

Special Issue

Urban Green Spaces, Human Health and Happiness

Message from the Guest Editors

Happiness is an emotion or a state of the mind that a conscious being experiences when it reaches a moment of conformation and well-being, or certain desirable objectives have been achieved. One of the bases of happiness is having good health and an adequate living environment, which includes the setting in which most of the daily life takes place, such as the city. Among the urban elements that have the greatest contribution to the quality of life in cities are green spaces. There is numerous evidence that exposure to urban green spaces can be beneficial for human health, both physical and mental. Some studies have noted that urban green areas are likely to provide safe, accessible and attractive settings in which physical activities can be conducted, which in turn produce greater psychological and physiological benefits than physical activity performed in other settings.

In this Special Issue, We will be delighted to receive works from broad perspectives and disciplines, providing a multidisciplinary approach to the relationship between green spaces and happiness.

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