

数字足迹支持下森林公园多维康养景观构成和 恢复性机制研究

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摘 要:【目的】森林公园依托丰富的自然资源体系形成了独特的疗愈价值,森林的健康效益是当前康养产业向森林旅游转向下风景园林学的关注焦点。在森林康养基地与旅游业深度融合的背景下,森林康养研究正由单一维度的视觉景观向多维康养景观发展。论文以康养景观为理论基础,在数字足迹支持下,打破传统森林康养研究中调查样地单一、样本量小的局限性,以福州市国家森林公园、乌山国家森林公园、石牛山国家森林公园等五座国家级森林公园为案例地,深入探究森林公园康养景观的构成要素,揭示不同维度康养景观间的内在联系和作用机制。【方法】论文利用聚类分析法、扎根理论法、多重应对分析法分析游客社交媒体评论文本,将游客的知觉体验纳入康养景观框架。【结果】研究共获得 70 个高频景观要素,通过扎根分析可将其总结为 3 大感知维度下 19 个要素类型。结果表明,森林公园康养景观构成要素具有不同的表现形式,在视觉、听觉、嗅觉 3 个优势感知维度共同产生健康效益,且各要素类型在不同维度上区分度不同。同时,各感知维度下不同景观要素组合之间存在关联性,论文将其总结为“唤醒”、“舒展”、“宁静”三种聚合方式。【结论】论文在一定程度上揭示了森林公园健康效益的内涵,体现了人地互动视角下的康养景观作用机制。论文通过分析不同时空尺度森林公园中游客的切身体验,能更好的帮助理解景观要素与游客之间的互动程度,完善森林康养产业的理论基础,从而实现资源要素的合理配置,推动森林旅游和康养产业发展相结合。

关键词: 森林康养; 森林旅游; 康养景观; 数字足迹

Research on the Composition and Restoration Mechanism of Multidimensional Health Landscape in Forest Parks Supported by Digital Footprint

Abstract:【Objective】Forest parks have formed unique healing values based on a rich natural resource system, and the health benefits of forests are the focus of landscape architecture in the current shift of the health industry towards forest tourism. In the context of the deep integration of forest health bases and the tourism industry, forest health research is developing from a single dimensional visual landscape to a multi-dimensional health landscape. Based on the theory of health care landscape and supported by digital footprint, this paper breaks the limitations of single survey sample and small sample size in traditional forest health care research, and takes five national forest parks, including Fuzhou National Forest Park, Wushan National Forest Park, and Shiniushan National Forest Park, as examples, to deeply explore the elements of health care landscape in forest parks, and reveal the internal links and mechanisms between health care landscapes in different dimensions.【Method】This paper uses Cluster analysis, Grounded Theory analysis, Multi-Correspondence analysis to analyze tourists' social media comments, and bring tourists' perception into the health landscape framework.【Result】The study obtained a total of 70 high-frequency landscape elements, which can be summarized into 19 element types under three major perceptual dimensions through root analysis. The results indicate that the components of forest park health landscape have different forms

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of expression, and the three dominant perception dimensions of visual, auditory, and olfactory jointly generate health benefits, and each element type has different differentiation degrees in different dimensions. At the same time, there is a correlation between different combinations of landscape elements under various perceptual dimensions. The paper summarizes them into three aggregation methods: "awakening", "stretching", and "tranquility", which to some extent reveals the connotation of the health benefits of forest parks and reflects the mechanism of the health landscape function from the perspective of human-land interaction. **【Conclusion】** The paper analyzes the personal experiences of tourists in forest parks at different time and space scales, which can better help understand the interaction between landscape elements and tourists, improve the theoretical foundation of the forest health industry, and achieve reasonable allocation of resource elements, promoting the combination of forest tourism and health industry development.

Key words: forest tourism; health landscape; digital footprint