



## Study of the Influence of Urbanization on the Psychological Comfort of Urban Residents: Literature Review on Cities with High Urbanization

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### Abstract

Urbanization has become a defining feature of contemporary development, particularly in rapidly growing cities where demographic expansion and spatial transformation increasingly affect residents' quality of life. This study aims to analyze the influence of urbanization on the psychological comfort of urban residents in highly urbanized cities. Employing a qualitative literature review approach, the study synthesizes recent scholarly evidence on the relationships between urban growth, environmental conditions, social transformation, and mental well-being. The findings indicate that urbanization contributes to psychological discomfort through multiple interconnected pathways, including traffic congestion, environmental noise, population density, environmental degradation, and limited access to green open spaces. The review further reveals that urbanization weakens traditional social support systems and increases vulnerability to loneliness, stress, anxiety, and other mental health challenges. At the same time, green infrastructure and community cohesion emerge as important protective factors that support psychological resilience. These findings highlight the need to integrate mental health considerations into urban planning and development policies. Sustainable urban development should balance economic growth with environmental quality, social inclusion, and psychological well-being to enhance the overall quality of urban life.

## INTRODUCTION

Urbanization has become one of the most transformative global phenomena of the twenty-first century, fundamentally reshaping demographic structures, economic systems, environmental conditions, and social interactions. According to recent projections, nearly 70% of the global population will reside in urban areas by 2050, reflecting an unprecedented concentration of people and activities within cities (UN-Habitat, 2024; Saavedra et al., 2024). While urbanization is frequently associated with economic growth, technological advancement, and improved access to services, scholars increasingly recognize that rapid urban expansion also generates significant social and psychological challenges (Patel & Raval, 2024; James, 2024). The growing

complexity of urban environments has intensified concerns regarding residents' mental well-being, psychological comfort, and overall quality of life.

The relationship between urbanization and psychological well-being has attracted substantial scholarly attention in recent years. Contemporary studies suggest that urban environments expose residents to multiple stressors, including traffic congestion, environmental pollution, excessive noise, overcrowding, housing insecurity, and social fragmentation (Liu, 2024; Ochnik et al., 2024; Helbich, 2021). These stressors have been linked to increased prevalence of anxiety disorders, depression, emotional exhaustion, and reduced life satisfaction (Ventriglio et al., 2021; Gruebner et al., 2022). Urban living is therefore characterized by a paradox in which cities simultaneously provide opportunities for socioeconomic advancement while creating conditions that may undermine psychological resilience and mental health (Parenteau et al., 2023; Caleffi & Marasini, 2025).

This issue is particularly relevant in developing countries experiencing accelerated urban growth. Indonesia represents a notable example, where urbanization has expanded rapidly over the last two decades. National statistical reports indicate that more than half of the Indonesian population currently resides in urban areas, with major cities such as Jakarta, Makassar, Medan, Balikpapan, and Samarinda experiencing substantial population growth and spatial transformation (BPS, 2024; Amri et al., 2023; Budiman et al., 2024; Hanri et al., 2025). Urban expansion in these cities is driven by employment opportunities, educational accessibility, infrastructure development, and higher living standards (Qodhari & Khudhori, 2024; Hanafi et al., 2024). However, the concentration of population and economic activities has simultaneously intensified environmental degradation, land-use conversion, traffic congestion, and pressure on public services (Putra et al., 2024; Sarker et al., 2024; Seifollahi-Aghmiuni et al., 2022; Hangli & Xinnan, 2024).

Emerging evidence indicates that these urban transformations have profound implications for psychological comfort. Psychological comfort refers to an individual's perception of safety, emotional stability, mental relaxation, and overall psychological well-being within a particular environment (Liu, 2024; Abdelallem & Boswihi, 2024; Antoniuk et al., 2023). In highly urbanized areas, residents are increasingly exposed to chronic environmental stressors that disrupt psychological balance. Traffic congestion contributes to prolonged commuting time and uncertainty, which are associated with elevated stress levels and reduced subjective well-being (Saavedra et al., 2024). Environmental noise generated by transportation systems, commercial activities, and urban construction has also been identified as a significant predictor of sleep disturbance, anxiety, and cognitive fatigue (Hemmat et al., 2023; Ochnik et al., 2024). Simultaneously, the reduction of green open spaces diminishes opportunities for psychological restoration and social interaction, thereby weakening protective factors that support mental health (Nababan & Ambarini, 2025; Sander et al., 2025).

Beyond environmental stressors, urbanization also transforms social structures and community dynamics. Previous studies suggest that rapid urban growth often contributes to social isolation, weakened neighborhood cohesion, and declining social support networks (Ochnik et al., 2024; Mouratidis, 2021). Unlike rural communities characterized by close interpersonal relationships and collective support mechanisms, urban societies tend to exhibit higher levels of individualism and social fragmentation. Such conditions may increase feelings of loneliness, alienation, and psychological vulnerability, particularly among migrants adapting to urban life (Prismawan, 2023; Gruebner et al., 2022). Consequently, understanding psychological comfort in urban settings requires a multidimensional perspective that integrates environmental, social, and psychological factors (Özbey & Turhan, 2024; Antoniuk et al., 2023).

Although numerous studies have examined the impacts of urbanization on environmental sustainability, public health, and economic development, research focusing specifically on psychological comfort remains fragmented. Existing studies predominantly investigate individual determinants such as noise pollution, green spaces, population density, or transportation systems separately (Helbich, 2021; Ochnik et al., 2024; Nababan & Ambarini, 2025). Limited attention has been devoted to synthesizing how these interconnected urbanization factors collectively influence psychological comfort, particularly in rapidly urbanizing cities within developing countries. Furthermore, much of the existing literature originates from developed-country contexts, where urban governance structures, environmental quality, and social support systems differ considerably from those found in Indonesia and other emerging economies.

This is an important research gap that is highlighted by this limitation. There is a lack of integration in understanding how urbanization impacts environmental conditions, social relations, and psychological outcomes for urban residents. Furthermore, even though urbanization is a common feature of contemporary Indonesia, comparative studies of highly-urbanized cities are still not abundant, especially cities that are the center of economic growth and demographic concentration. This is particularly important, as psychological comfort is a key factor of urban sustainability that has direct effects on the productivity, social cohesion and quality of life of the resident population (Li et al., 2024; Burova, 2023; Al-saedi & Rasul, 2024).

For this reason, the novelty of this study is based on the multidimensional synthesis of current literature on the relationship between urbanization and psychological comfort in highly urbanized cities. This study brings together environmental stressors, social changes and mental health outcomes through a holistic conceptualization as opposed to studies that focus on individual variables. This study uses a contextual approach by studying urbanization effects on psychological well-being in the context of rapidly growing urban populations that are also expanding in space, in Indonesia.

Thus, the purpose of this study is to provide a comprehensive review of literature that examines the effect of urbanization on the psychological comfort of urban residents. The study adds to the urbanization and mental health literature by providing insight into pathways linking urban development to psychological well-being, gaps in existing knowledge, and policy implications for building healthier, more sustainable and supportive urban environments.

## **METHODS**

### **Research Design**

This study employed a qualitative literature review design to examine the influence of urbanization on the psychological comfort of urban residents in highly urbanized cities. A literature review approach was selected because it enables the systematic identification, evaluation, and synthesis of existing scholarly evidence concerning complex social phenomena that involve multiple interconnected dimensions. The study adopted an integrative review perspective, allowing the combination of theoretical and empirical findings from diverse disciplines, including urban studies, environmental psychology, public health, and social sciences. Through this approach, the research sought to develop a comprehensive understanding of how urbanization-related factors contribute to psychological well-being and mental health outcomes among urban populations.

## **Research Context**

The review focused on highly urbanized cities, particularly within the Indonesian context, including Jakarta, Makassar, Medan, Balikpapan, and Samarinda. These cities were selected because they represent major urban centers experiencing rapid population growth, spatial expansion, infrastructure development, and environmental transformation. Previous studies have identified these cities as areas where urbanization processes significantly influence environmental quality, social interactions, and public health conditions. Examining literature related to these urban contexts provides an opportunity to understand how urbanization affects psychological comfort in developing countries characterized by accelerated urban growth and increasing demographic pressures.

## **Data Collection Procedures**

Data were collected through a systematic search and selection of scholarly literature published in peer-reviewed journals, academic books, conference proceedings, policy reports, and other credible scientific sources. The literature search was conducted using major academic databases, including Scopus, Web of Science, ScienceDirect, SpringerLink, and Google Scholar. Keywords used during the search process included “urbanization,” “psychological comfort,” “mental health,” “urban well-being,” “green open space,” “environmental stress,” “urban residents,” and “urban sustainability.”

The inclusion criteria consisted of: (1) publications discussing urbanization and psychological or mental well-being; (2) empirical or conceptual studies published in English; (3) articles published between 2020 and 2025 to ensure the relevance and recency of the evidence; and (4) studies addressing urban environments and their social or environmental determinants. Sources that lacked academic credibility, duplicated findings, or were unrelated to the research objectives were excluded from the review process.

## **Sampling Strategy**

The study utilized purposive sampling and snowball sampling techniques to identify relevant literature. Purposive sampling enabled the selection of studies directly aligned with the research objectives and conceptual framework (Campbell et al., 2020). Subsequently, snowball sampling was employed by examining reference lists of initially selected articles to identify additional influential studies and emerging scholarly discussions relevant to urbanization and psychological well-being. This combined strategy ensured comprehensive coverage of the topic while maintaining the relevance and quality of the selected literature.

## **Data Analysis**

The collected literature was analyzed using thematic analysis. This method facilitates the identification, categorization, and interpretation of recurring themes across multiple studies. The analysis proceeded through several stages: familiarization with the literature, coding of relevant findings, identification of thematic patterns, synthesis of relationships among themes, and interpretation of theoretical and practical implications. The thematic analysis generated three major analytical categories: environmental stressors associated with urbanization, social transformation and community dynamics, and implications for psychological comfort and mental well-being. These themes were subsequently integrated to develop a multidimensional understanding of the mechanisms through which urbanization influences urban residents' psychological experiences.

## Trustworthiness and Quality Assurance

To enhance the credibility and reliability of the review, several quality assurance procedures were implemented. First, data triangulation was achieved through the inclusion of diverse scholarly sources from multiple academic disciplines. Second, source evaluation was conducted to ensure that only peer-reviewed and reputable publications were incorporated into the analysis. Third, transparency was maintained throughout the selection, coding, and synthesis processes to minimize researcher bias and improve analytical consistency (Nakagawa et al., 2023).

Furthermore, the study emphasized dependability by applying consistent inclusion and exclusion criteria across all sources. Confirmability was strengthened through systematic documentation of analytical decisions and thematic development. These procedures ensured that the findings were grounded in established scholarly evidence and reflected a rigorous interpretation of the contemporary literature on urbanization and psychological well-being.

## RESULTS AND DISCUSSION

The literature review demonstrates that urbanization significantly influences the psychological comfort of urban residents through a complex interaction of environmental, spatial, and social factors. Across the reviewed studies, urbanization is consistently associated with increasing population concentration, rapid land-use conversion, environmental degradation, and transformations in social structures. Although urbanization contributes to economic development, employment opportunities, and improved access to public services, it simultaneously generates pressures that affect residents' psychological well-being.

The reviewed literature identifies five principal findings. First, highly urbanized Indonesian cities exhibit substantial demographic and spatial transformations. Second, environmental stressors such as traffic congestion, environmental noise, and population density negatively affect psychological comfort. Third, the reduction of green open spaces limits opportunities for psychological restoration. Fourth, urbanization alters social relationships and weakens traditional support systems. Finally, the cumulative effects of these environmental and social pressures contribute to increased vulnerability to mental health problems among urban populations.

### Characteristics of Urbanization in Highly Urbanized Indonesian Cities

The reviewed studies reveal that Indonesia is experiencing a continuous increase in urbanization. According to Statistics Indonesia (2024), the national population reached approximately 281.68 million people, with 57.6% living in urban areas. This trend reflects the growing concentration of population and economic activities in urban centers. Major cities such as Jakarta, Makassar, Medan, Balikpapan, and Samarinda have become important destinations for migration because of employment opportunities, educational facilities, and economic prospects.

Table 1. Characteristics of Urbanization in Selected Indonesian Cities

City	Evidence of Urbanization	Main Urban Transformation
Jakarta	10.68 million inhabitants; 136,200 new migrants in 2023	Population concentration, congestion, Urban Heat Island effect
Makassar	Built-up area increased by 10.94% between 2002 and 2017	Land-use conversion and urban expansion
Medan	Population growth exceeded 10% in 17 of 21 districts between 2012 and 2022	Demographic expansion and infrastructure pressure

Balikpapan	Rapid urban growth associated with economic development	Spatial transformation and increasing environmental pressure
Samarinda	Continuous urbanization and suburban expansion	Land-use change and population concentration

Source: Statistics Indonesia (2024); Nganro et al. (2024); Lukitaningsih and Swandhani (2024); Suffina and Suharto (2022).

Table 1 summarizes the major urbanization characteristics identified in the reviewed literature. Jakarta demonstrates the most intensive urbanization process, reflected by its large population and substantial migration inflows. The city has also experienced increasing environmental pressures, including congestion and Urban Heat Island effects. Makassar has undergone extensive land conversion, with built-up areas increasing by 10.94% between 2002 and 2017. Medan has experienced significant demographic growth, with most districts recording population increases exceeding 10% during the last decade. Similar urban expansion processes have been observed in Balikpapan and Samarinda, where economic development has accelerated spatial transformation and demographic concentration.

These findings indicate that urbanization in Indonesian cities is not merely a demographic phenomenon but also a process that fundamentally reshapes environmental conditions, infrastructure systems, and everyday living environments.

### **Environmental Stressors Affecting Psychological Comfort**

A dominant theme emerging from the reviewed literature concerns the influence of environmental stressors on psychological comfort. Rapid urban growth has increased pressure on transportation systems, housing availability, and public infrastructure, creating conditions that expose residents to chronic environmental stress. Traffic congestion is identified as one of the most significant consequences of urbanization. Increasing population density and vehicle ownership contribute to prolonged commuting times and unpredictable travel conditions. Several studies indicate that congestion generates feelings of frustration, stress, and anxiety because residents spend substantial portions of their daily lives navigating crowded transportation networks. Long commuting times also reduce opportunities for leisure, family interaction, and psychological recovery.

Environmental noise represents another important stressor. Urban residents are continuously exposed to noise generated by road traffic, construction activities, industrial operations, and commercial centers. The reviewed literature consistently reports that chronic exposure to noise negatively affects sleep quality and emotional well-being. Sleep disturbances resulting from environmental noise are associated with increased stress levels, irritability, and reduced psychological comfort. In more severe cases, prolonged exposure contributes to anxiety symptoms and depressive tendencies.

Population density further intensifies psychological pressures. Highly populated neighborhoods often reduce privacy and increase competition for resources, public facilities, and living space. The literature suggests that overcrowding contributes to feelings of confinement and social tension. Residents living in dense urban environments frequently experience reduced perceptions of environmental control, which is an important component of psychological comfort.

The reviewed studies also highlight the role of environmental degradation. In Jakarta, rapid urbanization has been associated with declining air and water quality. Similar patterns have been observed in other urban centers where extensive land conversion has altered ecological conditions. Environmental degradation not only affects

physical health but also contributes to psychological discomfort by creating less pleasant and less restorative living environments.

### **Green Open Space and Psychological Restoration**

The literature consistently identifies green open space as one of the most important factors supporting psychological comfort in urban environments. However, rapid urbanization often reduces the availability of natural spaces because land is increasingly allocated for residential, commercial, and industrial development.

The reviewed studies demonstrate that green open spaces provide substantial psychological benefits. Access to parks, urban forests, and other natural environments is associated with lower stress levels, improved mood, enhanced emotional stability, and greater life satisfaction. Exposure to natural settings allows individuals to temporarily escape urban stressors and recover from mental fatigue. The findings further indicate that green spaces serve important social functions. Public parks and recreational areas facilitate social interaction, physical activity, and community engagement. These activities contribute to stronger social relationships and improved psychological well-being.

Conversely, limited access to green spaces appears to exacerbate the negative psychological effects of urbanization. Residents living in highly built-up environments often have fewer opportunities to experience restorative natural settings. As a result, environmental stress accumulates without adequate mechanisms for psychological recovery. The literature therefore suggests that green infrastructure should be considered a critical component of sustainable urban development. Its contribution extends beyond ecological conservation, playing an important role in promoting mental health and psychological resilience.

### **Social Transformation and Community Support**

Urbanization also produces significant changes in social structures and community relationships. The reviewed studies indicate that urban growth contributes to increasingly individualistic social environments, reducing the strength of traditional community networks.

In rural settings, social support is often embedded within close interpersonal relationships and collective community activities. As populations migrate to cities, these forms of social cohesion become weaker. Urban residents frequently experience reduced interaction with neighbors and lower levels of community attachment. Consequently, social support systems that traditionally help individuals cope with stress become less accessible. The literature also identifies loneliness and social isolation as important consequences of urbanization. Although cities are characterized by high population density, meaningful social relationships may be limited. Physical proximity does not necessarily translate into emotional connectedness. This paradox creates conditions in which individuals feel socially isolated despite being surrounded by large numbers of people.

Migration-related adaptation challenges further contribute to psychological vulnerability. Many individuals move to cities expecting better employment opportunities and improved living standards. However, adapting to competitive urban environments often involves substantial psychological adjustment. Difficulties in securing employment, obtaining affordable housing, and establishing social networks may generate emotional strain and uncertainty. Socioeconomic inequality intensifies these challenges. Vulnerable populations frequently face unstable employment conditions, inadequate housing, and limited access to services. Such conditions contribute to persistent psychological pressure and increase susceptibility to mental health problems.

## **Implications for Mental Well-Being**

The final finding concerns the broader implications of urbanization for mental well-being. The reviewed literature consistently demonstrates that urbanization contributes to increasing risks of stress, anxiety, depression, and other psychological disorders. These outcomes emerge from the interaction of environmental pressures and social transformations associated with rapid urban growth.

A particularly important finding is that psychological distress rarely results from a single factor. Instead, it reflects the cumulative effects of multiple stressors operating simultaneously. Traffic congestion increases daily frustration, environmental noise disrupts sleep and recovery processes, population density reduces privacy, environmental degradation decreases living quality, and weakened social support limits coping mechanisms. Together, these conditions create a psychological environment that may undermine well-being over time. The reviewed studies further indicate that certain population groups are more vulnerable than others. Migrants, low-income households, elderly residents, and individuals living in densely populated settlements often experience greater exposure to urban stressors while possessing fewer resources to manage their effects. Consequently, the psychological consequences of urbanization are not distributed equally across urban populations.

## **Urbanization, Environmental Stressors, and Psychological Comfort: Toward an Integrated Understanding of Urban Mental Well-Being**

The findings of this study demonstrate that urbanization influences psychological comfort through a complex interaction between environmental conditions, social transformation, and individual well-being. Rather than functioning as an isolated demographic process, urbanization emerges as a multidimensional phenomenon that reshapes the physical and social environments in which individuals live, work, and interact. The literature reviewed in this study suggests that psychological discomfort in highly urbanized cities is not solely a consequence of population growth itself but results from the cumulative pressures generated by congestion, environmental degradation, noise pollution, overcrowding, reduced green spaces, and weakening social support systems. This perspective contributes to contemporary debates on sustainable urban development by emphasizing that urbanization should be evaluated not only through economic and infrastructural indicators but also through its implications for mental health and psychological well-being.

One of the most significant findings concerns the relationship between environmental stressors and psychological comfort. The reviewed studies indicate that traffic congestion, environmental noise, and population density consistently contribute to increased stress and anxiety among urban residents. These findings align with recent research demonstrating that urban environmental stressors significantly affect mental health outcomes through prolonged exposure to uncontrollable and repetitive stimuli (Oishi & Cha, 2021; Helbich, 2021). Similarly, Adli et al. (2023) argue that the urban environment functions as a chronic stress context where transportation pressure, noise exposure, and environmental uncertainty continuously activate psychological stress responses. The present study reinforces these arguments by showing that congestion and environmental noise are not independent stressors but interconnected components of the broader urban experience.

The findings also support emerging evidence suggesting that the psychological consequences of urbanization operate through cumulative mechanisms. Recent studies have emphasized that individuals rarely encounter a single urban stressor in isolation; instead, they are simultaneously exposed to multiple environmental pressures that interact and reinforce one another (Lederbogen et al., 2022; Ochnik et al., 2024). For example, long commuting times resulting from congestion are

frequently accompanied by excessive noise exposure, air pollution, and reduced opportunities for social interaction. This interaction creates what environmental psychologists describe as a “stress accumulation effect,” in which multiple urban challenges collectively erode psychological resilience (Mouratidis, 2021). The present study extends this perspective by highlighting how environmental stressors form an interconnected system that influences residents’ perceptions of comfort, safety, and quality of life.

Another important finding concerns the role of green open spaces in promoting psychological restoration. The reviewed literature consistently demonstrates that access to natural environments reduces stress, improves mood, and enhances emotional well-being. These findings are highly consistent with contemporary research in environmental psychology and urban health. A growing body of evidence indicates that green infrastructure contributes to mental health through multiple pathways, including stress reduction, cognitive restoration, increased physical activity, and enhanced social interaction (WHO, 2021; Astell-Burt & Feng, 2021; Sander et al., 2025). While previous studies have generally examined green spaces as independent determinants of mental health, the present study highlights their role as protective buffers that mitigate the negative psychological effects of urbanization. This interpretation represents an important theoretical contribution because it positions green infrastructure not merely as an environmental amenity but as a critical component of urban psychological resilience.

The findings further reveal that urbanization reshapes social relationships and community structures. Rapid urban growth is associated with increasing individualism, reduced neighborhood cohesion, and weaker social support systems. These findings correspond with recent studies indicating that urban living may generate a paradoxical form of social isolation in which individuals experience loneliness despite living in densely populated environments (Holt-Lunstad, 2021; Ochnik et al., 2024). The weakening of traditional support networks is particularly significant because social relationships serve as protective factors against psychological distress. Research conducted in multiple urban contexts has demonstrated that strong community ties enhance resilience, improve coping mechanisms, and reduce vulnerability to mental health disorders (Mouratidis & Poortinga, 2020; Wang et al., 2023). The present study therefore suggests that the psychological consequences of urbanization cannot be fully understood through environmental variables alone; social transformation represents an equally important mechanism through which urbanization influences well-being.

A notable contribution of this study is its emphasis on the interaction between environmental and social dimensions of urbanization. Previous studies have often examined environmental stressors, green spaces, or social cohesion as separate determinants of mental health. In contrast, the findings presented here suggest that these factors are deeply interconnected. Environmental degradation may reduce opportunities for social interaction, while weakened social cohesion may diminish individuals’ ability to cope with environmental stress. This integrated perspective advances urbanization theory by proposing that psychological comfort should be conceptualized as the outcome of interactions between environmental quality and social resilience rather than as a response to isolated urban conditions.

The findings also contribute to the growing literature on urban sustainability. Conventional urban development models frequently prioritize economic growth, infrastructure expansion, and population accommodation. However, recent scholarship increasingly argues that sustainable cities must also support residents’ psychological and emotional well-being (Sharifi, 2021; UN-Habitat, 2024). The present study supports this position by demonstrating that psychological comfort is a fundamental component of urban sustainability. Cities characterized by extensive

congestion, environmental degradation, and social fragmentation may achieve economic growth while simultaneously generating conditions that undermine human well-being. Consequently, urban sustainability should be evaluated through multidimensional indicators that include mental health, social cohesion, environmental quality, and perceived quality of life.

From a practical perspective, the findings offer important implications for policymakers and urban planners. First, transportation policies should prioritize the development of efficient and integrated public transportation systems capable of reducing congestion-related stress. Recent evidence suggests that improved mobility systems contribute not only to economic productivity but also to psychological well-being by reducing commuting burdens and increasing predictability in daily life (Banister, 2021; Mouratidis, 2023). Second, urban planning strategies should emphasize the preservation and expansion of green open spaces. Green infrastructure should be viewed as a public health investment rather than solely an environmental initiative because of its demonstrated contribution to psychological restoration and social interaction.

Third, local governments should address environmental noise through stricter regulatory frameworks and improved spatial planning. Although noise pollution is often considered a secondary environmental issue, accumulating evidence suggests that it has substantial implications for mental health and quality of life (Basner & McGuire, 2022). Fourth, community-based interventions aimed at strengthening social cohesion should become an integral component of urban development strategies. Programs that encourage neighborhood engagement, community participation, and social support may help mitigate the psychological consequences of urbanization. Finally, mental health services should be integrated into primary healthcare systems to improve accessibility and early intervention among urban populations experiencing psychological distress.

The novelty of this study lies in its multidimensional synthesis of urbanization, psychological comfort, and mental well-being within the context of highly urbanized cities. Unlike previous studies that focus on individual determinants such as congestion, green spaces, or social isolation, this study demonstrates how these factors collectively shape psychological experiences. By integrating environmental and social perspectives into a unified framework, the study provides a more comprehensive explanation of the mechanisms through which urbanization affects mental well-being. This integrated approach is particularly relevant for rapidly urbanizing cities in developing countries, where environmental challenges and social transformation occur simultaneously.

Several limitations should nevertheless be acknowledged. First, the study relies exclusively on secondary literature, which limits the ability to establish causal relationships between urbanization and psychological outcomes. Second, the reviewed studies vary in methodological approaches, geographical contexts, and measurement indicators, potentially affecting comparability across findings. Third, the focus on highly urbanized cities may limit the applicability of conclusions to smaller urban centers or rural-urban transitional areas. These limitations indicate that the findings should be interpreted as a synthesis of existing evidence rather than definitive empirical conclusions.

Future research should address these limitations by employing longitudinal and comparative research designs that examine changes in psychological well-being across different stages of urban development. Empirical studies incorporating quantitative and qualitative approaches would provide deeper insights into the mechanisms linking environmental conditions and mental health outcomes. Comparative investigations across cities with different levels of urbanization may also

help identify contextual factors that moderate psychological responses to urban growth. Additionally, future studies should explore the effectiveness of specific urban policy interventions, particularly those related to green infrastructure, transportation systems, and community-based mental health programs, in enhancing psychological comfort and urban resilience. Such research would contribute to the development of evidence-based strategies capable of promoting healthier, more inclusive, and psychologically sustainable cities.

## CONCLUSION

This study demonstrates that urbanization significantly influences the psychological comfort of urban residents through interconnected environmental and social mechanisms. The findings reveal that traffic congestion, environmental noise, population density, environmental degradation, and the reduction of green open spaces contribute to increased psychological stress and diminished well-being. Urbanization also reshapes social structures by weakening traditional support networks, increasing social isolation, and creating adaptation challenges for urban populations. These conditions collectively heighten vulnerability to anxiety, depression, and other mental health concerns.

Theoretically, this study contributes to the growing literature on urbanization by emphasizing the multidimensional relationship between environmental conditions, social transformation, and psychological comfort. Practically, the findings highlight the importance of integrating mental health considerations into urban planning through the expansion of green infrastructure, sustainable transportation systems, inclusive housing policies, and community-based support services. Several limitations should be acknowledged. The study relies on secondary sources and focuses primarily on literature discussing highly urbanized cities, limiting direct contextual comparisons across different urban settings. Future research should employ empirical approaches, comparative city analyses, and longitudinal investigations to examine how urbanization influences psychological well-being across diverse demographic and socioeconomic groups. Such efforts would provide deeper insights into developing more sustainable and psychologically supportive urban environments.

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