

Effect of accessibility to green gardens on stress level: Empirical evidence from urban residents working in private sector organizations

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Abstract

The increase in stress and stress-related ill health is accelerating dramatically in the world. Stress generally refers to as psychological perception of pressure of a person on something. Sometimes stress motivates a person while too much stress can be detrimental. Stress would become long-term issue and can seriously interfere with a person's job, family life and health. However, stress effects on household violence and domestic poverty as well. According to many studies, residents who work specially in private sector organization have more stress due to many factors. In this context, many used to go to a green environment with different perspectives. Understanding whether accessibility to green environment or garden tend to reduce stress level of residents in urban areas is important. The purpose of this research article was to investigate the effect of accessibility to green gardens on the level of urban residents' stress level who work specially in private sector organizations. The research was based on population representing urban residents who work specially in private sector organizations in selected provinces such as Central province, North Central Province, North Western Province and Western Province considering geographic differences. One hundred people were selected out of the population using convenient sampling method consisting 25 people from each province. A structured questionnaire was used, and a survey has been done to extract data out of the sample. The questionnaire contains few questions in 5-point Likert scale in order to measure stress level. According to literature, researchers developed an index called "accessibility to greenery index" to identify the accessibility to green garden by urban residents. The index consisted with four classes that imply the level of accessibility to green gardens. Deductive research approach was used while focusing in to descriptive and inferential statistic to analysis data. Data was statistically analysed using General linear model (GLM) and model was significant at 95 percentage confident level. It was identified that index level is getting higher, sensitivity to stress level is getting lower. Therefore, result of the study explains that accessibility to green garden is highly important to reduction of stress of urban residents in these residents in these areas. Specially, policy makers related to stress management need to concern about effect of green gardens on stress level of urban residents.

Keywords: *Accessibility, Green garden, Greenery index, Stress level, Urban residents*

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