

29. 旅游高质量发展与目的地可持续治理

蓝色空间旅游减压效应研究：基于人与环境匹配模型的心理生理实验探索

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摘要：Bluespaces are environments containing waterbodies within urban spaces suggested to have greater potential to alleviate stress and promote physical and mental well-being than traditional plant-based biophilic designs. The restorative potential of bluespace may vary across individuals and settings; however, empirical validation of its interactive health promotion effects is limited. From the lens of the person-environment (P-E) fit perspective, we aimed to investigate the restorative health effects resulting from the interaction between bluespace features and individual stress levels. We conducted a photo-elicitation experiment involving high- and low-stress groups (n=42), and utilized electroencephalography (EEG), a Stroop task, a positive and negative affect scale (PANAS), and a perceived restorativeness scale (PRS) to assess the mental health effects of three stimuli (control, static-bluespace, and dynamic-bluespace). Both bluespace stimuli outperformed the control across the EEG response, cognitive performance, and mood states. Paired-sample t-tests revealed the distinctive impact of fluidity features, with dynamic bluespace reducing Stroop task response time and enhancing positive emotions compared to a static bluespace. Guided by the P-E fit framework, our psychophysiological experiment found that high-stress individuals with depleted internal resources were more receptive to therapeutic landscapes, enhancing health outcomes. Analyses of EEG beta power, Stroop task reaction time, and negative emotions underscored the enhanced sensitivity of the high-stress group to bluespace stimuli. This study elucidated the mechanisms that facilitate differential gains from bluespace interactions. The framework and techniques established in this study pioneer a precise approach to evidence-based natural prescriptions tailored for relieving mentally distressed populations.

关键词：Person-environment fit, bluespace, stress, psychophysiological experiment, electroencephalography