

Studying the Significance and Effect of Parks and Green areas on Improving the Citizens' Life and Embellishing Urban Spaces Based on the Seeking-Escaping Theory (Case Study: Shiraz Parks)

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ABSTRACT: The increasing growth of population as well as the complexity of urban issues, lack of appropriate financial and human resources, environment pollution and etc. sometimes lead to the matter that urban designers forget or not be able to accomplish this very objective that citizens needs peace and relaxation in the racket of life, pollution, tiredness and routine. This has led to the issue that factors like the closeness of humans' workplace and living place, small green areas inside cities as well as their usefulness for people etc. be considered the least. As the foci of humans' activity and life, cities have no way but accepting the structure and function influenced by natural systems to be able to maintain their sustainability. In the meantime, urban green spaces are the integrative part of cities' body playing a critical role in their metabolism the lack of which can result in the serious disorders in their life. Public green space or parks will have major effect on improving the quality of citizens' life and embellishment of the city. In this article, attempts have been made to examine the mental and social effects of urban parks on the improvement of the citizens' quality of life and their role in embellishing urban spaces by two case studies (Shiraz green spaces) using Seeking-Escaping pattern. Results indicate that Shiraz citizens tend to urban parks to access healthy air, family entertainment, freshness and avoiding pollution and the scarcity of residential environment, hiking, removing tiredness, running away from routine, and etc and these spaces have significant effect on embellishing urban spaces.

Keywords: Park, Green Area; Improving Life; Embellishing City; Seeking-Escaping Theory

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INTRODUCTION

The growth of industry and population in cities has led to the constructions by dealers not considering the issues of supplying adequate health and light, healthy air and leisure spaces in these buildings (May, 1996). On the other hand, the necessity for creating new urban uses to respond the increasing needs of citizens has gradually led to the loss of green space and urban gardens share which in turn has resulted in the narrow access to nature for urbanized human. Recent studies have shown that population growth and development of urbanization have ended in the transformation of urban green spaces to tough impermeable areas; and, the trend is more serious in developing and third world countries (Shi, 2002). With the changes made, cities have gone far from nature. Pollutions from industries and technologies have turned the cities into a hell for their residents. Also, the excessive horizontal and vertical expansion of cities has led to the destruction of nature. Nature and green space which have played the role of beating heart for human residences and been the best place and situation for building the primary cities, are ruining due to the carelessness of the residents (Chiesura, 2004). Yet, due to reasons, since early 20th century, urbanized human has shown attention to nature and green spaces again which is demonstrated in terms of creating functional gardens rather than entertainment ones which are able to respond the citizens' new needs (Moureh, 1994).

Today, a way for achieving to a city with sustainable development and the provision of peace and wellbeing for its citizens is to create green spaces in the crowded city spaces (Soltani, 1992). Urban parks have social, economic, and ecological roles with advantages such as healing mental illnesses, creating a desirable environment for nurturing children, having social integration, maintaining peace and the like which are considered to be indices for enhancing the quality of living space and development of a society, at the same time (Balram, 2005).

Regarding the above mentioned, the aim of this article is examining the mental and social effects of urban parks on the improvement of the citizens' quality of life and their role in embellishing urban spaces by two case studies (Shiraz green spaces) using Seeking-Escaping pattern. To do so, first some of the main concepts used and the relationship between them as well as the method applied in this study, will be discussed in short to provide an appropriate theoretical framework for examining the case under study and accomplishing the objective of the study.

Literature Review

Urban Green Spaces: Term "green space" applied by some scholars as vegetative cover in the cities, an area covered by plants inside and around cities which is more created for two main functions modifying

temperature, making the air tenuous, and embellishment in cities (Bowen, 1990). This part of the green space designed and built in urban area is called urban green space; a relatively big space made of plants with forest structure and appropriate environmental and ecological return suited the environmental conditions dominant over cities (Germann and Chiari, 2004). Public green spaces are also spaces with social return used by people for leisure, entertainment and communicating friends and social and cultural gatherings and the like (Saidnia, 2000).

Urban parks are a part of public green spaces which, in addition to having entertainment and environmental aspects, have the aspect of serving different areas of the city (the Office of Technical Affairs and Formulation of Measures, 2001). Principally, the nature and essence of these spaces are so that all classes of people can use them. In public parks, attempts are made so that all entertainment and wellbeing devices exist for partially all taste and thinking and age (Hekmati, 1990). The establishment of urban parks and equipping them are worth an extensive study due to the effect they have on the quality of urban life and accomplishing sustainable development, on one hand, and having nonreturnable financial load of capital and profit for municipals (Manlun, 2003).

The Importance and Major Functions of Urban Green Spaces: Today, the concept of cities without effective green space cannot be envisioned in terms of its different forms any more. The consequences of urban development and environmental issues from them have made the essence and spread of green space inevitable forever. Paying attention to green space in general as cities' lunge is not an exaggerated definition of them; rather the analog indicates the least green space function in the ecological concept of cities.

Green spaces have particular status both in terms of providing the citizens' environmental needs and leisure spaces as well as the context of communication and social interaction. The main functions of green spaces in cities can be summarized as follow:

➤ Entertainment function: parks are the best places for relaxation and getting fresh; today, this function has replaced a part of functions like family entertainment, neighbor and local relationships, market and ect.

➤ Hygienic function: parks and green spaces can be considered among the group of centers providing the individuals' mental hygiene in a city, because the great role of green space in nervous system focus is crystal clear.

➤ Communication function: parks establish the unwritten relationships of the organization formed and sustain with respect to the needs of different social classes.

➤ Instructional function: playing and entertainment have significant share in educating children's body and mind. Although parks play a small role, they provide the ground for children to acquire skill and creativity.

➤ Transactional function: although parks are the places for entertainment and relaxation, they are suitable and prosperous places for supplying different goods that tourists needs.

The Quality of Urban Life: The major objective of urban development and management is to improve the citizens' quality of life and happiness. Yet, the quality of life is a multidimensional concept and includes various aspects. By the quality of urban life, we mean paying attention to social, cultural, economic, environmental, mental, and ... indices in two objective (quantitative) and subjective (qualitative) terms in the trend of urban planning. On the other hand, the quality of urban life comprises material and spiritual issues. In material terms, the quality of life not only includes categories like living standards, fundamental facilities, economic production, employment, prices, law, and the like but also includes cases like health, entertainment, leisure, culture and art and the like. In spiritual terms, again it includes the personal experiences and perceptions of individuals and their feedbacks in their real life (Dajjan and Peter, 2006). Accordingly, most theories in the same vein have aspects such as the general sense of happiness, positive feeling from social relationships and the chances for demonstrating personal abilities in common.

As also said before, the quality of life is a multidimensional category and measuring or assessing its dimensions requires extensive study; but in sum it can be said that the quality of life indicates variables like health, political stability and security, familial life, collective living, occupational security and the like (Byock & Merrima, 1998).

Since the quality of life, feeling of happiness, and life satisfaction as the indices of public health and mental hygiene, hence it is possible to ascribe one of the criteria of evaluating the quality of urban life in cities to the existence of public open and green spaces considered to be one of the main sub-criteria of the social index of the quality of life. So, this study is aimed to analyse the quality of life and its relationship with urban parks in terms of health, familial and collective life, urban embellishment and ... and examine its effects of the urban parks on the improvement of these variables by conducting a case study in Shiraz.

The Role of Green Space in the Quality of Urban Life :No doubt, urban parks and green spaces must be taken among the key actors of natural and human life sustainability in today cities (Esmaeli, 2002) which if planned properly, they will have desirable effects on recovering human's body and soul and embellishing cities (Shiri, 2006). Today, the role and significance of open and green spaces on the environment and quality of life of residential complexes increases considerably. In most countries, open and green spaces are taken as the integrative part of land use planning decisions in cities (Millward and Sabir, 2011). Urban parks (as the main public-service spaces of cities) have a key role in improving social, cultural, economic, and environmental conditions of urban areas (Bertolini and Braglia, 2006). These spaces have been regarded in different societies in parallel with the growth and concentration of urban areas, and different strategies are invented and applied for appropriately locating and distributing them in urban environments (Gorbani, 2007). Scholars realized that green space can help to the people's peace, rejuvenation and the reduction of violation among them. Apart from social and physiological advantages, urban nature can provide

economic advantages – either for urban managers or for citizens – as well. Moreover, aesthetic, historical and entertainment values of urban parks lead to the increase of city attraction, tourism value and consequently city's earnings (Cheisura, 2004).

In the study of mental-social effects of the green space, it must be said that human – in any conditions – needs a few hours silence and relaxation every day. The need is further felt in the residence and apartment life with population density; and, so, in this view, again urban green spaces where human can live at least a few hours a day in peace and far from racket manifests in terms of a real necessity in the citizens' life.

MATERIALS AND METHODS

Data collection procedure was conducted using questionnaires distributed among 100 Shiraz citizens who were of the visitors of Azadi Park and Eram Garden. In this study, Seeking-Escaping pattern was used for estimating respective factors for urban parks using the above questionnaires describing the reasons underlying the tendencies or reluctances toward public green spaces. To determine sample size in this study, the required records for accomplishing the objectives of the study are used among which the following norms can be implied:

Since the present study is of descriptive and survey ones, the sample size was chosen 100 individuals based on the standard. It must be noted that participants of the study were randomly and without considering their social status or expertise were chosen among the parks visitors. The type of questionnaire was of open multiple-choice ones where people's reasons for referring to parks, their experimental feelings, the effect of parks on embellishing cities and ... as well as the distraction factors of their living places were questioned and in the end examined and analyzed using Likert Spectrum.

Gosens (2000) believes that tourists are motivated by emotional needs and/or attracted by emotional advantages. Users needs (motivational factors) include avoidance, peace, sociability and modernism, while emotional advantages (attraction factors) are approved by advertising or being aware of the destiny and services (Amirtahmaseb, 2008). Emotional factors are forces motivating the individual intrinsically and in his social content. On a contrary, attraction factors include destiny qualities which each visitor imagines (Manlun, Yang, 2003).

Iso-Ahalo (1982) – of the promoters of search-avoidance motivation theory of tourism or Seeking-Escaping– believes that motivation is an internal factor

affecting the individual's behavior. This factor can integrate into the internal satisfaction and interfere with the leisure activities to satisfy the person via search and avoidance (Amirtahmaseb, 2008). By search or attraction in the theory, we mean reaching personal awards in two intrapersonal and interpersonal dimensions and, by avoidance or distraction, we mean avoiding intrapersonal and interpersonal factors and feelings. Intrinsic awards are divided into two groups: attraction (about someone discovering his fields of interests and tends toward them) and distraction (about someone avoiding something and/or giving up some daily habits). The attraction and distraction factors are no obvious and may be affected by each other (Iso-Ahalo, 1982). The two groups of motivation factors are affected by personal and group factors. So, search-avoidance or Seeking-Escaping pattern is applied in this study for field studies. Based on the pattern, there has been an attempt to reduce conflicts (distraction) and enhance satisfaction and advantages (attraction) (Amirtahmaseb, 2008).

Case studies

Shiraz is one of the big cities of Iran and the capital of Fars Province. Based on public poll 2011, its population is about 1,460,665 and considered to be the fourth most populated city of Iran. Due to the abundant historical, cultural, religious, and natural attractions, Shiraz has always been attracting many tourists. Shiraz composed of nine areas has about 170 small and big parks the biggest of which is Mehrab Marginal Park constructed in east Shiraz (i.e. the great Shiraz Park). The type, number, and area of Shiraz parks are listed in Table (1). In this study, two major urban parks of Shiraz (Azadi Park and Eram Garden) located at two key points of the city – as the cases – are studied.

Azadi Park : Azadi Park or City Park is the name of one of the oldest parks of Shiraz which is built in a land with an area over 200m² in north Shiraz in 1966. This park is known as the biggest center of Shiraz parks. The park is extended to Somayyeh Street from east, Azadi Street and Azadi Square (Gas Square) from west, Azadi Boulevard from north and Meshkinfam Street from south. This park has facilities like conference hall, religious-cultural complex, praying room, the house of culture, amphitheater, amusement park, food pavilions, birds' nests, artificial lake, and beautiful fountains. Also, the park is equipped with amusement devices such as air train, marry-go-round and an artificial lake with sailing capability turned into the habitat of birds, as well. Moreover, the park is built to attract the residents of neighbor districts and to welcome the travelers and retrieval of the old and marginal texture of Shiraz.

Table 1. The number and area of Shiraz parks with respect to the type and areas of Shiraz municipals

Description	Neighbor park		Local park		Regional park		Zonal park	
	No.	Area	No.	Area	No.	Area	No.	Area
Area 1	10	16100	3	28500	2	97228	2	312191
Area 2	9	20505	3	30712	4	175970	1	84530
Area 3	6	8300	7	102577	4	172718	0	0
Area 4	10	27516	9	80232	0	0	3	465000
Area 5	17	38045	8	41480	2	69000	0	0
Area 6	6	15470	9	105062	0	0	0	0
Area 7	23	42538	5	39168	2	75070	0	0
Area 8	12	4933	1	6832	0	0	0	0
Area 9	8	19313	4	27293	1	32000	0	0
Shiraz	101	192720	48	461856	15	621986	6	861721

Source: the organization of parks and green spaces of Shiraz municipals

Eram Garden: Shiraz Eram Garden – as a monument and entertainment place – is visited by many people and tourists every day. The yard is fully planted by trees and flowers. In the middle, there is a street in east-west direction in front of interior building to the main building of the garden with a fountain basin at the center. The space of Eram Garden is unique among the gardens and green spaces not only in Shiraz but also in Iran in terms of style, street, and afforest. The garden land is in form of an extensive square-rectangle a bigger side of which is toward north and Eram Boulevard and the smaller side toward west and Daneshjou Boulevard. Two other sides of the garden are limited to the gardens and residential houses. Total area of the garden is near 110380m². The entrance doors of the garden is located at north side and opened toward Eram Boulevard. Due to having better air and more natural attractions as compared to other gardens and parks, this garden attracts people from all parts of Shiraz as well as other cities. Eram Garden which is one of the most beautiful green urban spaces of Shiraz and even Iran plays its role beyond the zone level and even at national one and welcomes thousands of guests from outside the city every year. Hence, it can be said that the garden has also the qualities for attracting tourists and it shows that it is a park where the access factor does not play a significant role in people's use and visitations. Unlike Shiraz Azadi Park which is the biggest park and green space of Shiraz and access factor has not so much important role in its use by Shiraz citizens. Moreover, regarding the reasons for referring to urban parks, it can be said that they are considerably different. In addition, education factor is a key one comparing between visitations of Azadi Park and Eram Garden.

RESULTS AND DISCUSSIONS

Based on the survey in two major green spaces of Shiraz allocating a great population of visitors to themselves, respondents were %50 men and %50 women aged between 15 and 65 years of old. They were divided into seven age groups and maximum number of respondents was in 25-30 (%25) and then 20-25 (%24) and minimum number were 35-40 (%4). Most respondents had bachelor's degree (%40) and diploma (%30). In addition, different people mentioned the time of referring to parks each week and/or every few weeks and evenings and nights as the best times for using parks. About %50 people mentioned the appropriate time for staying in park with family and/or friends about 1 to 2 hours. Regarding the structure of the pattern used, results of the study are grouped in five classes: the motivation for referring to park, the reasons for the priority of parks and green spaces on other promenades, the mental effects of parks on visitors, the distractions of residents and the effect of parks on embellishing cities.

The Motivation for going to Park and Green Spaces

People's tendency to refer to the green spaces and parks and different activities in these public places indicate their needs to natural areas. The information can help the decision makers to the presentation of strategies adapted to public needs. To collect data about people's

motivation, this question was posed: "describe your motivation for referring to parks?"

Analyzing the motivations, both Seeking and Escaping options were used so that visitors could respond both factors together. As seen in Figure 1, the frequency analysis of people's motivation in visiting nature and green spaces indicated that hiking (%89), avoiding routine (%67) and being beside family and friends (%64) were the motivation of most visitors. In analyzing the motivation of hiking, it can be said that all people consider exercises as a suitable solution for avoiding problems and diseases inside, but what is observed in practice is that always this percentage of people are interested in exercises apparently. Yet, they make attempt to remove this deficiency from their life at least by hiking in green spaces and nature.

Results from running away from routine and being beside family and friends are expected and they should not be a surprise; because, in the current urban context, there is a need for the interaction of family, being together and avoiding problems and concerns of family and the members are the evident issues and these motivations indicate that people of society are unsatisfied with their life and choose park as the reason for creating variety in life and enhancing its quality for removing their problem. Sigh seeing is another motivation allocated %60 responses. This option reflects the human's pure and impartial need to the nature. Moreover, results show that respectively %40 and %37 responses are allocated to the green spaces and visiting new individuals. So, it can be said that nature and green spaces have key social functions like strengthening familial ties and providing a safe place for visiting new people which unfortunately the reduction of spaces are increasingly seen in modern cities.

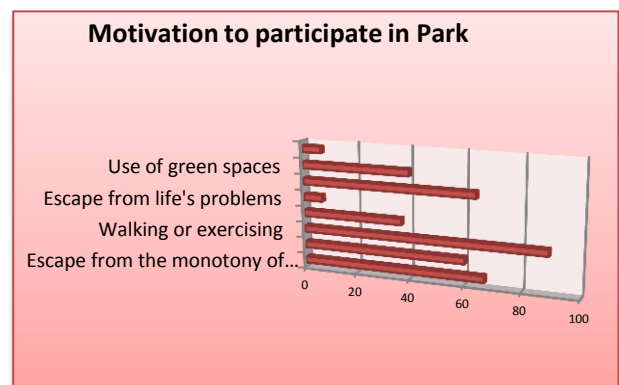


Figure 1. assessing the citizens' and visitors' main motivations in referring to Shiraz urban parks

Other reasons like running away from life problems and from urban environments were both %7 responses showing people's need to avoid life problems as well as tending to a shelter far from traffic and noise and pollution of the city. Respective cases indicate the points that must be considered in planning and designing green spaces in megacities.

The Reasons underlying the superiority of Parks and Green Spaces over other Promenades

Based on the responds (Figure 2), it was determined that the presence of peace in parks (%70

responses) is the main factor preventing humans from going to other promenades and makes parks a heaven for feeling relax. Also, %46 respondents said that the suitable air of parks attracts people to parks. And, the closeness of residence and park and easier access to it (%32) indicate that people with better access to parks take advantage from this effective factor for enhancing the quality of their life.

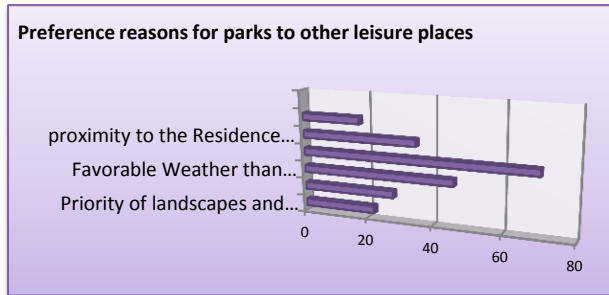


Figure 2. evaluating the main reasons for the superiority of parks and green spaces over promenades

The possibility for using park for exercises like morning exercises (%28), the superiority of parks sights over promenades and the crowd and traffic of other promenades (%33) and the existence of more and better accessible green spaces compared to parks (%18) are also responses which are respectively in other priorities explaining the reasons for choosing parks rather than other promenades. As seen in the responses, people are greatly interested in using parks as a place for exercise and mental peace and this must be considered more the ever by urban planners. In addition, it can be perceived from the responses that parks have further mental feedbacks in the mental peace and health of the people in society compared to other urban spaces like streets, stores and even residential houses, and further provision of them in urban spaces can have significant effect on reducing the social and cultural problems.

The Spiritual, Mental, and Social effects of Parks on Clienteles

Results indicate that the discovery of emotional and experimental aspects established based on nature and show the relationship between the advantages felt by people and their relationship with their happiness in life. So, respondents were asked to answer this question: "how do you feel in being in park?" and results are shown in Figure 3.

The feeling of removing tiredness and recovery (%77 responses allocated the maximum options) shows that people refer to parks after daily works to remove their tiredness so as to positively affect their quality of life. Another factor in responding this question which welcomed most was the feeling of happiness and freshness in parks (chosen by %46 respondents) and in fact showed that most people have great feeling and joy of life in park and this is a factor showing that the attempts for constructing and equipping parks in urban spaces must be increased. Moreover, factors like unifying with nature, mental recovery and freedom (respectively %20, %20, and %19) are options having the same significance for people and following previous options. These options and their results show that parks

are places for gaining mental peace, becoming a friend of nature and mental relaxation and mental recovery and providing and equipping them adequately with green spaces can have extensive effect on demonstrating the feeling of mental relaxation for people. In addition to this option, the feeling of confidence (%6 responses) is a factor felt less by people in parks compared to others.

Human's nature is created so that he has many abilities which tend to depression when not having any contact with the natural beauties or green spaces in urban life and naturally his abilities are flourished in exploiting the green space and he can evolve then. Although most citizens of city are not aware of advantages of green spaces for their life, the effect and mutual action between having green space and not having it on their life is proved by different researches. For instance, it is also evident among the researchers' writings and even the anecdotes and Koran. And, the followings are implied accordingly:

- ✓ Looking at green space removes human's grieves, relaxes him and makes him happy.

- ✓ Exploiting the green space removes the feeling of disappointment and creates and promotes the sense of hope and happiness.

- ✓ Green space has significant effect on healing metal diseases so that the problems are removed by looking at green spaces and walking and breathing in the green spaces.

- ✓ Having contact with green space leads to the creation of happiness and motivation for moving toward perfection and elevation.

In general, based on what is seen in this study, the psychological effects of green space on the citizens are:

- ✓ Creating mental relaxation and positive effects on people's physical health

- ✓ Promoting the person's functional efficiency and its effect on the humans' behavior and their mental and behavioral dynamicity

- ✓ Resolving the persons' challenges and problems via communicating thoughts, friendly consultations and ... in formal and informal centers established in parks and green space

- ✓ People's stay in suitable physical and mental state via continuous presence in green spaces like warming up and exercising in these spaces.

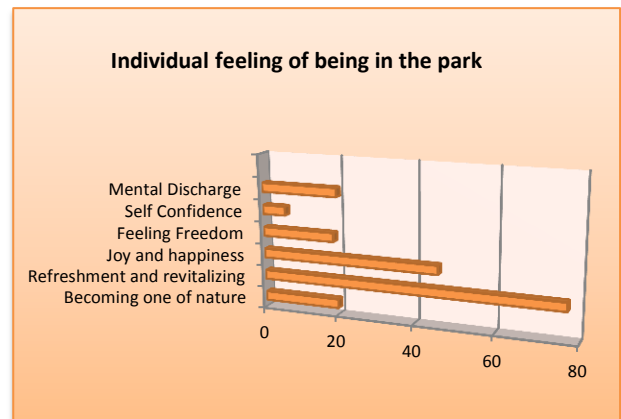


Figure 3. assessing the spiritual, mental, and social effects of parks and the visitors' feelings manifested in Shiraz parks

The repulsions and Motivations of living away from home, at leisure times

In this part, an attempt had made to recognize the main factors draw people from their houses to green spaces and parks. So, the respondents were asked to answer this question: “which factors motivate you more to refer to green spaces in leisure?” and results are shown in Figure 4.

Among the options, the issue of apartment living (%80 responses) was the main distraction factor for referring to parks. Also, the lack of entertainment facilities in houses for leisure and small area of the residences were respectively %66 and %57 responses for attracting people to promenades including parks. Besides, %45 responses were related to the inappropriate air of the living place is a factor for referring to park to use fresh air. It must be noted that this study is done in summer when parks have maximum number of visitors and it can be a reason for the increase of responses regarding the inappropriate air. The conflict with family members and the too much crowdedness of the living place are other cases in next priorities.

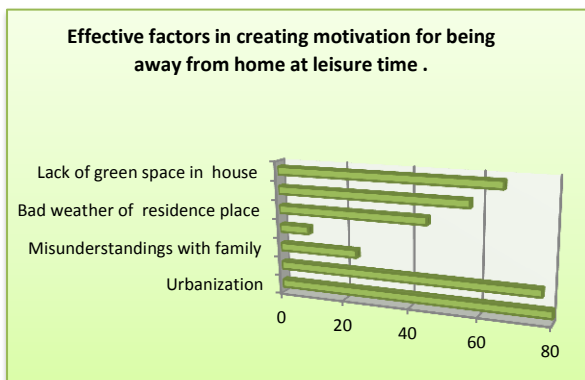


Figure 4. Assessing the living place distraction factors leading to the attraction of citizens to Shiraz parks and green spaces

The Effect of Parks on the Embellishment of Urban Spaces

As discussed earlier, establishing urban parks is effective in providing peaceful space for human and his mental relaxation and can provide hours far from routine pressures; especially for different people and classes in big cities. Public functions of modern cities are considered not only as an urban uses but also as the necessities of urban society. In many cities, public uses are not able to provide desirable functions for citizens due to issues like high population density, lack of patience for establishment and location and lack of attention to the access array and population thresholds. Green spaces form a part of public functions in each city like embellishing urban space. One of the main functions of green space is its role in city’s aesthetic conditions. Although the green space is beautiful in each scale and of any type, paying attention to design principles will also be a part of green space functions. Building urban green spaces and parks firstly affects the citizens’ mental state and leads to the freshness and peace of people mentality. Yet, on the other hand, it is important due to embellishing urban sight; because beautiful cities are of the tourist attractions today and each city requires strong

management to attract tourist and use its economic and cultural advantages that a part of the management is related to creating, controlling and caring about parks and promenades so that tourists can use them as residences and for recreation.

Urban green space is of the main components of freshness and key factor in reducing different types of pollutions and enhancement of urban sight beauty. And, the participation of citizens plays an important role in maintaining the quality of urban green spaces. Regarding the significance of urban nature in improving the living status of the citizens and urban sustainability, in this part results related to the effect of park on the embellishment of cities is examined by this question: “how do parks affect the beauty of your environment?”

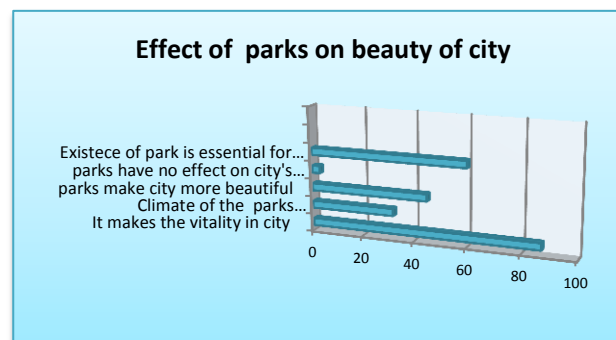


Figure 5. assessing different views of citizens and visitors regarding the effect of parks on the embellishment of Shiraz urban space

Based on the results, the factor “park leads to freshness in city” (%87) and “the existence of park is a must for the beauty of the city” (%60) indicated the crucial role of parks in improving the urban space. In the following, factors like “the existence of the park leads city to look more beautiful” and then “the air around parks is better the air in other areas” were respectively %45 and %32 total results which showed the significance of parks in developing the cities’ aesthetic factors more than ever and must be created and developed by urban designers in urban designing, planning, and management.

Analyzing the viewpoints of urban park attractions and repulsion of residence (using the Likert scale)

The most conventional form of survey for complicated issues and/or valuing the differences existing in the intensity of the views presented is in form of scales among which Likert Scale is the most widely used one. Based on this spectrum, respondents are asked to use a scale to show the intensity of their beliefs in agreement or disagreement with a special subject. As seen in Figure 6, respondents of this study were asked to cite their agreement or disagreement. The disagreement and agreement options are firstly used for collecting subjective data and a variety of responses show the values which provides further possibility for next step analysis. The spectrum is aimed to measure the tendency to a subject based on the values of the society and is used to examine the tendencies toward political, social and economic issues which also examined at ordinal level.

Likert spectrum is composed of five equal parts and researcher provides the respondents with some options based on the subject of the study so as to determine their tendencies. In this study, using the same method, seven questions or statements are asked from the visitors of two main urban green spaces of Shiraz (Eram Garden and Azadi Park) and they have responded them based on their views and tendencies.

The questions are as follow:

1-Being park leads to the enhancement of my occupational, educational, or familial efficiency.

2-Being in park increases the feeling of happiness and joy of life in me

3-Being in park leads me to get rid of my mental bugs.

4-Being in park leads to my physical and mental health and reduces diseases.

5-Being in park enhances the joy of collective life and being with people in me.

6-Being at home in leisure makes me depressed.

7-Being at home in leisure leads me to get tired of routine.

Based on the results (Figure 6), it was demonstrated that there is a relationship between individuals' age and having a sense of running away from urban environments and being drawn to parks; because younger people have further interest in referring to parks and nature for getting rid of urban life and issues. Also, most visitors are satisfied with being in urban parks and prefer to spend their leisure out of hoe in the fresh air of urban parks, and consider being in parks as a reason for their mental and physical health and the reduction of diseases. Also, they tend to parks to enhance their occupational, educational, and familial efficiency and a feeling of accomplishment in life and getting rid of mental bugs. They prefer to feel the joy of collective life in parks and this is a factor indicating the social role of parks and green spaces and their effect on promoting the urban life from people's view. In addition, this extensive spectrum of responses fitting the happening of a feeling of routine resulted from being at home in leisure indicates that most people of today society tend to spend their leisure in parks and in fact consider parks and green spaces as a shelter to retrieve the sense of vivacity.

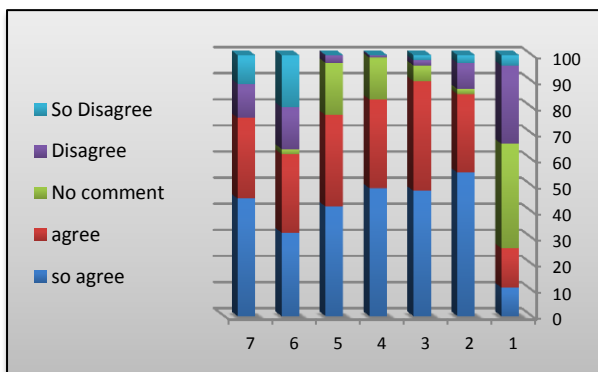


Figure 6. assessing the visitors and Shiraz citizens' views towards urban parks and green spaces regarding the attraction factors of parks and the distraction factors of houses

CONCLUSION

Based on the studies done in two main park and green space of Shiraz using Seeking-Escaping pattern, it is concluded that all people (no matter the age) always take nature and its advantages for their mental, social, and even economic status improvement. Most humans are happy to be in nature and consider park as a shelter to remove their tiredness and recovery. This indicates that parks directly or indirectly enhance the quality of an individual's life and even his economic activity. When humans get helpless of the bad weather and/or the lack of recreational facilities at home as well as of living in apartments, they tend to nature to solve their problems. Also, based on the poll from visitors of urban parks regarding the attractions of parks and distractions of homes and the joy of collective life and being with people, they have mentioned their presence as the factor for reducing the depression, enhancing the occupational and educational efficiency and running away from routine. Considering the results and with respect to the matter that parks are a place for satisfying a part of people's mental and social needs as well as their significant effect on the incidence of aesthetic sense and embellishment of urban space, the development and expansion of urban green spaces and parks concomitant the increasing growth of Shiraz to enhance the quality of urban life is inevitable. Also, regarding the fact that Shiraz citizens spend 1 to 4 hours when referring to big parks and recreational centers, hence enriching leisure in parks is of prime importance in expanding and promoting these spaces. Another point is that, the conventional pattern of going to park in Shiraz is the collective and familial one. Hence, this city needs the construction of great parks including an extensive area of green space and facilities and services for all family members. At the same time, regarding the importance of access factor in citizens' use of urban parks, the creation and development of parks at neighborhood levels are of the factors enhancing the people's use of parks and finally the enhancement of their own life's quality. Moreover, the citizens' health and urban sustainability and quality and quantity and mental, social and ecological efficiency of urban green spaces and its effect on embellishing the urban space are of the results of appropriate urban design and planning for which all urban officials must put their pledge; especially this service must be designed and located according to the requirements of each citizen, in designing and planning for the construction of new cities.

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