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Impact of Gardening on Physical and Mental Health in The Midst of Covid-19 Pandemic

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ABSTRACTS

The study aimed to determine the impact of gardening on the physical and mental health amidst pandemics. The study employed a descriptive design and the survey questionnaire was used for gathering data. There were 60 respondents with ages of 18 to 65 years old who are residing in Barangay Maibo, Tantaran South Cotabato. The gathered data were treated using a statistical tool such as mean, frequency, and percentage. The study revealed that the impact of gardening on physical health strongly agreed with the grand mean of 4.22 and the mental health was agreed with the grand mean of 4.10. Based on the findings, it is concluded that gardening has an impact on physical and mental health. The researchers highly recommend conducting programs for people to avoid anxiety and depression. The students are also encouraged to engage themselves in gardening to boost their physical and mental health.

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1. INTRODUCTION

Nowadays, gardening is a beneficial aspect of everyone's day-to-day life, especially during this COVID-19 pandemic. Gardening becomes a lifestyle that offers a wide variety of benefits to the environment and serves a diverse group of people. Gardening can be one of the most enjoyable, relaxing, and rewarding things you can do. It is one of those projects or activities that we can at least do during quarantine. Regardless of that restriction, people can still create the ideal garden that you and others can enjoy. Gardening benefits the individuals of a community environmentally, physically, and mentally. Hence, the global COVID-19 pandemic has caused massive disruption to public health including both physical and mental health (Park et al., 2009).

In this time of the pandemic, gardening is one of the hobbies of people. Gardening is one of the most popular ways in which people interact with nature globally (Lake, 2020). They had been planting different kinds of flowers and vegetables. This kind of hobby can promote mental and physical health. Spending time in nature can help improve our attention. Some of the people do gardening as medicine and through this, they been happier. Being connected in nature it can make a person feel strong because it can restore the mind. And through gardening people can exercise in the sun where the sun gives them vitamins. Sunlight lowers blood pressure as well as increases vitamin D levels in the summer (Thompson, 2018).

Gardening at home or in the community can improve both physical and mental health. Lifestyle diseases such as heart disease, stroke, depression, diabetes, and obesity become major health issues as stated by Caballero and Moussavi. Chronic diseases such as heart disease, cancer, and diabetes are leading causes of death and disability in the United States. This disease may arise in different urban areas where people who live are associated with social stress and depression because of air pollution. Promoting the health of urban populations has become one of the challenging issues of the 21st century. But this time of pandemic people become depressed because of the situation and where they get money to buy foods to survive. As mentioned by Groenewegen et al. (2006) nature in cities can play a key role in achieving healthy. Indeed, nature gives plenty of health benefits. People who are engaged in nature can help lessen depression and may use it as a form of medicine where their attention is on the beauty of nature the regular contact with nature can promote human health and be used as a form of preventive medicine (Groenewegen et al., 2006). In the Philippines, urban gardening has become a popular way to create alternative sources of ingredients. And so, a lot of people, even in cities, have geared towards planting fruits and vegetables in their backyards, balconies, and patios.

Growing plants can help to keep your home healthy. They can help you adjust the temperature and improve the air quality in your home and surroundings. Through gardening, the physical and mental health status of an individual will be maintained or improved moreover, the institution should do their part as researchers in giving information about the benefits of gardening.

2. METHODS

This study used descriptive design to determine the impact of gardening on the physical and mental health of gardeners' enthusiasts during the COVID-19 pandemic of Barangay, Maibo, Tantaran, South Cotabato. This method allows for in-depth and further probing and questioning of respondents based on their responses, where the interviewer/researcher also tries to understand their motivation and feelings.

3. RESULTS AND DISCUSSION

Table 1 shows the demographic profile of the respondents. A total 15 of respondents in each age bracket ranging from 18 to 65 years old with the same total percentage of 25%. Therefore, all ages are gardener enthusiasts. People of all ages can enjoy gardening. **Table 2** displays the results of gardener enthusiasts in terms of physical health. **Table 3** shows the findings of gardeners who are passionate about their hobby in terms of mental health.

Table 1. The demographic profile of the respondents.

Variables	Frequency	Percentage
Age		
18 – 29	15	25%
30 – 44	15	25%
45 – 64	15	25%
65+	15	25%
Gender		
Male	8	13.33%
Female	52	86.66%
Economic Status		
Low Class	18	30%
Middle Class	39	65%
High Class	3	5%

Note: N=60

Table 2. The extent of Gardener's enthusiasts in Physical Health.

Indicators	Weighted Mean	Description	Interpretation
It helps to have a better physical condition	4.40	Strongly Agree	Very High
It can maintain mobility and flexibility	4.16	Agree	High
It can strengthen muscles	4.30	Strongly Agree	Very High
Improved immune system	4.50	Strongly Agree	Very High
It helps in maintaining a healthy weight	4.23	Strongly Agree	Very High
It can burn calories	4.0	Agree	High
It helps to decrease the likelihood of osteoporosis	4.0	Agree	High
Grand mean	4.22	Strongly Agree	Very High

Note: n=60: 1.00-1.80 – Very Low; 1.81-2.60 – Low; 2.61-3.40 – Moderate; 3.41-4.20 – High; 4.21-5.00 –Very High.

Table 3. The extent of Gardeners enthusiasts in Mental Health.

Indicators	Weighted Mean	Description	Interpretation
It helps to avoid anxiety and depression	4.38	Strongly Agree	Very High
It can improve self-esteem	4.16	Agree	High
It gives relaxation	4.38	Strongly Agree	Very High
It helps develop a growth mind-set	4.0	Agree	High
It gives peace of mind	4.35	Strongly Agree	Very High
It helps improve memory	4.0	Agree	High
It is a mood-booster	3.40	Neutral	Moderate
Grand mean	4.10	Agree	High

4. CONCLUSION

The following conclusions were drawn based on the information presented: In terms of age, there are equal percentages of respondents in each age bracket in the demographic profile of respondents. In terms of gender, females are more likely to be garden enthusiasts and the majority of respondents are from the middle class. While the respondent's responsibility for physical health was very high and the response for mental health was high. As a result, in the midst COVID-19 Pandemic, gardening has an impact on physical and mental health.

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6. AUTHORS' NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

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