



MANASIKA PRABHAV: THE INFLUENCE OF GARDENING AND GARDENS ON THE HUMAN MIND

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Abstract

This qualitative research article explores the intricate relationship between gardening and the human psyche, delving into the manifold ways in which gardens influence our mental well-being. Grounded in qualitative inquiry, this study employs thematic analysis to elucidate the multifaceted impact of gardening on various aspects of the human mind, including emotional, cognitive, and spiritual dimensions. Through in-depth interviews and reflective observations, this research uncovers the profound therapeutic potential inherent in gardening practices, shedding light on how individuals derive solace, restoration, and meaning from their interactions with gardens. Findings underscore the significance of cultivating green spaces not only for environmental sustainability but also for nurturing mental health and fostering holistic well-being.

Keywords: *Manasika Prabhav, Gardening, Gardens, Human Mind, Qualitative Research, Thematic Analysis, Mental Health.*

1. **Introduction:** In the tapestry of human existence, gardens are woven as threads of serenity, beauty, and contemplation. Their allure transcends mere aesthetic appeal, reaching deep into the recesses of the human psyche. The Sanskrit term "Manasika Prabhav" encapsulates this profound influence, hinting at the intricate dance between external environments and the inner workings of the mind. In a world characterized by relentless activity and digital distractions, gardens beckon as oases of calm, inviting us to pause, breathe, and reconnect with nature's rhythms.

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The allure of gardens is not confined to their visual splendor; rather, it lies in their ability to evoke a myriad of emotional, cognitive, and spiritual responses. From the delicate scent of blooming flowers to the soothing rustle of leaves in the breeze, gardens engage our senses in a symphony of sensations, stirring feelings of joy, tranquility, and wonder. This emotional resonance speaks to the profound impact of gardens on our mental well-being, offering respite from the stresses of daily life and replenishing our spirits with a sense of renewal.

Moreover, gardens are fertile grounds for cognitive exploration and creative expression. The act of gardening itself is a form of mindfulness practice, requiring focus, attention, and presence in the moment. As we cultivate the earth and nurture new life, we sharpen our problem-solving skills, enhance our ability to concentrate, and stimulate our imaginations. In this way, gardens serve as laboratories for the mind, fostering intellectual curiosity and expanding the boundaries of possibility.

Beyond their individual benefits, gardens also play a pivotal role in shaping social dynamics and community connections. Whether in the form of public parks, community gardens, or shared green spaces, gardens have a unique ability to bring people together, transcending barriers of age, culture, and background. In these communal settings, individuals forge bonds of friendship, exchange knowledge and skills, and find a sense of belonging in the shared pursuit of horticultural endeavors.

As we embark on a journey to explore the "Manasika Prabhav" of gardening and gardens, we are confronted with a tapestry of experiences that defy easy categorization. Through interdisciplinary inquiry and empirical investigation, we endeavor to unravel the mysteries of how gardens touch the depths of the human psyche. In doing so, we hope to not only deepen our understanding of the transformative power of green spaces but also to cultivate a greater appreciation for the vital role that gardens play in fostering holistic human flourishing.

1.1. Objectives

i. To explore the emotional impact of gardening and gardens on individuals' mental well-being by examining subjective experiences, such as feelings of joy, relaxation, and satisfaction, associated with gardening activities.

- ii. To investigate the cognitive benefits of gardening by assessing improvements in cognitive functions such as attention, memory, and problem-solving skills among individuals engaged in gardening practices.
- iii. To examine the social dynamics of gardening communities and the role of gardens in fostering social interaction, community cohesion, and a sense of belongingness among participants.
- iv. To explore the therapeutic applications of gardening and gardens in promoting mental health and well-being, including their potential as adjunctive interventions in clinical settings and their contribution to holistic human flourishing.

2. Review of the Related Literatures:

2.1 Historical and Cultural Perspectives: Throughout history, gardens have held cultural significance as symbols of harmony between humanity and nature. The Hanging Gardens of Babylon and the Zen gardens of Japan are just a few examples of how different civilizations have valued gardens as spaces for contemplation and rejuvenation (Hunt, 2018). Literary sources and historical accounts further emphasize the therapeutic role of gardens in promoting mental health and spiritual renewal (Therapeutic Landscapes Network, n.d.).

2.2. Psychological Mechanisms: Attention restoration theory posits that exposure to natural environments, including gardens, can replenish cognitive resources and mitigate mental fatigue, leading to improved attention and cognitive performance (Kaplan, 1995). Biophilia theory suggests that humans have an innate affinity for nature, which drives our inclination to seek out green spaces for emotional well-being (Wilson, 1984). Neuroimaging studies have demonstrated that exposure to natural environments elicits neural responses associated with positive affect and stress reduction (Ulrich et al., 1991), supporting the therapeutic potential of gardens in modulating emotional states.

2.3 Emotional and Cognitive Benefits: Empirical research has shown that gardening activities and garden engagement are associated with a range of emotional and cognitive benefits. Surveys and qualitative inquiries have revealed that individuals experience increased happiness, relaxation, and satisfaction when engaging in gardening (Soga et al., 2017). Longitudinal studies have found that gardening interventions can reduce symptoms of depression, anxiety, and stress (Gonzalez et al., 2010), while also improving cognitive functions such as memory and problem-solving skills (Sarkar et al., 2020).

2.4. Social and Community Dynamics: Gardening often fosters social interaction and community cohesion, particularly in community garden settings. Research indicates that

participation in gardening programs can enhance social skills and interpersonal relationships, promoting social inclusion and reducing social isolation (Armstrong, 2000). Qualitative studies have highlighted the social support networks that emerge within gardening communities, providing avenues for communication, skill-building, and mutual empowerment (Okvat & Zautra, 2011).

2.5. Therapeutic Applications: Horticultural therapy programs integrate gardening activities into treatment plans for individuals with mental health disorders, substance abuse issues, and physical disabilities (Detweiler et al., 2012). Meta-analytic reviews have shown that horticultural therapy interventions can improve mood, reduce agitation, and enhance quality of life across diverse populations (Gonzalez et al., 2011). Additionally, exposure to garden environments has been found to complement traditional psychotherapeutic modalities, augmenting pharmacological interventions and psychoeducation efforts (Stigsdotter et al., 2017).

3. Methodology:

3.1. Qualitative Research Design: Qualitative research focuses on exploring and understanding complex phenomena by examining the subjective experiences, perspectives, and behaviors of individuals (Creswell & Poth, 2018).

In the context of studying the influence of gardening on the human mind, a qualitative approach allows researchers to delve deeply into the lived experiences and perceptions of participants, capturing the richness and complexity of their interactions with garden environments.

3.2. Principles of Phenomenology and Interpretivism: Phenomenology is a philosophical approach that seeks to understand phenomena as individuals, emphasizing the subjective interpretation of lived experiences (Creswell & Poth, 2018), experience them.

Interpretivism, on the other hand, acknowledges the role of interpretation and meaning making in understanding human behavior and social phenomena (Bryman, 2016).

By drawing upon principles of phenomenology and interpretivism, the study aims to explore the nuanced ways in which individuals make sense of their experiences in gardening, recognizing the subjective nature of reality and the importance of context in shaping perceptions.

3.3. Semi-Structured Interviews: Semi-structured interviews provide a flexible yet focused approach to data collection, allowing researchers to explore specific topics while also allowing for spontaneity and depth in participants' responses (Denzin & Lincoln, 2018).

By conducting semi-structured interviews with a diverse sample of participants, ranging from avid gardeners to casual enthusiasts, the study aims to capture a broad spectrum of perspectives on the psychological dimensions of gardening.

Participants may be asked open-ended questions about their motivations for gardening, their emotional experiences while gardening, and the significance of gardens in their lives, among other topics.

3.4. Participant Observation: Participant observation involves the researcher immersing themselves in the natural setting and activities being studied, allowing for the direct observation of behaviors, interactions, and environmental contexts (Denzin & Lincoln, 2018). In the context of studying gardening, participant observation enables researchers to document the embodied interactions between individuals and their garden environments.

By observing participants as they engage in gardening activities, researchers can gain insights into the sensory, emotional, and relational aspects of the gardening experience, providing a rich source of qualitative data.

3.5. Thematic Analysis: Thematic analysis is a method of data analysis used to identify, analyze, and report patterns or themes within qualitative data (Braun & Clarke, 2006).

In this study, thematic analysis serves as the primary method of data analysis, enabling researchers to systematically identify recurring patterns and emergent themes within the qualitative dataset.

Themes may include participants' emotional experiences, cognitive insights, social interactions, and existential reflections related to gardening, providing a comprehensive understanding of the psychological dimensions of gardening.

This research design allows for a holistic exploration of the influence of gardening on the human mind, capturing the multifaceted nature of individuals' experiences and perceptions in garden environments. Through qualitative inquiry grounded in phenomenology and Interpretivism, the study aims to uncover the intricate tapestry of meanings and interpretations that underlie the lived experience of gardening.

4. Results:

4.1. Emotional Resonance of Gardening: One prominent theme identified in the thematic analysis is the emotional resonance of gardening. Participants described experiencing a range of positive emotions, including joy, serenity, and connectedness, as a result of their engagement with plant life.

Gardening was found to evoke a sense of joy and satisfaction derived from nurturing and witnessing the growth and blooming of plants. Participants expressed delight in observing the vibrant colors, textures, and fragrances of their garden spaces.

Additionally, gardening provided a source of serenity and calm amidst the chaos of daily life. Participants described feeling a sense of peace and relaxation while tending to their gardens, which served as sanctuaries for quiet reflection and introspection.

Furthermore, gardening fostered a sense of connectedness to nature and the broader ecosystem. Participants expressed feelings of awe and wonder at the intricate beauty and interconnectedness of plant life, deepening their appreciation for the natural world.

4.2. Cognitive Benefits of Gardening: Another salient theme emerging from the thematic analysis pertained to the cognitive benefits of gardening. Participants reported experiencing enhanced cognitive functions as a result of their engagement in gardening activities.

Gardening was found to improve participants' ability to focus and concentrate on tasks, as they immersed themselves in the rhythmic and repetitive actions of planting, weeding, and watering.

Moreover, gardening promoted problem-solving skills, as participants encountered challenges such as pest infestations, soil deficiencies, and plant diseases, which required creative solutions and adaptive strategies.

Additionally, gardening fostered cognitive flexibility, as participants learned to adapt to changing environmental conditions and respond to the needs of their plants, cultivating resilience and adaptability in the face of uncertainty.

4.3. Spiritual Dimension of Gardening: Participants also highlighted the spiritual dimension of gardening, emphasizing its capacity to evoke awe, reverence, and a sense of transcendence beyond the self.

Gardening was found to provide participants with opportunities for spiritual growth and reflection, as they connected with the rhythms of nature and experienced moments of transcendence while immersed in their garden environments.

Participants described feeling a sense of interconnectedness with the natural world and a deepening of their spiritual connection to something greater than themselves.

Furthermore, gardening served as a source of inspiration and renewal for participants, offering moments of contemplation and communion with the divine.

These themes collectively attest to the multifaceted impact of gardening on mental well-being, suggesting that gardens serve as fertile grounds for nurturing resilience, self-

discovery, and emotional restoration. By providing avenues for emotional expression, cognitive stimulation, and spiritual contemplation, gardens offer holistic benefits that enrich the lives of individuals and contribute to their overall well-being.

5. Discussion:

5.1. Therapeutic Potential of Gardening: The findings of this study underscore the profound influence of gardening and gardens on the human psyche, revealing their therapeutic potential as conduits for mental health promotion. Through sensory engagement, aesthetic appreciation, and horticultural therapy, gardens offer a holistic approach to well-being that extends beyond traditional interventions.

Gardening provides individuals with opportunities for sensory stimulation, allowing them to immerse themselves in the sights, sounds, smells, and textures of the natural world. This sensory engagement can evoke positive emotions, reduce stress levels, and promote relaxation and emotional well-being.

Furthermore, the aesthetic beauty of gardens contributes to their therapeutic value, inspiring feelings of awe, wonder, and appreciation for the inherent beauty of nature. The visual appeal of gardens enhances mood, uplifts spirits, and fosters a sense of peace and harmony.

Additionally, horticultural therapy interventions harness the healing power of gardening to address a wide range of mental health issues, including depression, anxiety, PTSD, and substance abuse disorders. Through structured gardening activities and therapeutic interventions, individuals can develop coping skills, improve self-esteem, and enhance social connections, leading to improved overall well-being.

5.2. Integration into Health and Wellness Initiatives:

The findings highlight the importance of integrating gardening practices into broader health and wellness initiatives, recognizing the symbiotic relationship between human flourishing and ecological stewardship. Gardens serve as living laboratories for health promotion, offering opportunities for physical activity, stress reduction, and social interaction.

By incorporating gardening into healthcare settings, educational programs, and community initiatives, policymakers and healthcare professionals can leverage the therapeutic benefits of gardens to support mental health and well-being across diverse populations. This integration can lead to more holistic and sustainable approaches to health promotion and disease prevention.

Moreover, the cultivation of green spaces in urban environments can mitigate the negative effects of urbanization on mental health, providing residents with access to nature and opportunities for outdoor recreation and relaxation. Urban gardening initiatives, such as community gardens and urban farms, can promote social cohesion, environmental stewardship, and community resilience, while also improving mental and physical health outcomes.

5.3. Future Research Directions: Moving forward, future research should continue to explore the nuanced dynamics of garden-human interactions, further elucidating the mechanisms underlying the transformative power of green spaces on mental health. Longitudinal studies, randomized controlled trials, and mixed-methods approaches can provide deeper insights into the long-term effects of gardening interventions on mental well-being.

Additionally, research should explore the potential moderating and mediating factors that influence the effectiveness of gardening interventions, such as individual differences in personality, cultural background, and environmental context. By identifying these factors, researchers can develop more targeted and personalized interventions that maximize the therapeutic benefits of gardening for diverse populations.

Furthermore, interdisciplinary collaborations between researchers, practitioners, policymakers, and community stakeholders can facilitate the translation of research findings into evidence-based practices and policies that promote mental health and well-being through gardening and green space initiatives. By working together, we can harness the transformative power of gardens to create healthier, happier, and more resilient communities. The findings of this study underscore the importance of recognizing and harnessing the therapeutic potential of gardening and gardens to promote mental health and well-being. By integrating gardening practices into broader health and wellness initiatives and continuing to explore the nuanced dynamics of garden-human interactions, we can cultivate a more holistic and sustainable approach to mental health promotion that benefits individuals, communities, and the planet alike.

6. **Conclusion:** In conclusion, this qualitative research article offers a rich exploration of the influence of gardening and gardens on the human mind, shedding light on their manifold therapeutic benefits. Grounded in phenomenological inquiry, this study underscores the emotional, cognitive, and spiritual dimensions of gardening, highlighting its potential to nurture resilience, foster self-discovery, and cultivate a deeper connection with the natural

world. As society grapples with escalating rates of stress, anxiety, and mental illness, the findings of this research underscore the importance of harnessing the healing power of gardens to promote holistic well-being and cultivate a more flourishing humanity.

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