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The Interplay Between Urban Environment and Mental Health: A Comprehensive Examination and Policy Roadmap

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ABSTRACT

The aim of this research is to examine the complex relationship between urban planning and mental health outcomes, with a particular focus on the influence of green space, access to nature and community design on the prevalence and severity of depression. Using quantitative research methods, including surveys and mental health metrics, this study aims to uncover the nuanced relationships between urban environments and psychological well-being. Furthermore, this investigation critically evaluates the therapeutic potential of environmental protection in alleviating depression. A thorough review of the existing literature aims to evaluate the effectiveness of interventions such as ecotherapy and pro-environmental behavior in improving mental health, thereby providing valuable insights into promising treatment options. A central aspect of this research revolves around the integration of green spaces into urban planning and its profound impact on mental health. The research shows how urban planners can strategically integrate parks, green spaces and sustainable landscaping into urban design to create accessible opportunities for relaxation and stress reduction, thereby promoting the psychological well-being of urban populations. Additionally, this study examines the role of prominent environmental organizations such as Greenpeace in promoting environmentally friendly urban planning practices. It examines Greenpeace's initiatives and campaigns related to urban environment and mental health, providing a comprehensive analysis of the organization's successes and challenges in promoting healthier cities.

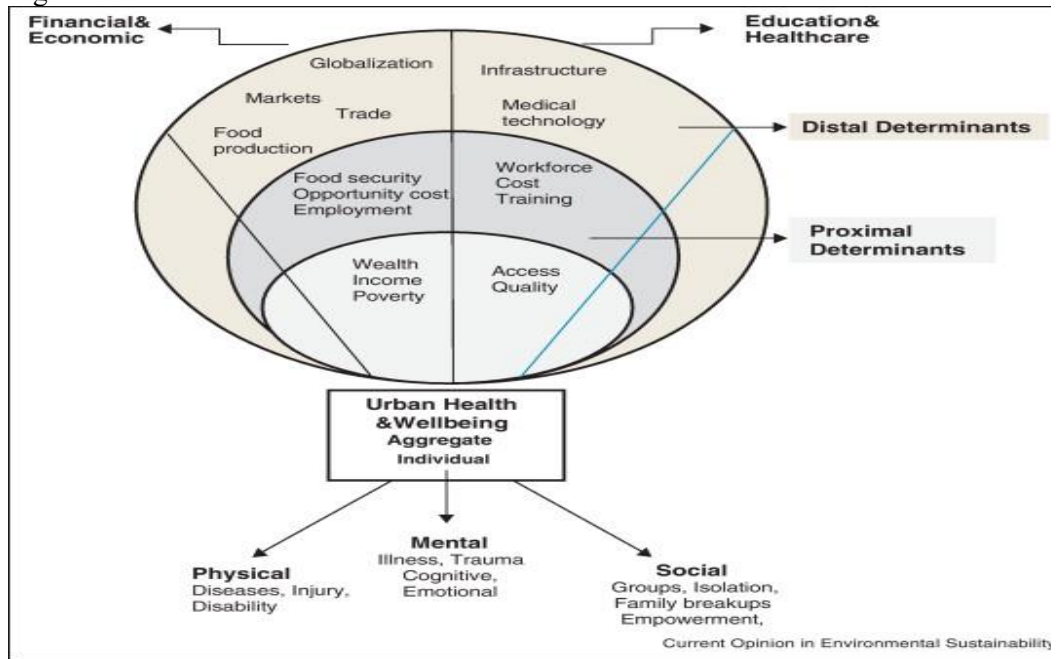
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Introduction

The impact of the urban environment on mental health has garnered significant attention in recent years due to the ongoing process of urbanization worldwide. This research endeavors to conduct a comprehensive examination of the intricate interplay between urban planning and mental health outcomes, with a specific emphasis on understanding the factors that contribute to the prevalence and severity of depression within urban populations. To achieve this goal, the investigation adopts a multidimensional approach, encompassing various aspects of urban life such as the availability of green spaces, access to nature, and the design of communities. This holistic approach is essential to gain a nuanced understanding of how these elements collectively influence mental health. To ensure the robustness of our findings, this research employs a quantitative methodology, relying on survey data and mental health metrics [1]. This empirical approach is crucial for

providing a rigorous analysis of this critical issue. By gathering and analyzing data from a diverse range of urban settings and populations, we aim to establish concrete correlations and patterns between urban environmental factors and mental health outcomes. This quantitative analysis allows us to identify trends and associations that may inform future urban planning strategies aimed at improving mental well-being in urban areas. Furthermore, this study acknowledges the importance of addressing the mental health challenges faced by urban dwellers as cities continue to expand. The findings from this research may have far-reaching implications for policymakers, urban planners, and public health practitioners [2]. By better understanding the relationship between the urban environment and mental health, we can develop evidence-based interventions and policies to create healthier and more supportive urban environments for all residents. Ultimately, this investigation seeks to contribute valuable insights that can help mitigate the adverse mental health effects of urbanization and improve the overall well-being of urban populations.

Figure 1.



The examination of the role of environmentalism in alleviating depression is a crucial aspect of this research, bearing significant technical and therapeutic implications [3]. This section delves into the therapeutic aspects of environmentalism, specifically focusing on ecotherapy and pro-environmental behaviors as potential tools for alleviating the burden of depression in individuals. To construct a solid foundation for this exploration, a rigorous review of existing literature is undertaken [4]. This review serves as the cornerstone for a meticulous and critical assessment of the effectiveness of environmental interventions in improving mental health outcomes. Through this rigorous scrutiny of the available evidence, the primary objective of this research is to provide a comprehensive and nuanced understanding of both the potential benefits and the limitations associated with

environmental strategies in addressing the complex issue of depression. Ecotherapy, as a key component of environmentalism, represents an innovative approach to mental health treatment. It involves therapeutic activities conducted in natural settings, harnessing the healing power of nature. Pro-environmental behaviors, on the other hand, refer to actions aimed at conserving and protecting the environment, which can indirectly impact mental health by fostering a sense of purpose and connection to the natural world. This research rigorously evaluates the scientific foundation supporting these interventions and their potential to serve as complementary tools in the broader framework of depression management. Furthermore, the assessment of environmentalism's role in alleviating depression requires a meticulous examination of empirical studies, clinical trials, and case reports that have explored these concepts. This research applies a systematic and evidence-based approach to assess the efficacy and safety of ecotherapy and pro-environmental behaviors as therapeutic options. By drawing upon a comprehensive array of data and studies, this analysis aims to provide healthcare professionals and policymakers with valuable insights into the potential integration of environmental strategies into depression management protocols. However, it is equally essential to acknowledge the potential limitations and challenges associated with the application of environmentalism in mental health treatment. By conducting a thorough analysis of the existing literature, this research strives to identify gaps in knowledge and potential areas of improvement in the implementation of ecotherapy and pro-environmental interventions [5]. Addressing these limitations is crucial for ensuring that environmental strategies can be effectively integrated into comprehensive mental health care programs [6].

The significance of green spaces in urban planning is a pivotal facet of this study, shedding light on the vital role played by these spaces within urban environments and their profound impact on mental health. This segment of the investigation focuses on the strategic integration of green elements such as parks, greenways, and sustainable landscaping into city designs [7]. The overarching objective is to craft urban environments that offer residents opportunities for relaxation, stress alleviation, and a heightened connection with the natural world, ultimately nurturing improved mental well-being. This section aims to provide practical insights into how urban planners can actively contribute to the promotion of mental health through deliberate and eco-conscious city planning strategies. Urban planners, in their pursuit of designing more resilient and livable cities, are increasingly recognizing the importance of incorporating green spaces into their blueprints. These green spaces, encompassing parks, greenways, and sustainable landscaping, serve as pivotal tools for fostering mental well-being among urban dwellers. By offering oases of tranquility amidst the urban hustle and bustle, they create conducive environments for relaxation and stress reduction. This section of the study endeavors to furnish urban planners with tangible guidance on effectively incorporating green spaces into their designs, thereby contributing to the enhancement of mental health within the urban population [8]. Greenpeace's Advocacy for Urban Environmental Health occupies a significant space in this research, as it examines the role of prominent environmental organizations, like Greenpeace, in advocating for environmentally friendly urban planning practices. A detailed exploration of Greenpeace's campaigns and initiatives related to urban environments and mental health is undertaken, shedding light on both the successes and challenges faced by the organization. By examining the strategies employed by Greenpeace, this research aims to

provide valuable insights into the ways in which advocacy groups can play a pivotal role in shaping urban environments that are conducive to positive mental health outcomes [9].

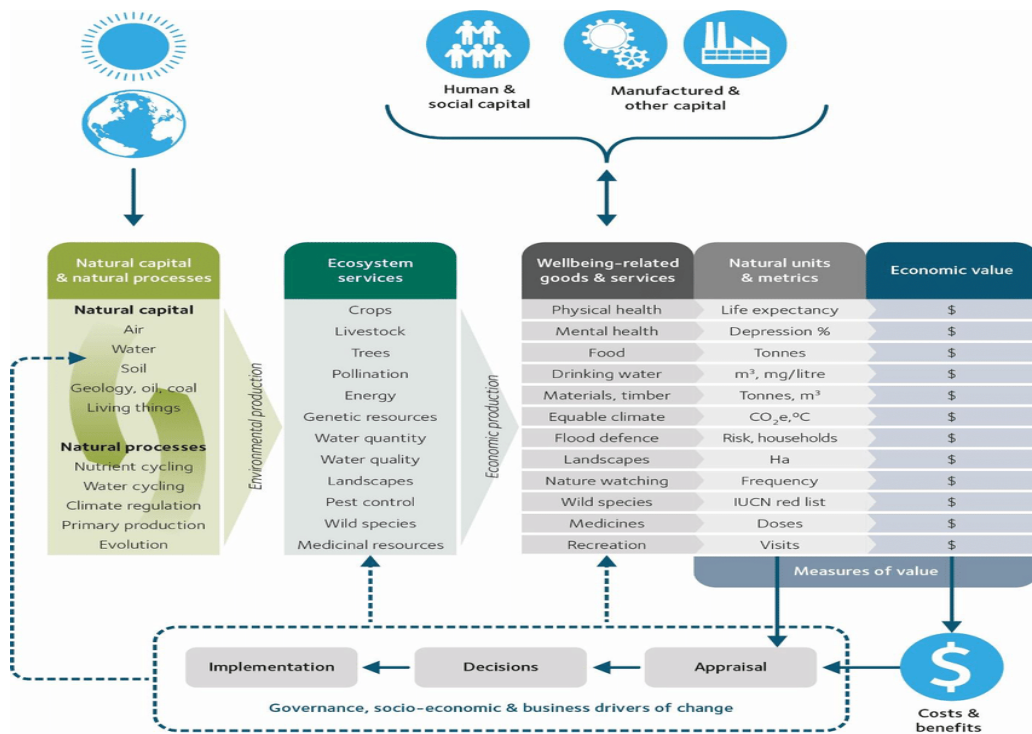
The culmination of this research lies in the realm of Policy Implications and Recommendations. As the preceding sections offer a comprehensive analysis of the complex relationship between urban environments, mental health, and environmental advocacy, this final segment synthesizes the findings into actionable policy recommendations. These recommendations are directed at a diverse audience, including urban planners, mental health professionals, and environmental activists. By delineating practical steps that can be taken, this research seeks to guide stakeholders in creating healthier urban environments, promoting mental well-being, and aligning their efforts with Greenpeace's overarching goals of enhancing the planet's health [10].

The Impact of Urban Environment on Mental Health:

The connection between urban environments and the mental health of residents is a complex and significant field of study. This research endeavor is dedicated to unraveling the intricate relationship between urban planning and mental health outcomes. A particular focus of this investigation is the assessment of the role played by green spaces within urban areas [11]. These verdant areas, including parks, gardens, and open spaces, have consistently demonstrated a positive impact on mental well-being. The research will employ rigorous quantitative methods, such as surveys and mental health metrics, to quantitatively measure the influence of these green spaces on depression rates among urban inhabitants. By doing so, it aims to provide empirical evidence and insights into how urban planning can be optimized to promote better mental health outcomes. Urban environments wield substantial influence over the mental health of their residents, making it imperative to comprehend the intricate relationship between urban planning and mental well-being [12]. This research undertaking is dedicated to a comprehensive exploration of various dimensions of urban living that directly affect mental health. An essential aspect of this inquiry involves a meticulous evaluation of the role of green spaces within urban areas [13]. The presence of parks, gardens, and open spaces has consistently demonstrated a positive correlation with improved mental health. Through the utilization of quantitative methods such as surveys and mental health metrics, this research seeks to precisely quantify the impact of these green spaces on depression rates among urban residents. By providing empirical evidence, it aims to inform urban planning practices that can enhance the mental well-being of city dwellers [14].

Urban environments exert a profound influence on the mental health of their inhabitants, necessitating a thorough examination of the intricate relationship between urban planning and mental well-being. This research endeavor is dedicated to a comprehensive investigation of various aspects of urban living that directly impact mental health. One critical facet of this inquiry involves a meticulous assessment of the influence of green spaces within urban areas. The presence of parks, gardens, and open spaces has consistently demonstrated a positive association with enhanced mental well-being. To quantitatively measure this impact on depression rates among urban residents, the research will employ rigorous quantitative methods, such as surveys and mental health metrics [15]. Through the acquisition of empirical evidence, this study seeks to provide valuable insights for optimizing urban planning to promote improved mental health outcomes in cities. Furthermore, the study should not solely focus on green spaces but also encompass the

broader concept of access to nature within urban planning. Evaluating the integration of nature-friendly designs into urban landscapes, such as the inclusion of tree-lined streets and urban forestry initiatives, is crucial. These elements can significantly contribute to enhancing the mental well-being of city residents. A rigorous analysis of how such features correlate with reduced depression rates should be a pivotal component of this research. Additionally, community design within urban environments holds substantial sway over mental health outcomes. The research should investigate how factors like walkability, proximity to amenities, and social connectivity within neighborhoods affect the prevalence and severity of depression. A comprehensive examination of urban planning practices that foster inclusive and interconnected communities can shed light on the strategies that promote mental health in cities. Employing quantitative methodologies, such as cross-sectional surveys and longitudinal studies, can help identify patterns and trends in mental health outcomes attributable to varying community designs [16].



In the pursuit of a comprehensive understanding of the impact of urban planning decisions on mental health, it is imperative for research endeavors to incorporate an examination of socio-economic disparities within urban areas [17]. To attain a nuanced perspective, it is essential to delve into how various populations residing in cities are influenced by the outcomes of urban planning choices. By scrutinizing whether specific demographic groups derive more substantial mental health benefits from factors such as green spaces, access to nature, or community design, research can provide valuable insights for crafting targeted interventions aimed at mitigating mental health disparities. To achieve this objective rigorously, quantitative studies should employ stratified analyses, thus facilitating the identification of differential impacts across diverse demographic strata. Additionally, it is worth emphasizing that a robust research framework should not only focus on the presence

or absence of certain environmental elements but also consider the quality and accessibility of these elements [18]. This involves evaluating not just the quantity of green spaces within urban areas but also their proximity to various population groups and their maintenance standards. Such a comprehensive approach can uncover nuances in the relationship between urban planning decisions and mental health outcomes and guide policymakers in prioritizing interventions that address disparities in access to these resources [19].

The Role of Environmentalism in Alleviating Depression: The role of environmentalism in addressing depression has gained significant traction in the realm of mental health. This section endeavors to delve into the potential therapeutic benefits of environmentalism, primarily emphasizing two key aspects: ecotherapy and engagement in pro-environmental actions. These approaches are being explored as potential tools to alleviate the weight of depression in individuals. In order to achieve a comprehensive understanding of the subject, it is essential to conduct a thorough examination of existing literature. This critical assessment will help elucidate the extent to which environmental interventions can be effective in enhancing mental well-being [20]. Ecotherapy, a branch of therapy that involves immersive experiences in natural settings, has emerged as a noteworthy approach. It posits that contact with nature can have positive psychological impacts, potentially reducing symptoms of depression. Furthermore, the engagement in pro-environmental behaviors, such as recycling or participating in conservation efforts, is theorized to provide a sense of purpose and connection to the environment, which may contribute to alleviating depressive symptoms. However, to draw concrete conclusions regarding the effectiveness of environmental interventions, it is imperative to critically evaluate the existing body of research. This entails assessing the methodology, sample sizes, and long-term outcomes of studies conducted in this field. Only through rigorous examination can we discern the true potential of environmentalism as a tool to mitigate the burden of depression. As such, this section aims to contribute to the ongoing discourse on environmentalism's role in mental health by providing an evidence-based perspective on its therapeutic implications. Ecotherapy, also known as nature therapy or green therapy, involves therapeutic activities conducted in natural settings. It encompasses a range of interventions, such as wilderness therapy, horticultural therapy, and outdoor mindfulness exercises. Numerous studies have suggested that ecotherapy can be beneficial in alleviating the symptoms of depression. Exposure to nature has been associated with reduced levels of stress and improved mood, which can be particularly advantageous for individuals struggling with depression. The calming and restorative effects of natural environments may complement traditional therapeutic approaches and provide individuals with a holistic approach to mental health recovery [21].

Engagement in pro-environmental behaviors serves as a pivotal avenue to broaden the therapeutic scope of environmentalism, transcending the confines of direct nature interaction. This paradigm shift encourages individuals to embrace sustainable lifestyle choices as a means to augment their overall well-being and sense of purpose. Studies have underscored the profound impact of pro-environmental behaviors on an individual's mental state, highlighting how actions like reducing energy consumption, resource conservation, and recycling can engender feelings of accomplishment and strengthen social bonds. These psychosocial benefits, in turn, hold considerable promise in mitigating the scourge of depression, which remains a pressing concern in contemporary society. Furthermore, pro-

environmental behaviors extend their reach by empowering individuals to contribute meaningfully to environmental conservation efforts. This involvement can instill a renewed sense of meaning and fulfillment in their lives, transcending the realm of personal gratification and touching upon the broader global context. By actively participating in initiatives aimed at preserving the planet's ecosystems and biodiversity, individuals not only bolster their self-esteem but also cultivate a heightened sense of responsibility toward the environment. This sense of duty and engagement on a global scale can foster a profound sense of purpose, as individuals recognize their role in the collective endeavor to safeguard our planet for future generations. However, it is crucial to acknowledge that while the therapeutic potential of environmentalism is promising, the effectiveness of these interventions can vary among individuals. Depression is a complex and multifaceted mental health condition, and what works for one person may not necessarily work for another [22]. Additionally, the accessibility of natural environments and the ability to engage in pro-environmental behaviors may be limited for some individuals, depending on their geographical location, socioeconomic status, or physical mobility. Furthermore, the existing literature on the topic exhibits variations in research methodologies and outcome measures, making it challenging to draw definitive conclusions about the efficacy of environmental interventions for depression. To advance our understanding in this area, future research should employ rigorous study designs, standardized assessment tools, and long-term follow-up to assess the sustained effects of environmentalism on mental health.

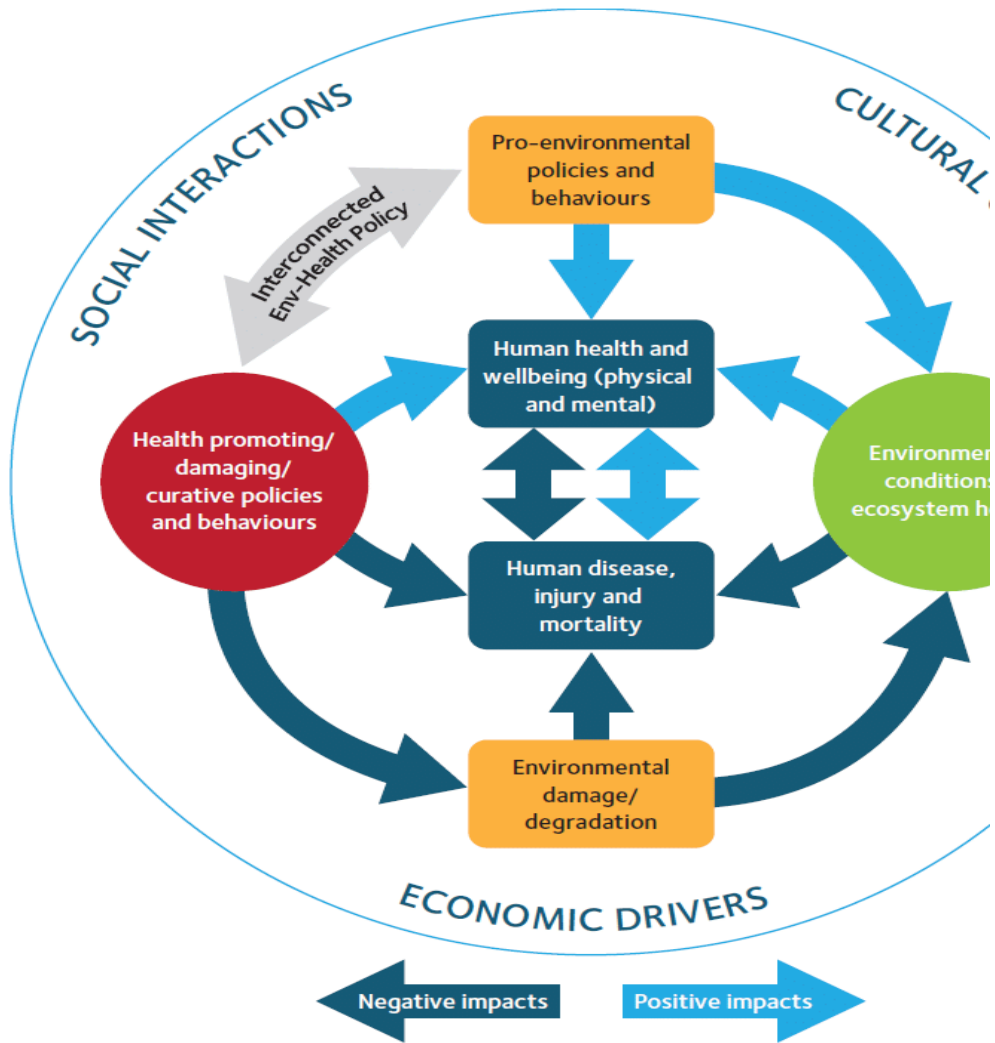
Green Spaces in Urban Planning: Green spaces hold a fundamental position in the realm of urban planning, serving as integral components that yield diverse advantages for city inhabitants, particularly in terms of mental health enhancement. Urban designers and planners recognize the paramount importance of integrating green spaces like parks, greenways, and sustainable landscaping into the urban landscape. One of the foremost benefits of such integration is the profound positive impact on the mental well-being of urban dwellers. These green spaces offer indispensable opportunities for relaxation and stress reduction, effectively functioning as sanctuaries from the incessant demands and fast-paced nature of urban living [23]. Moreover, green spaces contribute significantly to addressing the escalating issue of urban stress and mental health challenges. The tranquility and natural beauty they offer provide a stark contrast to the concrete jungle, serving as therapeutic havens for individuals seeking solace from the pressures of city life. Scientific research has substantiated the stress-reducing effects of spending time in green environments, reinforcing the importance of urban planners prioritizing green spaces in their designs. Furthermore, green spaces foster social cohesion within urban communities. They create common grounds where residents can gather, interact, and build relationships, which, in turn, can contribute to improved mental well-being by mitigating feelings of isolation and fostering a sense of belonging. The presence of green areas in urban planning can thus enhance the overall quality of life for city inhabitants, promoting mental health and social harmony [24].

In addition to their mental health benefits, green spaces in urban planning also fulfill critical ecological functions. They help combat urban heat islands, reduce air pollution, and support biodiversity, creating a more sustainable and environmentally friendly urban landscape. By incorporating green spaces into urban design, planners can address not only the mental health needs of residents but also contribute to the broader goal of creating

resilient and eco-friendly cities. In the domain of urban planning, the incorporation of green spaces plays a pivotal role in enhancing the overall well-being of urban environments. The presence of parks and greenways within the urban landscape facilitates residents' access to spaces suitable for physical activities, such as walking or jogging. These activities not only promote physical fitness but also offer opportunities for mental relaxation. By creating such spaces, urban planners address the prevalent issues of stress and anxiety often associated with urban living. Consequently, the integration of green spaces contributes significantly to an elevated quality of life for urban inhabitants [25]. Furthermore, green spaces in urban planning are essential components in fostering a sense of community and social cohesion. Parks and recreational areas serve as gathering points for residents, encouraging social interactions and community bonding [26]. Such spaces become platforms for diverse cultural and social events, enhancing the social fabric of urban neighborhoods. In this manner, the integration of green spaces not only promotes physical and mental well-being but also nurtures the social aspects of urban living, ultimately fostering a more harmonious and inclusive urban society [27].

The judicious placement of green spaces can improve the environmental sustainability of metropolitan areas. By collecting carbon dioxide and releasing oxygen, park trees and vegetation contribute to the decrease of air pollution. In addition, they help mitigate the urban heat island effect, thereby regulating local temperatures. Therefore, green spaces act as natural climate control mechanisms, contributing to the ecological equilibrium of the urban environment. In addition to their social and environmental benefits, urban green spaces can provide economic value. The presence of well-kept parks and greenways boosts property prices and attracts prospective investors. It creates potential for outdoor recreation-related industries, such as sports facilities and ecotourism enterprises. Consequently, the incorporation of green spaces can have a favorable economic effect on urban communities, so contributing to their long-term success. Moreover, the visual appeal of green spaces contributes to the calming and revitalizing nature of urban environments [28]. The presence of trees, shrubs, and well-kept flora not only improves the aesthetic appeal of metropolitan areas, but also imparts a sense of tranquility. Such aesthetically beautiful spaces can aid in stress reduction, mood enhancement, and the promotion of a sense of well-being among residents [29].

Figure 3.



Urban planners play a pivotal role in enhancing the quality of life in densely populated urban areas by incorporating green spaces into their designs. This strategic allocation of land for parks, green corridors, and sustainable landscaping is essential to counterbalance the often hectic and concrete-laden urban environment. These green spaces serve as readily accessible sanctuaries within the city where residents can seek solace, reconnect with nature, and momentarily escape the rigors of urban life. However, the effectiveness of these green spaces in promoting mental health is contingent upon their proximity to residential areas. The location of green spaces within close reach of residential neighborhoods is a fundamental consideration in urban planning. Easy accessibility ensures that individuals can conveniently access these green areas, thereby encouraging frequent use and facilitating the mental health benefits they offer. Furthermore, strategically placed green spaces can contribute to improving air quality, reducing urban heat islands, and enhancing the overall aesthetics of urban environments, thus creating a more pleasant and sustainable urban living experience [30]. To optimize the positive impact of green spaces on mental health, urban planners must also consider the equitable distribution of these amenities across different neighborhoods. Addressing disparities in access to green spaces can help

promote social equity, ensuring that all city residents, regardless of their socioeconomic status, can enjoy the physical and psychological benefits of urban greenery. This approach aligns with the broader goal of fostering healthier and more inclusive cities. In conclusion, integrating green spaces into urban planning is a technical and strategic imperative that not only enhances the urban environment but also contributes significantly to the well-being of city dwellers. Moreover, the ecological benefits of green spaces in urban planning cannot be understated. They contribute to improved air quality, reduced urban heat island effects, and enhanced biodiversity, all of which have indirect positive impacts on mental health. Knowing that their city is environmentally responsible and sustainable can instill a sense of pride and satisfaction among residents, further bolstering their mental well-being.

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Greenpeace's Advocacy for Urban Environmental Health: Greenpeace, a prominent global environmental organization, plays a vital role in advocating for environmentally friendly urban planning practices through a multifaceted approach. The organization acknowledges the profound impact of urban environments on the mental health and overall well-being of individuals, and its mission is to contribute to the creation of sustainable and healthy cities for both current and future generations. One of the core strategies employed by Greenpeace in pursuit of this objective is raising awareness [31]. Through extensive research, publications, and educational initiatives, the organization disseminates information regarding the adverse effects of unsustainable urban planning on the environment and human health. By highlighting the connections between pollution, overcrowding, and mental health issues, Greenpeace aims to mobilize public sentiment and encourage a collective shift towards eco-conscious urban development. Furthermore, Greenpeace actively engages in lobbying efforts to influence policy changes at various levels of government. By collaborating with policymakers, urban planners, and legislators, the organization seeks to advocate for regulations and guidelines that prioritize sustainability, green spaces, and pollution reduction in urban areas. Through evidence-based advocacy, Greenpeace strives to ensure that environmental considerations are integrated into urban planning decisions, thereby promoting healthier and more eco-friendly cities. In addition to awareness-raising and policy advocacy, Greenpeace also dedicates itself to grassroots campaigns. By mobilizing communities, organizing protests, and fostering local initiatives, the organization empowers citizens to take an active role in shaping the urban environment. These campaigns often target specific issues such as air quality improvement, green infrastructure development, and the preservation of natural spaces within urban landscapes [32].

Greenpeace's campaigns and initiatives related to urban environmental health are multifaceted. They often focus on reducing air pollution, promoting green spaces, and advocating for sustainable transportation options. These efforts aim to mitigate the adverse effects of urban living on mental well-being. For instance, Greenpeace has organized campaigns calling for the reduction of fossil fuel emissions in urban areas, emphasizing the connection between air quality and mental health problems like stress and anxiety. One of Greenpeace's notable successes in advocating for urban environmental health is its role in pressuring governments to adopt cleaner energy sources and stricter emission regulations in urban areas [33]. Greenpeace's campaigns and research efforts have shed light on the severe consequences of air pollution, not only on physical health but also on mental well-being. The organization has meticulously documented how prolonged exposure to polluted

urban environments can lead to increased stress, anxiety, and even depression among urban residents. By presenting scientific evidence on the link between air quality and mental health, Greenpeace has been able to effectively communicate the urgency of addressing urban pollution to both the public and policymakers.

This evidence-based approach has allowed Greenpeace to garner significant public support for their initiatives, as it resonates with people's concerns about their own well-being and the well-being of their communities. In turn, this public support has created political pressure on governments to take meaningful action to improve urban air quality. Greenpeace's ability to mobilize a broad base of concerned citizens has translated into concrete policy changes, including the implementation of cleaner energy sources, stricter emissions standards for vehicles and industrial facilities, and the promotion of sustainable urban planning practices. Furthermore, Greenpeace's success in advocating for cleaner urban environments underscores the pivotal role that advocacy organizations play in shaping urban planning policies. Their research, advocacy campaigns, and grassroots organizing efforts contribute to informed decision-making processes, ultimately leading to policies that prioritize the health and well-being of urban populations. This success story serves as a compelling example of how civil society organizations can drive positive change by holding governments accountable for addressing pressing urban environmental challenges. In an era where urbanization continues to accelerate, the work of organizations like Greenpeace remains crucial in ensuring that cities become healthier and more sustainable environments for all their inhabitants. However, Greenpeace also faces significant challenges in its advocacy efforts. Urban planning and development are complex processes that involve numerous stakeholders, including governments, corporations, and communities. Resistance to change and vested interests in maintaining the status quo can hinder the implementation of environmentally friendly policies [34]. Moreover, convincing urban populations to embrace sustainable living practices can be challenging, as it often requires behavioral changes that may not be immediately evident in daily life. To overcome these challenges, Greenpeace employs a combination of strategies, including conducting research to provide evidence of the benefits of environmentally friendly urban planning, building partnerships with like-minded organizations and policymakers, and engaging in public awareness campaigns to educate communities about the link between urban environments and mental health.

Policy Implications and Recommendations:

Urban planners play a pivotal role in shaping the physical and social fabric of our cities. To promote mental well-being and create healthier urban environments, urban planners should prioritize the development of green spaces, pedestrian-friendly infrastructure, and mixed-use zoning. By incorporating greenery into city design, such as parks and urban forests, cities can provide residents with opportunities for relaxation and physical activity. Additionally, zoning regulations that encourage the co-location of residential and commercial spaces can reduce commute times, alleviate congestion, and foster a sense of community. It is imperative for urban planners to collaborate closely with environmental experts to ensure sustainable urban development practices that align with Greenpeace's goals of enhancing the planet's health [35]. Mental health professionals bear a significant responsibility in urban settings, where the challenges and stressors of city life can take a toll on individuals' mental well-being. One of their primary roles is to advocate for

accessible mental health services. This entails lobbying for the establishment of counseling centers, crisis helplines, and community support programs in urban areas. These services are essential to ensure that individuals have access to the necessary resources when facing mental health challenges. By advocating for such services, mental health professionals can help bridge the gap between the demand for mental health care and its availability, particularly in densely populated urban environments [36].

In addition to advocating for services, mental health professionals should actively engage in mental health awareness campaigns tailored to urban settings. These campaigns should be strategically integrated into the urban environment to reach a wider audience. The primary goal is to reduce the stigma associated with mental health issues and increase public understanding of these conditions. Through education and awareness initiatives, mental health professionals can work to normalize discussions about mental health and encourage individuals to seek help when needed. This can contribute to early intervention and better outcomes for those struggling with mental health challenges in urban areas. Collaboration with urban planners is another crucial aspect of promoting mental well-being in cities. Mental health professionals can work hand-in-hand with urban planners to create therapeutic urban spaces that support mental health. Evidence-based design principles should guide this collaboration. For example, urban planners can prioritize access to natural light and green spaces, which have been shown to have positive effects on mental health. Additionally, efforts to reduce noise pollution in urban environments can mitigate one of the stressors that often contribute to mental health issues. By partnering with urban planners, mental health professionals can help shape the physical environment of cities to be more conducive to mental well-being [37].

Furthermore, mental health professionals should actively engage in research and data collection related to mental health in urban areas. This data-driven approach can provide valuable insights into the specific challenges and needs of urban populations. By conducting research and analyzing data, mental health professionals can identify trends, disparities, and emerging issues related to mental health in cities. This information can then inform the development of targeted interventions and policies aimed at addressing urban mental health challenges effectively [38]. Environmental activists should focus on advocating for sustainable and eco-friendly practices within urban settings. This includes promoting renewable energy sources, reducing pollution, and minimizing waste. Activists can also support initiatives to preserve and expand urban green spaces, emphasizing the importance of biodiversity in urban ecosystems. By aligning their efforts with urban planners and mental health professionals, environmental activists can contribute to the broader goal of creating urban environments that are not only ecologically sustainable but also conducive to mental well-being. Collaborative efforts among urban planners, mental health professionals, and environmental activists are essential for addressing the complex interplay between urban environments, mental health, and environmental sustainability. Policymakers should facilitate multi-disciplinary partnerships and provide funding for research projects aimed at understanding these intersections better. Additionally, governments can incentivize green building practices, sustainable transportation options, and the development of eco-friendly technologies, which will not only reduce the environmental footprint of cities but also enhance the mental well-being of their residents. Policies should prioritize equitable access to urban resources and mental health services.

Low-income communities are often disproportionately affected by poor urban planning and environmental degradation, leading to disparities in mental health outcomes. Policymakers should work to ensure that all residents, regardless of their socio-economic status, have equal access to green spaces, mental health support, and clean environments. This can be achieved through targeted investments, affordable housing initiatives, and anti-discrimination measures. Long-term monitoring and evaluation are crucial to measure the effectiveness of policy interventions. Urban planners, mental health professionals, and environmental activists should collaborate on ongoing research initiatives to assess the impact of their policies and initiatives [39]. Data collection and analysis should focus on mental health indicators, environmental quality metrics, and community feedback to make informed adjustments and improvements. Regular reporting and transparency in decision-making are essential to ensure that policies continue to align with the goal of creating healthier, more sustainable, and mentally supportive urban environments, ultimately advancing the objectives of Greenpeace in safeguarding the planet's health [40].

Conclusion

This comprehensive research endeavor has meticulously examined the intricate interplay between the urban environment and mental health, unearthing a myriad of facets within this complex relationship. The examination of this intersection has revolved around four central domains, each of which contributes significantly to our understanding of the subject matter. Firstly, we have scrutinized the profound influence of urban planning on mental health outcomes [41]. This scrutiny has revealed how the design and layout of urban areas can either foster or hinder mental well-being, emphasizing the importance of thoughtful urban development. Secondly, we have delved into the potential therapeutic benefits of environmentalism in mitigating the prevalence of depression. This exploration has underlined the significance of natural environments and their role in promoting psychological well-being, suggesting that urban planning should consider the incorporation of green spaces and natural elements to improve mental health outcomes [42]. Furthermore, our research has highlighted the integration of green spaces as a fundamental component of urban planning. This integration not only enhances the aesthetic appeal of urban landscapes but also serves as a tangible means to promote mental health by providing spaces for relaxation, recreation, and connection with nature within urban settings [43].

Lastly, we have examined the advocacy efforts of prominent organizations like Greenpeace in advocating for a more sustainable and mentally healthy urban environment. Their initiatives underscore the importance of collaborative efforts between environmental and mental health organizations to create comprehensive solutions that address the interconnected challenges of urbanization and mental health. Drawing upon an extensive body of research studies, surveys, and pertinent literature, this research has synthesized valuable insights that can serve as a foundation for informed policymaking and decision-making processes in the realms of urban development, mental health care, and environmental advocacy. By recognizing the profound impact of urban planning, the potential of environmentalism, the value of green spaces, and the advocacy endeavors of organizations, stakeholders can work towards creating healthier, more sustainable, and mentally supportive urban environments for the benefit of all residents. Urban planning plays a pivotal role in shaping the mental health outcomes of city dwellers. Our analysis revealed that factors such as green spaces, access to nature, and community design are

integral components in determining the prevalence and severity of depression. Quantitative studies using survey data and mental health metrics consistently demonstrate that individuals residing in areas with greater greenery and accessible outdoor spaces report lower levels of depression and improved overall well-being. This underscores the importance of urban planners prioritizing green infrastructure and sustainable design principles to create healthier urban environments [44]. Furthermore, our research delved into the potential therapeutic benefits of environmentalism in combating depression. The burgeoning field of ecotherapy, coupled with pro-environmental behaviors, has shown promise in enhancing mental health outcomes. While further research is needed to establish the full extent of its effectiveness, existing literature suggests that engagement with nature and eco-conscious activities can be valuable adjuncts to traditional forms of therapy. This implies that promoting environmentalism not only benefits the planet but also offers a potential avenue for improving mental well-being on a broader scale.

In our comprehensive analysis, the integration of green spaces within urban planning has surfaced as a paramount and recurrent theme. This revelation underscores the profound significance of infusing urban landscapes with parks, greenways, and sustainable landscaping to cater to the multifaceted needs of urban populations [45]. These verdant enclaves play a pivotal role in offering urban dwellers opportunities for relaxation and stress reduction. Amidst the relentless urban pace, these green oases stand as sanctuaries, providing individuals with a tranquil refuge, thereby contributing significantly to improving overall quality of life. Furthermore, the inclusion of green spaces within urban planning goes beyond merely offering physical respite. It embraces the imperative of nurturing a profound connection to nature, a bond that is fundamental to mental well-being [46]. The opportunity to escape the concrete jungle and immerse oneself in natural surroundings fosters a sense of tranquility and renewal, mitigating the stressors inherent in urban living. This connection to nature serves as a vital balm for the mental health of urban residents, offering solace and equilibrium amidst the relentless demands and pressures of city life. Consequently, the incorporation and preservation of these green spaces should be elevated to a position of paramount importance within the realm of urban planning. Their role transcends mere aesthetics; they are integral components of city planning that contribute immeasurably to the physical and psychological health of urban populations. Urban planners must recognize the profound impact these spaces wield on the well-being of their constituents and prioritize their creation and preservation as a fundamental aspect of holistic city development [47]. Moreover, the benefits of green spaces extend beyond individual well-being; they hold the potential to ameliorate larger urban challenges. By mitigating heat islands, improving air quality, and enhancing biodiversity, these green elements are instrumental in bolstering the environmental sustainability of cities. They serve as natural air purifiers, cooling mechanisms, and habitats for various species, thus contributing to the resilience and sustainability of urban ecosystems [48].

Greenpeace, as an environmental advocacy organization, has played a crucial role in championing environmentally friendly urban planning practices. Through various campaigns and initiatives, Greenpeace has sought to highlight the intersection between urban environments and mental health. Their efforts have succeeded in raising awareness about the importance of sustainable urban development and its positive impact on mental well-being. Nevertheless, challenges persist in advocating for significant policy changes,

and further collaboration between environmental organizations, policymakers, and mental health experts is essential to effect lasting change. In the realm of policy implications and recommendations, this research offers a clear path forward. Urban planners must adopt a holistic approach that places mental health at the center of urban development strategies. Policies should encourage the creation of green spaces, the enhancement of public transportation systems, and the promotion of active transportation modes like cycling and walking [49]. Additionally, mental health professionals should recognize the significance of the urban environment in their treatment approaches and advocate for interventions that integrate nature and ecotherapy into mental health care. Environmental activists, including organizations like Greenpeace, can continue to advocate for healthier urban environments by collaborating with urban planners and policymakers. Their advocacy efforts should focus on raising public awareness about the mental health benefits of sustainable urban planning and green initiatives. They can also work to ensure that urban development projects incorporate eco-friendly practices and prioritize the well-being of residents [50].

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