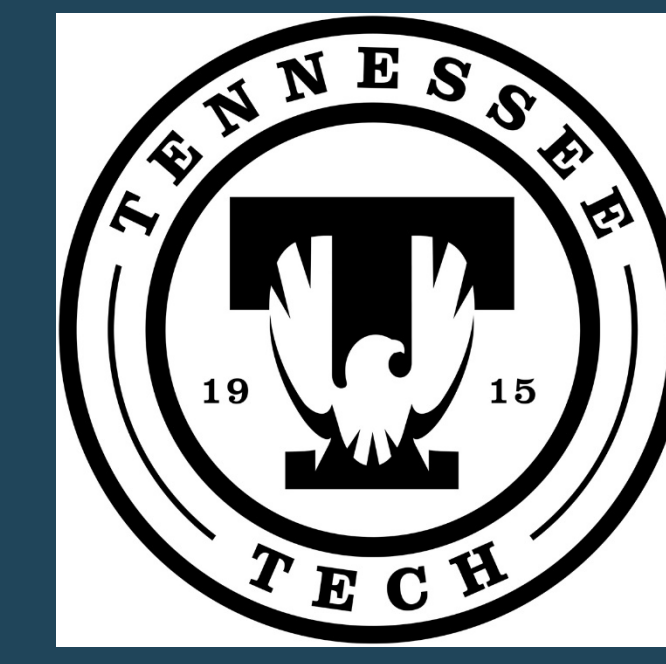


Nature's Beneficial Effects on Individuals

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Introduction

- Nature is all around us and the world. However, with the rising population and spread of urbanization, nature is becoming increasingly sparse.
- Although nature is beginning to disappear, there have been numerous benefits found in individuals that spend time in green spaces including cognitive benefits as well as a reduction in ADHD symptoms in children.



Green Space Example
Photo provided by pexels.com

Coverage

I found articles using Google Scholar as well as the Angelo & Jennette Volpe Library.

Key Terms Searched:

- Nature Play
- Cognitive Benefits of Nature
- Nature and ADHD symptoms
- Nature Therapy
- Nature Play
- ADHD Symptoms

I excluded research articles that did not have a nature element in the research conducted.

Methodology

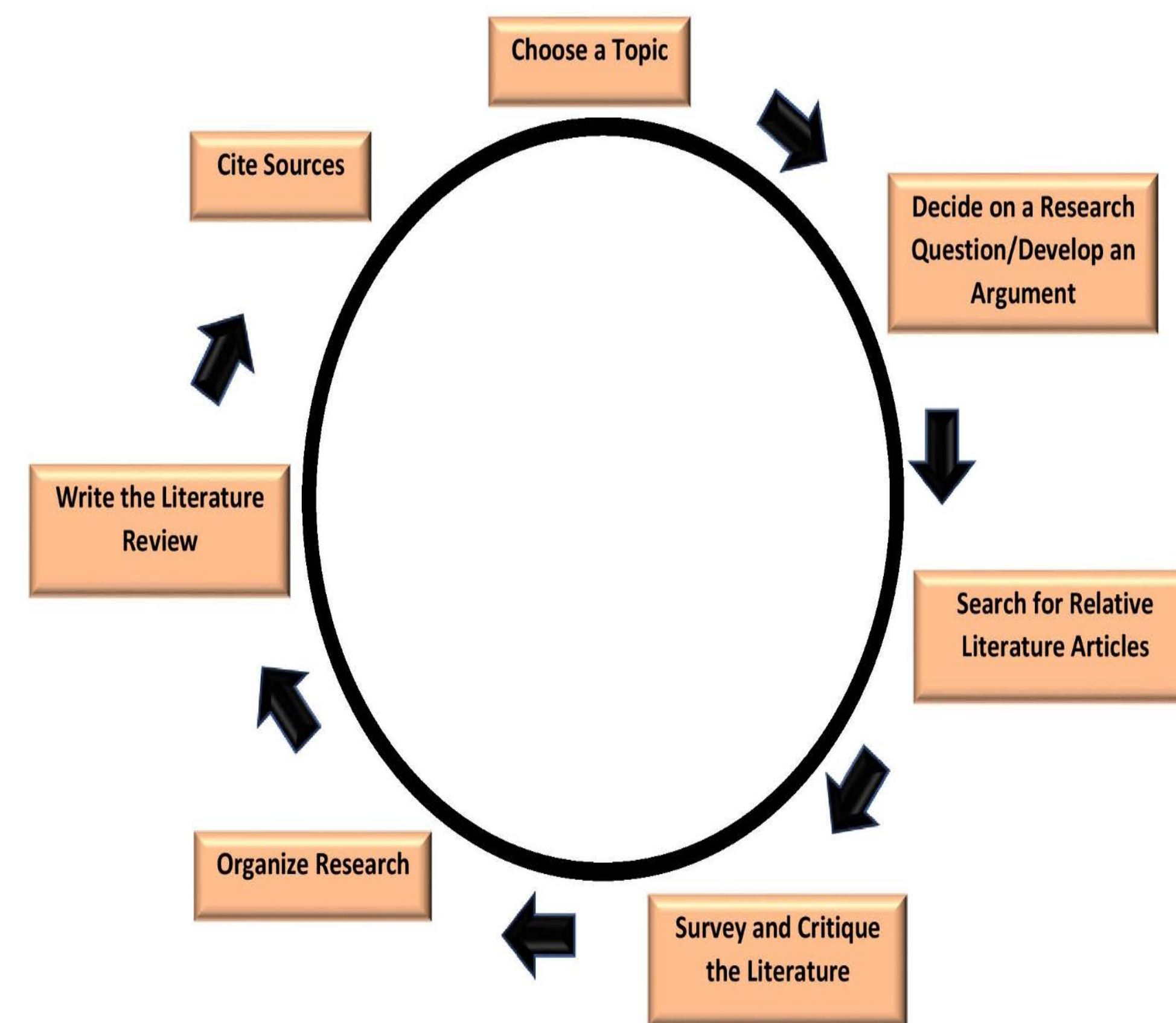


Chart demonstrating steps to create a literature review

- To conduct this research I did a literature review.
- A literature review is a summary of previously completed research done on a topic that describes and clearly states findings.
- Steps of a literature review

- Choose a Topic
- Decide on a research question/develop an argument
- Search for relative literature articles
- Survey and critique the literature
- Organize research
- Write the literature review
- Cite sources

Results

- Spending time in green spaces helped regain focus in adults performing a backwards digit span test (Bernan et al, 2008)
- Children demonstrated the ability to regain focus and complete tasks more thoroughly after a nature walk (Schutte et al, 2015)
- Nature based therapy has been shown to reduce ADHD symptoms in children (Swank et al, 2015)
- Time in nature versus time in urban settings has also been shown to reduce ADHD in children (Berg & Berg, 2010)



Boy playing in a green space
Photo provided by pexels.com

Significance

- Nature has been appreciated for its beauty as well as a resource for materials. However, nature also offers many cognitive benefits.
- Spending time in nature can help increase focus in adults and children.
- Spending time in nature by engaging in nature play or nature therapy can help lessen symptoms of ADHD in children
- Implementing nature into therapy sessions has shown to improve therapy outcomes in children with ADHD.

Conclusions

- In conclusion this literature review demonstrates the importance of nature in peoples lives.
- Nature can help parents as well as professions in health care settings reduce ADHD symptom in children.
- Individuals can also use this information to help regain focus in work settings, school settings or during everyday tasks by incorporating spending time in green spaces into their daily routines.
- In my own judgement, I believe that future studies should focus on how time in nature can help increase employee productivity and student success. These types of studies would be able to help spread the information about the cognitive benefits of nature to the public.



Woman happy spending time outdoors
Photo provided by pchere.com

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