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# **The Role of Management in Enhancing Urban Park's Contribution to People's Mental Health: A Case Study in Putrajaya, Malaysia.**

**Dr. Nor Akmar Abdul Aziz**  
**Nur Qistina Abd Rashid**  
Dept. of Recreation and Ecotourism  
Faculty of Forestry

# PRESENTATION OUTLINE

## 1. Introduction

- Problem Statement
- Objective

## 2. Methodology

## 3. Significance of Study



# Introduction

- Effective management of urban green spaces is fundamental in addressing the challenges of urbanisation & promoting the well-being of residents & visitors in densely populated areas such as Putrajaya, Malaysia.
- The benefits of urban green space includes their role in mitigating urban heat, providing recreational opportunities, & improving air quality. Hence, this study emphasizes the importance of effective management in maximizing those benefits.
- Through prioritizing accessibility, spatial design, & community engagement, park managers can optimize the therapeutic effects of urban parks & cater to the diverse needs of their users.



# Types of Urban Parks

- Roadside greenery and vegetation barriers along streets or rail tracks (Pic 1)
- Small urban green spaces (such as gardens or pocket parks) and playgrounds (Pic 2)
- Green roofs and facades (Pic 3)
- Parks and urban meadows (Pic 4)
- Greenways and corridors (such as green trails for walking/cycling) (Pic 5)
- Coastal, riverside or lakeside trails, linking green with blue spaces (Pic 6)
- Recreational and urban gardening facilities (such as community gardens, sport and play areas and school grounds) (Pic 7)
- Facilitated access to urban woodlands, forests and natural wildlife areas (Pic 8)

*World Health Organization*



# Benefits of Urban Parks

## Environmental Benefits

Urban parks makes a city more inclusive, secure, resilient, & sustainable. It also increase appreciation of people towards nature (Dizdaroglu, 2022; Nisbet, Zelenski, & Murphy, 2009).

## Psychological Benefits

- Can reduce the feeling of fatigue & increase energy in people (Kaplan, 1995).
- Reduction in level of stress, anxiety, & depression symptoms (Rajoo et al., 2021).

## Physical Benefits

- Provide recreational opportunities, aesthetic enjoyments, enhancing social ties through the gathering and bonding, & providing educational opportunities (Zhou & Rana, 2012).
- Can also lower blood pressure, & lower risk of overweight or obesity (Knobel et al., 2021).

## Social Benefits

May enhance their social networks through spending time and communicating with friends and family, initiate feelings of acceptance, which eventually leave positive effects to their well-being (Ayala-Azcarraga et al., 2019; Putnam, 2001).



# Urban Parks Features

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graph TD; A[Urban Parks Features] --> B[Landscape Types & Elements]; A --> C[Urban Parks Characteristics];
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Landscape Types  
& Elements

Urban Parks  
Characteristics

# Landscape Types & Elements



- Water features,
- Diverse vegetation,
  - Open lawns,
  - Bright flowers,
  - Topography

# Urban Parks Characteristics

## Spatial characteristics

- Size of the park

→ May enhance more physical activities that can be done with the large space, along promoting social interaction needs between people (Reyes & Figueros, 2010)

- Accessibility & distance to the park

→ Those who live closer to the urban parks are more likely to visit the parks.

→ Distance from their residency to the urban parks should be maximum of 400m or 10 minutes walking. People would not be willing to walk or commute more when the urban park is outside of their place (Barbosa et al., 2007)



# Urban Parks Characteristics

## Infrastructures, facilities, & amenities characteristics

### ○ Defined space

→ In public space, people always tend to do their activities or talk in a defined space such as near the steps or walls, rather than in the middle or large open space.

### ○ Sitting spaces

→ Important to have proper types of seating areas for different types of people

→ For example: -movable types of chairs for people to sit close to their families or friends to interact & -type of benches to watch people & park views

### ○ Water features

→ Water fountain as space for children to interact & play

→ To reduce city noise

### ○ Food amenities

→ Food cafe at a park is a good way to attract people to gather and stay there for long periods of time.

### ○ Activities

→ Conducting outside activities or programs such as art exhibits is one of the ways to attract people to visit park & engage social interaction.

### ○ Relationship of park from the street

→ Spatial components of an urban park to have

# Problem Statement

- Putrajaya exemplifies successful urban park management with its extensive green spaces covering 36% of the city area and a network of green corridors integrating 20 distinct districts.
- However, despite the abundance of parks, only a few are preferred by the public, prompting the need to explore the reasons behind their popularity.



# Objective

- This ongoing study investigates management's role in enhancing urban parks' contribution to people's mental health, focusing on selected parks in Putrajaya.
- By examining visitors' perceptions and experiences, this research aims to identify key features and management strategies that attract people to urban parks and enhance their mental well-being.



# Study Area

- This study will take place in Putrajaya. This is because Putrajaya is an area that consist with beautiful urban parks that open publicly for people such as Wetland Park, Botanical Park, and Saujana Hijau Park.



# Urban Parks in Putrajaya, Malaysia



Saujana Hijau Park



Perdana Park



Agricultural Heritage Park



Botanical Park

- The research methodology involves gathering insights from park visitors through **surveys and interviews** to understand which park features contribute to relaxation, peace of mind, and overall well-being.
- By examining visitors' perceptions and experiences, we will be able to identify key features and management strategies that attract people to urban parks and enhance their mental well-being.



# Significance of Study

- The findings of this research will contribute to the body of knowledge on urban park management & its impact on mental health, providing insights for policymakers, urban planners, & park managers in creating & maintaining vibrant, inclusive, & mentally rejuvenating urban green spaces.
- By aligning management practices with the preferences & well-being of park users, cities like Putrajaya can further enhance their liveability, social cohesion, & environmental sustainability.





Thank you

Terima kasih