

## Health: The Design, Planning and Politics of How and Where We Live

- **Paper / Proposal Title:**

Effect of Green Walls on Stress Reduction in Urban Space

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- **Abstract (300 words):**

Today, the view of large cities faces the lack of green spaces and vegetation cover. Due to the lack of land to use as green spaces in the cities, the need to create green spaces in the vertical level of cities is felt more. Human beings interact with nature, green spaces make them more relaxed and therefore reduce stress in urban environments. The sense of nature of friendship and adaptability of man with his unwanted nature leads him to the spaces of the city that has more greeneries,

vegetation coverings in the city cause the vitality and dynamism of the citizens. From urban regeneration, green spaces are in urban spaces. The problem that has been addressed in this study is the relationship between anxiety and urban green walls, and how much green space affects the reduction of urban tension in city areas. In terms of the social dimension of the green walls, by integrating nature and building, the beauty of the living environment of the citizens, create and enhance the vitality, contribute to the physical and psychological well-being of the citizens. For the research, the combined research method with library research and field studies has been used to collect data. The analysis instrument of measurement in this study was an anxiety test program. The statistical population of this study was citizens on the ground. The statistical sample of this study is one of the Shiraz avenues. The sample size of 30 people was selected randomly from among citizens. According to the results of this study, people living in urban green spaces are less stressed than they are in a green-free space. At last, the design of green spaces affects citizens' stress reduction and in long term, it affects the health of people in the community.

Key words: green space, stress reduction, urban space ,Health benefit

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