

CHAPTER 4

PEOPLE-PLANT INTERACTION

The physiological, psychological and sociological effects of plants on people

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Abstract: This paper reports the results of a literature study into the effects of plants on human well-being. Different studies from various countries show that there are many different settings in which humans interact with plants. Some of these settings have a therapeutic aim, others do not. This paper demonstrates that various target groups can benefit from working with plants. Little is known, however, about the mechanisms behind horticultural therapy while the evidence is weak due to the methodological limitations of the studies.

Keywords: human well-being; horticultural therapy; psychological effects of plants; physiological effects of plants; social effects of plants; horticulture and human health

INTRODUCTION

This part of the paper discusses the state of the art concerning the contribution that active human involvement with plants may make to health, well-being and quality of life. Although examples of therapeutic gardening have been reported for decades, research in this field has only started a few years ago. There has been some research, especially in the US, the UK and Japan, but most studies have methodological shortcomings and usually the papers are descriptions of different practices.

Considerable practical experience shows the possible benefits of working with plants. Fortunately, in-depth research into the effects of working with plants on human beings is increasing. In The Netherlands, the growing number of Green Care farms is a striking phenomenon. The amount of Green Care farms has grown from 75 to 430 in a period of four years (1998-2002). Clients on these farms are also working with plants.

The Health Council of The Netherlands (Gezondheidsraad 2004) also mentions an increasing interest in the contribution to human well-being of working with plants in allotment and community gardens. Against this background it seems useful to present an overall picture of the different settings in which plants are being used in interaction with people and the benefits of plants for human well-being.

*Jan Massink and Majken van Dijk (eds.), Farming for Health, 43-55.
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