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Community Gardening Insights: Understanding the relationship between mindfulness, nature connectedness, and psychological well-being

Introduction

- interaction with green spaces positively affects mental health and Psychological Well-being (PWB) (White, Alcock, Wheeler & Depledge, 2013; Triguero-Mas et al., 2015)
- Mindfulness (M) and Nature Connectedness (NC) have been investigated as potential parts of the mechanism underlying the nature/well-being relationship
- associations between NC, M and PWB have been found (Howell, Dopko, Passmore & Buro, 2011), however, this relationship is underexamined
- comunity gardens facilite contact with nature in the city
- the current study aims to better understand the relationship among the constructs of NC, Mindfulness, PWB and frequency of community gardening

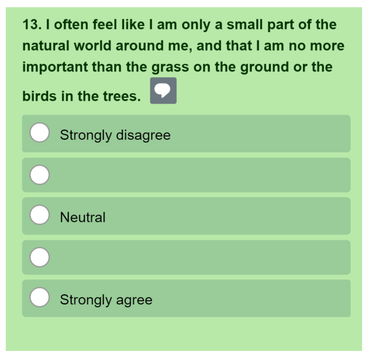
Hypotheses

(H1) Nature Connectedness will have a relationship with frequency of gardening
(H2) Nature Connectedness will have a relationship with Mindfulness
(H3) frequency of gardening will be predictive of greater Psychological Well-being, and this relationship could be mediated by Nature Connectedness
(H4) Mindfulness will be a significant predictor of Psychological Well-being

Methods

Procedure

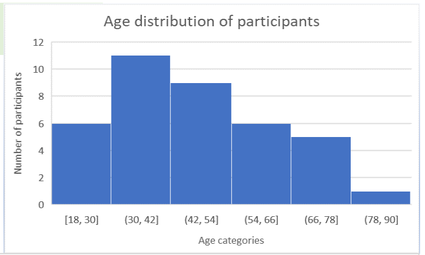
- community garden representatives contacted via email, Facebook groups, and in person
- approached community gardens across all of Scotland
- asked to distribute online survey

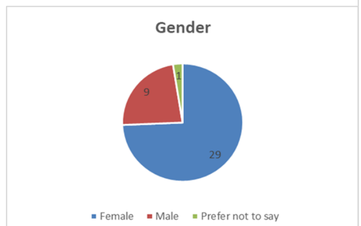


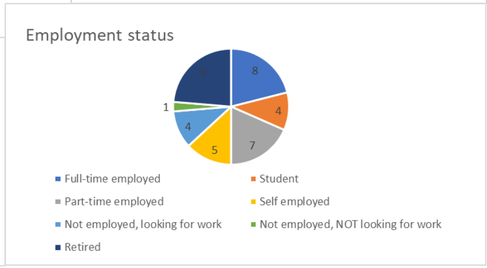
- online survey included:
  - **Connectedness to Nature Scale** (Mayer and Frantz, 2004)
  - **The Kentucky Inventory of Mindfulness Skills** (Baer, Smith, & Allen, 2004)
  - **The Psychological Well-being Scale** (Ryff and Keyes, 1995)
  - **Self generated questions** (demgraphics and gardening frequency)

Participants

- N = **39**, 29 female, 1 prefer not to say
- predominently White Scottish
- age (M = 46.4, SD = 16.2)
- diverse employment status

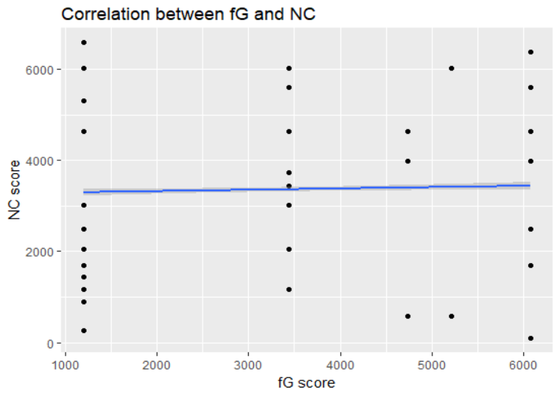




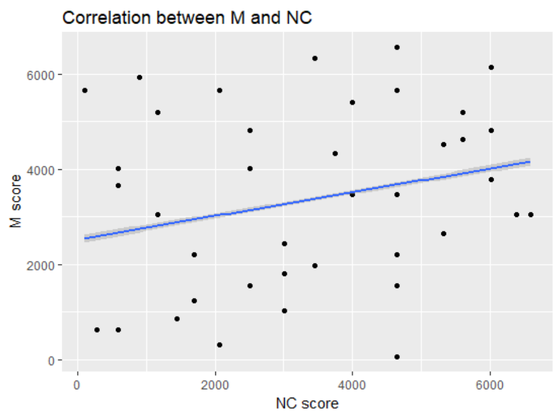


Results

- all hypotheses were supported



(H1) Small but significant positive association between NC and fG (r_s = 0.02808154, p = 0.0213)

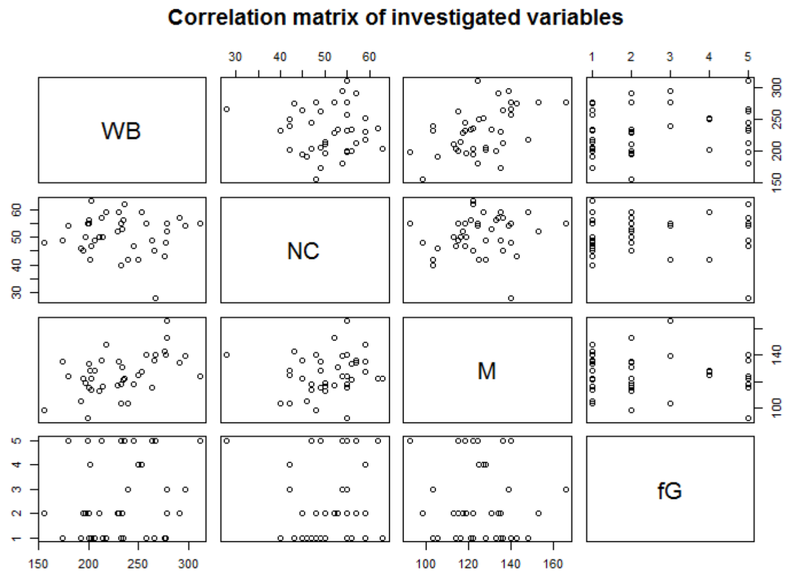


(H2) Small but significant positive association between NC and fG (r_s = 0.02808154, p = 0.0213)

(H3) and **(H4):**

- predictors explained 45.1% of the variance in PWB
  - ($F(7, 6716) = 788.8$, $p < 0.001$, $R^2=0.4512$)
- fG and M were significant predictors
  - fG ($\beta = 35.446$, $p = 0.01936$)
  - M ($\beta = 2.44$, $p < 0.001$)
  - NC n.s. ($\beta = -0.202$, n.s.)

(H3) Significant mediation effect of NC on the relationship between fG and PWB, ACME = 0.111 ($p < 0.001$)



Implications

- connecting with nature through community gardening is associated with positive outcomes
- community gardening could have various implications for public well-being as well as natural well-being.

References

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