

Impact of Urban Greenery on Stress and Mood among Young Adults in Pakistan

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Abstract

The present study aimed to investigate the impact of Urban Greenery on stress and mood among young adults. Studies also shows that green spaces play important part in reducing stress and negative mood. For this purpose, sample of (N=200), both males (N=100) and females (N=100) aged 20 to 39 were taken by convenient sampling technique from Rawalpindi and Islamabad. Urdu translated version of two selfreported inventories was used Depression, Anxiety, Stress Scale developed by Lovibond and Lovibond in 1995 and for measuring Mood, positive affect and negative affect schedule was used developed by Watson, Clark and Tellengen in 1988. It was proposed that greenery leads to positive mood and stress leads to negative mood. In addition it was also proposed that gender differences will exists, males scores high on positive mood instead of females. For the manipulation of data thus gathered; Pearson Product Moment Correlational Analysis was employed, that revealed a strong association and significant positive correlation among the study variables. Linear regression analysis. Independent Sample T-Test was conducted for additional analyses on demographic variables including gender, frequency to visit, time spend in urban greenery, which yielded significant relation to the study variables. ANOVA of time spend in urban greenery shows insignificant relation to the study while ANOVA analysis of frequency to visit urban greenery shows significant differences relation to the study. Statistically significant difference exists between the ratings of both cities people responses. Hypotheses were accepted and it was proved that the greenery impact the mood of people and gender differences exists (Males were scores high on positive mood than females).

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Biography

Saba Zer Naz Hafsa is currently working as a Lecturer at Department of Applied Psychology, Riphah International University, Almizan Campus, Pakistan. She holds MPhil Psychology degree and currently pursuing Doctorate of Philosophy in Psychology at National University of Modern Languages, Islamabad, Pakistan. She has four years and ten months experience in teaching and research in education sector. She has four research articles published on different topics. She has also participated

in national and international conferences. She along with her students have been presented oral papers and posters in conferences held at Foundation University Rawalpindi Campus and Riphah International University, Lahore Campus, National and International Conferences held at National Institute of Psychology, Islamabad, Pakistan on topics of psychology like depression, Burnout, Spiritual Intelligence. She also had experience regarding session moderation in conference held at Lahore. Saba is a passionate Researcher.