

Analysing Restorativeness in Leppävaara Urban Parks

Urban Experience D

Final Presentation - 22.02.2022

Group 2

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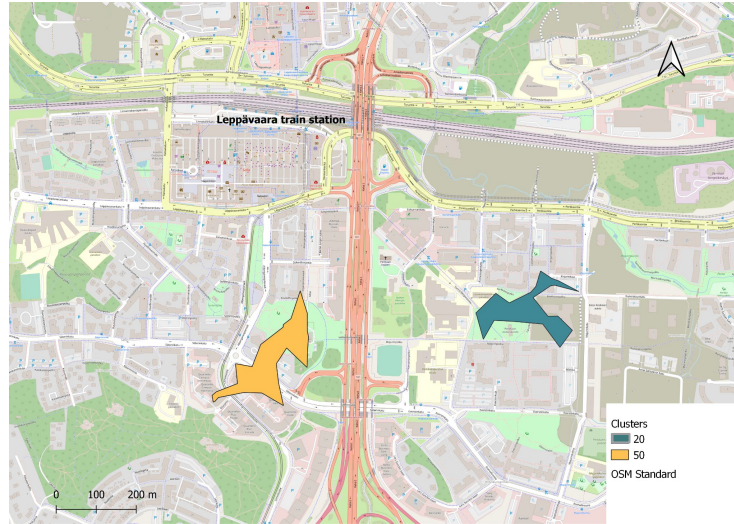
Stevens, Emily



Chosen places

Kartanonpuisto (50)

- Alberg's manor
- Playground
- The park is surrounded by apartments and office buildings
- It is exposed to Leppävaarantie
- 850 m from Leppävaara train station



Perkkaanpuisto (20)

- A meeting place for children under school age as well as their parents
- Organized activities for children
- Strives to bring people together.
- Newly renovated (2021) playground that is versatile and modern.
- 1 km from Leppävaara train station.

Research questions

1. Who are the people spending time in the parks and what are the purposes they do so?
2. What in the built environment contributes to making the parks restorative places?
3. What could be improved to further boost restorativeness?

Methods

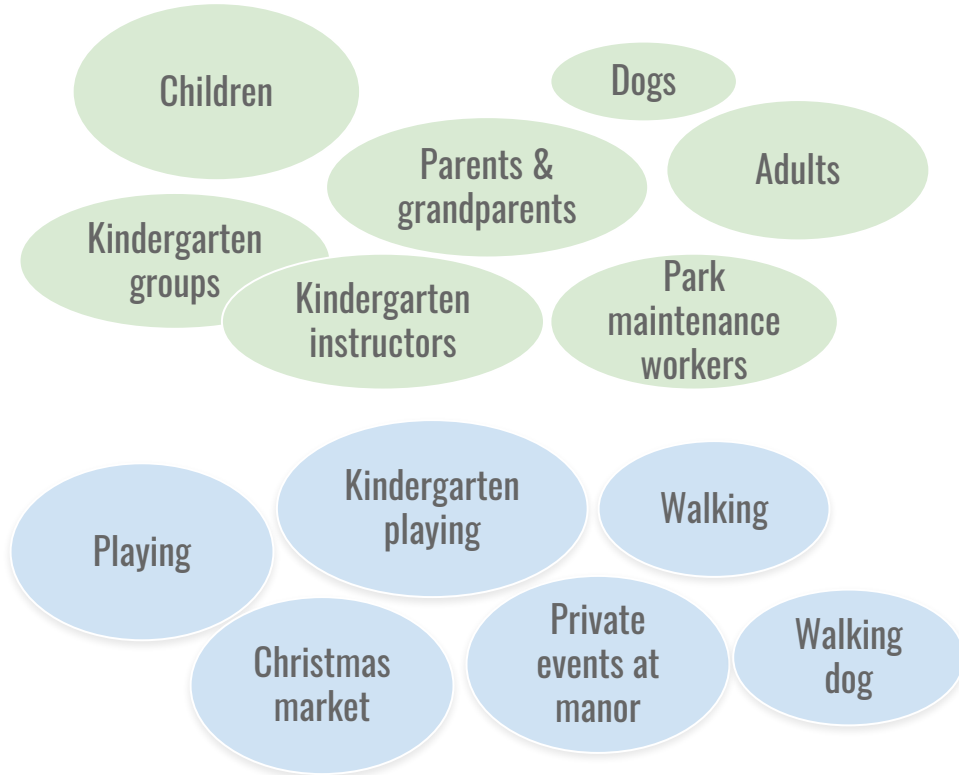
- Observations
- Analysis of the Excel data and mapping respondents homes
- Analysis of Google reviews
- Using Kaplan's Attention Restoration Theory (ART)



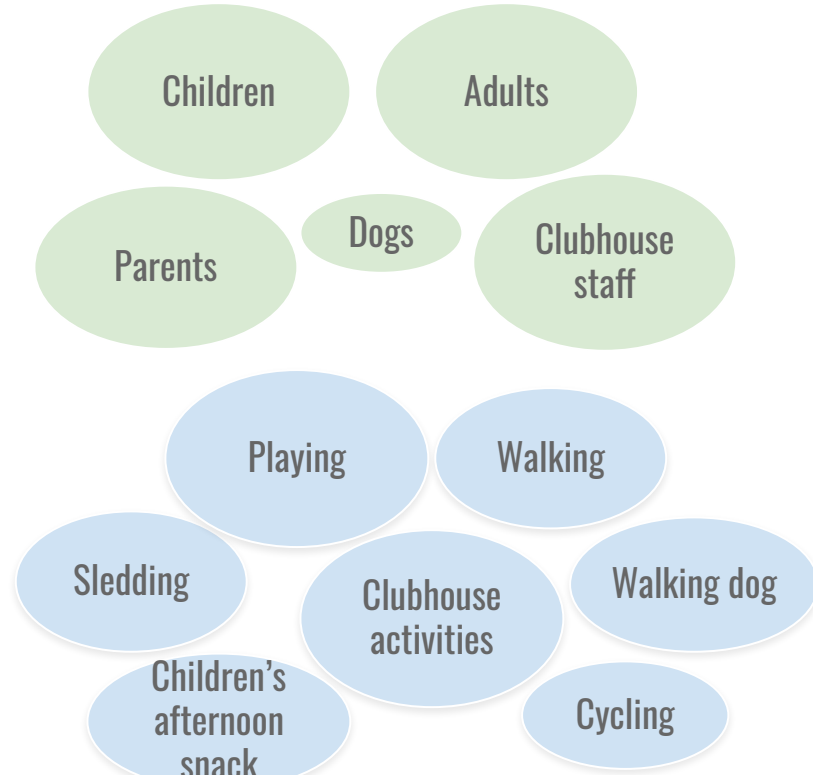
Findings

1. Who are the people spending time in the parks and what are the purposes they do so?

Kartanonpuisto



Perkkaanpuisto



2. What in the built environment contributes to making the parks restorative places?

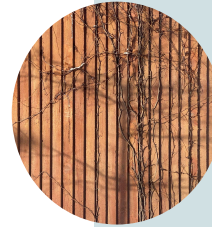
Coherence



Being Away



Compatibility



Fascination



Compatibility



Coherence



Non-restorative

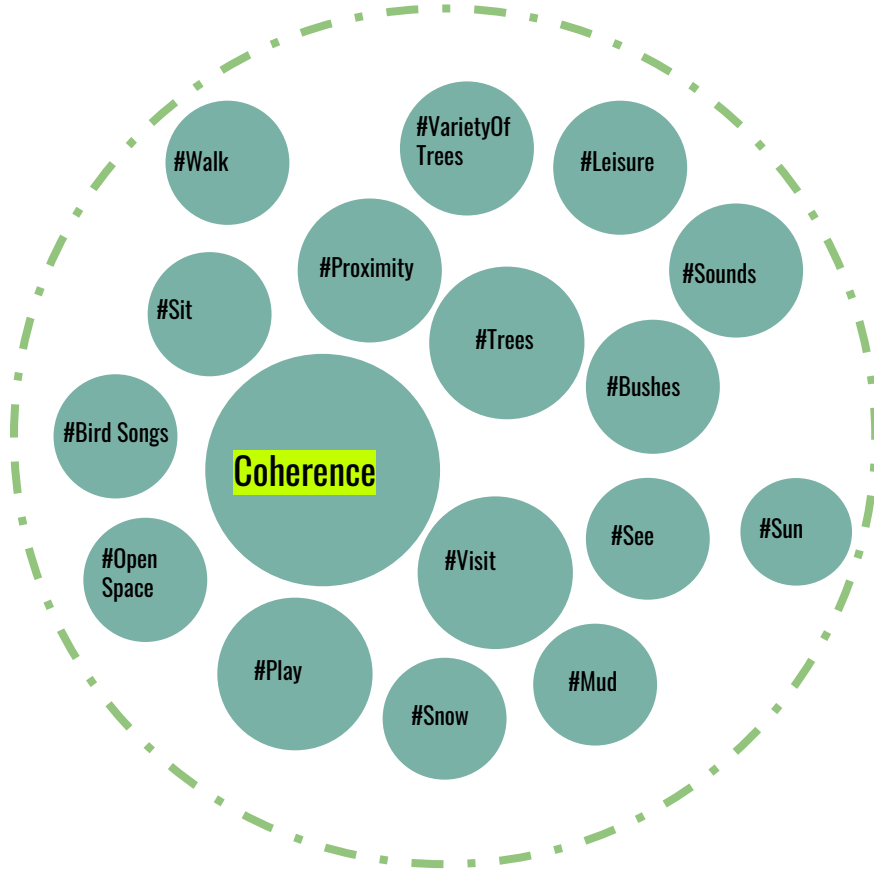


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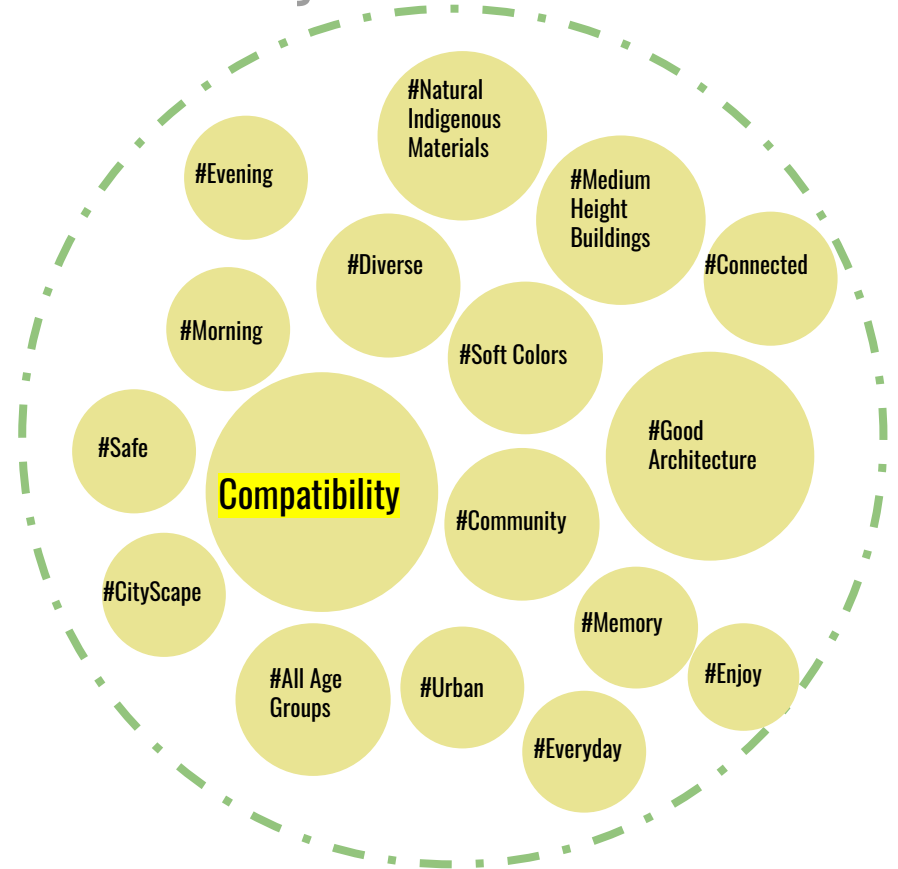
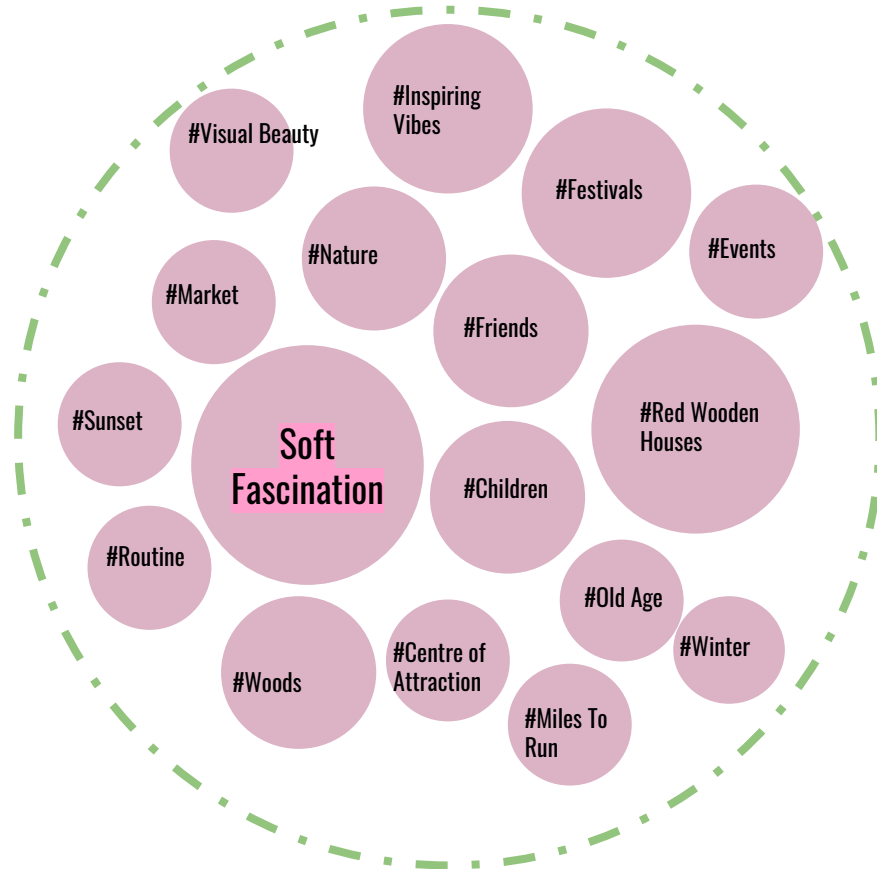
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Attention Restoration Theory



2. What in the built environment contributes to making the parks restorative places?

Attention Restoration Theory



Findings / Kartanonpuisto

3. What could be improved to further boost restorativeness?

Adding more Fascination and Multi-sensoriality

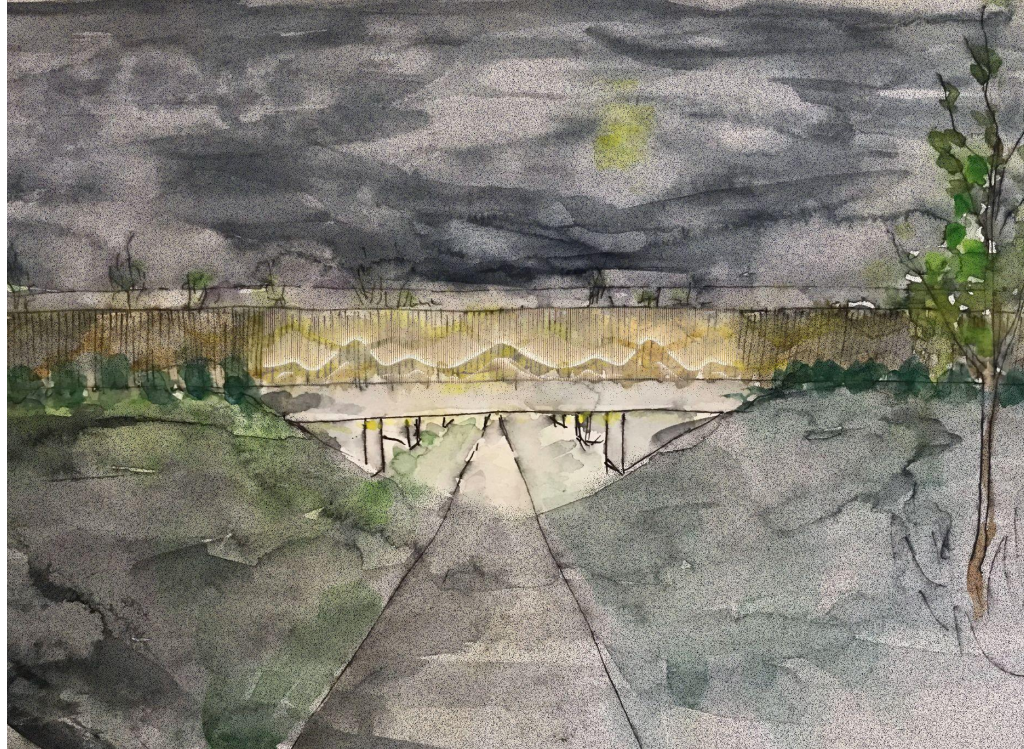
Fixing noisiness and increasing perceived safety



Decoration on the stone



Plants on the wall



Natural scenerly



Use of light

Findings / Perkkapuisto

3. What could be improved to further boost restorativeness?

Adding more Fascination and Compatibility

Fixing windiness



Wind protection



Animal figures



Guiding the eye



On site seating

Sources

Nordh, H. et al. (2009) Components of small urban parks that predict the possibility for restoration. *Urban forestry & urban greening*. [Online] 8 (4), 225–235.

Weber, A. M. & Trojan, J. (2020) The Restorative Value of the Urban Environment: A Systematic Review of the Existing Literature. *Environmental health insights*. [Online] 12 (1), 1178630218812805–1178630218812805.

Zhang, T. et al. (2019) Restorative Effects of Multi-Sensory Perception in Urban Green Space: A Case Study of Urban Park in Guangzhou, China. *International journal of environmental research and public health*. [Online] 16 (24), 4943–.

Interesting empirical studies related to ART!

Laumann, K. et al. (2001) RATING SCALE MEASURES OF RESTORATIVE COMPONENTS OF ENVIRONMENTS. *Journal of environmental psychology*. [Online] 21 (1), 31–44.

Hartig, T. et al. (1997) A measure of restorative quality in environments. *Scandinavian housing and planning research*. [Online] 14 (4), 175–194.

Thank you! Ready for questions :)

