

A Study on the Health Intervention Mechanism of Built Environment in Urban Parks under the Perspective of Stress Adjustment

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Abstract : The fast-paced and high-stress lifestyle of modern cities is an important cause of mental health problems and chronic physical diseases, and at the same time, all kinds of health problems will react to physical and mental stress, further aggravating the health risks; therefore, stress adjustment should be considered as an important perspective of the spatial environment to intervene in the health of the population. The purpose of this paper is to analyse the structural and therapeutic characteristics of the built environment of urban parks, to analyse the path of its effect on the stress adjustment of the population, and to summarise the mechanism of the built environment of urban parks to intervene in the health of the population from the perspective of stress adjustment.

Keywords : stress adjustment, health interventions, urban parks, built environments

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