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UTILIZATION OF ORNAMENTAL PLANTS IN HUMAN PSYCHOLOGY

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ABSTRACT

Ornamental plants have been grown for visual attractions in the Occidental world, but they have been grown or used not only for environmental beautification, but also for self-improvement, longevity and morality. Besides, Ornamental plants play as important role in human psychology. Human health depends on well - functioning ecosystems. We cannot live without goods and services that nature provides to purify our air and water, maintain soil fertility, pollinate plants, breakdown waste, provide food and fuel and keep diseases in check. We live in a very artificial environment where we rely on mechanical systems. Alternatives to manufactured or engineered solutions improves occupant well-being, reduce operating costs and also improve environmental quality. People have more positive emotions when exposed to plant settings (Varun Amingad *et al.* 2014).

Plants helping the human beings in several ways such as

- Plants improve the human health by providing fresh air.
- Serves as "Lungs of the city".
- Keeps hygienic atmosphere.
- Gives medicines, essential oils, natural pigments and other products which improve the human health.
- Improves the economic status of the grower.
- Flower petals are being used for garnishing the food items in the dining tables or plates which increases the appetite and attracts the delegates for dining.
- Providing balance and harmony in our behavior.
- Thought of fostering life and ultimately 'Life worth living'.
- The plants reduce various pollutants in the environment.
- Provide space for recreation
- Enhance sport field safety
- Encourage healthy active and passive lifestyle pursuits

ORNAMENTAL PLANTS ROLE IN HUMAN PSYCHOLOGY:

1. Social behavior on Flowers

Flowers are the immediate and long-term effects on emotional reactions, mood, social behaviors and even memory for humans. Interaction with plants, both passive and active, can change human attitudes, behaviors, and physiological responses. When Plants are present people have more positive emotions when exposed to plant settings. In a landscaped office, people recover from stress quicker. Employees show a significant improvement in their efficiency and concentration.

2. Interior Landscape

Interior plants are common in many homes, work places, and commercial settings. The use of ornamental plants in indoor spaces is growing, being studied for their benefits on improving the quality of life. Plants have shown that bring psychological and perceptual benefits such as increased privacy, which act in a restorative manner and affect mood. There are a high number of indoor ornamental plants that can purify the air in living spaces. These plants acts as micro filters and removes some toxic substances emanated by various building materials, heating system, air conditioning system, but also from different indoor accessories (Erzsebet *et al.* 2013). Ornamental plants used in indoor for improve the quality of life.

The most effective known and used as purifying plants, are the following species:

Spathiphyllum wallisii : contribute to the regulation of moisture levels. Can absorb electromagnetic radiation emitted by computer and printer. In research conducted by NASA regarding the air purification capacity the score allowed was 7.5.

Dracaena deremensis : absorbs harmful emissions from computers, printers and other factors that produce carbon dioxide. Absorb 1.328 micrograms of formaldehyde and 154 micrograms of xylene per hour. The score allowed by NASA in air purification research is 7.8. It is recommended in rooms where furniture or carpets are new.

Dracaena marginata : Remove xylene from the stuffy atmosphere of living and working places.

Hedera helix : it is used to remove benzene from air. Removes easily formaldehyde and carbon monoxide. Absorb cigarette smoke. It is recommended for those who have asthma.

Ficus elastica : tolerant with insects, removes toxins that can be harmful for the human body. Absorb odors, reduces the number of microorganisms, and the amount of toxic substances. **Philodendron scandens** : remove formaldehyde

Chrysanthemum morifolium : absorbs benzene from cigarette smoke and toxins emitted from adhesives, paints, and printers.

Chlorophytum comosum : Recommended for absorbing toxic gases accumulated in buildings with poor ventilation. This plant has the ability to absorb in few days 90% of formic aldehyde and carbon monoxide (absorb cigarette smoke). Removes 96% of carbon dioxide in the ambient air.

Echinocactus grusonii : Reduce electromagnetic waves emitted by TV and displays.

Gerbera hybrid : Removes trichlorethylene and benzene from indoor air.

Sansevieria trifasciata : Removes a large amount of benzene and formaldehyde; night produces the greatest amount of oxygen (it is recommended for bedrooms).

Aspidistra elatior : Absorb cigarette smoke.

3. Healthy Parks Healthy People

Contact with Nature has been reported to have psychological benefits by reducing stress, improving attention, by having a positive effect on mental restoration and by coping with attention deficits. In addition to mental

advantages, there appear to be direct physical health benefits, such as increased longevity and self-reported health. As might be expected, the availability of nature correlates positively with health. Benefits have been associated with various types of nature experiences, including true wilderness, neighbourhood parks, gardens and natural features around residences. Nature activities often implies socializing, e.g., in the form of walking together or sitting in a park with friends. Building social networks has a well documented potential for improving health.

Conclusion:

- Human-plants relationship is a major concern of the contemporary world
- Interaction with plants can change human attitudes, behaviors and physiological as well as psychological responses
- Interior gardening leads to healthier individuals, communities and environment

Ref:

Varun Amingad., Lakshmi pathy, M., (2014). Ornamental plants and their role in human psychology.

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