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The Relationship Between Visual Components and the Perceived Restorative Quality of Green Open Spaces (Case Study: Lapangan Banteng, Jakarta)

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ABSTRACT

Green open spaces (GOS) in Jakarta play a vital role in supporting the psychological well-being of its users, but not much is known about whether the design of GOS is related to users' perception of its restorative quality. To broaden such knowledge, this study aims to explore the relationship between visual components in GOS and its perceived restorative quality while using Lapangan Banteng as a case study. A survey research method was applied, in which a structured questionnaire is employed to gather park users' perceptions of its visual components and restorative quality. Relationships between variables are then explored using correlation analysis, which revealed that several visual components, such as vegetation density, pavement patterns, and natural materials in Lapangan Banteng, had strong to moderate and statistically significant correlations across multiple dimensions of perceived restorative quality. The results indicated that certain visual components could potentially bring positive contributions to its users' psychological well-being, but further research is needed to test whether those relationships are positively or negatively related.

Ruang terbuka hijau (RTH) di Jakarta memiliki peran penting dalam mendukung kesejahteraan psikologis penggunanya, tetapi masih sedikit yang diketahui mengenai apakah desain dari RTH berkaitan dengan persepsi pengguna terhadap kualitas restoratifnya. Untuk memperluas pemahaman tersebut, penelitian ini mengeksplorasi hubungan antara komponen visual pada RTH dengan kualitas restoratif yang dipersepsi, dengan menggunakan Lapangan Banteng sebagai studi kasus. Penelitian ini menggunakan metode survei, di mana kuesioner terstruktur digunakan untuk mengukur persepsi pengguna terhadap komponen visual pada Lapangan Banteng dan kualitas restoratifnya. Hubungan antarvariabel dianalisis menggunakan analisis korelasi, yang menunjukkan bahwa beberapa komponen visual seperti densitas vegetasi, pola perkerasan, dan penggunaan material alami di Lapangan Banteng memiliki korelasi yang kuat dan sedang serta signifikan secara statistik terhadap beberapa dimensi kualitas restoratif. Hasil penelitian ini menunjukkan bahwa komponen visual tertentu berpotensi untuk memberikan kontribusi positif terhadap kesejahteraan psikologis pengguna ruang, tetapi penelitian lanjutan diperlukan untuk menguji apakah hubungan tersebut bersifat positif atau negatif.

1. Introduction

Green open spaces (GOS) play a vital role in supporting the psychological well-being of city residents, particularly in rapidly growing, densely populated cities like Jakarta (Roe & McCay, 2021). As urban life becomes increasingly stressful, access to places that help individuals recover from mental fatigue and emotional distress has become more important than ever. In Jakarta, GOS are increasingly recognized for their potential to serve as restorative settings (Setiowati et al., 2023; Yahya, 2024). However, despite growing government interest in revitalizing and expanding public spaces, there remains a limited empirical understanding of how the specific design features of these spaces shape users' perceptions of their healing qualities (Sibarani et al., 2023). This research aims to address this gap by investigating the role of design in promoting psychological healing in green open spaces, with a particular focus on the concept of perceived restorative quality.

Perceived restorative quality is a concept derived from restorative environment theories on the qualities of the environment that support psychological restoration or recovery from attentional and emotional fatigue. According to Kaplan & Kaplan (1989), specific settings can provide restoration through qualities such as fascination, coherence, scope, compatibility, and a sense of being away. Such qualities are mainly attributed to nature (Staats, 2012), but previous studies have shown that certain visual elements can foster feelings of calmness and contemplation in built or semi-natural settings (Cao et al., 2024; Evered, 2016; Martinez-Soto et al., 2021). In urban contexts like Jakarta, open spaces often feature a mix of natural and built elements, and the restorative experience may rely heavily on how these components are visually composed. Previous research on public spaces in Jakarta has demonstrated that visual elements play a significant role in shaping users' perceptions (Fitrianty et al., 2024).

Visual components, such as vegetation, water features, built structures, and pathways, are crucial to the design of an environment, as vision is the dominant sensory modality through which people experience spaces. The arrangement, contrast, and quality of visual stimuli strongly influence how individuals interpret, feel, and respond to their surroundings (Nousiainen et al., 2016). By identifying which visual components contribute most to perceived restorativeness, this study can provide evidence-based insights for context-sensitive urban design that enhances psychological well-being for GOS users in Jakarta.

Drawing from environmental psychology and restorative environment theories such as Attention Restoration Theory (Kaplan & Kaplan, 1989), this study will explore the relationship between visual components and the perceived restorative experience of users in Jakarta. To answer such inquiries, Lapangan Banteng, which is a green open space located in the Central Jakarta area, will be used as a case study. Several reasons underlie this decision. First, the park has high comfort levels and tranquility, making it important to the quality of life of surrounding communities as evaluated by several studies (Mashar et al., 2023; Yuslim & Indrawati, 2022). Second, the previous revitalization effort reflects

the Jakarta Provincial Government's commitment to enhancing the usability of Lapangan Banteng. The redesign introduced a blend of open green spaces, structured walkways, fountains, and lighting features designed to encourage community use and promote well-being. Lastly, Lapangan Banteng is highly accessible and attracts a diverse range of users, making it a representative space for studying public perceptions of restorativeness in a mixed-use urban context.

2. Materials and Methods

2.1 Case Study

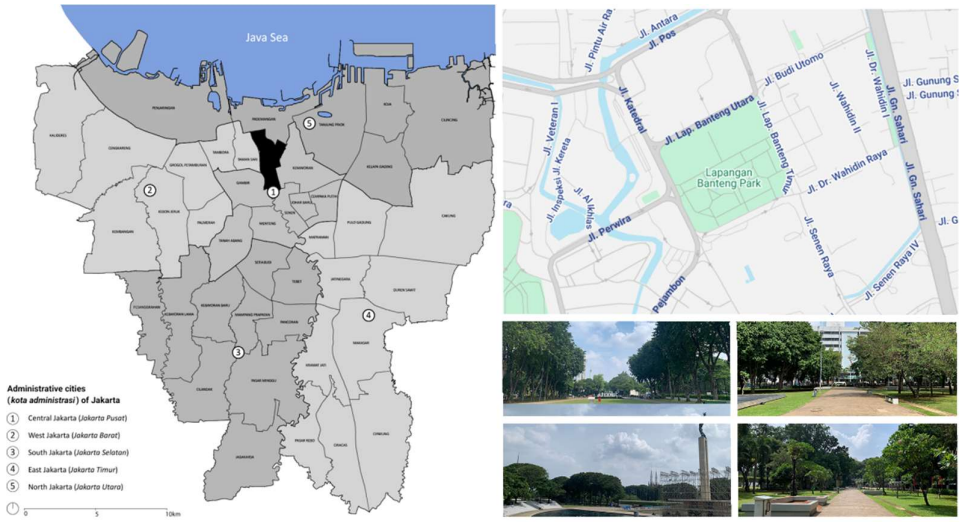

Figure 1. Lapangan Banteng

Lapangan Banteng is a GOS located in the Central Jakarta area with an area of approximately 5.2 hectares (Figure 1). It is situated east of Medan Merdeka and is surrounded by significant colonial-era architecture and important government buildings, including the Indonesian Ministry of Finance and the Jakarta Central Post Office. It is also surrounded by other notable buildings such as the Jakarta Cathedral, Istiqlal Mosque, and Hotel Borobudur. Lapangan Banteng has historic significance, and it was originally known as Waterlooplein or Waterloo Square during the Dutch colonial era. The park is characterized by its multi-functional layout, where the northern park consists of sport facilities such as a football field and athletic track, while the southern part features a landscaped park with a half-circle pool equipped with illuminated fountains and an amphitheater. At the center stands the West Irian Liberation Monument, erected in 1963, marking the historical and cultural significance of the site.

Field survey observations indicate that Lapangan Banteng contains various softscape and hardscape elements that could potentially contribute to perceptions of restorative quality, such as vegetation, water features, pedestrian walkways, and

landmarks. These physical elements contain visual attributes in the form of density, distribution, and quality of elements. The visual attributes of these physical elements that will be defined as visual components in this research will be examined on their influence on the perceived restorative quality of Lapangan Banteng. A visual map illustrating the distribution of softscape and hardscape elements within Lapangan Banteng is presented in Figure 2.

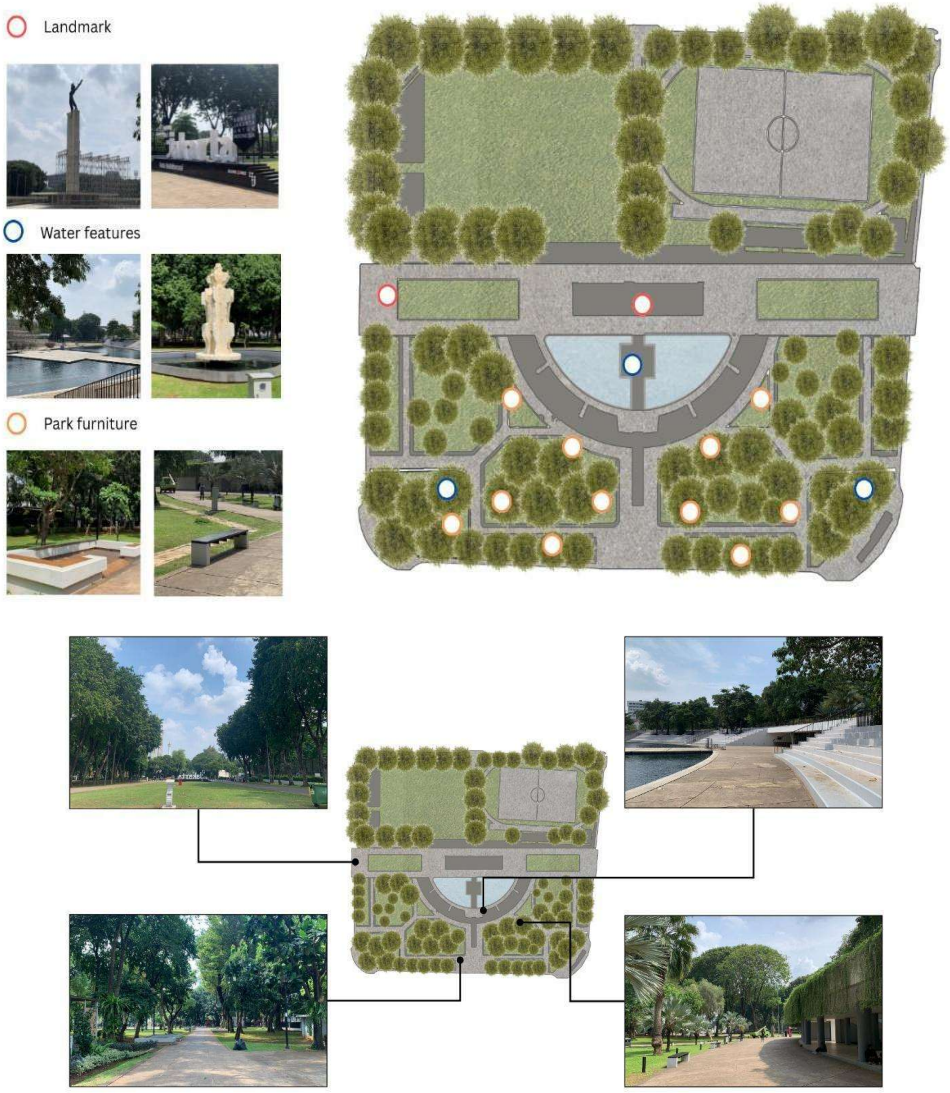

Figure 2. Distribution of physical components in Lapangan Banteng

2.2 Research Variables

Variables that are included in this study are perceived restorative quality variables (5 variables) and visual component variables (8 variables) (Table 1). According to Kaplan

& Kaplan (1989), restorative quality can be measured by five dimensions of the environment: fascination, coherence, scope, sense of being away, and compatibility. As they have differing qualities in this study, the five dimensions of restorative quality will be analyzed individually to present a more nuanced knowledge of the restorative experience and its relationship with the design of the environment. Visual component variables used in this study are frequently associated with perceived restoration, as identified from previous studies. Not all variables that were identified from previous literature are included in this study, as some would not be categorized as visual components, and some were found not to have any relation to the perceived restorative quality of the environment.

Table 1. Research variables

Category	Source	Variables identified	Variables used
Visual components	(Lorenzo et al., 2016)	Vegetation density, vegetation diversity, social interaction, duration of activities	1. Vegetation density 2. Diversity of vegetation species 3. Diversity of vegetation color 4. Water feature presence 5. Quality of the water feature 6. Landmark salience 7. Usage of natural materials 8. Pavement pattern
	(R. Wang et al., 2019)	Vegetation amount, variety of vegetation, presence of water features, and presence of wildlife	
	(Cao et al., 2024)	Pathway width, water features, landscape ornaments, pathway paving, vegetation, rich plant colors, rich plant layers, service facilities	
	(Hao et al., 2024)	Vegetation species diversity, vegetation color diversity, and vegetation structure	
	(Lu et al., 2022)	Spatial form, vegetation, vegetation colorfulness, water feature, pavement, quantity of benches, temperature	
	(Martinez-Soto et al., 2021)	Vegetation proportion, spatial extension, landmark salience, age of building, biophilic elements, people density, street view access	
	(Evered, 2016)	Degree of enclosure, sensory stimuli from streetscapes, spatial size and form, presence of vegetation, social aspects, and symbolic aspects	
	(Deng et al., 2020)	Landscape type, vegetation, water feature, topography, landscape, construction, roads & pavements, garden facilities, pavilion	
	(S. Wang et al., 2023)	Natural elements, historical figure sculptures, and activities	
Perceived restorative quality	(Kaplan & Kaplan, 1989)	Fascination, extent (scope & coherence), sense of being away, compatibility)	1. Fascination 2. Scope 3. Coherence 4. Sense of being away 5. Compatibility

2.3 Methodology

This study adopts a quantitative approach to investigate the relationship between visual components and the perceived restorative quality of GOS in Jakarta. A non-experimental survey design was employed, combining structured questionnaires and on-site observations to collect data and contextualize the characteristics of the environment.

Data collection was carried out on-site for two consecutive days in June 2025. Conducting the survey on location allowed participants to evaluate the environment in real-time, offering a representative illustration of their restorative experiences and immediate evaluation. This approach aligns with previous research emphasizing the benefits of in situ data collection to accurately capture restorative experiences (Scopelliti et al., 2019).

Respondents were selected using a probability sampling method to ensure randomness and enhance the generalizability of findings. A structured questionnaire was used as the primary research instrument and was divided into two main sections. The first section employed a semantic differential scale using a seven-point rating to assess respondents' perception of specific visual components in the environment, which consists of 8 items relating to the research variables. The second section of the questionnaire used the Perceived Restorativeness Scale (PRS) to evaluate the perceived restorative quality of the environment. The PRS measured five key dimensions adapted from Attention Restoration Theory (ART): fascination, coherence, scope, sense of being away, and compatibility.

For this study, a five-item Indonesian version of the PRS was developed. It was primarily adapted from the 17-item PRS by Hartig et al. (1997) and the 5-item version by Berto (2005). To measure respondents' responses, each item was rated using a seven-point Likert scale. To complement the survey data, site observations were also conducted at each park to record spatial features that may influence perception. These observations help to contextualize and interpret the quantitative findings. To examine the relationship between specific visual components and the perceived restorative quality of Lapangan Banteng, correlation analysis was conducted using Pearson's correlation coefficient (r).

This technique is used to measure the direction of linear relationships between two continuous variables. The values of r range from -1 to +1, where values closer to +1 indicate a stronger positive linear relationship, and values closer to 0 indicate weaker or no correlation. For this study, r values ranging from 0 to 0.4 indicate a weak positive correlation, 0.4 to 0.8 a moderate positive correlation, and values above 0.8 represent a strong positive correlation. Statistical significance was also assessed, with p-values less than .05 or .01 indicating that the observed correlation was unlikely due to chance.

3. Results and Discussion

Relationships between visual components and perceived restorative quality were analyzed using correlation analysis, as can be seen in Table 2. The correlation analysis revealed varying degrees of association between specific visual components and the five dimensions of perceived restorative quality. Based on the Pearson correlation coefficient (r), values between 0.4 and 0.8 are interpreted as moderate positive correlations, while those between 0 and 0.4 are considered weak positive correlations. These thresholds provide a basis for assessing the strength of relationships between design elements and users' restorative perceptions. Among the visual components, vegetation density (presented in Figure 3) showed moderate positive correlations with four out of five dimensions, that is, fascination (r = .403), scope (r = .441), sense of being away (r = .428),

and compatibility (r = .497), indicating a strong association with restorative experiences, particularly regarding perceived sense of escape and alignment with user needs. According to evolutionary-based theories, humans are innately compatible with nature, as they gravitate towards similar types of landscapes that are mostly natural (Dutton, 2009). Although several researchers have found that such explanations are hard to actually demonstrate (Menatti & Da Rocha, 2016), a more reasonable explanation that could be given is that dense vegetation can provide shade for park users or provide spaces for refuge that, when combined, create an ideal environment to rest and contemplate.



Figure 3. Vegetation density and diversity in Lapangan Banteng

Table 2. Correlation analysis

	Fascination	Coherence	Scope	Sense of being away	Compatibility
Vegetation density	.403*	.266	.441**	.428**	.497**
Diversity of vegetation species	.583**	.374*	.271	.257	.340*
Diversity of vegetation color	.099	.109	.575**	.398*	.261
Water feature presence	.288	.118	.160	.165	.295
Quality of the water feature	.332*	.174	.005	.334*	.304
Landmark salience	.359*	.233	.220	.179	.172
Usage of natural materials	.007	.109	.475**	.375*	.198
Pavement pattern	.361*	.466**	.512**	.347*	.485**

*. Correlation is significant at the 0.05 level (2-tailed).

**. Correlation is significant at the 0.01 level (2-tailed).

Diversity of vegetation species also showed a moderate correlation with fascination (r = .583) and a weak positive correlation with coherence (r = .374), suggesting that diverse vegetation is related to visual interest and environmental intelligibility. Similarly, diversity of vegetation color was moderately correlated with scope (r = .575) and weakly with sense of being away (r = .398), supporting the idea that

chromatic richness contributes to spatial richness. Results show that the density of vegetation in an environment has a stronger relationship with the dimensions of perceived restorative quality compared to its diversity. This aligns with previous research findings by Lorenzo et al. (2016) on how vegetation density can have a stronger relationship to perceived restorative quality compared to vegetation diversity.

In contrast, the presence of water features showed weak and statistically insignificant correlations with all dimensions, while the quality of water features demonstrated weak but significant correlations with fascination (r = .332) and sense of being away (r = .334), indicating that the perceived quality of water features may be more important than their mere existence. This aligns with findings by Cao et al. (2024) on how the aesthetic quality and maintenance of water features are two important factors that determine whether a water body is found to be restorative or not. Water features in Lapangan Banteng are presented by artificial fountains scattered along the area and one central pool that is occasionally used for fountain performances (Figure 4). All the water features in Lapangan Banteng were observed to be well-maintained, as indicated by the clear quality of the water. According to studies, light reflected from clear ponds and the motion of water could enhance perceived fascination (Cao et al., 2024; Li et al., 2023), thus explaining the relationship between water quality and perceived fascination in Lapangan Banteng.



Figure 4. Water features in Lapangan Banteng

Landmark salience showed a weak correlation with fascination (r = .359), suggesting its relationship is limited to attracting visual attention. S. Wang et al. (2023) also similarly found that in historical places, sculptures are highly associated with the perceived fascination dimension. Notably, pavement patterns exhibited moderate correlations with all restorative dimensions except coherence, including strong relationships with scope (r = .512) and compatibility (r = .485). This indicates that spatial arrangement and visual stimuli from patterns could potentially influence users' perception. Additionally, usage of natural materials showed moderate correlations with scope (r = .475) and sense of being away (r = .375), reinforcing the value of biophilic design elements towards restoration, which aligns with findings by Martinez-Soto et al. (2021).

These findings emphasize that visual components, particularly vegetation and pavement patterns, have varying but generally significant relations with users' perception of restorativeness. Previous research has generally identified natural elements as the strongest predictors of perceived restorative quality, while built elements, such as park furniture and pavements, have been found to have little or no significant influence on perceived restoration (Cao et al., 2024; Deng et al., 2020). However, from this research, it could be suggested that built elements, such as pavements, may also serve as predictors of perceived restoration when their visual attributes, such as colour and pattern, are considered. A possible explanation for this finding is provided by Martinez-Soto et al. (2021), who reported that curvilinear forms in the built environment could have a significant positive effect on the perceived restorative quality of public spaces. These results suggest that the restorative potential of GOS may depend not only on the presence of physical elements but also on their specific visual characteristics.

From a design perspective, these insights stress the importance of visually rich and thoughtfully composed environments to support psychological well-being in urban contexts. Although it should be noted that in this study, it could not be known whether a visual component had positive or negative influences on perceived restorative quality. Several strong and significant correlations between certain visual components and perceived restorative quality dimensions show that further research could be done to explore how visual components positively or negatively influence perceptions of restorative quality.

4. Conclusion

This study explored the relationship between visual components and perceived restorative quality in urban green open spaces (GOS), using Lapangan Banteng in Jakarta as a case study. Through correlation analysis, it was found that several visual components, particularly vegetation density, pavement patterns, and natural materials, demonstrated moderate and statistically significant correlations with multiple dimensions of perceived restorative quality. These results suggest that certain visual features could potentially contribute to the psychological benefits of GOS. Among the findings, vegetation density emerged as the most prominent visual component by showing strong correlations with four out of five restoration dimensions. Pavement patterns also showed notable correlations across multiple dimensions. Other components, such as landmark salience, usage of natural materials, water quality, and vegetation species and color diversity, showed more limited correlations.

These findings could contribute to improving the visual quality of GOS in Jakarta. Previous research conducted in other Indonesian cities has shown that users perceive the presence of GOS as highly important, despite the generally poor condition of existing infrastructure (Setyono et al., 2025), thus highlighting the need for improving existing GOS across Indonesia. To increase the generalizability of these findings, future research could be done in other cities across Indonesia, as socio-cultural differences among GOS

users can potentially influence perceptions and preferences, leading to different results. Extended research in this field could also examine relationships between visual components and perceived restorative quality through experimental designs that could isolate and manipulate specific visual features and test their direct effects towards restoration.

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