Urban Green Spaces and the human well-being

Introduction

The positive effects of green spaces and areas are well documented. Plenty of physical and mental benefits, especially during COVID19 Pandemic. Knowing this, an effort should be made to design these spaces accessible and safe for everyone.

Yet looking at different lived experiences, the opposite seems to be true. The intersection between space and gender is subtly influenced by underlying power dynamics. This leads to general questions such as: who are Cities and its green spaces designed and planned for? Whose Experiences and needs are taken into account?

Definition Urban Green Space: Parks, playgrounds and residential greenery.

Research Questions

What role do urban green spaces have concerning the human well-being how come not everyone benefits the same?

How does gender influence the lived experience of shared urban green spaces?

Aim of Work

Exploring and looking closely at planning processes and understanding how gender impacts lived experiences.

Gaining insights into planning processes and projects, designing urban green spaces safer and accessible for all.

Benefits of Urban Green Spaces

"Urban green space, [...] can promote mental and physical health and reduce morbidity and mortality in urban residents by providing psychological relaxation and stress alleviation, stimulation social cohesion, supporting physical activity, and reducing exposure to air pollutants, noise and excessive heat." (Braubach et al., 2017:187).





Abb. 2: Campus, Georg-August-Universität, Göttingen.

Methodological approach

Abb. 1: Uritrottoir, Paris.



- **General overview:** →Gain a sense of the field and people's lived experiences
- *8 participants (4 Women, 4 Men) of 4 different age groups.

	Anzahl	Brutto-
Antwort		Prozentsatz
Yes, often (AO01)	1	12.50%
Yes, occasionally (AO02)	3	37.50%
No, never (AO03)	2	25.00%
Have never considered it (AO04)	2	25.00%
Particularly at night, since the lighting is often inadequate but also sometimes even during the day when a group has gathered and looks unfriendly. Q Im dunkel nicht mehr so sehr Vor allem wenn alkohlisierte Männer sichtbar bzw anwesend sind und ich sie als bedrohung einstufe	2	25.00%
Abb. 3: 'The City' survey.		

- 2. Participant Observation
- Reflexive positionality is of central importance, as this allows one's own power and privileges, but also prejudices or presuppositions, to be made visible.
- * Rosenthal (2015).

people walking in groups, in pairs and alone	
Sat on a little wooder platform, facing one of the gets (entrance to the part) & seeing people coming and leaving. Huge bin near the gate >	Jan 23rd 22:30Uhr Nalk to Schillerwaren > no lights in the park loig open space that made me feel settled
the greenery clean? Lots of kiosks on the way	Elderly lady walking day; plenty of bike? light
among the gardens hylosopher (lying over	maybe give his sense of safety?
	Proposition of the Contract of



- Semi-structured interviews online and in person.
- * (Breidenstein et al., 2013).

User group Necessities	Women High need for safety and cleanliness
Health aspects	Other Sports interests than men Increasing the sense of well-being through social contacts and recreation Physical activities e.g. sports contribute to the improvement of physical and mental health
Requirements for Urban Green Spaces	Possibilities for types of play/movement Retreat possibilities (delimited subspaces) on the one hand, manageability/visibility on the other: clear path concepts, visual contact with the street or residential buildings, fast "escape routes and many exits Path Illumination Cleanliness of the areas Toilets

Preliminary Results

- * Health and well-being benefits are numerous
- * Women feel less safe and seen
- * Access denied and Movement and freedom is restricted
- * Women often not regarded during planning processes

Next Steps

Interviews

References:

- Further Analysis
- Transcription of work

*"[...] space itself can become a form of control, of limitation of women's mobility-but also a site of women's actualization, of breaking out of gender constraints and achieving power." (Wrede 2015:10).

Research Outlook

- * More data collection
- Review more categories (age, race, class, sexuality, disability

Abb. 2: Own representation, 2020.

Abb. 6: Part of the lesson Plan of M.A.: 'Urbanes Baum und Waldmanagement'

1: Braubach, M., Egorov, A., Mudu, P., Wolf, T., Ward Thompson, C. & Martuzzi, M. (2017). Effects of Urban Green Space on Environmental Health, Equity and Resilience. *Theory* and Practice of Urban Sustainability Transitions, 187–205. https://doi.org/10.1007/978-3-319-56091-5_11 Rosenthal, G. (2015). Interpretative Sozialforschung: Eine Einführung (Grundlagentexte Soziologie) (5. Aufl.). Beltz Juventa. Wrede, T. (2015). Introduction to Special Issue "Theorizing Space and Gender in the 21st Century." *Rocky Mountain Review*, 69(1), 10–17. http://www.jstor.org/stable/24372860

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