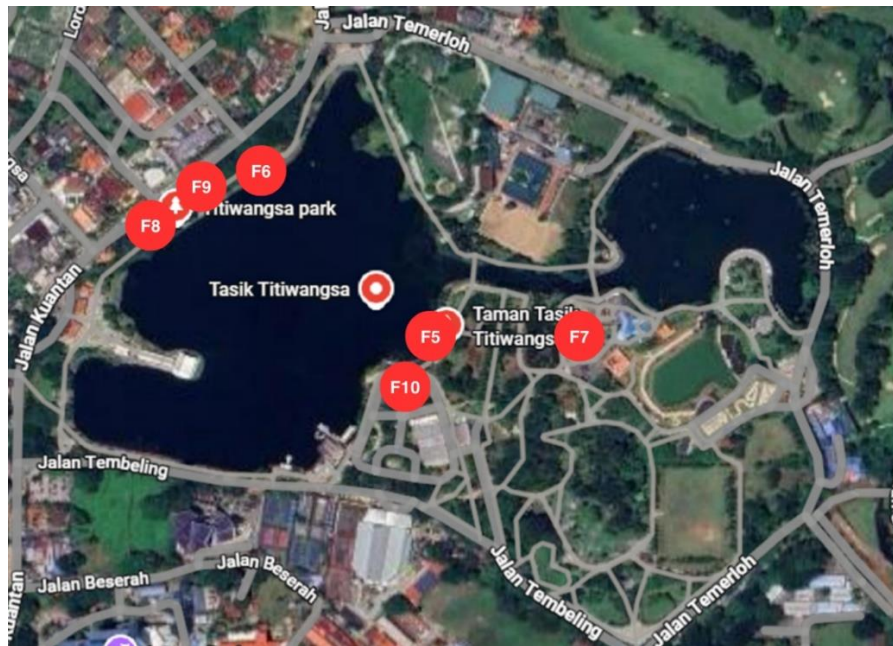


Figure 4: illustrates the mapping of key study sites within Taman Tasik Titiwangsa



Figure 5



Figure 6



Figure 7



Figure 8



Figure 9
Source: Author (2026)



Figure 10

On-site observation was conducted at Taman Tasik Titiwangsa to know how the physical environment of the park facilitates the mental well-being of the users. It has a rich vegetation, old trees and shaded paths, which make the park very serene and refreshing, as compared to the surrounding urban environment. In the case of observation, older and younger visitors were observed to engage in activities like walking, riding bicycles, resting, and spending time with their relatives, suggesting that the park is an accessible and friendly community environment. Scheduling of seating space, cycling paths, play grounds and open spaces promote recreation, both active and passive and the users are given choice of how to engage with the environment. The water features in the park also contribute to the sensory experience since they offer visual and psychological relief, which can help to relieve stress and encourage relaxation. The overall spatial layout and nature-related features and amenities noticed on the site reveal the significance of the Taman Tasik Titiwangsa as a therapeutic green area that is beneficial in the status of the mental health in the urban environment.

RESULT AND FINDING

Table 1.0 Demographic Profile

Distribution	(n)	%
Overall Participant	44	100%
Gender		
Male	16	36.4%
Female	28	63.6%
Age Group		
Under 18	4	9.1%
18-24	17	38.6%
25-34	15	34.1%
35-44	8	18.2%
45-54	0	0%
55 and above	0	0%
Occupation		
Student	17	38.6%
Employed	17	38.6%
Self-employed	8	18.2%
Unemployed	2	4.5%
Retired	0	0%
Frequency of Visit		
Daily	2	4.5%
Several times a week	7	15.9%
Once a week	9	20.5%
A few times a month	19	43.2%
Rarely	7	15.9%
Activities (Tick all that apply)		
Walking	32	72.7%
Jogging	24	54.5%
Sitting/Relaxing	24	54.5%
Socializing	15	34.1%
Exercising	15	34.1%
Reading	6	13.6%

The number of key indicators assessing the perception of the visitors towards the park was fifteen, measured in three general groups, and the results show that the impact of the park on the well-being of the visitors is overwhelmingly positive. In accordance with the 44 answers obtained, the main advantage of going to Taman Tasik Titiwangsa is the fact that it helps to feel a strong connection with natural surroundings. Greater majority of the respondents (more than 85) said they feel more relaxed and emotionally refreshed when in the presence of the greenery and water features that the park has. This relationship to nature is also demonstrated by the fact that almost 93% of the visitors stated that the natural scenery makes their overall mood better, and many of them specifically point out the park as an essential place to forget about the academic or personal stress in the short term.

The survey responses also suggest that the park is one of the most important resources in terms of psychological and emotional health. The bulk of the participants about 86% have reported that visiting the park directly assists in alleviating the sense of stress or anxiety. These statistics indicate that the exercise of walking or even sitting by the lake is a restorative factor since almost 89% of the respondents believed that these activities make their minds clearer and they feel calmer. The emotional boost seems to be lasting, since about 79% of the visitors expressed having felt better and more inspired even when they were no longer on-premises of the park. Moreover, the Taman Tasik Titiwangsa physical layout and design is viewed as a vital part of healing space. The layout and design of the park was also cited as the favorite aspect of the park by the majority of respondents 84% who liked how well the water and the green scenery were blended with open spaces. Interestingly, the park continues to retain its therapeutic value even on peak times because, 63% of the visitors continue to find the environment peaceful even when there are crowds. Generally speaking, the results imply that the opinions of the community on the idea that the park is an essential factor that promotes mental health are strongly positive, and the overwhelming majority of participants consider it an essential city resource in terms of emotional stability.

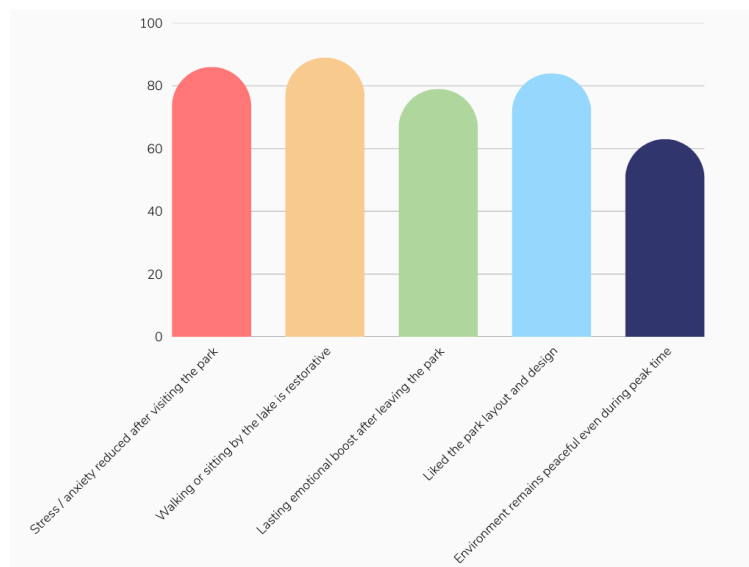


Figure 10: Bar Graph showing the percentage of respondents who reported positive mental and emotional benefits from visiting Taman Tasik Titiwangsa

Source: Author (2026)

Recommendation

The highly favorable response on the healing power of Taman Tasik Titiwangsa is overwhelming hence based on that, there are a few suggestions to improve on the effectiveness of Taman Tasik Titiwangsa as a healing urban sanctuary. To begin with, since 84.1% of the people who responded indicated that sitting or walking by the lake would clear their mind, the management should aim at increasing the number of contemplate seating benches facing the water and are shaded with natural trees to get the maximum benefit of this psychological comfort.

Secondly, the park is considered to be a place of healing but the data indicated that there was a slight deviation of perceived peacefulness at the peak times. To this end, there should be an implementation of "Zoning Strategies" which will segregate the high-energy activities (such as cycling or group exercises) and the Quiet Zones that should be dedicated to meditation and relaxation. Additionally, since 81.8% of visitors have reported becoming more positive and motivated after their visit, local health authorities should take into account the so-call Green Prescribing programs, where the park will become formally part of the community wellness programs to manage stress. Lastly, one should keep in mind the maintenance of the so-called blue-green infrastructure; the layout of the park is its greatest asset and any further development should not be allowed to be covered by commercial buildings that will steal what 88.6% of respondents of the participants described as a combination of water, greenery and open space.

CONCLUSION

In conclusion, this paper affirms that Taman Tasik Titiwangsa is a very important healing urban space that contributes to mental health, especially among students and urban dwellers who go through the stresses of urban living. The results indicate the positive and significant correlation between the exposure to the natural environment of the park and the enhancement of emotional balance, stress reduction, and cognitive clarity. The vast majority of the respondents stated that they felt less stressed and agitated and felt emotionally renewed after visiting the park, which indicated the restorative quality of daily experiences with green and blue objects.

The outcomes also suggest that water features, open green spaces, and shades are some of the most powerful environmental qualities that lead to psychological recovery. Walking, sitting by the lake, and silent relaxation activities were also found to be particularly beneficial in assisting the visitors to momentarily forget about the academic and personal stressors. These findings are highly in line with the postulates of the Attention Restoration Theory (ART) and Stress Recovery Theory (SRT), which offer their explanation of why natural environments are able to improve mental restoration and emotional regulation.

Furthermore, the paper emphasizes the fact that careful park design and structure improves the therapeutic experience, even in a dense urban environment. The combination of blue-green infrastructure, accessibility and spatial openness help the Taman Tasik Titiwangsa to serve as not only a recreational field, but also as a vital part of an urban mental health infrastructure. Although at times the park gets overcrowded, most of the visitors find the park to be a source of tranquillity and inspiration. To sum up, this study indicates the significance of maintaining and improving green spaces in cities as sustainable cities planning. To a great extent, urban parks such as Taman Tasik Titiwangsa must not be appreciated only in terms of their environmental and recreational utility, but also in terms of their importance in enhancing emotional well-being, psychological stability and quality of life. The results

provide implications on the need to design and sustain healing spaces to meet the psychological needs of the increasing urban population by urban planners, landscape designers, and policymakers.

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