Embassy of Nature

in earth's embrace

HEALTH-PROMOTING EFFECTS OF LANDSCAPE PHOTOGRAPHY AND FILMS | SCIENTIFIC STUDIES

A SELECTION OF SCIENTIFIC STUDIES

01
Images of nature reduce sympathetic nervous activity and increase parasympathetic activity (e.g., Gladwell et al., 2012; Brown et al., 2013)

02
Already 30 years ago, Roger S. Ulrich (1979) established that even unspectacular nature scenes have a positive effect on the mood of their viewers. While urban scenes tend to intensify negative emotions, images of nature reduce stress and feelings of fear and induce friendly feelings. (according to Knopf 1987, Saum-Aldehoff 1993, Gebhard 1994).

03
The psychological and physical effects of green scenery indicate stress reduction, even if it is only when looking through a window, viewing slides or posters. Cackowski/ Nasar 2003)

04
According to Roger S. Ulrich, even unspectacular nature scenes have a positive effect on the mood of their viewers. Images of beautiful natural landscapes in particular have a calming and relaxing effect (Ulrich 1979 after Knopf 1987, Saum-Aldehoff 1993, Gebhard 1994). Using slide series, Ulrich (in environment and behaviour 1981, p. 523) found that beautiful landscape scenery can lower the pulse and blood pressure and, according to EEG measurements, strengthen alpha waves in the human brain, which are known to signal an increased level of relaxation and balance (according to Knopf 1987, Saum-Aldehoff 1993, Gebhard 1994).

05
According to Ulrich et al (1991), people showed a particularly rapid and complete recovery in terms of skin conductance, muscle tension, blood pressure and pulse after watching nature videos for ten minutes (Health Council 2004, 85)

06
According to Roger S. Ulrich, even unspectacular nature scenes have a positive effect on the mood of their viewers. Images of beautiful natural landscapes in particular have a calming and relaxing effect (Ulrich 1979 after Knopf 1987, Saum-Aldehoff 1993, Gebhard 1994). Using slide series, Ulrich (in environment and behaviour 1981, p. 523) found that beautiful landscape scenery can lower the pulse and blood pressure and, according to EEG measurements, strengthen alpha waves in the human brain, which are known to signal an increased level of relaxation and balance (according to Knopf 1987, Saum-Aldehoff 1993, Gebhard 1994).

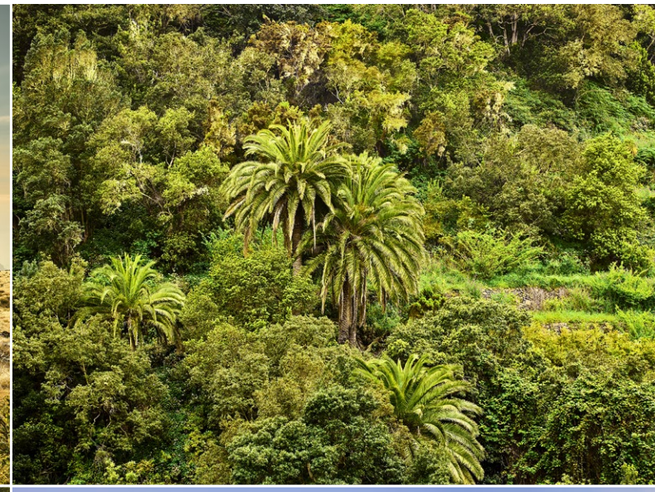
07
Ulrich et al. (1998) conducted a similar study in Sweden with patients who had undergone open heart surgery. The patients were randomly allocated to three types of hospital rooms with pictures of water and trees, abstract art and no pictures on the walls. The patients with pictures of nature had less anxiety and less desire for strong painkillers. The highest stress level was associated with abstract art. In a third study with Swedish psychiatric patients, Ulrich confronted them with abstract art on the one hand and with images of nature (flowers, beautiful landscapes) on the other. The latter produced more positive effects, the former more negative effects, some normally unaggressive patients even attacked the pictures. (Kellert 2007, Health Council 2004)

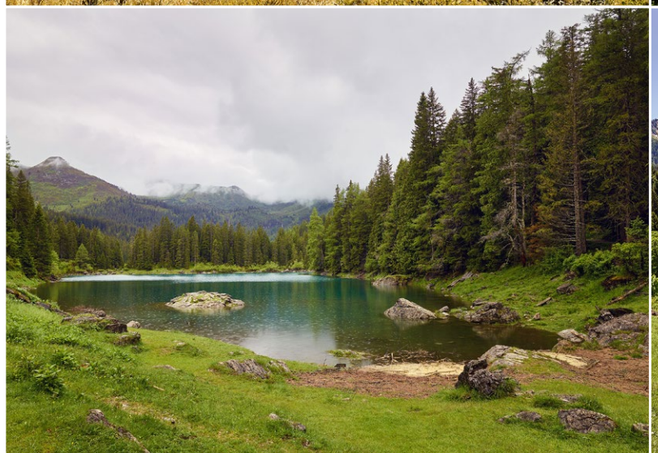
08
„Ulrich et al. (1991) showed in a group of US students who were shown natural and urban landscape views after watching a stressful film that study participants who viewed natural landscape views recovered more quickly from stress than their comparison group. They exhibit lower physiological arousal levels (heart activity, muscle tension and skin conductance) and lower emotional arousal (anxiety, aggression/ anger, sadness) than the study participants who are shown urban landscape images. Viewing nature also has a stress-reducing effect on blood donors, car drivers and after completing a strenuous task: Ulrich et al. (2003) showed this in 872 blood donors who were shown either a video with natural or urban landscape images in the waiting room. The former showed lower pulse rates.“ (Abraham et al. 2007)

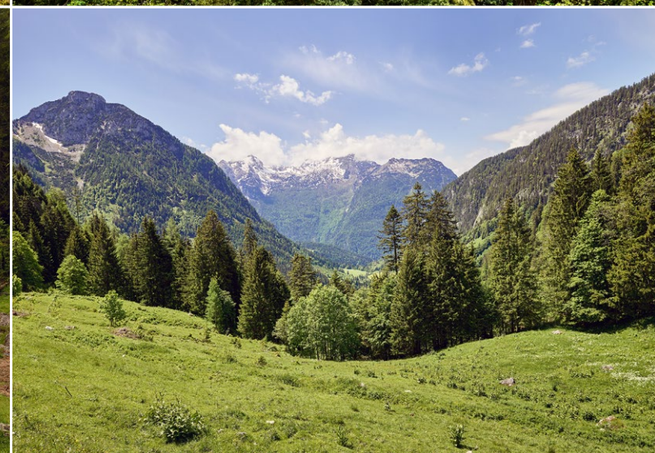
09
Based on the effects of different natural scenes on the human psyche that he had proven, Karmazin-Kakowski (1981) developed the concept of a neuro-somatic sanatorium for the treatment of various illnesses (primarily neuroses). Nature is used as an optical and movement medium with both stimulative and sedative objectives. This can be seen as a generalisation of the hitherto little systematic attempts to use landscape as a therapeutic factor, as a step towards an independent landscape therapy alongside physiotherapy and climatotherapy (according to Greschkowitz 1991)

10
After viewing slides with different nature scenes, Ulrich (1979) found a reduction in negative feelings in favour of positive ones. In contrast, feelings of sadness are significantly increased by slides with urban scenes (Health Council 2004, 842). Hartig et al. (1996) observed a similar effect, but also a parallel increase in sadness. In a second study, all viewers of nature slides showed positive values in all subscales of a „Mood Adjective Checklist“ (Health Council 2004, 79).

11
According to Roger S. Ulrich, even unspectacular nature scenes have a positive effect on the mood of their viewers. Above all, pictures of beautiful natural landscapes have a calming and relaxing effect (Ulrich 1979 after Knopf 1987, Saum-Aldehoff 1993, Gebhard 1994). Using slide series, Ulrich (in environment and behaviour 1981, p. 523) found that beautiful landscape scenery can lower pulse and blood pressure and, according to EEG measurements, increase alpha waves in the human brain, which are known to signal an increased level of relaxation and balance (according to Knopf 1987, Saum-Aldehoff 1993, Gebhard 1994).







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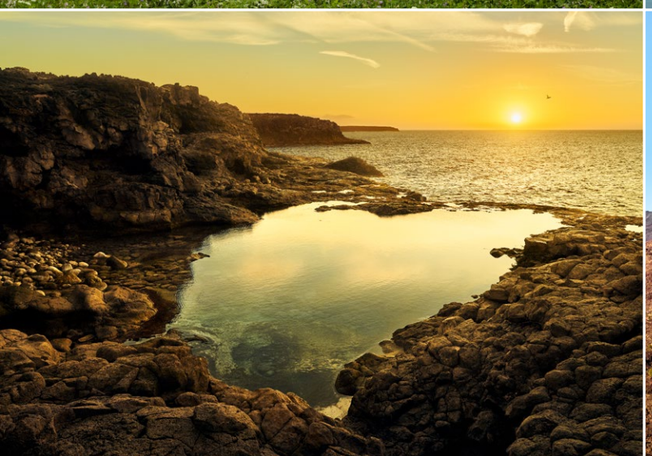

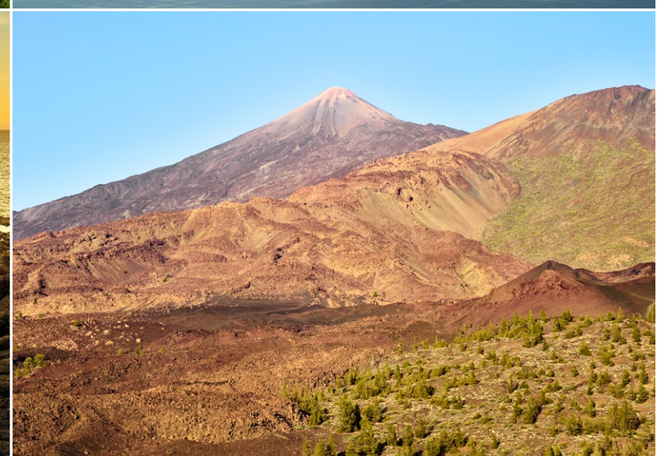

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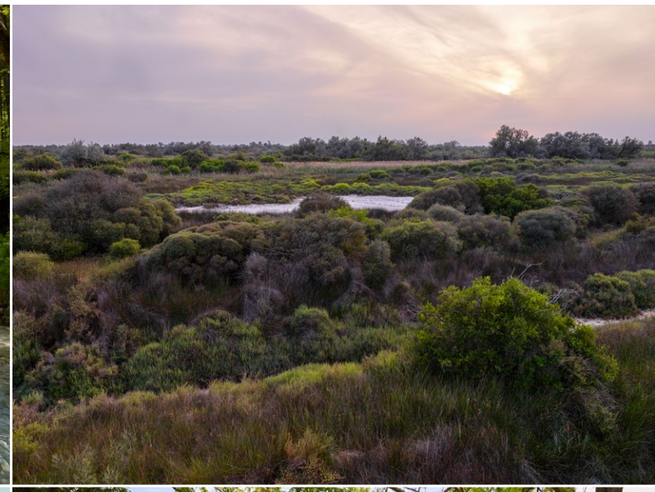

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