



Nokkur atriði um náttúruna

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1.

**Að búa nærri náttúru hefur hagstæð
heilsfarleg áhrif í för með sér**



Window view image with the lowest group mean rating for restoration likelihood ($M = 1.43, SD = 2.67$).







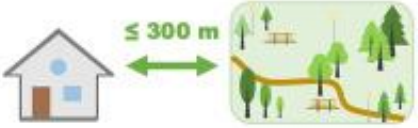

Window view image with the closest-to-average group mean rating for restoration likelihood ($M = 3.62, SD = 1.86$).



Window view image with the highest group mean rating for restoration likelihood ($M = 5.87, SD = 2.29$).

Masoudinejad, S., & Hartig, T. (2020). Window view to the sky as a restorative resource for residents in densely populated cities. *Environment and Behavior*, 52(4), 401-436.

3-30-300 REGLAN

3	 <p>Trees visible ≥ 3</p>	 <p>Trees visible < 3</p>
30	 <p>Canopy coverage $\geq 30\%$</p>	 <p>Canopy coverage $< 30\%$</p>
300	 <p>From green space ≤ 300 m</p>	 <p>From green space > 300 m</p>
	Met	Not met



2.

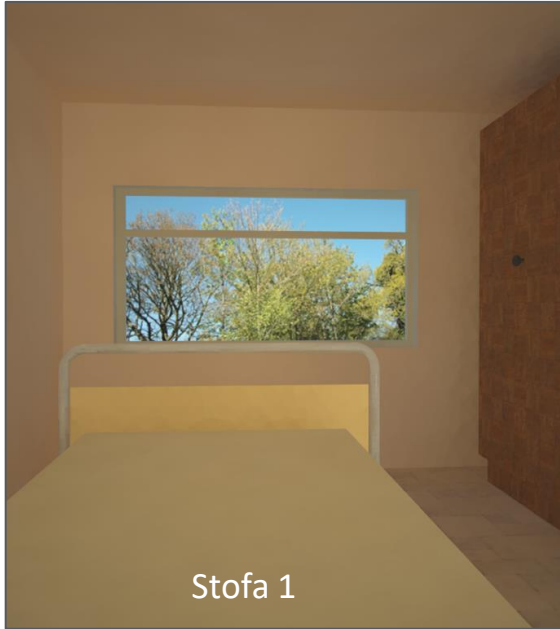
**Samvera við dýr hefur
góð áhrif á heilsuna**



3.

Náttúran hefur jákvæð áhrif á líkamsstarfsemi, hugræna starfsemi og heilsu

ULRICH (1984)



Niðurstöður rannsóknarinnar

- Skjótari bati í Stofu 1 en í Stofu 2.
- Minna kvartað í Stofu 1 en Stofu 2.
- Minna tekið af sterkum verkjalyfjum í Stofu 1 en Stofu 2.

Ulrich, R.S. (1984). View through a window may influence recovery from surgery. *Science*, 224(4647), 420–421

ULRICH O.F.L. (1991)

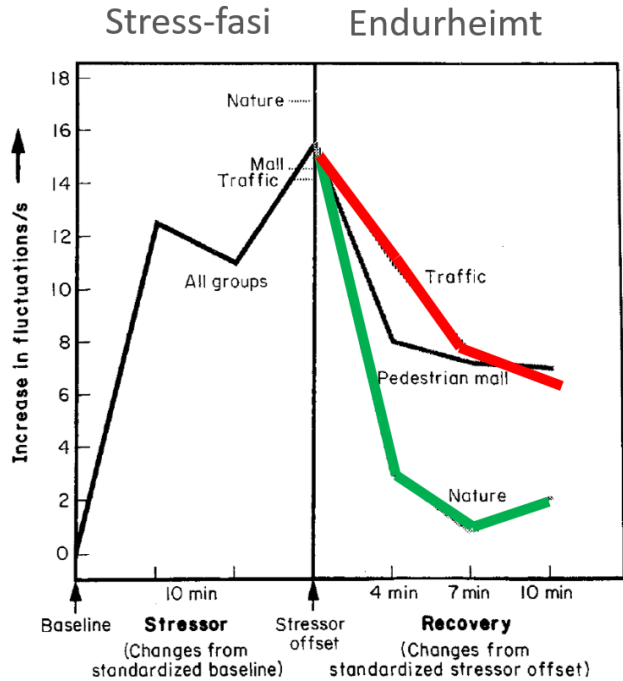


FIGURE 1. Changes in skin conductance (SCR) during stress and recovery.

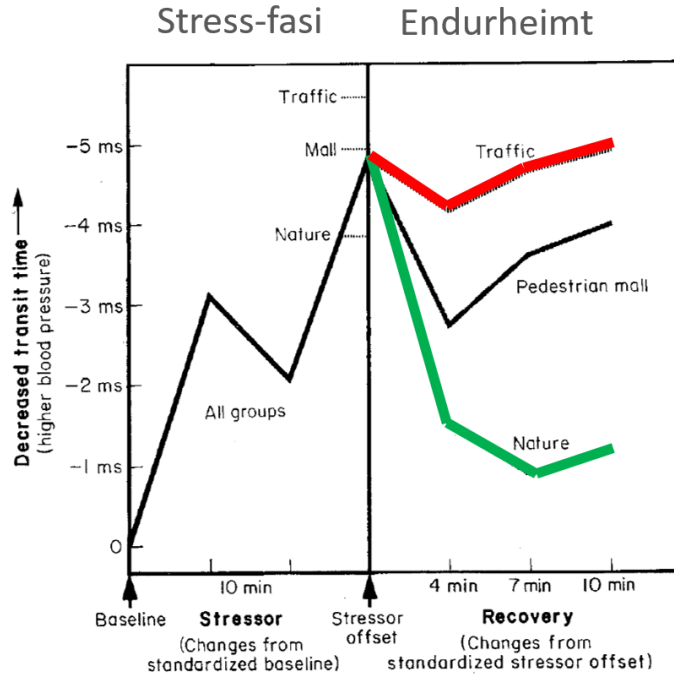


FIGURE 2. Changes in pulse transit time (PTT) during stress and recovery.

Ulrich, R. S., Simons, R. F., Losito, B. D., Fiorito, E., Miles, M. A., & Zelson, M. (1991). Stress recovery during exposure to natural and urban environments. *Journal of environmental psychology, 11*(3), 201-230.

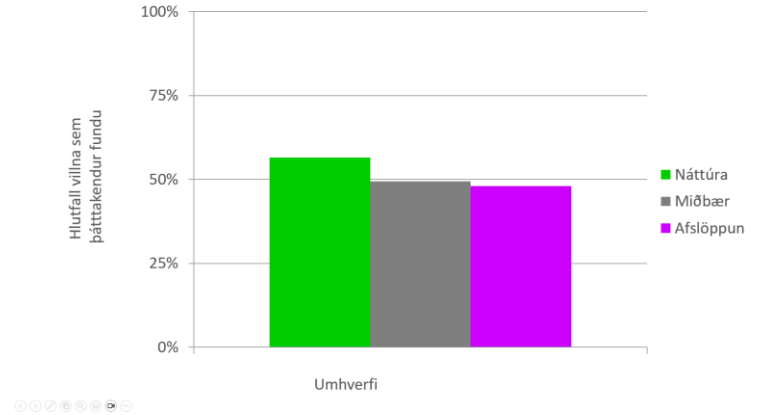
Leiðni í húð

Blóðþrýstingur

HARTIG, MANG OG EVANS (1991)



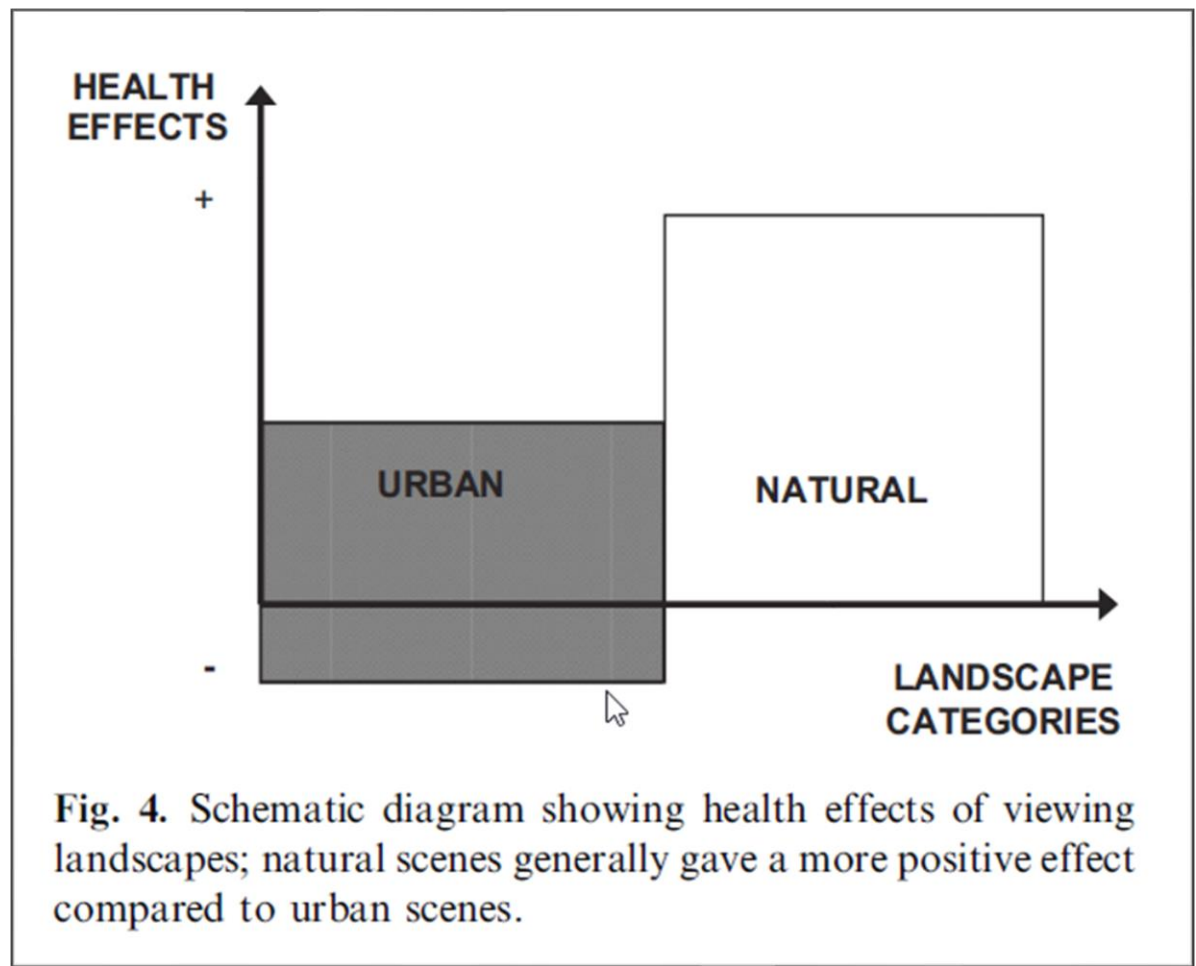
Hartig, T., Mang, M., & Evans, G. W. (1991). Restorative effects of natural environment experiences. *Environment and behavior*, 23(1), 3-26.



4.

Fólk kýs náttúru fram yfir manngert umhverfi

Velarde, M.D., Fry, G. & Tveit, M. (2007). Health effects of viewing landscapes – Landscape types in environmental psychology. *Urban Forestry & Urban Greening*, 6, 199–212.





RÁÐHÚSHTORGIÐ Á AKUREYRI



5.

**Uppáhaldsstaðir einkennast oft af
náttúrulegum áreitum**



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