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Healthy, lush greenery is a factor that works relaxingly, soothingly, and therapeutically on the human body - both in the physical and psychological spheres (soma and psyche). Already throughout the 19th century, greenery was consciously incorporated into the urban structure of cities (e.g. city squares, parks, public gardens, children's playgrounds, or numerous spa parks in health resorts), intensifying such activities in the 20th and 21st century (restoration of natural resources after World War I and II, the establishment of new multifunctional parks and theme gardens).

The aim of the study is to present research confirming that vegetation has an extremely beneficial impact on the health and quality of life of people, e.g. in the aesthetic, emotional or physiological sphere - especially during the COVID-19 pandemic. Besides the pathogenic action of the virus itself, this pandemic brought about serious consequences for the quality of life of a significant part of the population in many countries worldwide, both in terms of general health condition and mental health.

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