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Healing Effects of Landscapes with Extensive Sunflower Fields

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Abstract

This study investigated the healing effects of sightseeing in landscapes with extensive sunflower fields (yellow-colored flowers). The research locations were two fields in Nayoro, Hokkaido. In the first field (365a), the condition was a flat plain. For this site, there were 187 participants (85 male, 102 female), with an average of age of 42.8 years (range: 21–77). The second field (266a) had sloped conditions and was at the skirt of a mountain. For this site, there were 61 participants (22 male, 39 female), with an average age of 45.7 years (range: 20–72). The healing level was evaluated using a “healing scale” developed by the Nihon University College of Art.

In the first field, 99.5% of the participants experienced “being healed”; the most common healing types were “therapeutic” and “relaxing.” In the second field, 100.0% of the participants experienced “being healed”; the most common healing types were “therapeutic” and “relief.” A comparison of the differences in healing strength between the first and second fields found that healing strength was higher for the second field than the first. Moreover, the female participants were more sensitive to the observed differences than the males.

In conclusion, extensive sunflower fields had healing effects for most subjects. However, the strength of the effect was influenced by the conditions of the fields.

Keywords

extensive field, sunflower, landscape, healing, assessment scale