

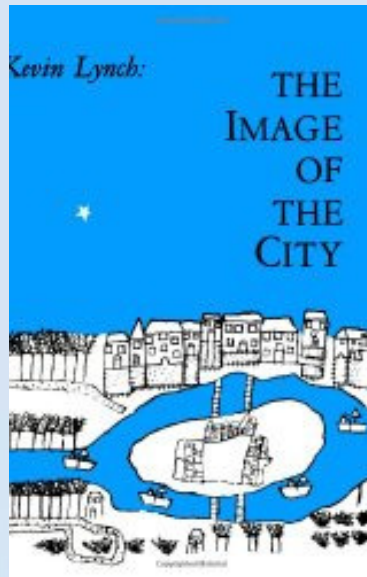
Paesaggio e psicologia

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L'Università di Padova per il paesaggio. Discipline a confronto
Padova, 25 febbraio 2016



“An ordered environment . . . gives the individual a possibility of choice and a starting point for the acquisition of further information. A clear image of the surroundings is thus a **useful basis for individual growth.**”

“To become completely lost is perhaps a rather rare experience for most people in a modern city . . . let the mishap of disorientation once occur, and the sense of anxiety and even terror that accompanies it reveals to us how closely it is linked to **our sense of balance and well being . . .**”

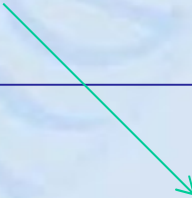
Wherever you go, there you are—and it matters.
This is the fundamental premise of environmental psychology: We are always embedded in a place.

Gifford, *Annual Review of Psychology*, 2014, p. 543

Environmental Psychology

Multidisciplinary discipline that studies interaction between human beings and their environment

How human beings can influence their environment
How environment influences humans' feelings and behaviors



Main themes (and challenges)

- How to encourage pro-environmental behaviour (Conservation Psychology and sustainable growth)
- Environmental stress (noise, crowding, traffic congestion,...)
- Restorative environments
- Environment and quality of life. Urban environmental quality
- Visual landscape assessment and human landscape perception
- Wayfinding in healthcare and residential aged care facilities
- ...

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Valutazione e percezione del paesaggio

Cosa rende «bello» un paesaggio?

5 modelli di qualità visiva del paesaggio

Ecological model
Formal esthetic model
Psychophysical model
Psychological model
Phenomenological model

Daniel & Vining, 1983

ESTETICA
BENESSERE

Teorie che spiegano le preferenze

1. Preferenze innate
2. Preferenze apprese

Teorie culturali Tveit e al. 2013

Topofilia
Estetica ecologica
spirito dei luoghi (genius loci)
Patrimonio culturale
Estetica della cura

PERCEZIONE DEL PAESAGGIO NELLA CITTA' DI VENEZIA: UNA RICERCA AZIONE

HOME

LA RICERCA

AUTORI&PARTECIPANTI

TEMATICHE

PRESENTAZIONI



<http://immaginidicitta.wix.com/phvenice>

Ambienti ristorativi

Restorative environments

Particular environments that trigger psychological and / or physiological recovery

Attention restoration theory

(ART; Kaplan, 1995)

The capacity to direct attention diminishes with use, but it can be "restored" by the contact with natural environments, characterized by four qualities; being-away, fascination, extent, and compatibility



Restorative effects of built environments?

Ricerche precedenti

Lavori su:

- Monasteries (Ouellette et al., 2005)
- Outdoor museums (Hoge, 2003)
- Places of worship (Herzog et al., 2010)
- Museums (Kaplan et al. 1993; Packer et al. 2010)

Le nostre ricerche

- Effetto ristorativo di immagini di scene naturali su attenzione (Berto, 2005)
- Effetto ristorativo di luoghi artistici (Dalsaso, 2015)
- Effetto ristorativo di luoghi naturali e costruiti (Alessio, 2015)

Restorative effects of built environments?



Effetto ristorativo di ambienti naturali e costruiti. Uno studio

Metodo



150 studenti (75 F)

PASAT 1(Paced Auditory Serial Task; Sampson, 1961)

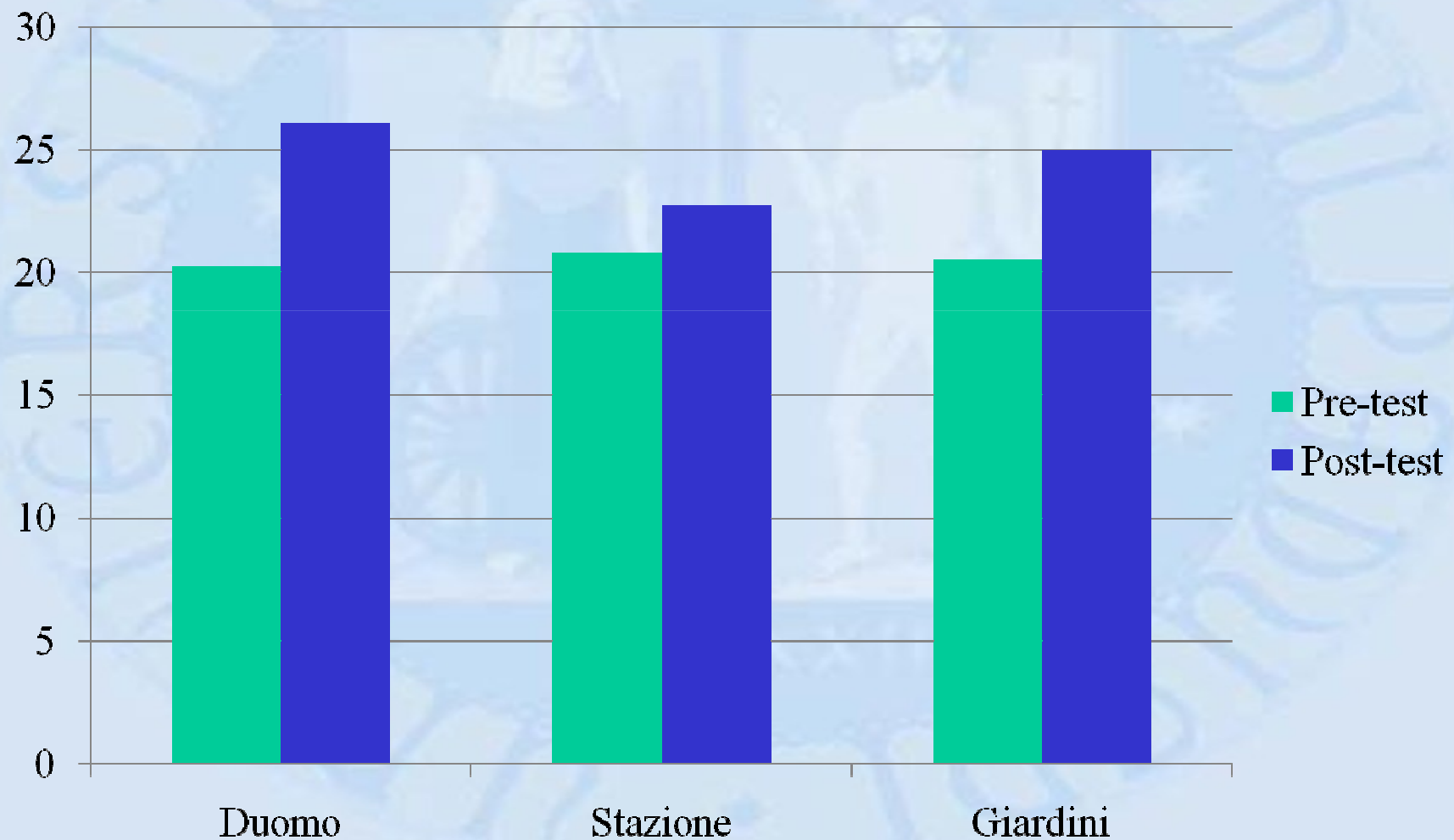
Esposizione all'ambiente– 10 mins

PASAT 2

PRS (Perceived Restoration Scale; Hartig et al., 1996)



Effetto dell'ambiente sul PASAT



Conclusioni

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Gifford, 2014

CURA DEL PAESAGGIO → CURA DEL BENESSERE

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