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Ornamental plants and their role in human psychology

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Ornamental plants are grown for decorative purposes in gardens and landscape design projects, as house plants, for cut flowers and specimen display. Besides, ornamental plants play important role in human health and psychology. Human health depends on well-functioning ecosystems. We cannot live without the goods and services that nature provides to purify our air and water, maintain soil fertility, pollinate plants, break down 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 improve occupant well-being, reduce operating costs and also improve environmental quality. Exposed to plant settings, people have more positive emotions. In a landscaped office, people recover from stress quicker and employees show a significant improvement in their efficiency and concentration. Problem solving skills, ideation and creative performance all improve substantially. In a workplace with plants and flowers we are more productive and green workplaces help recruit and retain workers. When plants were added to an interior office space, the employees were more productive (12% quicker reaction time on the computer task) and less stressed (systolic blood pressure readings lowered by one to four units). Immediately after completing the task, participants in the room with plants present reported feeling more attentive than people in the room with no plants. When we shop in a landscaped environment, we visit more frequently, stay longer, rate quality higher and are willing to pay more. Hence, interaction with plants, both outdoor and indoor, can change human attitudes, behaviours and psychological responses.

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