



Photo: Unplash, Marius Gerome

Restorative Environments

24.1.2023

SPT-E5020

Marketta Kyttä

Main source:

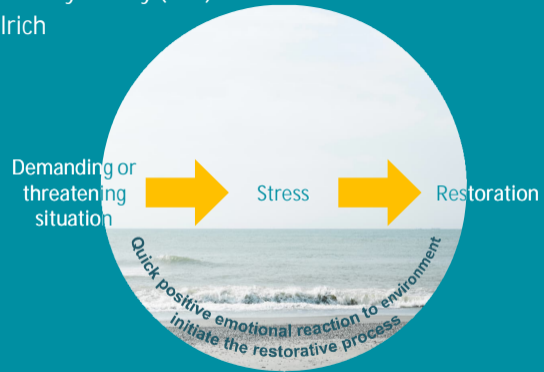
Joye, Y. van der Berg, A. (2019) Restorative Environments. In Steg. L. & : de Groot, J.I.M. Environmental Psychology: An Introduction. Wiley.



Photo: Unplash

Stress recovery theory (SRT)

Roger Ulrich



Two main theories

about the ways certain environments promote psychological or physiological recovery process

Attention restoration theory (ART)

Kaplan & Kaplan





Photo: Unplash/ Mungui Kim

According to Attention Restoration Theory (ART)

environment promote recovery process when human-
environment relationship is characterized by these
qualities:

1. Fascination
2. Extent
3. Being away
4. Compatibility



Photo: Unplash/ Nika Akin

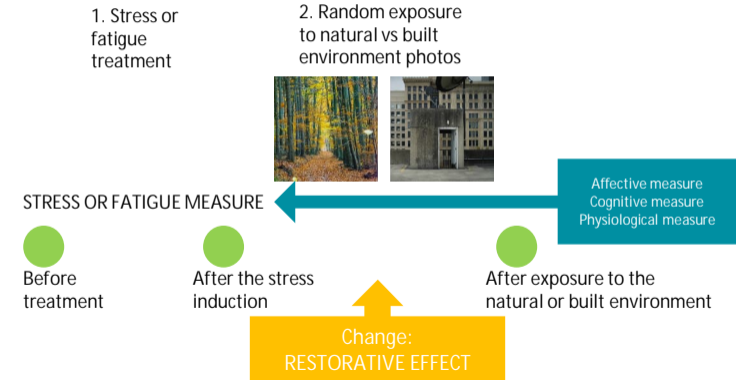
Measuring the perceived restorative potential of environments

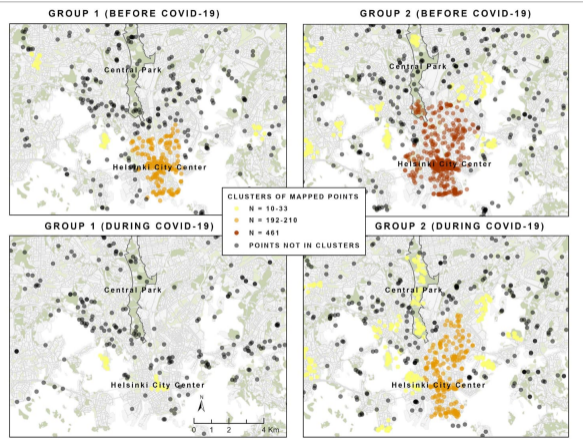
An operationalization of Attention Restoration Theory:

Perceived restorativeness scale (PRS) (Hartig, Korpela, Evans & Gärling, 1996, 1997)

- My attention is drawn to many interesting things
→ Fascination
- There is much going on
→ Extent/ coherence
- Spending time here gives me a break from my day-to-day routine
→ Being away
- I can do things I like here
→ Compatibility

Experimental paradigm in restorative environments research





How green area use changed before vs during COVID?

Korpilo, S. Kajosaari, A. Rinne, T. Hasanzadeh, K. Raymond, C. & Kyttä, M. (2021) Coping With Crisis: Green Space Use in Helsinki Before and During the COVID-19 Pandemic. *Frontiers in Sustainable Cities*, Vol 3, article 7.

COVID NEW WAYS OF USING GREEN AREAS

How the urban dwellers of four Nordic cities used green areas during COVID?

Fagerholm, N. Samuelsson, K. Eilola, S. et. al. (2023) Analysis of pandemic outdoor recreation and green infrastructure in Nordic cities to enhance urban resilience. Accepted to be published in *npj Urban Sustainability*.



Helsinki



Stockholm



Turku



5
Copenhagen



How about instorative environments?

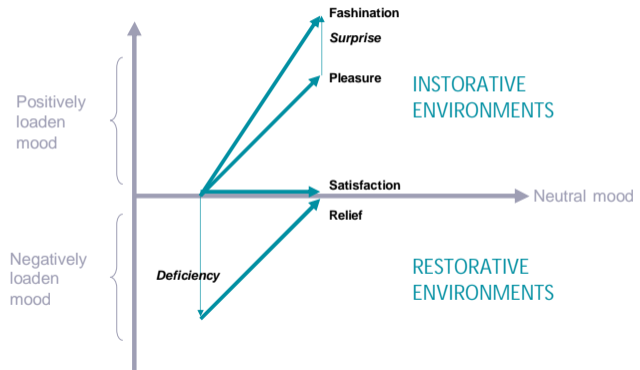




Photo: Unplash/ Patrick Baum and M.R.

Can also built environment settings can be restorative?

