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Green Space Exposure and Mental Well-Being Among Hutan Bandar MBIP, Mutiara Rini Visitors

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I. INTRODUCTION

Mental health and well-being are frequently discussed topics today. Many people experience mental health and well-being issues arising from factors such as the COVID-19 pandemic, the integration of and adaptation to new technologies, and social and economic pressures. In response to this concern, studies have shown that green spaces are widely associated with psychological well-being, particularly through their capacity to reduce stress and promote positive mood and well-being [1][2]. Therefore, a better understanding of the correlates of green space exposure and mental well-being among people is needed. Recognising this situation, the present study aims to investigate the relationship between green space exposure and mental well-being among recreational visitors. By exploring this relationship, the research aims to inform targeted interventions that support healthy behaviour in a unique environment.

II. METHODS

A quantitative, cross-sectional survey design was employed in this study. A total of 384 responses were collected using convenience sampling, targeting adult park visitors aged 18 years and above at Hutan Bandar MBIP, Mutiara Rini. Data collection was conducted through a self-administered QR-code online questionnaire distributed on-site during peak weekend hours. The instrument comprised a demographic section, a green space exposure inventory [3], and the validated 14-item Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) to measure positive mental health [4]. Data were analysed using SPSS version 26. Descriptive statistics were used to profile the respondents and determine baseline exposure levels, while Pearson product-moment correlation was applied to test the relationship between the exposure variables (frequency and duration) and the dependent variable (psychological well-being) at a significance level of $p < 0.05$.

III. RESULTS AND DISCUSSION

The demographic profile showed a strong predominance of working adults, with 79.7% of the

384 respondents being employed. Regarding exposure patterns, 31.8% of visitors frequented the park "once or more per week", and the average visit duration was notably high at 166.7 minutes. The WEMWBS instrument demonstrated excellent internal reliability ($\alpha = 0.915$). Respondents exhibited a moderate-to-high level of positive mental health, with a total mean score of 55.89 out of 70.

The Pearson correlation analysis yielded a significant, moderate positive relationship between the frequency of park visits and mental well-being ($r = 0.446$, $p < 0.001$). This finding supports the hypothesis that regular interactions with nature contribute to cumulative resilience against mental health issues. For urban residents in Johor, the habit of visiting the park, whether daily or weekly, appears to strengthen resilience against stress. This consistency likely fosters a sense of routine and predictability, which are key components of emotional stability.

Conversely, no significant relationship was found between visit duration and mental well-being ($r = -0.010$, $p = 0.847$). For this specific demographic of Malaysian working adults, the consistency of nature exposure, reflected by the habit of visiting, was more strongly associated with psychological well-being than the intensity of exposure, reflected by length of stay.

IV. CONCLUSIONS

This study concludes that in high-density and high-stress urban environments, habitual interaction with nature is more important for psychological sustainability than prolonged visits. Consequently, local councils and urban planners should prioritise accessibility enhancements, such as improved lighting and pedestrian pathways, to encourage daily, routine park use rather than focusing solely on weekend leisure tourism amenities.

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