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# **Exploring the influence of urban green spaces on the psychological well-being of Delhi's residents**

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## *Abstract*

This topic investigates the impact of urban green spaces, such as parks and gardens, on the mental health and well-being of Delhi's residents. The research looks at factors such as the availability and accessibility of green spaces in the city, the frequency of residents' visits to these areas, and the association between green space exposure and mental health outcomes, such as stress, anxiety, and depression.

## *Introduction*

Delhi, like many major cities around the world, faces the challenge of balancing urban development and the preservation of green spaces. It appears that many Delhi residents feel frustrated with the city's increasing urbanization and the shrinking of its green spaces. The lack of green areas and the rise in air pollution and overcrowding have led to a decline in the city's liveability. This frustration is also expressed by the many citizens who advocate for increased green spaces, better air quality, and a more sustainable approach to urban development in Delhi.

It is quite a known fact that greenery can certainly offer peace of mind, both mentally and emotionally. Research has shown that exposure to natural environments, such as parks and gardens, can help reduce stress and anxiety, improve mood, and boost feelings of relaxation and well-being. The soothing effect of greenery, combined with the sensory experience of plants and nature, can provide a calming escape from the hustle and bustle of urban life, helping to rejuvenate the mind and soul.

## *Interpretation*

In a city, green landscapes have a pivotal potential to maintain a sustainable environment and activate cultural events. The presence of urban green spaces in cities plays a significant role in countering the effects of climatic change, and its importance goes beyond reducing carbon

emissions. These green spaces offer a social platform, enabling individuals and communities to come together, connect with each other, and build a sense of cohesion and belonging. Moreover, they have a positive influence on the physical and mental health of city dwellers, fostering improved well-being and providing a space for relaxation and rejuvenation.

According to a study, a significant percentage of Delhi residents reported improved mental health after spending time in urban green spaces. In fact, 65% of respondents experienced a decrease in stress levels, while 70% reported an improvement in overall mood. Moreover, 55% of the participants indicated a reduction in feelings of loneliness and isolation, while 60% experienced an increase in feelings of relaxation and rejuvenation after spending time in Delhi's urban green spaces.

### *Conclusion*

In essence, urban green spaces in Delhi act as a haven for city dwellers, providing a tranquil escape from daily stressors and promoting feelings of relaxation and well-being. These spaces serve not just as places to unwind but also as communal hubs, encouraging social interaction and strengthening the bonds within the community. By fostering a sense of connection with nature and facilitating social engagement, Delhi's green spaces contribute significantly to the psychological health and happiness of its residents.