

SUBURBAN NEW TOWN PROMENADES ON MENTAL RESTORATION: A CASE STUDY OF MA ON SHAN PROMENADE

CHEUNG HOI TUNG CRYSTAL SUPERVISED BY DR. CHIU HON CHIM

RESEARCH BACKGROUND

- Hong Kong is a coastal city with a long coastline, making planning in waterfront promenades critical
- Waterfront promenades play various roles in urban life, including social, recreational and tourism

RESEARCH OBJECTIVES

To investigate the relationship between Suburban New Town Promenades and mental restoration in Hong Kong

- To understand the current situation of Suburban New Town Promenades
- To investigate the relationship between Suburban New Town Promenades and mental restoration
- To evaluate the impacts of different features of Suburban New Town Promenades on mental restoration
- To give suggestions on the future planning of waterfront promenades in Hong Kong

RESEARCH SIGNIFICANCE

Theoretical Significance

- Providing new knowledge on relationship between mental restoration and Suburban New Town Promenades

Practical Significance

- Insights on future planning of waterfront promenades
- Improve mental health through planning of waterfront promenades

KEYWORDS

Attention Restoration Theory

Being away:

- Being distinct from the everyday environment

Extent:

- Scope and coherence that allow one to remain engaged

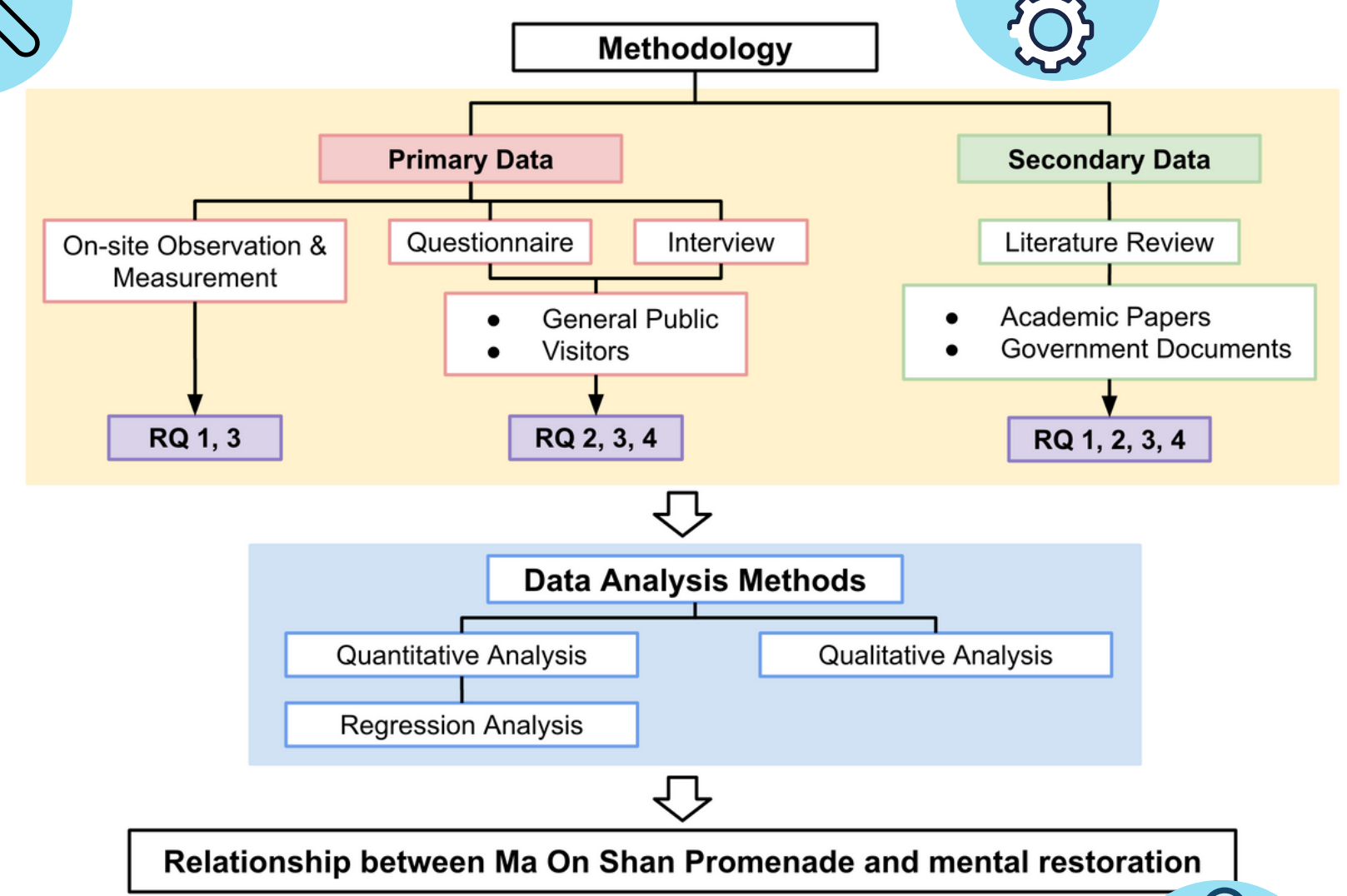
Fascination:

- Patterns that hold one's attention effortlessly

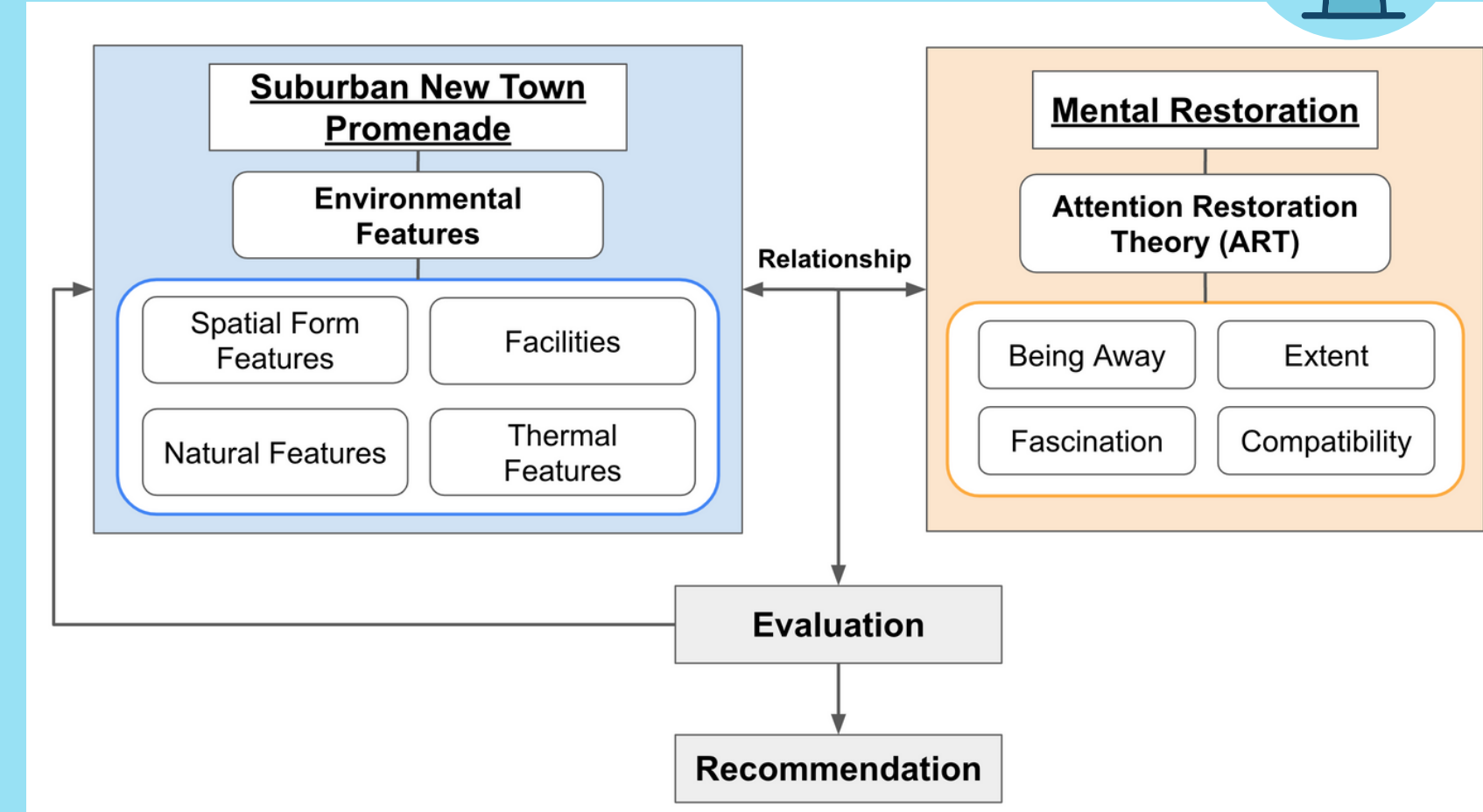
Compatibility:

- Fitting with and supporting what one wants to do

METHODOLOGY



RESEARCH FRAMEWORK



RESEARCH FINDINGS

ENVIRONMENTAL FEATURES OF MA ON SHAN PROMENADE

Spatial Form Features

- Largest Suburban New Town Promenade in Hong Kong
- Spacious

Facilities

- Sufficient facilities
- Basic facilities:
 - toilets, bicycle parking areas
- Leisure facilities:
 - Pavilions, benches
- Recreational facilities:
 - Jogging trail, fitness stations, children's playground etc.
- Most popular: promenade itself, benches, pavilions, jogging trail

Natural Features

- More vegetation in the middle section
- Low biodiversity, most of the vegetations are trees and shrubs

Thermal Features

- Neutral thermal perception along the promenade
- Thermally more comfortable under tree shades than in exposed areas

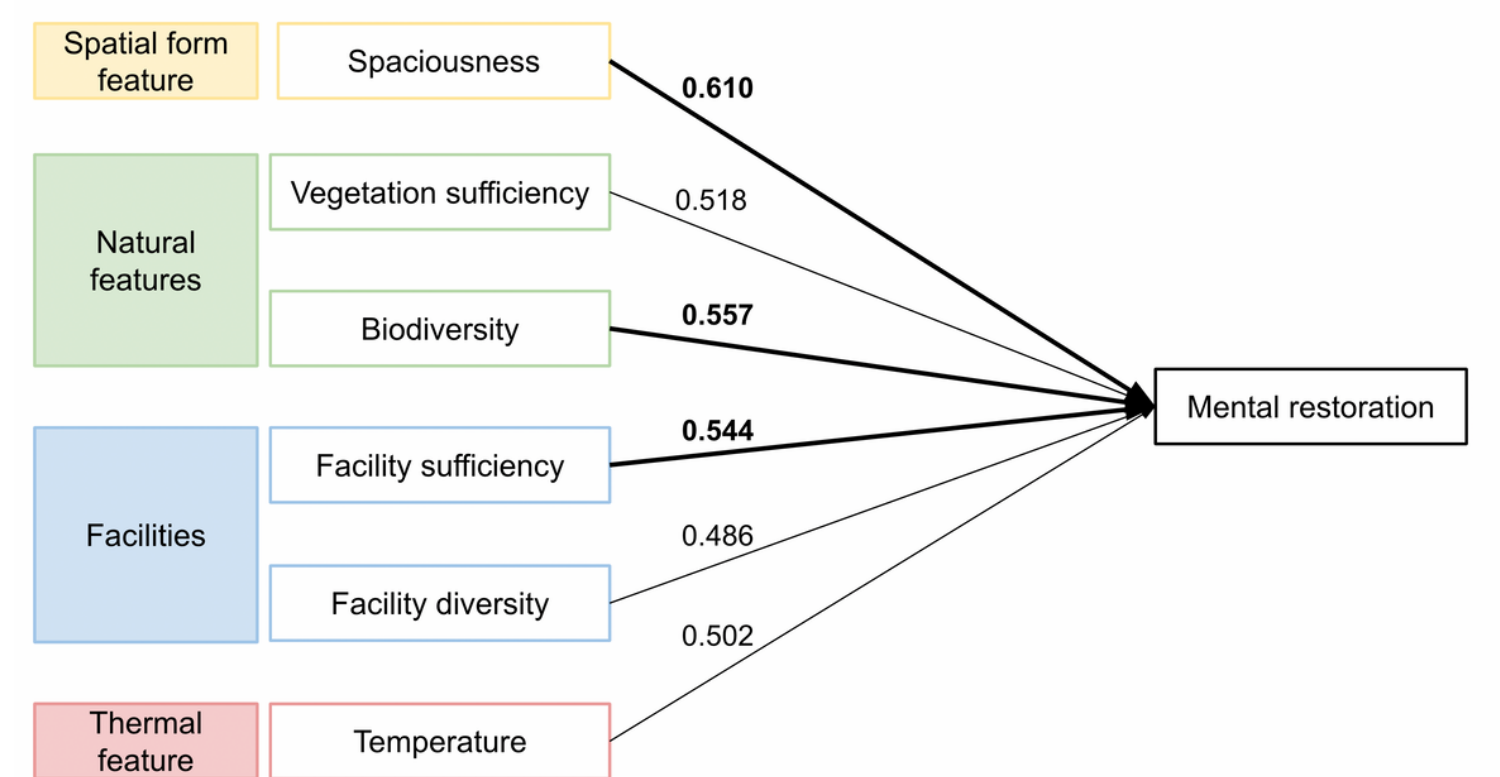
MENTAL RESTORATION AT MA ON SHAN PROMENADE

- The mental restoration power of the promenade is high
- Had the best performance on "being away" and "extent"
- All interviewees thought that the promenade made them feel comfortable

| ART components | Average mental restoration scores |
|----------------------|-----------------------------------|
| Being away | 3.921 |
| Fascination | 3.420 |
| Extent | 3.902 |
| Compatibility | 3.702 |
| Total average: 3.736 | |

FACTORS AFFECTING MENTAL RESTORATION

- All variables have positive relationship with the average mental restoration scores



Most significant factors:

- Spaciousness**
 - Contributes to "extent", "being away"
 - Extent: large area → mental restoration
 - Being away: different from cramped environment in built areas
- Sufficiency of facilities**
 - Contributes to "fascination"
 - Fascination: allow visitors to do various interesting activities
- Biodiversity**
 - Contributes to "fascination"
 - Fascination: characterized to be inherently fascinating, and provides sources of "soft fascination"

IMPLICATIONS

Spatial form
Facilities

- Promenades should be designed with the sufficient space
- Increase number of basic facilities and leisure facilities, such as benches along the whole promenade
- Ensure that the trail is well-connected along the whole promenade

Natural/Thermal

- More trees and flowering plant should be planted