



## Urban Green Spaces and Mental Health: Sociological Perspectives from Bandung Residents

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### Abstract

Urban green spaces have increasingly been recognized as important resources for promoting mental health and social well-being in rapidly urbanizing cities. This study examines how residents of Bandung, Indonesia, perceive and experience the relationship between urban green spaces and mental health from a sociological perspective. Using a qualitative research design, data were collected through semi-structured interviews, participant observation, and field documentation involving residents from diverse social backgrounds. The findings indicate that urban green spaces contribute to psychological restoration, emotional resilience, social interaction, and community cohesion. Participants described parks and green environments as important spaces for relieving stress, improving emotional well-being, strengthening social relationships, and fostering a sense of belonging. However, issues related to accessibility, maintenance, overcrowding, and safety continue to influence the extent to which residents can benefit from these spaces. The study highlights the importance of integrating environmental, social, and psychological considerations into urban planning policies. Urban green spaces should be recognized not only as ecological assets but also as essential socio-ecological infrastructures that support sustainable and healthy urban living.

## INTRODUCTION

Rapid urbanization has transformed the physical and social landscapes of cities worldwide, generating profound implications for environmental sustainability and public health. While urban growth contributes to economic development and infrastructure expansion, it often occurs at the expense of natural ecosystems and accessible green environments. The reduction of urban green spaces (UGSs) has emerged as a critical concern because of its implications for mental health, social well-being, and urban resilience (Addas, 2023; Singh et al., 2021). Contemporary urban societies increasingly experience psychological stress associated with population density, environmental degradation, traffic congestion, and reduced opportunities for restorative interaction with nature. Consequently, scholars and policymakers have intensified their attention toward understanding how UGSs contribute to psychological restoration and social sustainability in rapidly urbanizing contexts.

Recent studies demonstrate that green spaces provide significant psychological benefits by reducing stress, anxiety, and depressive symptoms while enhancing emotional resilience and subjective well-being (Lin et al., 2025; Jain, 2024; Rosenbluth et al., 2024). Exposure to natural environments promotes cognitive recovery, improves mood regulation, and encourages healthy lifestyles through recreational and physical activities. Beyond individual health outcomes, urban green spaces function as social infrastructures that facilitate social interaction, community engagement, and collective identity formation (Jabareen & Eizenberg, 2021; Felder et al., 2023; Qi et al., 2024; Ashinze et al., 2024; Campbell et al., 2024). These multidimensional benefits suggest that UGSs should be conceptualized not merely as environmental assets but also as socio-spatial resources that support inclusive and sustainable urban development.

The growing body of literature on urban green spaces has increasingly emphasized their role in addressing urban mental health challenges. Studies conducted in Europe, North America, and East Asia consistently reveal positive associations between green-space accessibility and psychological well-being (Addas, 2023; Lin et al., 2025; Ziaesaedi et al., 2023). However, the majority of these studies focus predominantly on environmental psychology and public health perspectives, often overlooking the sociological mechanisms through which green spaces shape mental health outcomes. In particular, limited attention has been given to how social interactions, community cohesion, and cultural practices mediate the relationship between green-space utilization and psychological well-being. This limitation is especially evident in developing-country contexts, where rapid urbanization, spatial inequality, and socio-economic disparities significantly influence residents' access to environmental resources (Surya et al., 2020; Telaumbanua et al., 2024; Hilal et al., 2024; Omweri, 2024; Hornok & Raeskyesa, 2024).

Indonesia presents a particularly relevant setting for examining these issues. As one of the most urbanized countries in Southeast Asia, Indonesia faces increasing pressures associated with land conversion, population concentration, and environmental degradation (Priyanta & Zulkarnain, 2024; Liliwirianis et al., 2023; Wagianto et al., 2024). Bandung, one of the country's largest metropolitan areas, exemplifies these dynamics. The city has experienced substantial urban expansion accompanied by increasing traffic congestion, rising environmental stressors, and growing demands for public recreational spaces (Rahmasary et al., 2020). Although Bandung maintains several public parks and green areas, concerns remain regarding accessibility, spatial distribution, maintenance quality, and the capacity of these spaces to accommodate diverse urban populations. Such conditions create important questions regarding the extent to which urban green spaces contribute to residents' mental health and social well-being.

From a sociological perspective, urban green spaces represent more than physical landscapes. They function as arenas where social relations are produced, negotiated, and maintained. Public parks and green environments facilitate informal interactions among residents, strengthen neighborhood ties, and foster a sense of belonging that contributes to psychological well-being (Jabareen & Eizenberg, 2021; Rosenbluth et al., 2024). Furthermore, unequal access to green spaces may reproduce broader patterns of urban inequality, where residents from lower-income neighborhoods experience fewer opportunities to benefit from restorative environments. Consequently, understanding the social dimensions of green-space utilization is essential for developing equitable urban policies that promote both environmental justice and mental health (Bressane et al., 2024; Das, 2022; He et al., 2023).

Despite growing scholarly interest in green-space research, three important gaps remain. First, existing studies largely prioritize environmental and health perspectives while providing limited sociological explanations of how social cohesion

and community interaction influence mental health outcomes. Second, empirical evidence from rapidly urbanizing cities in developing countries remains insufficient, particularly within the Indonesian context. Third, previous studies often analyze accessibility and psychological well-being separately, without integrating social interaction, emotional resilience, and community cohesion into a comprehensive analytical framework. Addressing these gaps is essential for advancing theoretical understanding of the social functions of urban green spaces and informing evidence-based urban planning strategies.

This study therefore investigates the relationship between urban green spaces and mental health among residents of Bandung, Indonesia. Specifically, it examines how residents perceive the accessibility and quality of urban green spaces, how these spaces facilitate social interaction and community cohesion, and how such experiences contribute to psychological well-being. The novelty of this research lies in its integration of sociological and mental-health perspectives through a multidimensional framework that simultaneously analyzes accessibility, social cohesion, emotional resilience, and community participation within urban green spaces. By situating mental health within broader socio-spatial processes, this study contributes theoretically to urban sociology and environmental sociology while offering practical insights for policymakers seeking to design inclusive, sustainable, and psychologically supportive urban environments.

## **METHODS**

### **Research Design**

This study employed a qualitative research design to explore the sociological relationship between urban green spaces and mental health among residents of Bandung, Indonesia. A qualitative approach was selected because it allows researchers to investigate subjective experiences, social meanings, and everyday practices that shape individuals' interactions with urban environments (Mansour et al., 2018). Rather than measuring mental health outcomes quantitatively, this study sought to understand how residents interpret, experience, and assign meaning to urban green spaces within the context of their daily lives. The research was guided by an interpretive sociological perspective, which emphasizes the role of social interactions, cultural values, and lived experiences in constructing social reality.

### **Research Context**

The study was conducted in Bandung, Indonesia, a rapidly growing metropolitan city characterized by increasing urban density, environmental pressures, and changing land-use patterns. As urban development continues to expand, public green spaces such as parks, urban forests, and open recreational areas have become increasingly important for residents seeking opportunities for relaxation, social interaction, and psychological restoration. Bandung provides an appropriate setting for examining the sociological significance of green spaces because the city simultaneously faces challenges of urbanization and efforts to maintain sustainable urban environments. Several public green spaces across Bandung were selected as research sites, including frequently visited urban parks and recreational areas. These locations were chosen because they represent important social environments where residents engage in leisure activities, community interactions, and informal social exchanges.

### **Participant Selection**

Participants were selected using purposive sampling, a strategy commonly employed in qualitative research to identify individuals who possess relevant knowledge and experiences related to the research topic. The study involved 25 participants representing diverse demographic and social backgrounds, including students,

employees, entrepreneurs, retirees, and community members who regularly utilized urban green spaces.

Selection criteria included frequency of green-space visitation, length of residence in Bandung, and willingness to share personal experiences regarding mental well-being and public space utilization. This diversity enabled the study to capture a broad range of perspectives concerning the social and psychological significance of urban green spaces.

### **Data Collection**

Data were collected through semi-structured interviews, participant observation, and field documentation. Semi-structured interviews served as the primary method of data collection because they provided flexibility for participants to describe their experiences while allowing the researcher to explore specific themes related to mental health, social interaction, accessibility, and environmental perceptions.

Each interview lasted approximately 45–60 minutes and was conducted either in public green spaces or other locations preferred by participants. Interview questions focused on participants' patterns of green-space utilization, perceived psychological benefits, experiences of social interaction, feelings of belonging, and challenges associated with accessing or using green spaces. To complement interview data, participant observations were conducted in selected parks and public green areas. Observations focused on everyday activities, social interactions, patterns of space utilization, and community engagement occurring within these environments. Field notes and photographic documentation were recorded to provide contextual insights and support data interpretation.

### **Data Analysis**

The collected data were analyzed using thematic analysis following the framework proposed by Rosen et al. (2023). The analytical process began with repeated reading of interview transcripts and field notes to achieve data familiarization. Relevant statements were subsequently coded and organized into meaningful categories. Similar codes were then grouped into broader themes reflecting participants' perceptions and experiences regarding urban green spaces and mental health. The final stage involved interpreting the relationships among themes and connecting the findings to broader sociological discussions concerning urban well-being, social cohesion, environmental justice, and sustainable urban development. Thematic analysis was selected because it enables systematic identification of recurring patterns while preserving the richness and complexity of participants' narratives.

### **Trustworthiness of the Study**

To ensure the trustworthiness of the findings, several strategies were employed based on the criteria of credibility, transferability, dependability, and confirmability proposed by Ahmed (2024). Credibility was strengthened through prolonged engagement in the field and triangulation between interview data, observations, and field documentation. Member checking was conducted by sharing preliminary interpretations with selected participants to confirm the accuracy of the findings.

Transferability was enhanced through detailed descriptions of the research context and participant characteristics, allowing readers to assess the applicability of the findings to similar urban settings. Dependability was supported through systematic documentation of data collection and analysis procedures, while confirmability was achieved by maintaining an audit trail that recorded analytical decisions throughout the research process. These procedures contributed to the rigor and reliability of the study and strengthened the validity of the resulting interpretations.

## RESULTS AND DISCUSSION

This section presents the findings of the study concerning the relationship between urban green spaces and mental health among residents of Bandung. The analysis is based on semi-structured interviews, participant observations, and field documentation conducted in several public parks and green areas throughout the city. The findings reveal that urban green spaces function not only as environmental amenities but also as important social and psychological resources that contribute to emotional well-being, stress reduction, social interaction, and community cohesion. Four major themes emerged from the data analysis: (1) green spaces as spaces of psychological restoration, (2) social interaction and community belonging, (3) emotional resilience and coping with urban stress, and (4) barriers to accessing and utilizing green spaces. The presentation of findings emphasizes participants' lived experiences and perceptions while highlighting recurring patterns identified across different demographic groups.

### Green Spaces as Spaces of Psychological Restoration

One of the strongest themes emerging from the interviews concerns the restorative role of urban green spaces in improving psychological well-being. Participants consistently described public parks and green environments as places where they could temporarily escape the pressures of urban life and regain emotional balance.

Many respondents explained that the dense urban atmosphere, traffic congestion, and work-related demands often generated feelings of stress and fatigue. Consequently, visiting parks became an important strategy for achieving relaxation and mental recovery.

A 32-year-old office employee explained:

*"After spending the whole week in traffic and sitting in front of a computer, I feel mentally exhausted. When I come to the park, even for thirty minutes, I immediately feel different. The trees, fresh air, and open space make me calmer. I do not think about deadlines for a while. It feels like my mind has room to breathe again."*

This statement indicates that green spaces function as restorative environments that allow individuals to temporarily detach from daily stressors and experience psychological relief.

Similar experiences were expressed by a university student who frequently visited a public park near her campus:

*"Sometimes I come here after classes because the campus environment can be stressful. Sitting under the trees helps me organize my thoughts. I usually feel more relaxed and focused after spending some time here."*

This finding suggests that green spaces contribute not only to emotional relaxation but also to cognitive restoration and concentration.

An elderly participant emphasized the long-term emotional benefits of regular visits:

*"I have been coming to this park almost every morning for years. If I stay at home all day, I feel bored and isolated. Here, I feel happier and more energetic. The environment gives me positive feelings that stay with me throughout the day."*

These narratives collectively demonstrate that green spaces provide significant psychological benefits by creating opportunities for relaxation, emotional recovery, and mental restoration.

## **Social Interaction and Community Belonging**

Beyond individual well-being, participants repeatedly highlighted the importance of green spaces as social environments that facilitate interaction and strengthen community relationships. Parks were described as public arenas where individuals from diverse social backgrounds could meet, communicate, and participate in shared activities.

Field observations revealed frequent social interactions among visitors, including family gatherings, group exercises, community events, and informal conversations between strangers.

A participant who regularly joined weekend exercise groups stated:

*“I originally came here just to exercise, but over time I met many people. Now we have a regular group that meets every weekend. Some of us come from different neighborhoods, but we feel connected because we share the same activities.”*

This account illustrates how repeated interactions within green spaces contribute to the formation of social networks and community ties.

Another participant emphasized the inclusive nature of public parks:

*“What I like most is that everyone can come here. You can see children, students, workers, and elderly people in the same place. It feels different from shopping malls because people interact more naturally.”*

The statement reflects the role of green spaces as socially inclusive environments that encourage interaction across demographic boundaries.

A community leader involved in neighborhood activities further explained:

*“Many community programs are organized in parks because people are more willing to participate when activities are held in open and comfortable environments. The park has become a place where residents build trust and strengthen relationships.”*

The findings indicate that urban green spaces contribute significantly to social cohesion by creating opportunities for communication, participation, and collective engagement among residents.

## **Emotional Resilience and Coping with Urban Stress**

Another important finding concerns the role of green spaces in enhancing emotional resilience. Participants frequently associated park visits with improved emotional stability and a greater ability to cope with urban pressures.

The narratives revealed that exposure to natural environments helped individuals manage negative emotions and maintain psychological balance during challenging periods.

A female entrepreneur described her experience:

*“Running a business is stressful because there are always financial risks and uncertainties. Whenever I feel overwhelmed, I spend time in the park. Walking around the green areas helps me calm down and think more clearly about problems.”*

This account suggests that green spaces function as informal coping mechanisms that support emotional regulation.

A young professional offered a similar perspective:

*“Sometimes work becomes very demanding. Instead of staying indoors, I come here after work. The atmosphere changes my mood. I feel less angry, less frustrated, and more prepared to face the next day.”*

The interview indicates that contact with green environments can reduce emotional exhaustion and improve adaptive coping capacities.

Another participant explained:

*“The park gives me a sense of perspective. When I am surrounded by nature, my problems seem more manageable. I leave feeling stronger and more positive.”*

This statement highlights how green spaces contribute to resilience by providing psychological distance from everyday pressures and encouraging emotional recovery.

Across interviews, participants consistently linked regular exposure to green environments with increased emotional stability, improved mood, and greater resilience when confronting urban challenges.

### **Perceived Accessibility and Environmental Quality**

The findings also reveal that participants’ experiences were strongly influenced by the accessibility and quality of available green spaces. Well-maintained parks with adequate facilities were perceived more positively and attracted more frequent visitation.

Several respondents noted that accessibility determined whether green spaces could become part of their daily routines.

One participant stated:

*“The reason I visit this park often is because it is close to my home. If it were farther away, I probably would not come regularly. Accessibility is very important.”*

This observation suggests that physical proximity plays a crucial role in shaping utilization patterns.

Another respondent highlighted the importance of environmental quality:

*“I enjoy visiting parks that are clean and well-maintained. When facilities are damaged or the area is dirty, people become less interested in spending time there.”*

The statement demonstrates how maintenance influences user satisfaction and overall experience.

A third participant added:

*“Good lighting, benches, and walking paths make a huge difference. These facilities make people feel comfortable and encourage longer visits.”*

Collectively, these findings indicate that accessibility and environmental quality significantly affect residents’ willingness to engage with urban green spaces and benefit from their psychological and social functions.

### **Barriers to Green-Space Utilization**

Although participants generally reported positive experiences, several barriers limited their ability to fully utilize green spaces. The most frequently mentioned challenges included overcrowding, inadequate facilities, maintenance issues, and safety concerns.

Many participants reported that popular parks became excessively crowded during weekends and public holidays.

One respondent explained:

*“On weekends the park becomes so crowded that it is difficult to enjoy the environment. Sometimes it feels more stressful than relaxing.”*

This statement suggests that overcrowding may reduce the restorative potential of green spaces.

Another participant expressed concerns regarding maintenance:

*“Some parks are beautiful, but others have broken facilities, insufficient trash management, and poorly maintained areas. These conditions discourage people from visiting.”*

The interview highlights the importance of effective management for sustaining positive user experiences.

Safety concerns were also frequently reported, particularly among women and elderly participants.

A female participant stated:

*“I enjoy visiting parks during the day, but I avoid coming at night because some areas feel unsafe. Better lighting and security would make a significant difference.”*

These findings demonstrate that barriers related to infrastructure, management, and safety continue to influence residents' access to and experiences within urban green spaces.

The results reveal that urban green spaces in Bandung serve as important socio-environmental resources that support psychological restoration, social interaction, emotional resilience, and community cohesion. At the same time, issues related to accessibility, maintenance, overcrowding, and safety remain significant challenges that influence the extent to which residents can benefit from these environments.

### **Urban Green Spaces as Socio-Ecological Infrastructures for Mental Health**

The findings of this study demonstrate that urban green spaces play a multidimensional role in supporting mental health and social well-being among residents of Bandung. Rather than functioning solely as environmental amenities, green spaces emerged as socio-ecological environments where psychological restoration, social interaction, emotional resilience, and community belonging are continuously negotiated. These findings contribute to the growing body of literature that recognizes urban green infrastructure as a critical determinant of public health and urban sustainability. However, this study extends previous scholarship by emphasizing the sociological processes through which green spaces influence mental well-being, particularly within the context of a rapidly urbanizing city in a developing country.

The first major finding concerns the restorative function of urban green spaces. Participants consistently described parks and green environments as places that provided relief from urban stress, cognitive fatigue, and emotional exhaustion. This finding aligns with recent studies demonstrating that exposure to natural environments contributes to stress reduction, mood improvement, and psychological restoration (Addas, 2023; Lin et al., 2025; Rojas-Rueda et al., 2023). Contemporary environmental-health research suggests that natural environments facilitate recovery from cognitive overload generated by urban living, particularly in cities characterized by high population density and environmental pressures (Browning et

al., 2022). The experiences reported by Bandung residents support these arguments and indicate that contact with nature remains a significant protective factor for mental well-being.

However, the present study contributes a distinct sociological perspective by illustrating that psychological restoration is not merely a consequence of visual exposure to nature. Participants repeatedly associated feelings of calmness and well-being with the broader social atmosphere found within green spaces. This observation supports recent arguments that the health benefits of urban green spaces are shaped by social experiences as much as by ecological characteristics (Rosenbluth et al., 2024; Felder et al., 2023). In this sense, mental restoration emerges through the interaction between environmental qualities and social processes, reinforcing the need to conceptualize green spaces as integrated socio-ecological systems rather than isolated physical environments.

A second important finding concerns the role of green spaces in facilitating social interaction and strengthening community cohesion. Participants described parks as inclusive environments where relationships are established, maintained, and expanded across different social groups. These findings are consistent with recent research showing that public green spaces function as critical sites for social capital formation, community engagement, and neighborhood trust (Peters et al., 2022; Ziaesaedi et al., 2023; Jennings & Bamkole, 2023). In urban sociology, such interactions are considered essential because social connectedness constitutes a major determinant of psychological well-being and resilience.

The present study further demonstrates that social interactions occurring within green spaces extend beyond existing family or friendship networks. Participants frequently reported engaging in spontaneous conversations, community activities, and informal encounters with unfamiliar individuals. Similar patterns have been identified by Rosenbluth et al. (2024), who argue that urban parks facilitate placemaking processes that strengthen collective identity and social inclusion. Likewise, Felder et al. (2023) found that spatial proximity and shared public environments significantly contribute to the formation of social ties. The Bandung case reinforces these conclusions by showing that green spaces provide opportunities for bridging social relationships across diverse demographic backgrounds.

Nevertheless, the findings also reveal contextual characteristics that distinguish Bandung from many studies conducted in Western urban settings. In Bandung, green spaces frequently serve as venues for family gatherings, community events, and culturally embedded social practices. This observation suggests that the social value of urban green spaces is shaped by local cultural norms and collective traditions. Consequently, the benefits of green infrastructure cannot be fully understood without considering the socio-cultural context in which green spaces are embedded. This perspective contributes to environmental sociology by highlighting the cultural dimensions of green-space utilization that are often overlooked in predominantly quantitative studies.

The third major finding concerns emotional resilience and adaptive coping. Participants described green spaces as environments that helped them manage uncertainty, work-related pressures, academic stress, and emotional difficulties. This finding corresponds with recent evidence indicating that urban nature exposure strengthens resilience and improves coping capacities during periods of psychological strain (Jalilisadrabad et al., 2023; Marselle et al., 2021). Research conducted after the COVID-19 pandemic has increasingly emphasized the role of accessible green spaces in supporting psychological recovery and emotional adaptation (Ugolini et al., 2022).

What distinguishes the present study is the finding that resilience is socially mediated. Participants often associated emotional recovery with shared experiences, community interactions, and feelings of belonging encountered within green environments. This suggests that resilience should not be interpreted solely as an individual psychological attribute but also as a socially produced outcome facilitated by supportive urban environments. Such findings resonate with recent socio-ecological resilience theories emphasizing the interconnectedness of environmental resources, social relationships, and human well-being (Meerow & Newell, 2021; Kan & Lejano, 2023; Estoque & Wu, 2024). Therefore, urban green spaces should be understood as infrastructures that simultaneously support ecological sustainability, social integration, and psychological resilience.

Another significant contribution of this study concerns the identification of barriers that limit access to the benefits of urban green spaces. Participants highlighted overcrowding, inadequate facilities, maintenance deficiencies, and safety concerns as major obstacles affecting utilization. Similar challenges have been reported across rapidly urbanizing cities in Asia, Africa, and Latin America (Priyanta & Zulkarnain, 2024; Rahaman et al., 2023; Jegede et al., 2024). These studies demonstrate that unequal access to quality green spaces often reproduces broader patterns of urban inequality.

The Bandung case supports this argument by revealing that environmental benefits are not distributed equally across urban populations. Participants living near well-maintained parks reported more frequent use and greater psychological benefits than those residing in areas with limited green-space access. Such findings are consistent with environmental justice scholarship, which argues that disparities in environmental resources contribute to inequalities in health and quality of life (Nesbitt et al., 2022; Venter et al., 2023). Consequently, improving mental health through green infrastructure requires attention not only to the quantity of green spaces but also to their accessibility, quality, and inclusiveness.

Theoretically, this study contributes to the growing intersection between urban sociology, environmental sociology, and public health. Existing literature has largely examined green spaces through environmental-health frameworks that prioritize individual outcomes such as stress reduction and physical activity (Malsch et al., 2024). The present study advances this discussion by demonstrating that social interaction, community belonging, and cultural practices constitute important mechanisms through which green spaces influence mental well-being. The novelty of this research lies in its integrated sociological framework that conceptualizes urban green spaces as socio-ecological infrastructures where environmental, psychological, and social dimensions operate simultaneously.

From a practical perspective, the findings provide important implications for urban planning and policy development. Municipal governments should recognize green spaces as essential public-health resources rather than optional recreational facilities. Investments in park accessibility, maintenance, safety measures, and inclusive design can generate significant benefits for psychological well-being and social cohesion. Community-based programming, including cultural activities, educational initiatives, and neighborhood events, may further strengthen the social functions of green spaces and encourage broader participation among residents. In rapidly urbanizing cities such as Bandung, integrating green infrastructure into urban development strategies is critical for achieving sustainable and healthy urban environments.

The study also has more general implications for sustainable development. Urban planning practices often focus on the physical and neglect the psychosocial health aspects of the city, especially as it grows. The results of this study indicated that

green spaces have a direct impact on urban sustainability in multiple aspects, such as public health, social inclusion, environmental quality and community resilience. Thus it is important to maintain and increase the number of accessible green spaces as a long-term investment in sustainable cities.

There are, however, some caveats to these contributions. Firstly, the study was limited to Bandung and might not be easily generalizable to other cities with different cultural, environmental, and socioeconomic factors. Second, the qualitative design emphasizes understanding rather than generalizing the results statistically. Third, participants were mostly frequent users of green space, which may not represent the views of green space non-users. The restrictions make the results susceptible to interpretation with care.

Future studies should be conducted across several cities to explore the role of sociocultural and spatial variations in green-space experiences in a comparative study. Combination methods, involving qualitative and quantitative mental-health measures, could be used to give a more complete perspective on causal relationships. Furthermore, further research is needed to understand how marginalized communities, such as the poor, the disabled, and the elderly experience their access to green space. Long-term studies are also needed to explore associations between long-term exposure to urban nature and mental health outcomes.

## CONCLUSION

The results of this study indicate that urban green spaces have a significant impact on mental health and social well-being of the people of Bandung. The results suggest that green spaces are not just environmental assets, but also socio-ecological infrastructures that can promote psychological restoration, emotional resilience, social interaction and social cohesion. The participants felt that parks and public green space are important places for lowering stress in the city, improving interpersonal relationships, and creating a sense of belonging in increasingly complex urban space.

This study has theoretical importance in the field of Urban Sociology / Environmental Sociology by highlighting the interconnectedness of the environmental condition, social process and mental health. It builds on current research by focusing on the social interactions and cultural practices taking place within green spaces, as well as their ecological attributes, in order to highlight the benefits they offer. The implications in practice include a call for city planners to consider accessibility, safety, maintenance and inclusiveness of green spaces as elements of public health and sustainable development plans. This study is only transposed in one urban context and is based on qualitative statements of users of the green spaces. Comparative and mixed methods approaches in other cities and population groups should be used in future research to explore the relationship between urban green spaces, social dynamics, and mental health outcomes in more depth.

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