

PERCEIVED SENSORY DIMENSION FOR MENTAL HEALTH AND WELL-BEING: A REVIEW

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Abstract

World Health Organization (WHO) stated that by year 2020 mental health is expected to be the world major illness. It is known that stress may cause mental health problems such as anxiety and depression. Research shows that stress can be reduced by having or experiencing green environment. This will stimulate sensory to have a restorative effect. Therefore, any activity related with green environment will contribute to maximise sensory effect and optimise positive benefit to health. Having an activity in the green environment will contribute to the mental health and well-being. For example, by just viewing greeneries which is a seeing sensory, it can contribute to reduce the stress level. However, it is best to activate other sensory as well. This will definitely affect the quality of life. There are eight perceived sensory dimensions as stated in the literature. Thus, this study aims to critically review the Perceived Sensory Dimension (PSD) and green environment particularly in mental health and well-being. This study is vital to explore the understanding and importance of green environment through Perceived Sensory Dimension (PSD) for mental health and well-being. This study will also contribute to the sustainability of mental health and well-being especially for ASEAN societies.

Keywords: ASEAN; Green Environment; Health; Perceived Sensory Dimension; Sustainability; Well-being; Restorative; Healing; Therapeutic; Green

1 Introduction

The aim of this study is to explore the understanding and importance of green environment through Perceived Sensory Dimension (PSD) for mental health and well-being based on previous research. Reviewed were based on 15 research that have been retrieve on 3rd April 2019 at 3:00pm by using search string (“perceived sensory dimension”) in Scopus databased.

This paper starts with background of study which consist of brief discussion on sensory and theories underlying the research. Next, this paper continues with literatures which discuss the history of development, element, implementation of PSD and its benefits. Implementation item have been describe based on place tested and purpose, research proses and research result. Table 1.1 shows the list of review research. Later, the authors can be referred by the number from the table.

Table 1.1 List of review research

Num.	Author(s)	Title
1	Chen, Qiu, & Gao (2018)	Are Perceived Sensory Dimensions a Reliable Tool for Urban Green Space Assessment and Planning?
2	Qiu (2015)	Application of the Eight Perceived Sensory Dimensions as a Tool for Urban Green Space Assessment and Planning in China