

# **A study on the psychological aspect on Community Garden Design**

A dissertation by

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## Chapter 1: Introduction

Community Gardens are plots of land, typically in a city or a densely populated areas used by individuals or families.

Community gardens can be created on public or private lands where the people can grow fruits, vegetables, flowers, herbs and many more organic items. The community gardens exist in various forms and can be located in the proximity of neighbourhood, balconies, rooftops and backyards. These gardens provide fresh products and plants and also create a source of connection between the environment and human.

Nowadays a new wave of community gardens has been observed globally and this is correlated to multiple crisis we are facing currently as such ecological crisis, climate change and new sanitary crisis. Community gardens contribute to Urban agriculture movement and the requested from citizens for more community gardens have been surging in recent times.

Community gardens have experienced three waves of major development coincided with the industrial revolution and rapid urbanization process in Europe and North America.

In Australia the event of the community gardens was initiated by Victoria within the mid to mid in late 1970's.

As per Grayson 2000 it began in the suburb of Nun wadding and later with development of inner-city Collingwood children farm and the suburban Brunswick city farm, community garden which were developed by state government on number of public housing estate.



India is an agriculturally based country and farming is linked to each one of us. Due to rising health issues in the city the current trends followed are to promote farming by encouraging community gardens that act as healthy recreational spaces along with source of organic vegetables and sustainable development of the city.

Community gardens also play an important role with psychological aspect.

The financial and health burdens of stress associated with increased urbanization have led to a demand for mental health enhancement strategies. The present study examined the relationship between community gardens and number of mental health benefits.

Out of the various solutions to promote the wellbeing of individuals and the community alike, the concept of Community Gardens was introduced in the western countries. The concept is well appreciated and benefits the community.

community gardens are an essential means to reconnect the people today with the nature and mental wellbeing of an individual.

community garden spaces are essential for the physical social and mental health and hence appropriate directions and approach may be made during city planning and detailed planning to help the community to achieve a healthier lifestyle



“ Gardening is the work of a Lifetime : You Never Finsih ”

- Oscar De La renta

Aim: The end of this paper is to explore the generalities of community auditoriums, its multi-dimensional benefits to the civic people, the issues and ways to promote community auditoriums in India

Objective : The objective is to conduct an expansive literature study of community gardens designs. The study shall help in understanding the benefits of similar community gardens in metropolises. Many case studies explore the rudiments and ways to organize the gardens and its feasibility in Indian environment.

It is also to understand the role of the community gardens, the elements and models to organize such gardens and the tangible and intangible benefits the community can achieve after successfully organizing such gardens

“A Garden is a public service and having one a public duty. It is a man’s contribution to the community.”

-Richardson Wright

## **CHAPTER 2: Literature Reviews**

(Victoria Egli, 2016) This article states that there are many benefits to wellbeing from community garden participation.

The benefits can be grouped into factors influencing the nutritional health environment and factors influencing the social environment which can be used, adapted, and developed by community groups, health promoters, government agencies, and health departments.

Hence, clear participation in community gardens with combined community cohesion, urban beautification, ownership and pride contribute to overall wellbeing.

(Lee, 2021) It is necessary to promote a sense of community gardens among residents with programs such as customized horticulture. The study revealed that the horticulture activities have physical and mental therapeutic effects by integrating sensation and perception while performing physical functions based on basic sensorimotor experience.

Therefore, a customized horticultural program using community garden can help the people with sense of community and also reduces stress.

(Anna Gregis, 2021) The article deals with that community gardens may be a viable strategy for health promotion in terms of physical, social, and psychological dimensions and it may be considered a complementary urban strategy to promote urban public health involving citizens in an engaging activity may enforce processes of community building with result of strengthened social ties.

(Tarsila Lampert, 2021) Accordingly, community gardens are associated to health gains for their users irrespective of age being an affordable and efficient way of promoting physical and mental health and wellbeing to encourage the design maintenance and prospective evaluation of support urban environments promoting healthy and at the same time sustainable lifestyles which is essential to achieve public health gains and environment sustainability.

(Xiaoying Ding, 2020) The different design factors and social factors on the formation of social capital and compared their relative importance. The results indicate that shorter commuting distance, larger planting size, open garden boundary, suitable planting form, appropriate and non-productive landscape proportion and agricultural infrastructure configuration are the key design factors for community gardens.

Hence the study helps people to understand the relationship between different social factors and social capitals.

(Francesco Sottile, 17 february 2021)The aim of the study was to systematically review the available community garden designs with the magnitude phenomenon, the geographical distribution and main characteristics in terms of health outcomes and target populations.

Hence they have viable strategies for well being promotion in terms of psychological, social, and physical health.

(Jonathan Kingsley, 2019)The community gardens allow a diverse population to come together to practice something the people are mutually interested in and in a meaningful way to enhance social ties, leadership, strengthen communities and promote better health by deepening the reciprocity between neighbours.

(Eleanor Quested, 27 september 2018)In the article, we take into consideration mechanisms through which community activities, especially community gardens, could contribute to individual and network well-being. Our observation suggests that whilst a lawn is embedded inside the network, it could support the desires for autonomy, competence, and relatedness, and that these satisfactions may also in turn make contributions to the sustainability of garden initiatives. The pleasure of these fundamental wishes can also empower individuals and groups, thereby placing the degree for greater resilient communities that are higher capable of address alternate and adversities (such as monetary downturns and spells of crime), some other important characteristic of relatively functioning, flourishing groups

(Dillon, 16 september 2020)Community gardening has been proposed as a way to foster good health and well-being by furthering resilience on three levels (individual, social, and natural environment), strengthening social resilience, and motivating the execution of other neighbourhood improvements, particularly in deprived areas. These novel results indicate some potential for benefits in urban environments, specifically in terms of subjective well-being and resilience. These findings have implications for future research in psychotherapy, psychological state, promotion, and policy

(Koay, 2017 )the study is to examine the relationship between community gardening and a number of mental health benefits, in the forms of subjective well-being, stress and resilience as well as the respective resilience factors, along with consideration of the potential contribution of physical activity, connection to nature, gardening experience, or social elements, or the combination of all.

(Rodale, 1987)People passing internal health issues and associated injuries may have difficulty achieving their well-being pretensions. Socio-profitable circumstances can challenge their attempts

to sustain group connections and share meaningfully in the community, which can affect social addition and well-being

(Smyth, 2011) Interactions with the natural environment, especially gardening, have long been related to well-being. Research on community garden participation has shown that it facilitates community and individual well-being, offering restorative benefits that enhance health and well-being for people with psychological state issues. Community gardening refers to social and physical activities that individuals do to take care of and manage the development of plants in a publicly accessible green space

(Okvat, 2011) Community gardening may be a popular and inexpensive occupation that occupational therapists can use to facilitate clients' well-being. Presently, there's limited evidence to support this intervention for people living with mental health issues. The aim of this paper is to present community-based participatory research (CBPR) that demonstrated the impact of facilitated community gardening programming on the subjective well-being and social connectedness of people living with mental health issues.

(Hammell, 2012) situated well-being as an occupational right, and that they proposed a definition that included contentment with one's health, a sense of belonging to some thing or group, opportunities for participation in meaningful occupations, and hope. Their definition aligns with evidence-based frameworks wherein recovery is conceptualized as a journey encompassing: connectedness, hope and optimism about the longer term, identity, meaning in life, and empowerment

(Kaplan, 2011) The aspects of natural surroundings that are plant to contribute to well-being include the following "softduende" that allow the mind to drift and be restored; comprehensibility of the setting wherein a person feels able and wants to share; diversity of stimulants that encourage disquisition; and a balance between impenetrability and riddle

(Masashi Soga, Kevin J Gaston, March 2017) The government and health organisations should regard gardening to be a beneficial health intervention, and people should be encouraged to exercise regularly in gardens. In order to achieve the same, policymakers should create more opportunity and motivation for people to engage in gardening activities. Gardens are easily accessible spaces for all types of people, including children, the elderly, and people with disabilities.

(Anna Gregis , Chiara Ghisalberti , 17 february 2021)The current study looks to be the first comprehensive examination of whether community gardens improve people's health and well-being. Despite these differences, our data show that community gardening is becoming more popular as a technique for enhancing health and well-being outcomes among a variety of age groups, geographic areas, and target populations.

Overall, community gardens may be a viable health promotion strategy in terms of physical, social, and psychological dimensions, as well as a complementary urban strategy for promoting public health in cities.

(Carrie Draper & Darcy Freedman, 1 december 2010)accordingly, With high unemployment, rising food insecurity, and an ever-increasing prevalence of obesity , community gardens have the ability to make a difference.

at the same time, relieve many societal evils while highlighting community assets Current research is encouraging and helps in learning about the advantages, goals, and motivations involved with community gardening which helps in mental social and economic wellbeing.

(Susan Thompson, Linda Corkery and Bruce Judd, 2007)This article states that Active participants in community gardens reap tremendous physical and psychological advantages. These outcomes include outdoor activity, which promotes and maintains good health and can help to alleviate depression. Because fresh produce is readily available, a more nutritional diet is both affordable and convenient.

(Michaels, April 2013)a lot of information about community gardening and the effect of nature on mental health The activities that occur within and around community gardens are studied by a variety of disciplines, as they apply to a wide range of research and interest topics. The author has gained a better understanding of the roots, origins, and functions that community gardens play in the lives of various individuals and communities as a result of this experience. process with a better awareness of gardens' importance and possible role in promoting health and healing.

(Pit, 27 febraury 2014) as per the study , addressing the role of action in therapeutic place experiences, a new idea of therapeutic place experiences has emerged. According to research, certain actions in community gardening are therapeutic and exhibit flow qualities, but people who have little control over their community gardening are less likely to benefit from flow since their sense of control is reduced.

(Tsuyoshi Okayama ,Atsushi Toyoda ,Hikari Shimonishi and Seiichi Sasaki , 5 january 2017)When compared to those without mental disabilities, people with mental disabilities had higher levels of physical stress after participating in community garden activities. They assist patients with mental illnesses to boost their self-esteem while also encouraging physical activity. In terms of physical health, activities that community gardens may provide can help people with mental disabilities avoid health concerns like overweight and obesity.

(Harris, 4 january 2014)Community gardens offer social and environmental benefits by breaking down barriers between people, increasing socialising, improving exercise and nutrition, and providing mental tranquilly. People are leading healthier lives as a result of the increase in community gardens, as they consume non-imported items such as vegetables and fruits.

(Ziller, 9 january 2011)People nowadays suffer from despair, trauma, anxiety, and a variety of other ups and downs, but activities such as community gardening help them reconnect with the environment and decrease stress. It enhances mood and immunity while increasing social contacts and allowing you to participate in activities.

(Katherine Alaimo, Alyssa W. Beavers & Jill S. Litt, 2016)A framework for analysing the relationship between community garden participation and the various emotional, social, and health effects that gardens and participation have. There is existing empirical research linking community gardens to health habits such as physical exercise and diet, as well as long-term chronic illness outcomes. Individual, social, emotional, and environmental processes; health behaviours such as nutrition and physical exercise; and health outcomes such as self-rated health, obesity, and mental health are all influenced by participation in community gardens.

(H.P. Hynes, G. HoweH.P, 2011)Community gardens and neighbouring green space in cities, particularly in low-income communities, have been found to be a significant solution to requirements for healthy and inexpensive food, psychological and physiological health, social cohesion, crime prevention, recreation, and life satisfaction. Food production in response to war, economic despair, and short-lived civic reform initiatives shaped the early history of urban gardens. In more than 250 cities and towns around the country, a broad-based community garden movement has created a wide array of social, economic, health, and educational benefits.

(Tonia Gray, Danielle Traceya , 7 march 2022)community gardens' important significance as effective local learning environments that promote psychological

well-being and community connectedness in underserved areas Residents in social housing areas, for example, may be experiencing health and social inequities, and urban community gardens provide learning opportunities for them. Individuals can raise their knowledge of their personal welfare and communal life by learning to cultivate fresh food in secure social places.

(P.Corrigan, 2 march 2011)The community food security movement was founded in an effort to address food inequity by localising food production through methods such as community gardening. Although the community garden in this study contributes to individual, household, and community food security, more assistance in the form of education, policy, and money is required to improve food security and encourage healthy lives.

(Stein, 2013)Chronic diseases are more common in those with limited socioeconomic resources, and they have less options for maintaining physical, mental, and spiritual health. Healthcare providers in low-resource communities have unique obstacles in health promotion. Community gardens allow people to engage in holistic health-promoting behaviours. The concept that healthcare that encourages the establishment and involvement in community gardens can enhance the health of at-risk people by improving nutrition, physical exercise, and connection to the natural world is supported in this study.

(panel Daniela Guitart Catherine Pickering Jason Byrne, 21 August 2012)The necessity for food security has reignited interest in communal gardens among academics. The goals, benefits, and limitations of community gardening are also highlighted. The plants planted, who participates in the gardens, and who owns the property are all summarised as characteristics of community gardens.

(Huppert, T.T. , 2013)Wellbeing is a multidimensional construct that is becoming an increasingly popular measure for health promoters, government agencies and academics as an indicator of societal contentedness and population progress. Wellbeing is more than the absence of disease; it encompasses optimal physical and mental functioning with resilience, positive emotional experiences and overall life satisfaction.

(Buckingham, 2005)These community gardens were crucial to national food security since they supplemented rations and provided necessary nutrients that the food environment at the time couldn't provide. Today, community gardens are frequently built by volunteers in the hopes of giving alternatives to the present food environment, such as options for food and revenue generation, as well as opportunities for urban dwellers to engage in outdoor physical and social activities.

(Jonathan Yottii Kingsley, Mardi Townsend , 28 july 2008)Members described the garden as a haven where individuals could come together to escape daily stresses, a source of counsel and social support, and a location that made them feel valuable and involved. Participation in the communal garden also has spiritual, fitness, and nutritional benefits, according to members. Even from this tiny qualitative study, it is clear that community gardening provides many health and wellness advantages to its participants.

(Paul Stansbie, Robert Nash, David McVey, 9 january 2018 )Participation in community gardens and community development Food as community was discovered to demonstrate the amount to which its production is used to influence social and cultural issues in the community, such as offering opportunities for involvement and cohesiveness, influencing mental health, and encouraging cultural variety.

(Michelle L. D 'Abundo & Andrea M. Carden, 20 november 2009)The findings revealed that administrators' initial programme goals, which centred on obesity reduction, differed from participant goals, which centred on wellness and community development. Furthermore, as a result of the Community Garden Education Program, participants reported enhanced food sustainability.

(Elizabeth Strom, Joshua Birky , 25 june 2013)community gardens are more permanent element of city neighbourhood landscapes as a result of a wider diversity of gardeners and gardening objectives, as well as shifting leading attitudes on urban land usage.