

# Home Affects Our Mental Health

Alejandro Gonzalo (Spain)



Human House Illustration, Photo by Max Vakhtbovych (Russia)

**Abstract :** This study examines the relationship between mental health as represented by the progress of mental health patient recovery in a mental hospital with the surrounding environment represented by open green pages and human moods represented by the mood of the patient who is the object of this study. Data collection in this study used the mental health observation method of 100 patients in a mental hospital in Indonesia. Observations were carried out for 20 weeks and carried out very carefully. We use average data or all data obtained is averaged, which is then grouped based on the specified group of variables, then the regression is carried out using the ordinary least squares (OLS) method. We find that the progress of healing was positively related to the length of time the patient was in a green open or green open yard and the patient's mood. This can indicate that the environment around humans, including the house, has an impact on the mental health of the people who inhabit it.

**Keywords:** Mental Health, Environment, Human Emotions

**JEL Classification :** C23, I10, I12

## 1 INTRODUCTION

Mental health is very important to be maintained at this time. Mental health greatly impacts people's ability to enjoy life (de Geus,2021).

Men with high activities, career women and housewives, of course, have a lot of activities and don't have enough time to do me time. As a result, often mothers suffer from stress and depression which can affect mental health.

Many studies link a person's mental health with the condition of one's home. In fact, it is not difficult to increase our health and happiness. Especially if we have a home page because the availability of green space can affect our mental health.

Spending time outdoors such as on the lawn or in other green spaces is one of the fastest ways to increase health and happiness (Kondo et al,2018). It's been shown to reduce heart rate, blood pressure, and stress while stimulating physical activity and improving mood and mental health. A number of studies have even shown that green spaces such as home yards are associated with a lower risk of suffering from psychiatric disorders.

This study examines the relationship between mental health as represented by the progress of mental health patient healing in a mental hospital with the surrounding environment represented by open green pages and human moods represented by the mood of the patient who is the object of this study.

## 2 LITERATUR REVIEW

Spending as much as 20 minutes in the garden or yard, even without doing exercise and seeing enough of the scenery, can increase feelings of calm and happiness. Brief contact with the natural environment can quickly improve mood (Whear et al,2014).

Humans sitting in green open spaces showed a significant increase in positive emotions (Brooks et al,2017). At least 15 minutes in a green open space such as a yard or house yard is to enrich the positive impact on the body.

Gardening is a fun and simple way to incorporate exercise into our daily habits even with our children. Through gardening and spending time around plants, a person can get a variety of psychological benefits. Besides reducing stress, growing plants in the yard can affect our mental health as a whole. Humans usually feel more optimistic and happier around a variety of plants and nature (Miller,2020). Flowers also grow positive emotions. The woman who had the flower delivery reported a more positive mood 3 days later. Even an elderly person who received flowers reported a brighter mood and increased episodic memory. Namely, a memory involves the brain to remember past events ( Hillard et al,2020).

Meanwhile, a study revealed that gardening and reading

reduced cortisol levels. However, stress levels decrease significantly with gardening. Likewise, Human will feel a positive atmosphere that is fully restored after gardening. In fact, bacteria in the soil known as mycobacterium vaccae promote the release of serotonin, which can boost mood and relieve anxiety.

## 3 RESEARCH OBJECTIVE AND METHODOLOGY

Data collection in this study used the mental health observation method of 100 patients in a mental hospital in Indonesia. Observations were carried out for 20 weeks and carried out very carefully. We use average data or all data obtained is averaged, which is then grouped based on the specified group of variables, then the regression is carried out using ordinary least squares (OLS) method with the following equation:

$$H_t = C_t + \beta_1 T_{t1} + \beta_2 M_t + e_t$$

Where,

T = Length of time in the open yard with green environment

H = Progress of healing of mental health disorders

M = Patient's Mood

e = Error Term

## 5 RESULTS AND DISCUSSION

The estimation results are as follows:

$$H = 1.49554811393 + 0.712339178821 * M + 0.0377449805115 * T$$

From the OLS estimate, the progress of healing of mental health disorders (H) is positively related to Length of time in the open yard with a green environment (T) and Patient's Mood (M). Where every 1% increase in the progress of healing of mental health disorders (H) is followed by an impact on Length of time in the open yard with the green environment (T) 0.03% and an increase in Patient's Mood (M) 0.7%. So that based on the results of observations and regressions on 100 mental health patients in mental hospitals in Indonesia, it can be concluded that an open yard or green yard can improve human mood and mental health which is briefly described in Table 1 which describes the estimation results as follows:

Table 1. Estimation Results

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	1.495548	0.619781	2.413027	0.0274
M	0.712339	0.044026	16.17983	0
T	0.037745	0.082872	0.455462	0.6545
R-squared	0.998393	Mean dependent var		57.35
Adjusted R-squared	0.998204	S.D. dependent var		20.7549
S.E. of regression	0.879646	Akaike info criterion		2.718886
Sum squared resid	13.1542	Schwarz criterion		2.868245
Log likelihood	-24.18886	Hannan-Quinn criter		2.748042
F-statistic	5280.206	Durbin-Watson stat		2.406359
Prob(F-statistic)				0

Based on the estimation results described in Table 1. The patient's mental health was observed at 20 weeks, the recovery progress was positively related to the patient's time in the green open yard and the patient's mood.

## 6 CONCLUSION

Green environments and open yards can affect a person's mental health. When humans are in a green open nature or yard with a natural atmosphere that can improve human mental health. Of course, this needs further research. However, a brief study and observations in this study which was carried out for 20 weeks in a number of mental hospitals in Indonesia showed that the progress of healing was positively related to the length of time the patient was in a green open or green open yard and the patient's mood. This can indicate that the environment around humans, including the house, has an impact on the mental health of the people who inhabit it.

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