

LITERATURE REVIEW ON THE IMPACT OF GREEN SPACE ON WELL-BEING OF THE URBAN PEOPLENS Jayathunga¹**Abstract**

Green spaces are crucial elements that enhance quality of life and positively impact people's well-being. They play a pivotal role in today's society, providing a range of social, physical, psychological, spiritual, and environmental benefits. As a result, many urban residents seek green spaces to escape their hectic routines and find leisure. The main objective of the study was to review existing literature on the impact of green spaces on the well-being of urban people under the four specific objectives. To conduct the study, purposive sampling was used to select a sample of 50 research articles that focus on the effects of green spaces on people's well-being. The findings indicate that green spaces have a positive effect on well-being, with over 50% of the analyzed articles demonstrating a significant impact of green spaces on psychological well-being. Factors such as stress reduction, relief from mental disorders, and improvements in overall mental health were commonly cited. Additionally, a strong correlation was found between exposure to green spaces and physical health, underscoring the physical and psychological benefits for urban dwellers. In many of the studies, urban residents were the primary focus, with researchers analyzing the impact of green spaces on various aspects of well-being, including psychological, physical, social, and environmental. The findings from this literature review can guide future researchers and scholars interested in this area by identifying knowledge gaps and suggesting potential directions for future studies and interventions.

Key words: Green Space, Impact, Literature Review, Urban, Well- being

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Introduction

Green spaces (GS) are important environmental assets that play a vigorous role in human life. Most countries have been inspired by the importance of green space and have given more priority to developing this concept today. The green environment concept is most popular among leading countries like Germany, Australia, England, and Belgium, and they are exploring and planning to build healthy greenery cities in their countries. This concept is a very effective technique to abolish the sustainable health and well-being of the people (Rao, 2021). More centuries ago, Naturalists, Scientists, Environmentalists, Philosophers, Writers, and other types of specialists in different fields honored the effectiveness the nature, and green space for human health, well-being, and happiness of the people. However, researchers are today studied and evaluated how important green space for improving the quality of life. However, the consequences indicate that both human well-being and biodiversity are positively interrelated to the level of the naturalness of green space (Angelstam, 2014). Urban green space is an important investment that local authorities can make on behalf of citizens and their well-being” (WHO, 2017). Further, the WHO mentioned that Urban Green Spaces (UGS) are creating opportunities for active healthy lifestyles (WHO, 2017). Physical fitness, green exercise, mental relief, social connectivity, and spiritual relief are a few aspects of an active lifestyle. Green space is beneficial for both humans and animals. Especially it is one of the tremendous tools to reduce the urban heat island effect, (Wang and Akbari, 2016) reducing noise and air pollution, naturally cleansing the atmosphere and creating the beauty of nature, and providing environmental education are considered the environmental benefits, mental relaxation, peace, calm quiet for the mind, leisure, and recreation considered as the few psychological benefits. Further, green spaces are directly inclined to urban planning since they contribute significantly towards enhancing the environment of the city. Considering the national policies in other countries, green space is included as the one of vigorous parts focusing on human well-being. However, due to different reasons, green spaces are rapidly reducing and it directly impacts the well-being, and quality of life of the people.

Due to rapid urbanization, population, development projects, commercial buildings, and construction green spaces are reducing rapidly. It can proved by taking examples from the Sri Lankan context especially related to the Colombo Municipal Council (CMC).

Table 01: Extents of the Green Space of Colombo and Per Capita Green Space

Year	Total Area (km ² .)	Green Space (km ² .)	Percentage reduction (%)	Recorded population	Per capita green space (m ² .)
1980	37.29	31.00	83.14	581245	53.34
1988	37.29	27.32	73.26	No Data	-
1997	37.29	23.01	61.70	No Data	-
2001	37.29	21.53	57.75	637865	33.76
2011	37.29	7.88	21.14	561314	14.04
2015	37.29	5.02	13.47	701348	7.16

Related to the year 2023, a recorded population is 633000, the total area of CMS is 39.01 (km².), green space is 4.13 (km²), and per capita, GS is 6.53 (m².) (Extension done by Pussella). Comparing the year 1980 and the year 2023 indicates a large reduction of green space in Sri Lanka. But according to the record of the year 2023 per capita greenspace in Colombo is 6.53 (m².) (Extension done by Pussella). “The UN has recommended that the per capita green space should be more than 30m² per person, while the WHO declares it should not be less than 9.5m² per person” (Jayasinghe, Hemakumara, and Hewage, 2017). The given table indicates a consistent decrease in green space coverage in urban areas in Sri Lanka. Given these observations, one can argue that urban green spaces are becoming insufficient for city residents, despite their vital role in improving human well-being and quality of life. Therefore, the primary objective of this research paper is to explore the effects of green spaces on people's well-being. As people climb the technological ladder, taking on numerous responsibilities and working relentlessly to meet various expectations, they often lose sight of happiness, entertainment, leisure activities, and mindfulness. Consequently, they forget to dedicate enough time to nature and green spaces. The result of this arduous journey is that people are left with stress and restlessness. Within this context, many are unaware of the physical, mental, social, and spiritual benefits that green spaces can offer. Although there has been considerable research on the relationship between green spaces and well-being across various fields, there is limited sociological research on this topic, particularly in the context of Sri Lanka. This notable gap is what this study aims to address by exploring the importance of green spaces for enhancing human quality of life and well-being.

The focus on green spaces as a key factor for well-being makes this study especially timely and relevant. Considering the research problem of this study, in many countries around the world, including Sri Lanka, people are dealing with increased workloads due to shifts in economic, social, and cultural norms. Despite living more lavishly, many individuals suffer from a lack of mental relaxation. The pressure and complexity of modern society, changing family roles, balancing work and family, evolving attitudes, fluctuating income patterns, demanding daily schedules, high expectations, high costs, and the pursuit of success contribute to today's hectic lifestyle. With the rapid pace of urbanization, many people reside in apartments or housing developments with limited access to green spaces. Consequently, urban dwellers often lack sufficient green spaces.

Research from various countries has shown that exposure to green spaces, whether through visiting, cultivating, or immersing in nature, offers considerable benefits to people worldwide. However, there is a noticeable gap in sociological studies on the impact of green spaces on the well-being of urban residents in Sri Lanka. While different disciplines have examined this concept from various angles, no comprehensive sociological research has explored this issue in the Sri Lankan context. Given this context, through the available literature sources the research problem that arises is: How do green spaces impact the well-being of the people?

This study raised the main objective as to study the impact of green space on the well-being of the people and developed four specific objectives of the Study as follows. To understand the impact of green spaces on the psychological well-being of urban people, to examine the impact of green spaces on the physical well-being of urban people, to explain the impact of green spaces on the social well-being of urban people and to determine the impact of green spaces on the environmental well-being of urban people.

Considering the theoretical background of the study, it gives a strong foundation to the study. According to theoretical knowledge based on literature sources, found that many research projects have applied certain theoretical approaches to their research. Life Satisfaction Approach (Bertram and Rehdanz, 2018), Social Ecology (Wang, 2019), Stress Reduction Theory (Person-Environment Fit Theory, and Attention Restoration Theory (USDA, 2008) were a few among them. Based on the literature sources, the majority of the theories were identified as psychological theories. The limited application of sociological theories is one of the identified theoretical gaps in this research paper. Relevance to this study, the ecological environment is a significant part because people have been close to nature throughout mankind's history. Still today there is a close relationship between nature and human beings. Sociological perspectives are significant in uncovering this relationship using different perspectives. Among many, the functionalist perspective and Interactionist perspective are mainly concerned and feasible to get a clear understanding of how green space impacts the well-being of people.

Functionalist Perspective

Functionalist analysis has a long history, not only in modern times but also in both natural and social sciences, with strong ties to the biological sciences. Simply put, functionalism views society as a self-regulating system with structural relationships among its elements and within the system as a whole (Abraham, 1981). According to the functionalist perspective, a "function" refers to the contribution that each part of society makes to the overall stability and existence of the system. The relationships and functions among all social institutions are interconnected, directly and indirectly, with impacts that may affect one another. Key figures in the historical development of functionalism include Auguste Comte, Emile Durkheim, Herbert Spencer, Vilfredo Pareto, Bronislaw Malinowski, and Alfred Radcliffe-Brown, whose ideas significantly influenced the growth of this perspective.

The views of Marion Levy play an important role in this study. As a modern functionalist, Levy considered functions to be the state or condition of affairs that result from the operation of a structure over time (Abraham, 1981). According to Marion Levy, there are two categories of functions: eufunctions and dysfunctions (Karunathilake, 1998). Eufunctions refer to the positive aspects of a component or system, and they represent the positive consequences that contribute to the survival and stability of the social system. These consequences can have a direct or indirect impact on fostering cohesion and integration within society. This study identifies numerous positive outcomes and benefits of green spaces. Across various dimensions of well-being, such as mental, social, physical, spiritual, and environmental, a range of positive effects can be observed. These include stress reduction, relaxation, increased happiness, leisure, lower mortality rates, and decreased loneliness, the development of new relationships, physical exercise in green environments, fresh air, community cohesion, eco-services, environmental protection, species diversity, a healthier population, and a healthy ecosystem. When people form strong connections with nature, it generates significant benefits, contributing to human survival and fostering community integration. Marion Levy's concept of dysfunction refers to the negative consequences of a specific component, which may impact the survival and stability of a social system, leading to disintegration or disharmony within society. The impact of green spaces can also be examined through this lens, with green crimes serving as an example of dysfunction. These crimes, which involve environmental damage or illegal activities that harm green spaces, can disrupt the positive contributions of green spaces to society and hinder community

cohesion. This study identifies a wide array of positive outcomes and benefits associated with green spaces. Across multiple dimensions of well-being mental, social, physical, spiritual, and environmental various positive effects emerge. These benefits encompass stress reduction, relaxation, increased happiness, leisure, lower mortality rates, and reduced loneliness, the formation of new relationships, physical exercise in green environments, fresh air, community cohesion, eco-services, environmental protection, species diversity, a healthier population, and a thriving ecosystem. When people build strong connections with nature, the advantages can be substantial, contributing to human survival and promoting a sense of community integration. Marion Levy's concept of dysfunction refers to the negative consequences of a specific component, which may impact the survival and stability of a social system, leading to disintegration or disharmony within society. The impact of green spaces can also be examined through this lens, with green crimes serving as an example of dysfunction. These crimes, which involve environmental damage or illegal activities that harm green spaces, can disrupt the positive contributions of green spaces to society and hinder community cohesion. Green crimes are mostly limited to environmental harm like wildlife conservation and wildlife harm (<https://journals.sagepub.com>). In the context of Sri Lanka, environmental harm is becoming an increasingly significant social problem. The destruction of forests and the clearing of abandoned forest land have a direct impact on wildlife, notably on species such as elephants and leopards. As a result, natural habitats are rapidly disappearing. Other harmful consequences include wildlife exploitation, such as the illegal ivory trade from elephants, and the hunting of animals for meat. Additionally, human-elephant conflicts remain a serious issue in Sri Lanka. These environmental problems adversely affect the survival and well-being of people, and they undermine the integrity of the broader social system. Functionalists have historically emphasized the ecosystem's tendency to maintain equilibrium in society (Kumar, 2005). However, the current environmental degradation in Sri Lanka is causing disintegration and disrupting this equilibrium, which can be seen as a dysfunction of the ecosystem

Robert K. Merton's contributions to functionalism were highly significant. He provided deeper insights into functionalism, categorizing functions into two types: manifest functions and latent functions (Karunathilaka, 1998). Manifest functions refer to the observable outcomes that aid in the adjustment or adaptation of the social system, while latent functions are those whose consequences are not recognized or intended by people (Abraham, 1981). In this study, several manifest functions can be identified. For example, people visit green spaces or parks for various reasons, such as recreation or as a hobby. These are observable and intentional outcomes. However, visiting parks can also lead to less obvious, unintended benefits, like acquiring environmental knowledge, reducing stress, finding calm and quiet, calming the mind, and alleviating isolation these are examples of latent functions. In urban settings, people often engage in physical activities in various places, a manifest function. Yet, when these activities occur in green environments, they yield additional benefits. "Green exercises" refer to physical exercises in natural surroundings, which have unique advantages, such as reducing stress, confusion, anger, and other psychological issues. Exercising in nature can improve self-esteem, and mood, and lower stress-related hormones, which are latent functions of green exercise. Considering all these factors, functionalism stands out as a significant perspective, theory, and method for analyzing social phenomena.

Interactionist Perspective

This perspective is significant because it provides a clear understanding of the relationship and interrelationship between humans and the environment. The environment encompasses both natural and man-made settings, and this perspective sheds light on the backdrop of human-environment interaction. Throughout human history, there has been a profound bond with the natural environment, with other aspects of life often centered on it. As a result, people rely heavily on the environment.

The interactionist perspective focuses primarily on the small-scale aspects of social life, while the conflict and functionalist perspectives address the broader structure of the social system (Abraham, 1981). The social-psychological perspective is foundational to symbolic interactionism, a key sociological approach. Notable contributors to symbolic interactionism include Charles Horton Cooley, George Herbert Mead, Herbert Blumer, and Erving Goffman.

The symbolic interactionist perspective has four main applications (Kumar, 2005). The first is the study of how people assign meaning to their feelings, emotions, behaviors, and everything else in their social world. People give meaning to the things around them and their interactions with others. This can be seen in the context of green spaces, the environment, eco-friendly behavior, and green exercises. The second application concerns process and emergence. The world is dynamic, always changing and evolving, and human life is a constant process of transformation. The third application focuses on interaction the social world is inherently interactive, with people engaging with both built and natural environments, though the impacts vary at different stages. The fourth application examines symbols, processes, and interactions to understand the forms and patterns of social life. While the forms and patterns of social life change over time, symbols, interactions, and processes provide valuable insights into comprehending social dynamic

Symbolic interactionists concerned the people's behaviors based on the sociological aspect focusing on the difference between people's attitudes and their actions, and expert and public perceptions of risk (Kumar, 2005). In the current Sri Lankan context, many environmental hazards have emerged due to various reasons, such as urbanization, high population density, and other factors that lead to detachment from the natural environment. Deforestation, human-animal conflicts, floods, droughts, and environmental pollution are just a few examples of these hazards. When comparing past and present Sri Lanka, there appears to be a significant disconnect between humans and the environment. These observations illustrate the gap between people's attitudes and their actions, as well as the differing perceptions of risk among experts and the general public. Some psychological theories, such as the stress reduction theory, can be linked to the interactionist perspective (Hong et al., 2019). Exposure to green spaces is beneficial for urban residents, providing relaxation and restoring mental well-being, which in turn can lead to better health and a more positive outlook. This process of restoration can foster positive interactions and collaboration among urban dwellers.

Stress Reduction Theory (SRT)

Stress Reduction Theory is a key theory that explains the connection between environmental exposure and mental stress (Luo and Jiang, 2022). This approach is particularly relevant in high-density cities, where the stress of urban living can take a toll on mental health. SRT posits that spending time in nature can reduce stress levels, improve mental health, and enhance overall well-being (Ulrich, 2008). Natural settings can serve as therapeutic environments for various mental disorders, such as depression and anxiety.

Roger Ulrich has conducted research demonstrating how exposure to natural views (green spaces) influenced surgical patients, leading them to use less pain medication. He also found that people who lived near parks or green spaces experienced lower stress levels, fewer mental disorders, and tended to be more physically active (source: <https://www.fs.usda.gov>). In another study, Godbey (2009) discovered that exposure to plants or nature accelerated recovery times from injuries, reduced illness rates among prison inmates whose cell windows faced natural scenes, and had calming effects on people who viewed images of natural landscapes after experiencing stress.

Most studies support the idea that nature can alleviate stress and improve mental health. Physiologically, spending time in nature can lower blood pressure, heart rate, and cortisol levels, which are related to the body's stress response. Psychologically, green spaces can reduce negative emotions like anxiety and depression, while fostering positive feelings such as peace and happiness. Cognitively, natural environments can provide a break from mental fatigue, allowing for involuntary attention and cognitive restoration. Socially, green spaces promote social interaction and community building, further contributing to stress reduction and improved well-being. Stress Reduction Theory underscores the importance of green spaces for public health and stress management, reinforcing the demand for parks, gardens, and natural areas in urban settings. The theory also influences urban planning and design by providing guidelines for integrating green spaces into cities to enhance the well-being of residents. In terms of conservation and protection, SRT offers a compelling argument for preserving natural areas, highlighting their intrinsic value beyond aesthetics. Public health initiatives can also leverage SRT to design programs that encourage outdoor activities and exposure to nature for stress reduction and mental health improvement. Overall, Stress Reduction Theory underscores the connection between nature and stress reduction, advocating for the integration of green spaces into our lives to promote physical, mental, and social well-being.

Methodology

This study employed a historical approach, reviewing past empirical research on the impact of green spaces on the well-being of urban residents. This study was used secondary data. The research foundation along with concept definition and theoretical framework development relied heavily on secondary data to contextualize findings analysis. Secondary sources helped researcher generate a comprehensive view of how green space impact social psychological wellbeing. A total of 50 research papers published between 1990 and 2021 were selected as the sampling units for this analysis. The purposive sampling method, a type of non-probability sampling, was used because a comprehensive sampling frame was unavailable, and the entire population was not accessible. The literature sources for this review were found through electronic searches.

The selected research papers represented a diverse range of journals, including the International Journal of Environmental Research and Public Health (12), BMC Public Health (10), Health and Place (7), Urban Forestry and Urban Greening (5), Management of Environmental Quality (4), Landscape and Urban Planning (4), as well as several journals with one representation each: Journal of Humanities and Social Science, International Journal of Environmental Health, Early Life Environmental Health, Journal of Environmental Psychology, Cities, Social Science and Medicine, Sustainability, and Environment.

Regarding the characteristics of the sample of research articles, the majority (64%) were published between 2014 and 2019. The largest proportion of articles came from the United Kingdom (26%), followed by China and the

USA. The International Journal of Environmental Research and Public Health published the most papers, representing 24% of the sample. Concerning the sample units, the majority of studies focused on residents as the unit of analysis (30%), while 20% centered on adults. Most studies in the sample were concerned with the impact of green spaces on psychological well-being and many employed psychological approaches in their research.

The data analysis began with data entry and data processing, conducted using Microsoft Excel. Key factors were summarized according to the main categories and headings. The columns contained the author(s), journal name, year of publication, country where the research was conducted, sample size, unit of analysis, data type, data collection techniques, theoretical approach, definitions, and key findings related to various categories, such as the impact of green spaces on physical well-being, social well-being, mental well-being, and environmental well-being. Descriptive analysis was used for this data analysis.

Data presentation involves methodical graphical, written and statistical display of gathered information to help readers understand. Raw data transforms into organized findings through data presentation which helps readers discover patterns and variations that address research objectives. The researcher organizes the data collection results through a systematic structure which enables readers to see significant findings before moving into interpretation and analytic sections. Results were summarized using descriptive statistics that included frequencies, and percentages. The research data is presented through tables in conjunction with bar diagrams and pie charts to maximize readability and comprehension

Results and Discussion

Green space simply can be explained as a place that is covered partly or entirely by trees, grass, bushes, and a range of vegetation (Houlden et al, 2017). Otherwise, it can be explained as the space covered by vegetation naturally or artificially (Mensah, 2014). Mostly and interchangeably use the two terms green space and nature. Parks, gardens playgrounds, formal and informal green forests, recreational sports grounds, private gardens, community gardens, wetlands, meadows, and greenways (Jayasinghe, 2018; Jennings and Bamkole, 2019; Hasen, 2016) several examples belong to green space. Green space is a specific mechanism of the cities that provide an ecosystem service, (ecological creationism) culture creation, and restoration (Ma et al, 2018). Today most researchers are concerned with this concept under the different disciplines to distinguish how green space is important to the enhancement of the quality of human life and well-being. The objective of the following reviewing research articles was how green space impacts the well-being of people considering the four types of well-being.

Impact of Green Space on Psychological Well-being

Mental well-being is the ability to maintain a positive mentality for the day to day activities without mental stress. It includes pleasure and life satisfaction (hedonic wellbeing) and fulfillment, functioning, and purpose in life (eudemonic wellbeing) (Houlden, 2018). According to this interpretation, happiness, life satisfaction, fulfillment, functioning, and purpose in life are the major components, and they directly and indirectly, influence psychological well-being.

Relief (relaxation) of the mind can be taken through green space, and it will increase mental health and happiness. Psychologists have found that walks in nature can improve cognitive brain function. This well-being type can practice stress management skills, and how people generate good feelings, and emotions by themselves (<https://www.google.com>). And green spaces are considered community assets and bring people in the surrounding areas to a common place for leisure purposes, and to reduce stress.

Most psychologists and environmental psychologists have identified that there was a positive impact of green spaces or nature on psychological disorders, especially stress, depression, and anxiety. Stigsdotter and Grahn's "results show that having access to a garden has a significant positive impact on stress" and a positive relationship between the frequency of garden visits and stress prevention" (<https://citeseerx.ist.psu.edu/>). "A Swedish study found that the more time people spend in outdoor public green spaces, the less stressed they feel". Green space gives enormous psychological benefits when people contact with nature. Mostly through the closeness of nature people can relax, and heal from depression, anxiety, and long-term and short-term stress. The children can use the green environment with trees or vegetation for their studies and it will help to develop concentration, develop attention capacity, and succeed in their studies. "For many people, the color green has strong associations with nature and brings to mind lush grass, trees, and forests. Green is often described as a refreshing and tranquil color. Green is also thought to relieve stress and help heal" (<https://www.verywellmind.com/color-psychology>). "Psychologists often refer to well-being as dependent on the individual's inner 'strength' to find meaning and contribute to the world" (Teghe and Randell, 2005). If someone can be satisfied with the connection with nature or enjoy the green space may improve their inner strength and try to find the meaning of it. "Psychological well-being is based on personal growth, self-acceptance, environmental mastery, positive relationships, self-determination, and a sense of purpose in life" (Teghe and Randell, 2005). Consideration of all variables of

psychological well-being applying the holistic approach, happiness is the eventual outcome of this. For example, the people exposed to green spaces, their ultimate expectations are to relax the mind, leisurely spend time, see the beauty, detach from the tied daily schedule ...etc.

People are seeking happiness in life through the connection with green spaces. “Most of the available studies on the impact of natural outdoor environments on mental health have focused on only one aspect of mental health” (Mas, et al. 2015). “Numerous studies find speedier recovery time from injury through exposure to plants or nature, fewer illnesses in prison inmates whose cell windows face nature, and calming effects of viewing natural landscape images after people are stressed” (Gobey, 2009). “Natural environment has a positive effect on well-being through the restoration of stress and attentional fatigue” (Groenewegen, et al, 2006). Most of the studies have found that expecting psychological well-being in contact with nature positively affected the reduction of stress and other types of mental disorders.

“Researchers in Japan are discovering that surrounding oneself with nature can be one of the most powerful stress relievers available. The practice of “forest bathing” has become a popular way to unwind in Japan and elsewhere” (<https://www.fs.usda.gov>, James et al., 2015). Forest bathing directly helps to reduce stress, blood pressure, and heart diseases.

Stress reduction and relaxation, green mental health, mental function and concentration, reduced aggression, violence and crime, and childhood development are the few advantages of psychological well-being found by the researchers. More Studies have discovered that people with higher psychological well-being are more likely to live healthier and longer lives. They are also more likely to enjoy a better quality of life.

Related to certain research can recognize the impact of green space on psychological well-being. In 1984, Roger Ulrich recognized that the people who lived very close to parks, and green spaces, had fewer stress levels and, mental disorders and were more physically active people (<https://www.fs.usda.gov>). The green coverage and green spaces normally provide mental relief and physically active people. The green view is beneficial for curing some mental disorders like stress, anxiety, and depression. Dunnett, N. and Qasim, M. have found that urban gardens also provide a vital role to the dwellers in diverse ways to improve their well-being and quality of life excellently (Dunnett and Qasim, 2000). When urban dwellers are limited to the home environment it will not create a healthy and active lifestyle. Therefore urban gardens also give prodigious breaks to relax and release the tension of the mind. Quantity, quality, and access to green space were the three major factors that caused the green impact found by Hassen, and Nadha. According to this point, he found that quality is an important factor in the mental health and well-being of people (Hassen, 2016). Example quality means available facilities, safety, aesthetics, and visual stimuli were a few of them. When the person is satisfied with the available qualities it goes and stimuli with the mind. Rao, Prashanti has recognized happiness level as a significant factor that can lead to a sustainable life through mental well-being (Rao, 2021). This view emphasizes if the person needs to achieve a good life through mental well-being, must be satisfied with happiness.

Rappe, Erja has done research related to Finland and found that people-plant interaction and garden environment activities influenced the psychological well-being of the elders, especially for their living in long-term care (Rappe, 2005; Qin et al, 2021; Ward et al., 2016) Most elders are engaging in specific greenery events and it is positively influencing them. Elsadek, Mohamed, et al. (2020) observed urban residents and workers had fewer opportunities to access green spaces during their working hours. As a result of this situation, after doing research have found that window views impacted significantly the mental well-being of people who worked and lived in high-rise buildings in an urban setting (Elsadek et al, 2020). This revealed how green space is important and influences people. Holt, E.W. et al. also found that students who were regularly involved with green space it may be caused to increase their quality of life, reduce stress levels, and enhance their overall mood of the students (Holt et al, 2019). Stress and the moods of people can be changed through the calmness and quietness of the green environment. Stress reduction, mental relief, mental health, relaxation, and satisfaction were mainly found by many researchers. Considering the above findings, recognized how green impacts space on the psychological well-being of people.

Impact of Green Space on Physical Well-being

Physical well-being is important for an active lifestyle. Mostly open spaces and green spaces contribute to being physically active and promote healthy behaviors to the people by giving access to create a friendly and enjoyable setting. A physically active person is the healthiest, therefore, urban green spaces have a direct contribution to abolishing this purpose. Walking, cycling, playing, exercising and other outdoor activities are significant for maintaining good physical fitness. Physical activities and a positive mentality coincide with physical fitness. Physical well-being has a capacity that will help to carry on daily activities effortlessly without physical stress and maintain a healthy physical quality of life (<https://www.anu.edu.au>). The people can maintain proper healthy physical fitness, automatically they can reduce and prevent more deceases. “Being active for 30 minutes a day

directly reduces the risk of strokes, cardiovascular disease, obesity, some cancers, and type 2 diabetics” (<https://researchbriefings.files.parliament.uk>). Godbey, G. has shown the benefits of walking for older adults (Godbey, 2009).

There is a positive interrelationship between physical and mental well-being. When urban people are physically active in green nature with green exercises, it will give positive relaxation to the mind and reduce mental disorders.

Green space is promoted by physical activities as the overall assessment by Scotland. It includes a few factors such as “distance of residents from a green space, ease of access, size of the green space, connectivity to residential and commercial areas, attractiveness, multi-use” Considering the above main factors distance of residents and ease of access are prior because people are interested in accessing the nearest green space and it will help to regular physical activities of the people. More people enjoy large green spaces than smaller spaces considering the size of the green space. Connectivity to residential and commercial areas is also important because it is valuable without wasting time on all work including physical activities. Attractiveness is the base for visiting green spaces for different activities because the people involved with their activities in the open space may be hard-hitting on the mind. Flora and fauna, trees, and bushes with green space may be given an attractive green nature for physical activities. Finally, multi-use is also important because different kinds of people can engage in different activities at the same period. (Example for the picnic people, for the children, for the team games...etc.)

Brymer, V. S. et al., (2015) have recognized there was a positive impact of greenery exercise related to nature-based activities. Also, positive health and well-being were the most dominant components based on physical activities (<http://shura.shu.ac.uk/>). Green exercises have constructive effects on people because they link with nature and nature-based activities. According to the above research findings can be assumed that greenery activities and green spaces were significant to the health and physical well-being of the people. Parks, urban gardens, or any type of green spaces are directly affected by the development of physical wellness because different age groups can be more physically active with many doings resulting in a little distance from the residence. The gardens or parks are very close to home, which reduces stress and a lower likelihood of obesity. These results are similar to the views of Nath and Lechner. They have found that physical activities and leisure activities at the parks give many benefits for the stress, concentration, physical activities, and overall well-being of the people (Bertram and Rehdanz 2014).

Green spaces are given more beneficiaries to uplift the mental well-being of people. Ward et al. from New Zealand have found that there was a positive impact of green space on physical and emotional well-being (Ward et al., 2016).

The natural view gives massive benefits to those suffering from some illnesses and expects results for health and well-being. And further, he identified that the people who lived very close to parks, and green spaces, had fewer stress levels and, mental disorders and were more physically active people (<https://www.fs.usda.gov>).

Impact of Green Space on Social Well-being

Social well-being is "the ability to communicate develop a meaningful relationship with others and maintain a support network that helps overcome loneliness" (<https://www.psychology>). Through the socialization process natural beings are undergone as social beings and being socialized citizens they bond with more social obligations. Especially in modern life has less quantity and quality of social ties. Social well-being is the extent to feel a sense of belonging and social inclusion, a connected person is a society. Lifestyles, ways of living together, value systems, traditions, and beliefs are all important to social- well-being and quality of life. Social well-being can be explained as a thing beyond the psychological aspect. Here, group, collective, gang, society, and community are the important parts for society to understand collectivity. The person does not like to live alone. If people integrate they have worthy social well-being. According to this idea, social well-being is a sense of belonging to a community and making a contribution to society. “Social well-being is an end state in which basic human needs are met and people can coexist peacefully in communities with opportunities for advancement” (UNDP/USAID, 2000). This view represents equal access to obtaining basic needs water, food, shelter, healthcare, and education as the end state and it will be helpful to live with others peacefully. Larson, S. J. has mentioned that “a conceptual framework for viewing social well-being as composed of two elements: social adjustment and social support. Social adjustment is a combination of satisfaction with relationships, performance in social roles, and adjustment to one's environment. Social support is composed of the number of contacts in one's social network and satisfaction with those contacts” (<https://link.springer.com>). This aspiration can be applicable to the Sri Lankan context to understand the impact of green space on social well-being. Related to the Muslim culture, they come to visit the parks and gardens as the whole family enjoys themselves leisurely and builds strong relationships through enjoyment. And the people who come for the physical exercises, mostly make contact with others and have a good social network.

“Keyes and Lopez argued, that well-being consists of five social dimensions, including Social acceptance (accepting others as they are), Social actualization (positive comfort level with society), Social contribution (a feeling that one has a contribution to make to society), Social coherence (understanding the social world as predictable comprehensible), Social integration (feeling like a part of the community)” (Teghe and Rendell 2005). When people develop healthy relationships with others, the above strategies will be most effective for reputable social well-being. However, considering the above major components are not equally applicable to all people in the world. And those aspects have a positive insight that will help to develop the optimistic social well-being of the people. Considering the following views of the researchers, it will be helpful to understand how green spaces impact the social well-being of the people. Green spaces can enhance social interaction, social cohesion, social unity, social bonds, and resilience, develop urban neighborhoods, opportunities for recreation and green exercises, and enjoy stronger social ties. These are the different aspects of social well-being and will be significant to the people who engage in green activities. This can be accepted according to the views of Dunnett, N. and Qasim, M. They have found that urban gardens also play a vital role in the dwellers in diverse ways to improve their well-being and quality of life excellently (Dunnett and Qasim, 2000). Urban green space can improve social inclusion and community cohesion (Kamiercak and James, 2015). This shows the importance of public gatherings and how to develop social inclusion through green exposure. This is a very advantageous impact of green space on social well-being. According to the view of Giuffré, Zhou, and Rana, this is the extension of the above views. Explores the social benefits of urban green space, which include recreational opportunities, aesthetic enjoyment, adjusting psychological well-being and physical health, enhancing social ties, and providing educational opportunities (Giuffré, 2019; Zhou and Rana, 2012). More benefits can be recognized through the views of them. Similar views have been given by Menash to exhibit the social benefits of green space like social perspective, leisure, recreational activities, and amenities benefit happiness-enhancing leisure activities (Mensah, et al., 2016). Mostly green exposure is socially beneficial to the urban people. Reducing isolation, developing social ties through new relationships, having time for sharing equal experiences with same-age adults, and developing group activities with enjoyment are the few results of the green impact on social well-being found by many studies. Dinnie has pointed out that green space impacts social relations and health (Dinnie, 2013). Good social relations are the base of social well-being. Public gatherings and green gatherings create the opportunity to build up social relationships and it may be beneficial for enhancing the health condition of the people.

Through green exposure, people can accomplish diverse social benefits based on green space. Jim and Chen (2006) also have shown that two different aspects of social benefits the recreational and amenity benefits (Mensah et al, 2018). Most urban people engage in entertainment activities for the comfort of their time through urban green spaces as a current trend.

Community participation, development of social equity, and access to nature are also a few aspects of the social well-being of the green space. “Walkable green space is associated with greater longevity in older people, and this is likely connected to the increased social interaction that is often associated with outdoor time for elderly individuals” (USDA, 2018). Especially in Western countries, related to the green spaces their quantity, quality, and accessibility are significant and play a vital role in the well-being of the people. Social interactions, socializing with neighbors and providing a focus for neighborhood activities, increase family relations, develop new relationships, share experiences, reduce isolation, develop unity, and improve recreational activities (walking with pets, playing with children) and leisure activities (Observing nature, wildlife, relaxing) are the several examples of the social wellbeing related to green space and it most beneficial for elders.

Impact of green space on Environmental Well-being

Environmental well-being is creating and supporting a pleasant and healthy environment for people to live they wish and most important well-being type for people and healthy communities. Environmental well-being and human well-being are intimately related. “Ecological integrity would be a significant element of environmental well-being” (<http://www.eolss.net>). The environment is the thing that people see around us. The environment can be divided into two natural environment and a built environment (man-made environment). Related to the natural environment, it helps to clean air and water, protect the biodiversity system, reduce heat and maintain coolness, protect the water sources, and provide firewood for domestic works and timber for constructions, given attraction and beauty are the several functions of the natural environment. “Green spaces also protect from environmental hazards and can support the resilience of communities to hazards” (Regional Public Health Information Paper, 2010; WHO). Trees, large shrubs, grasses, and others are helped to prevent some harm. Flooding, reducing noise, soil erosion, carbon storage, reducing high temperatures in the urban setting, and other types of environmental issues are the several environmental hazards that can be prevented by green space. The people expect to live comfortably where they live without natural or man-made environmental problems. Especially in the current global situation, even urban dwellers expect to live in a green background that may be close to residence. Green spaces promote interaction with nature and also create an enjoyable personal environment Therefore land prices

and home prices have increased due to this situation. Green spaces are helped to develop and maintain better environmental well-being for urban dwellers. And “green spaces (e.g., parks, forests, greenways, and gardens) can alleviate some health concerns and promote environmentally sustainable cities” (Jennings and Gaither 2015). Most Western countries have given opportunities for green spaces focusing on people’s health and promoting environmentally sustainable cities.

Finlay, J et al. have done research relevant to Canada, based on green space and blue space (rivers, lakes, and small water features like streams) both were in the natural and built environment and impacted the adult’s everyday life focusing on health and wellbeing. Nature plays a vital role and it directly improves adults’ quality of life for the aging population and their well-being (Finlay et al., 2015). Adults’ health and well-being were rising due to the connection with nature and it directly enhanced the quality of life and well-being of the aging population.

A positive environment is a basic requirement and it is provided a healthy setting for living. Ma, B. et al have found that the higher well-being of urban residents was a particular cause for the higher participation in urban green spaces, especially considering the frequency of visiting green spaces (Ma et al., 2018). This matter revealed people who were highly interested in visiting parks because they could gather more benefits and develop the level of quality of life through exposure to green space. Holt, E.W. et al. also found that students who were regularly involved with green space it may be caused to increase their quality of life, reduce stress levels, and enhance their overall mood of the students (Holt et al, 2019). Hong, S.K. et al have done research on how the frequency of visiting UGS (Urban Green Space) and spending time in the UGS affect subjective well-being. According to the findings, it was revealed there was not a significant interaction between frequency and spending time in UGS but regular visitors showed that they had a higher general life satisfaction level (Hong et al, 2019). Considering the above studies frequency of visiting parks was a significant factor in accomplishing the well-being of people. However, according to Hong, Sung-Kwon’s study revealed that there was no relationship between frequency and spent time in UGS.

Conclusion

Based on the above facts, several conclusions can be drawn. Most research studies focused on the impact of green spaces on psychological well-being and health. In terms of publication dates, many studies exploring the relationship between green spaces and well-being were published between 2014 and 2019. The majority of these studies originated from the United Kingdom, with most of the green space and well-being-related research articles appearing in the International Journal of Environmental Research and Public Health. The survey method, with questionnaires, was the most commonly used data collection technique, and residents were the most frequently chosen sample unit of the literature.

Related to the above major well-being types, many belong to psychological well-being and most studies have discovered that people with higher psychological well-being are more likely to live healthier and longer lives. It found that green space helps to avoid psychological distress, how to cope with everyday stress, and how to improve the positive mentality of the people. Related to physical well-being it found that green exercise or physical activities in green spaces have a positive impact on urban people. According to social well-being recreation, education, aesthetic entertainment, and social communication were mainly influenced. Finally, the study found that green space improves environmental well-being focusing on creating and supporting a pleasant and healthy environment for people to live. In the context of Sri Lanka, research primarily focused on city sustainability, urban green space standards, and urban greenness surveys. However, there was a noticeable lack of sociological studies exploring how green spaces impact the well-being of urban people.

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