Abstract

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The Restorative Effect of Different Landscape Design Settings on Adults
The Case Study of Al Azhar Park, Cairo, Egypt

Egyptians, specifically adults, are prone to many stresses in a demanding daily life. Recently, there has been extensive research about the role of landscape in human wellbeing, on the contrary to scarcity of empirical research linking landscape and human psychology in Egypt. This research assesses the restorative effect of different landscape designs on adults’ emotions. It examines the theory of “Aesthetic and Affective Response to Landscapes” in Egyptian context by comparing two landscape settings of different visual design properties in terms of their effect on adults’ emotions. A quasi-experimental, causal-comparative case-studies approach was conducted on a sample of adult participants who were taken for a led-park walk for two spaces in Al-Azhar Park. Data was collected using: visual observation analysis of landscape design qualities of the Selected spaces, POMS questionnaire for assessing emotions, and a landscape preference questionnaire. Data was analysed quantitatively to indicate the impact of different landscape designs on participants’ emotions, and qualitatively to understand user preferences. The findings concluded that the park visit to “space 1” positively affected participants’ emotions more than to “space 2” due to its visual landscape design properties. Finally, a matrix linking emotions’ categories, restorative qualities, and elements of each space was presented.