

Unpacking the meaning of gardening and its impact on wellbeing

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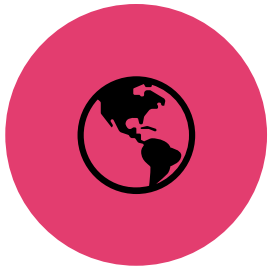
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Overview of Presentation



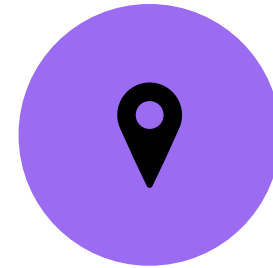
CONTEXT



APPROACH



SUMMARY
OVERVIEW



RECETAS
PROJECT

Nature and social ties outcomes:

- ▶ Increased generosity

(Zhang et al., 2014; Weinstein et al. 2009)

- ▶ Increased shared use of common space and social interaction

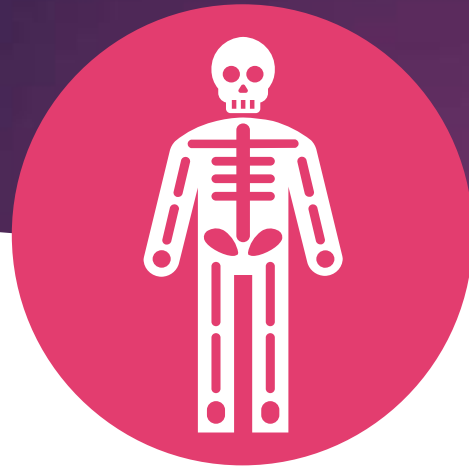
(Hale et al., 2011; Izenstark and Ebata, 2017)

- ▶ Neighborhood cohesion, willingness to trust others

(Alaimo et al., 2010; Anderson et al., 2018)

- ▶ Self-transcendence, prosocial behavior

(Castelo et al., 2021)



LONELINESS IS DESCRIBED AS
THE SUBJECTIVE,
UNFAVORABLE BALANCE
BETWEEN ACTUAL AND
DESIRED SOCIAL CONTACT
(LAM ET AL., 2021)

Loneliness
Defined



One
intervention
that has yet to
meet its
potential:

SOCIAL PRESCRIBING



“To me, it's just natural to be in the garden”: A multi-site investigation of new community gardener motivation using Self-determination Theory

Research questions:

- Does interacting, learning, and sharing with others in community gardens fulfill the three core psychological needs of autonomy, competency, and relatedness?
- What challenges do new gardeners meet in both social contexts that may inhibit their intrinsic or extrinsic motivation to gardening?

Self-Determination Theory¹

The diagram consists of three light pink rounded rectangular boxes with dark pink borders, arranged horizontally. Each box is slightly offset to the right and down from the one to its left, creating a layered effect. The boxes contain the words 'Competence', 'Autonomy', and 'Relatedness' respectively.

Competence

Autonomy

Relatedness

¹ Deci, E. L., & Ryan, R. M. (1985) *Intrinsic motivation and self-determination in human behavior*.

Methods

Semi-structured interviews in French with (N=15) beginner community gardeners after full year of gardening in Montpellier in summer 2019 and in Denver (N=15) in English in spring 2018 and 2019.

Audio recorded, transcribed, translated French to English.

Qualitative text analysis conducted using ATLAS.ti, 2-step coding process: 1) 2 coders analyzed data inductively by theme 2) Sorted themes into larger SDT categories of **autonomy, competency, and relatedness.**



Participant demographics

New gardeners

Average age: Denver 40, Montpellier 49

11 women, 4 men in Denver

12 women, 3 men in Montpellier

1/3 Black or Hispanic/Latinx in Denver, 2/3 White

Race/ethnicity not assessed in Montpellier







Findings:



In both cities, gardening with lack of social support led the early pleasures of gardening to become a burden.



When new gardeners were supported by leadership or other gardeners, community gardening showed evidence of reducing loneliness.



To adapt community gardening as a loneliness solution, regular events, or a buddy system are critical for new gardener motivation and persistence.



“To me, it's just natural to be in the garden”: A multi-site investigation of new community gardener motivation using Self-Determination Theory

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Improving lifestyles sustainability through community gardening: results and lessons learnt from the JArDinS quasi-experimental study

[Marion Tharrey](#) , [Ashby Sachs](#), [Marlène Perignon](#), [Chantal Simon](#), [Caroline Mejean](#), [Jill Litt](#) & [Nicole Darmon](#)

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RECETAS

TESTING ACTIONS FOR SOCIAL
PRESCRIBING IN NATURAL SPACES



Spain

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ISGlobal

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ASPCAT

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VNL

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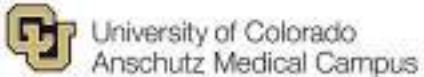
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