

Keywords	Who it is conducted on	Information from source	Research of the academic journal
Bonsai tree, flowers in general	Study conducted with 27 university students:	autonomic nervous system activity by viewing natural landscapes	Jo, H., Ikei, H., & Miyazaki, Y. (2022)
roses	19 female university and graduate students (mean age, 21.6±1.5 years; age range, 19.0-26.0 years):	decrease in oxy-Hb concentrations in the right prefrontal cortex	Jo, H., Ikei, H., & Miyazaki, Y. (2022)
mountains	27 female university students who viewed mountain and city (control) landscape images displayed on a large, high-resolution display for 90 seconds:	mountain landscape image significantly increased HF, indicating increased parasympathetic nervous activity.	Jo, H., Ikei, H., & Miyazaki, Y. (2022)

forrest	Heart rate variability (HRV) of 485 male participants while walking for ~15 min in a forest and an urban area was analyzed:	physiological relaxing effect that significantly decreased oxyhemoglobin concentrations, comfortable, slightly relaxed, and moderately natural feelings.	Park, B.,& Lee, J. (2018)
COLORS Green blue earth colors	The distribution of genders was almost evenly balanced: 43 women and 40 men ranging from 20 to 90 years of age:	preferred a variety of earthly warm colors , such as reds and oranges, or aquatic .	Staricoff, J., (2016)
Limiting the existence of red	The distribution of genders was almost evenly balanced: 43 women and 40 men ranging from 20 to 90 years of age:	red room condition had higher stress rating	Staricoff, J., (2016)
Why using		The human emotions presented	X, S. (2023, March 27)

landscapes?		<p>in art pieces can be absorbed by the viewer unnoticed, through so-called mirroring,"</p> <p>Landscapes often exhibit a sense of visual harmony and balance. Symmetry, proportion, and a sense of order in the arrangement of elements within a landscape can evoke a feeling of calmness.</p>	
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