



By www.majalisna.com

Healthy Plants Mean a Healthy Environment :

You don't have to be an environmental psychologist to understand that plants look attractive. But dig a little deeper beneath their beauty and you'll discover that the benefits of interior landscaping go far beyond the aesthetic.

Recent research tells us that interior plants are good for buildings and people in a variety of subtle ways. Interior landscaping plays a vital role in providing a pleasant and tranquil environment in which to move, work or relax.



Improve Indoor Air Quality:

We all know that plants bring green color and a natural feel to the indoor environment, but plants possess many other proven benefits which help improve your quality of life as well as your bottom line!

Plants improve indoor air quality by removing harmful pollutants from the air. They improve comfort levels by stabilizing humidity levels.



Particular benefits of interior plants include:

1. Reducing carbon dioxide levels
2. Increasing humidity
3. Reducing levels of certain pollutants, such as benzene and nitrogen dioxide
4. Reducing airborne dust levels
5. Keeping air temperatures down

Increasing Workers Productivity:

Plants have been proven to increase worker productivity and attendance as well as add to workplace satisfaction. Not to mention the positive effects they have on the aesthetic value of your property, occupancy and tenant retention.



EMPLOYEE RETENTION :

Studies from Oxford University indicate that plants have very positive effects on employee perceptions and dispositions which lead to lower employee turnover rates.

Plants Help Reduce Stress and Create a Feeling of Well-Being:

Most of us know instinctively that being close to greenery makes us feel more at ease with our surroundings. We experience less stress when there are plants around us. Buildings are quieter and more relaxed but, at the same time, more stimulating and interesting. A substantial body of academic research, has shown conclusively that interior landscaping has dramatic effects on the wellbeing of building occupants.



People in offices are more productive, take fewer sick days, make fewer mistakes. And they are happier when interior landscaping enhances their environment.

Planets Help Students to Study more:

There is even evidence showing students perform better in improved learning environments. Studies show that fresh air in school classes can increase students understanding and teacher's explanation as plants help to increase the amount of oxygen in the indoor areas.



Plants Help Lower Background Noise

Plants have long been used to reduce noise from busy roads. More recently, research has shown another benefit: interior plants can help to reduce background noise levels inside buildings, too.

Our own studies indicate that plants and their leaves absorb, diffract or reflect background noise, thereby making the environment more comfortable for the occupants.

With our support, Peter Costa, a postgraduate student at South Bank University, London, found that certain plants are particularly good at absorbing high frequencies.

Plants absorb sound best in acoustically live spaces, such as those that feature hard surfaces.



Plants help to reduce indoor noise:

The principles that apply to the placement of noise reducing furnishings can also be applied to the use of plants.

Bigger plant containers contain more compost and have a greater area of top dressing. Both of these have a significant effect on noise reduction, so it follows that they make a larger impact on the room acoustics. Experiments have shown that arrangements of different plants in groups appear to work better than individual plants.

Positioning several arrangements around a space works better than concentrating the plants in one location. In this way the surface area of the plants exposed to noise may be maximized and individual work areas in an office space will all benefit from a localized effect.



Plants placed near the edges and corners of a space are better than plants in the middle. This is because sound is reflected from the walls straight into the foliage.

Open-plan offices are often very noisy places. The hum of computers, the ringing of telephones and the buzz of conversation all make for a surprisingly noisy environment. Often these spaces are divided up with partitions or ranks of filing cabinets. Plant screens are an effective alternative. The tops of filing cabinets can also be used to place plants. Small bushy plants in narrow troughs take up little space, but they can still be effective.



Plants Make Patients Happy

House plants make people feel calmer and more optimistic. Patients in hospitals benefit greatly from being more in touch with nature.

Studies have shown that hospital patients who face a window with a garden view recovered more quickly than those who had to look at a wall.



Plants Fight Fatigue and Colds

According to a University of Agriculture in Norway study, indoor plants can reduce fatigue, coughs, sore throats and other cold-related illnesses by more than 30 percent, partially by increasing humidity levels and decreasing dust.

Plants Improve Water Quality:

Trees, shrubs, turf and groundcovers trap and filter dust, nutrients and other pollutants out of rain water. Nutrients are put to beneficial use and become part of the growing plants, instead of ending up as algae-promoting water pollution.



Wildlife Habitat:

Plants provide food, living spaces and other needs - otherwise known as "habitat" for birds and a variety of wildlife. This helps maintain or re-establish biodiversity, even after wild areas have been developed.

CONCLUSION:

Plants, lawns and landscaping can help significantly to maintain a quality environment and repair some of the damage done by development, over-fishing and other human activities. In Western Washington, plants can provide these values without any irrigation for three quarters of the year, and with only limited irrigation in the drier few months. To deny the limited water needs of plants during the short time it is needed, and to do so supposedly in the name of some environmental need, would be totally counter-productive.

