

The Impact of Plants on Relaxation of Patients in Hospitals, Case Study: District 6th, Tehran

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Abstract : One of the factors that can have a positive influence on the mental health is the presence of trees and flowers. Research shows that even a glance at nature can evoke positive feelings in the person and reduce his tension and stress. According to the historical, cultural, religious, and individual background in each geographical district, the relaxing or spiritual impact of certain kinds of flowers can be evaluated. In this paper, using a questionnaire, the amount of relaxing impact of prevalent trees and flowers of the district on the patients was examined. The results showed that cedar and pomegranate trees and jasmine and rose in flowers, respectively, relax the patients.

Keywords : plants, patients, mental health, relaxing

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