



Psychological Well-being and Nature Exposure

Nay Chaccour ,Reina Samarani ,Monique Khattar

Lebanese American University, School of Arts and Sciences, Department of Nutrition

Supervisor: Dr. Nadine Zeeni

Background Information

- With the rise of social media platforms, many adolescents are having negative perceptions about their physical appearance due to the comparison of their bodies to unrealistic and edited pictures of supermodels, influencers, or celebrities.

- This unhealthy behavior is affecting the young adults' psychological health and may cause eating disorders.

- Previous research has shown that nature exposure is related to more positive body image and may lead to an improved mental state of body figure.

Purpose of the Investigation

The present study assessed the role of nature exposure and its impact on body image and mental health.

Material & Methods

- Participants from the Lebanese community >18years (n=350) were asked to fill a survey transmitted through a link via WhatsApp to assess mental health and body appreciation upon exposure to nature

- The questionnaire consisted of 8 sections

- Results were analyzed via Statistical Package for Social Service (SPSS)



Results

	Open	Extroverted	Sympathetic	Anxious	Body Appreciation Scale	Connectedness to Nature Scale	Satisfaction with Life Scale
Body Appreciation Scale				p=0.026 r=-0.16			
Connectedness to Nature Scale				p=0.005 r=0.20			
Restoration Outcome Scale	r=0.51	p=0.042 r=0.14				p=0.002	p=0.002
	p=0.01					r= 0.21	r= 0.22
Short Form of the Self-Compassion Scale			p=0.002 r=-0.22		p= 0.010, r=-0.18		

Table 1: Significant correlational analysis among the key study variables

- Self-compassion correlated significantly with sympathy (p=0.002 and r=-0.22) and with positive mental states (r =-0.18 and p=0.010)

- Restoration scale was positively correlated with the connectedness to nature scale (r= 0.21 and p=0.002) as well with the satisfaction with life scale (r=0.22 and p=0.002)

Scales	Average		Percentage (%)
Body Appreciation Scale	3.58	Ethical/ Racial Affiliation	Ethnic/racial majority 50.53%
			Not sure 24.21%
Connectedness to Nature Scale	3.25	Ethnic/racial minority	Ethnic/racial minority 24.74%
Satisfaction with Life Scale	3.14	Residence	Capital city 20.53%
			Provincial city (more than 100,000 residents) 16.32%
Nature Exposure Scale	3.35	Rural areas	Rural areas 24.21%
			Capital city suburbs 22.63%
Restoration Outcome Scale	5.06	Provincial town (more than 10,000 residents)	Provincial town (more than 10,000 residents) 16.32%
			Secondary education 9.47%
Short Form of the Self-Compassion Scale	3.53	Education	Postgraduate degree 34.21%
			Undergraduate degree 29.47%
Open	3.64	Still in full-time education	Still in full-time education 13.16%
Dependable	3.66		Other 3.16%
Extroverted	3.44	Primary education	Primary education 9.47%
Sympathetic	3.79		No formal education 1.05%
Anxious	2.96		

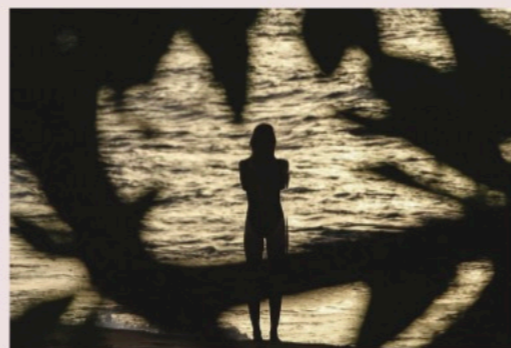
Table 2: Average of each scale

Table 3: Demographic characteristics of participants

Discussion of Results

- A higher degree of connectedness to nature is linked with improved life satisfaction, happiness, and positivity.

- Nature exposure increases feelings of mental restorativeness and promotes more positive state body image



Conclusion

- Nature exposure is both directly and indirectly associated with body appreciation and mental well-being.

- The mind and body will almost certainly improve from enough exposure to real or simulated nature.

- Here we stress on the importance of integrating more time spent in nature into our lives.

Limitations

- The survey was mostly filled by university students which is not a representative sample of the Lebanese population and was conducted online so they may have been distracted

- The online recruitment method may have also introduced unpredicted sampling biases

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