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The Psychological Effects of Park Therapy Components on Campus Landscape Preferences

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ABSTRACT



COVID-19 has doubled the prevalence of mental health problems among young adults. In Indonesia, it extends the vulnerability of families, increases economic uncertainty, interrupts food security, and affects psychological well-being. Accordingly, this research examined the correlation between psychological effects and preferred landscape elements. Experiments were conducted in a campus park, arboretum, and a road. Participants captured attractive views during the walk using the Visitor-Employed Photography method and evaluated psychological effects using the Profile of Mood States (POMS) and the State-Trait Anxiety Inventory (STAI) pre-and post-walking. Google Cloud Vision API was used to get the image annotation keywords. The results indicated a correlation between psychological effects and preferred landscape elements. Park therapy components, including plant, flower, and sky, were negatively correlated with negative moods and anxiety levels. These findings presented scientific evidence for the psychological relaxation outcome of walking and prominent components of park therapy to support therapeutic campus greenspace planning.

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1. Introduction

The COVID-19 global pandemic impacted Indonesia in the early 2020s, where health and human services and agriculture growth have emerged. In contrast, information and communication, as well as utilities, had the highest growth rates (Asian Development Bank, 2022). The mental health of youth (15-24 years) has deteriorated significantly in the past couple of years. In most countries, mental health problems have become twice as prevalent among this age group as they were in the past due to the COVID-19 pandemic, such as

depression and anxiety symptoms. Many factors contribute to mental health deterioration, including disruptions in healthcare services, school closings, and a job market crisis that disproportionately affects young people (OECD, 2021). According to a study on family resilience during the COVID-19 outbreak in Indonesia, respondents were

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