

Green Spaces and Active Life: A Study of Urban Park Interventions and Physical Activity

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ABSTRACT: This study explores the overall community well-being. Through a qualitative analysis of narratives from ten participants engaged in physical activities, the study examines themes related to environmental interventions and their role in promoting physical activity. Structured around central and corollary research questions, the study investigates user perceptions, experiences with environmental improvements, and emerging themes. Key findings indicate that urban parks are vital for relaxation, exercise, and social interaction. Enhancements such as improved greenery, seating, and lighting significantly increase park usability and appeal. Features like walking trails, playgrounds, and open spaces are highly valued for exercise and leisure, while well-maintained environments and safety measures encourage frequent and prolonged visits. These factors contribute to the perception of parks as restorative spaces that foster well-being and community belonging. User testimonies emphasize the importance of accessibility, inclusivity, health benefits, community engagement, and environmental sustainability in park design and management. The study concludes that ongoing improvements in infrastructure, maintenance, and security are crucial for maximizing the health benefits of urban parks. Addressing user concerns and enhancing amenities can make parks more inclusive, safe, and sustainable, significantly contributing to community well-being. Recommendations include increasing shaded seating, installing fitness zones and play equipment, enhancing security, and implementing regular maintenance schedules. Further suggestions emphasize creating designated recreational areas, improving accessibility for individuals with disabilities, integrating eco-friendly solutions, organizing wellness programs, and encouraging active citizen participation. Upgraded facilities—such as restrooms, fitness stations, and improved landscaping—will provide diverse users with a more comfortable and functional environment. Structured fitness programs and cultural events will encourage community participation, fostering social cohesion and an active lifestyle. Additionally, improved accessibility measures—such as shuttle services, bike-sharing options, and extended park hours—will ensure that parks cater to a broader demographic, including working individuals and those with mobility challenges.

KEYWORDS: Urban parks, green spaces, physical activity, park interventions, community well-being, environmental sustainability, public health, accessibility, social interaction, active lifestyle.

INTRODUCTION

Urban green spaces serve as welcoming environments that promote various physical activities like cycling, running, and walking (Zou, et al., 2024). Numerous studies confirm the connection between green spaces and physical activity, demonstrating that access to these natural settings encourages more active lifestyles (Roti, 2024), (Zou, et al., 2024), Kleinschroth, et al (2024). These green areas provide a unique opportunity for city residents to engage with nature, making physical activity more enjoyable and less monotonous compared to indoor or built environments (Roti, et.al, 2024) (Zou, et al., 2024). The presence of parks, trails, and open spaces within urban areas significantly increases physical activity levels, especially in densely populated cities where exercise opportunities may otherwise be scarce (Volpe, 2024). Consequently, physical activity in green spaces not only becomes more frequent but also more varied, offering both structured and unstructured options for exercise (Maddock, et al., 2024).

Safety is a paramount concern in park usage. Parks perceived as unsafe due to poor lighting, lack of security, or visibility issues are less likely to be frequented, especially by vulnerable populations such as women, children, and the elderly. Therefore, environmental interventions focused on safety are essential (Perry et al., 2019). Measures such as increasing lighting, adding security cameras, and designing open, visible spaces not only help prevent crime but also provide park-goers with a sense of safety

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and reassurance, thereby promoting more frequent and confident use of park facilities (Schipperijn et al., 2023).

Aesthetic and environmental quality also play a significant role in park usage. Parks that are well-maintained, clean, and visually appealing naturally attract more visitors (Wang et al., 2021). Regular landscaping, waste management, and the addition of green features like trees, flower beds, and water bodies significantly enhance the visual appeal and ecological health of parks. These improvements create an inviting atmosphere that improves the mental and emotional well-being of park users, making parks more desirable destinations for relaxation and recreation.

Research Question

This study aims to analyze the urban parks interventions and physical activity of urban park users.

Central Questions:

What is the essence of the lived experiences of the urban park users in promoting the environmental interventions and physical activity?

Corollary Questions:

1. How do urban park users describe their most significant experiences as regards promoting environmental interventions and physical activity?
2. What themes emerged from the testimonies of urban park users?
3. What meanings may be drawn from most significant experiences of urban park users?
4. Based on the results of the study, what inputs to facilities and equipment improvement plans may be drawn?

Scope and Limitation of the Study

This study, with a clear focus on the impact of environmental interventions on park usage and physical activity, was conducted in specific urban parks within Calamba City Laguna (Park A) (Park B) (Park C). It targets a diverse demographic, including various age groups, genders, and socio-economic backgrounds, to explore different experiences and perceptions related to these aspects. The study focused on interventions such as new playgrounds, fitness equipment, walking trails, and improved safety and aesthetics. Using qualitative method such as in-depth interviews, the study gathered detailed insights into user experiences with urban park interventions and their impact on physical activity in green spaces. It is important to note that due to its qualitative nature and specific geographic focus, findings from this study may not be generalizable to all urban parks or populations.

This research also focused on park users' subjectivity by exploring their personal experiences, perceptions, and interactions with urban park interventions, emphasizing how individual preferences, emotions, and socio-cultural factors influence their engagement with green spaces and physical activity.

FRAMEWORK

The study is anchored to the Social Ecological Model (SEM) developed by Urie Bronfenbrenner cited by Crawford in 2020. SEM's comprehensive approach to understanding how multiple levels of influence interact to affect behavior makes it ideal for exploring the complex dynamics involved in physical activity behavior in urban parks. It also represents a convergence of biological, psychological, and social sciences.

The Social Ecological Model suggests various levels of engagement—individual, interpersonal, community, and policy (Boulton, et.al. 2019). It emphasizes the importance of the environment and recognizes that social and physical surroundings shape individual behavior. SEM acknowledges that behavior is impacted by various factors instead of just one.

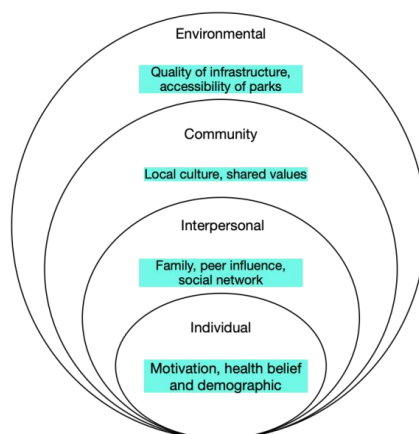


Figure. 1. Social Ecological Model as framework in Urban Park Intervention and Physical Activity Adapted from Social Ecological Model (SEM) developed by Urie Bronfenbrenner cited by Crawford in 2020.

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The Socio-Ecological Model (SEM) offers an all-encompassing framework for comprehending how various spheres of influence impact human behavior, especially when it comes to urban green areas and physical activity, the socio-ecological model provides a thorough foundation for comprehending how different levels of impact affect human behavior. Its basis is the individual level, which encompasses demographics like age, gender, income, and education as well as personal elements like motivation and health views. These elements have a significant impact on how people engage with green spaces and engage in physical exercise. A person's motivation and perception of the health benefits, for example, may affect their inclination to exercise and relax in parks and other green spaces.

The interpersonal dynamics surrounding an individual play a crucial role in influencing outdoor physical activity, particularly through relationships with family, friends, and social networks. Activities such as walking, jogging, and cycling in urban parks can be effectively encouraged by fostering social support, promoting shared leisure interests, and establishing neighborhood fitness organizations.

By addressing these multiple levels simultaneously, urban planners, policymakers, and public health professionals can create inclusive and sustainable strategies to enhance physical activity and overall well-being in city populations.

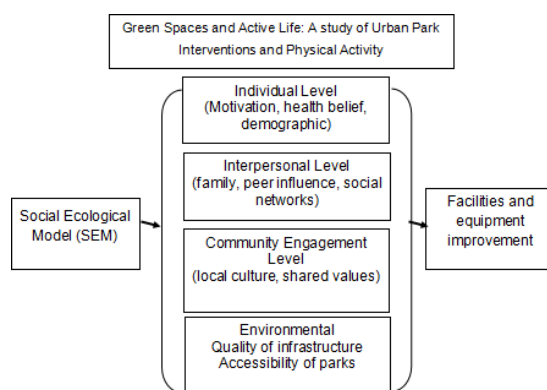


Figure.2 Research Paradigm of Urban Parks Environmental Interventions

In applying SEM, the study will explore how personal motivations, health beliefs, and demographic characteristics influence physical activity behavior through in-depth interviews capturing individual experiences and perceptions of the park and its features. Interpersonal relationships, such as family and peer influences, will be examined to see how social interactions and support networks affect participants' engagement with the park.

Organizational aspects, such as the management and maintenance of the park, will be considered to assess the role of park staff, the availability of programs, and organized activities in promoting physical activity and investigating community norms and collective behaviors to understand how community involvement, local culture, and shared values influence physical activity patterns in the park (Ramkissoon, et. al. 2019).

Finally, the study will look at broader policy implications, such as urban planning decisions, funding for park improvements, and public health initiatives, to identify barriers and opportunities for promoting physical activity through environmental interventions.

Research Design

The study employed a qualitative design, concentrating exclusively on semi-structured interviews (Ruslin, et.al. 2022) (DeJonckheere & Vaughn, 2019) to explore the nuanced impact of environmental interventions on physical activity behaviors over time. This approach allows for an in-depth understanding of participants' experiences and perceptions, providing rich data that can illuminate the complexities of how design changes in the environment influence individual behaviors.

Research Instrument

The interview questions are structured into two main parts: the central and corollary questions. The central question focuses on capturing the essence of the lived experiences of urban park users, mainly how environmental interventions influence physical activity. It provides a broad framework that guides the study's exploration of user interactions with green spaces. The corollary questions dive deeper into specific dimensions of this central inquiry. The first corollary question asks users to reflect on their most significant experiences related to environmental improvements and physical activity in the park. The second question delves into the meanings users derive from these experiences, exploring their emotional and symbolic connections to the park. The third question seeks to identify emerging themes from the testimonies, revealing patterns in how users interact with the

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environment.

Finally, the fourth corollary question is more practical, asking for insights into how the findings can inform improvements to park facilities and equipment.

Data Gathering

In October 2024, semi-structured interviews were conducted to explore the lived experiences of urban park users and the influence of environmental interventions on physical activity. Prior to the interviews, participants received a detailed information sheet outlining the study's objectives, procedures, and rights. After confirming a mutually agreeable date and time, participants accessed a Zoom link for their interviews, providing informed consent online before beginning. The interview questions were structured into central and corollary categories; the central question targeted the essence of participants' experiences regarding how environmental interventions affect their physical activity in urban parks.

The corollary questions further probed this inquiry, asking participants to reflect on significant experiences with environmental improvements, the meanings derived from these experiences, and emerging themes in their interactions with the environment. Additionally, insights were sought on how findings could inform future improvements to park facilities. To contextualize the results, participants stated their age at the beginning of the interviews, which lasted approximately 30 minutes each.

To ensure a comprehensive and ethical approach to the research endeavor, the researcher will initiate the process by drafting a formal letter addressed to the City Mayor, seeking permission to conduct the study. This letter outlined the purpose of the research, emphasizing its significance and relevance to the local community and tourism sector. Additionally, it detailed the methodology to be employed, including the use of interviews and assured the office of the confidentiality and responsible handling of any collected data.

To uphold the principles of confidentiality and data protection, all information collected through the interviews and observational checklist will be treated with utmost confidentiality. Data will be securely stored for a period of five years for potential future reference, after which it would be responsibly disposed of in accordance with ethical guidelines

Statistical Treatment

To explore the lived experiences of urban park users and the impact of park interventions on physical activity, thematic analysis, content analysis, and interpretative phenomenological analysis (IPA) were utilized. Thematic analysis, as outlined by Virginia Braun and Victoria Clarke, identified and interpreted key themes and patterns in participants' experiences, providing deep insights into how interventions influence physical activity. Content analysis further ensured systematic categorization of qualitative data, enhancing the reliability of theme identification.

Additionally, IPA, guided by Moustakas' analytical framework, employed phenomenological reduction, including bracketing, horizontalization, and imaginative variation, to capture and analyze participants' lived experiences. This approach provided a deeper understanding of how individuals perceive and make meaning of environmental interventions in relation to their outdoor physical activity.

III. RESULTS

This chapter presents the findings of the study, derived from the analysis of data gathered through interviews. The results are organized and interpreted in alignment with the study's objectives, highlighting the themes that emerged from the responses of participants.

The Demographic Profile of Park User Participants

The study involved ten (10) frequent park users from Calamba City as participants to explore the role of urban parks in promoting physical activity. The demographic profile, as presented in Table 1, highlights a balanced mix of genders and a wide age range, ensuring a diverse representation of perspectives regarding the impact of green spaces on active living.

Table 1: Demographic Profile of the Participants

Narrative No.	Participants	Sex	Age
Narrative No. 1	JOHNNY	Male	42 years old
Narrative No. 2	ABEL	Male	22 years old
Narrative No. 3	ALEXIS	Male	46 years old
Narrative No. 4	CALI	Female	19 years old
Narrative No. 5	JANET	Female	42 years old
Narrative No. 6	EDMIL	Male	19 years old
Narrative No. 7	MARIBELL	Female	57 years old
Narrative No. 8	MARICEL	Female	42 years old
Narrative No. 9	STEPHANIE	Female	21 years old
Narrative No. 10	ZIA	Female	20 years old

The participants’ ages ranged from 19 to 57 years, reflecting a diverse demographic profile across various stages of adulthood. A notable concentration of participants was in the 19–24 age range, indicating significant engagement among younger adults who may prioritize fitness and wellness. These individuals often use parks for dynamic activities such as jogging and group exercises. Meanwhile, middle-aged participants, aged 31–57 years, likely utilize parks not only for physical activities but also for relaxation and stress management, often incorporating family-oriented activities.

The diversity in age and gender among participants enriches the study by capturing a wide range of motivations and behaviors related to park use in Calamba City. Younger participants provide insight into how parks function as active and vibrant spaces, while older individuals highlight their value as restorative and social environments. The findings emphasize the importance of urban parks in catering to the varied needs of different demographic groups. This demographic representation serves as a strong foundation for understanding how green spaces in Calamba City support active lifestyles and offer nuanced insights into optimizing urban park interventions for the benefit of diverse populations.

Key Insights from Co-Participant Experience

SOP 1: Urban park user’s description of their most significant experiences as regards promoting environmental interventions and physical activity

The significant experiences of ten participants regarding urban parks were analyzed using Colaizi's method for thematic analysis, revealing key insights into environmental interventions and physical activity. Their experiences highlighted themes such as park maintenance, accessibility, community engagement, and the role of parks in fostering environmental responsibility. Participants emphasized the impact of well-maintained parks on encouraging physical activities like jogging and sports, while also noting challenges such as inadequate upkeep and time constraints that hinder regular use. Additionally, parks were recognized as symbols of environmental stewardship, with participants acknowledging the importance of cleanliness, sustainability initiatives, and inclusive recreational spaces. These findings underscore the need for continuous improvements in park design and management to enhance both ecological sustainability and public health benefits.

Significant Experiences of Johnny

Johnny’s experiences in environmental interventions underscore the critical role of well-maintained urban green spaces (UGS) in promoting physical activity (PA) and community engagement. The enhancements made to Calamba City’s parks, such as improved lighting, landscaped gardens, and designated Zumba areas, have transformed these spaces into multifunctional hubs that encourage active living. This aligns with findings from Giles-Corti et al. (2020), who emphasized that the availability, accessibility, and quality of UGS significantly influence PA participation. Research further suggests that features like walking trails, wooded areas, and open spaces enhance PA levels (Schipperijn et al., 2023), which is evident in the way Johnny’s interventions have increased park usage for activities such as jogging, dancing, and social gatherings.

Additionally, Myalkovsky (2023) found that parks programmed with diverse activities promote stronger social connections, which aligns with Johnny’s efforts to develop parks into lively, inclusive spaces for all residents. By improving infrastructure and adding recreational facilities, Johnny’s interventions mirror broader trends in urban planning that prioritize environmental design for enhanced community well-being (Hunter et al., 2020).

These spaces also promote inclusivity, ensuring accessibility for individuals across different socioeconomic backgrounds and abilities (Miller, 2025). By advocating for the continued development and maintenance of these urban spaces, Johnny’s work contributes to a larger movement aimed at reducing health disparities and improving overall quality of life (Alexander et al., 2024).

Table 1a: Significant Experiences of Johnny
"Nagkaroon ng mag benches, trees, mag bulaklak, may garden ng landscaping, may area ng Zumba. Even at night, there are many lights. I think it's safe."
"Peaceful and use for relaxing purposed if you have stress "
"I felt like it was a tourist spot because of the changes. Aside from being peaceful and clean. Practice of dancing for the students' study projects."
"It can add relaxation for my physical. Clean, because there is maintenance. It is importance to have a maintenance. Not for me, but also other people."
"Because there is walking trails. I can do it with 30min. With 4laps. There are also Zumba area. :
"In terms of community, tourist spot. It has a meeting place for everybody to do like relaxing, practicing schools, leisure place. It is also accessible to the people."

Significant Experiences of Abel

Abel’s experiences highlight the transformative impact of environmental interventions on park spaces, fostering active lifestyles and promoting community well- being. The transformation of parks from simple cemented areas into vibrant, landscaped environments equipped with essential amenities reflects the growing recognition of urban green spaces (UGS) as vital assets for physical activity (Schipperijn et al., 2023). The inclusion of plants, benches, and trash bins not only enhances park aesthetics but also improves their usability, making them more inviting and conducive to diverse recreational activities (Hunter et al., 2020). Research underscores the significance of well- maintained and clean parks in encouraging frequent visits, reinforcing Abel’s observation that cleanliness plays a critical role in sustaining the appeal of these spaces (Neubauer et al., 2019).

Table 1b: Significant Experiences of Abel
"Grabe dati ang park puro semento tapos, nag upgrade sila naglagay ng mga halaman bench mga basurahan mashi mas chill na ngayon mas nakaka naka exfile mag ex ang mag exercise."
"Yung park parang shall soon shall soon ko na lang mas masaya mag exercise sa labas nakakita ko ng mga tao nakaka fresh air mas nakaka mas nakaka relax din kaya kay sa gym"
"Masaya ako sa mga pagbabago parang nagkaroon ng bagong buhay ang park mas malinis mas maayos mas invi inviting."
"Almost every weekend lalo na pag may time mas madalas ako mag exercise pag nakakapunta ng park."
"Dun sa mga jogging fans ay na open spaces mas nagagawa kong mag jogging mag bike mag laro mas marami akong option for exercise."
"Sa tingin ko, nag papakita ang park ng concern ng community sa environment. parang gusto nila magkaroon ng mas healthy at sustainable lifestyle."
"Grabe dati ang park puro semento tapos, nag upgrade sila naglagay ng mga halaman bench mga basurahan mashi mas chill na ngayon mas nakaka naka exfile mag ex ang mag exercise."

Significant Experience of Alexis

Alexis’ significant experiences highlight the transformative role of urban green spaces (UGS) and environmental interventions in promoting physical activity, enhancing social engagement, and fostering environmental responsibility. The participant emphasized the impact of enhanced physical activity infrastructure, particularly the introduction of jogging trails, fitness zones, and green spaces, which align with research demonstrating that well- designed parks significantly increase physical activity levels (Giles-Corti et al., 2020; Schipperijn et al., 2023).

Alexis’ experiences also reinforce the role of parks as motivators for active living. The participant noted that well- maintained parks create an inviting atmosphere that encourages consistent physical activity, an observation supported by literature emphasizing the importance of environmental design in promoting exercise adherence (CDC, 2025; Roti, 2024). Research confirms that individuals are more likely to engage in regular fitness routines when parks are clean, well-lit, and equipped with diverse facilities such as playgrounds, sports courts, and cycling paths (Schipperijn et al., 2023). Studies have shown that social interactions in park settings increase motivation for physical activity while strengthening community ties (Hunter et al., 2020; Floyd & Smith, 2019).

Table 1c: Significant Experiences of Alexis
"Ah <u>parang laging lagi na lang</u> may <u>bagong</u> facilities mas <u>magagandang</u> trails o mas <u>maraming</u> green spaces <u>yan</u> kaya mas <u>ano</u> , mas <u>masaya</u> at mas welcoming <u>yung mga</u> parks <u>dito</u> ."
"Nakaka encourage <u>yung mga</u> parks <u>na</u> maging active ako dahil <u>ano</u> madali lang <u>makapunta</u> <u>masayang</u> mag jogging, ah <u>masayang</u> maglakad <u>lakad</u> um <u>masaya</u> din <u>magvoga</u> ."
"Masaya ako sa mga environmental changes <u>sa mga</u> parks namin dahil mas <u>malinis</u> mas sustainable at mas <u>masaya</u> na para <u>sa lahat</u> ."
"um Madalas akong pumunta <u>sa mga</u> parks at dahil madalas akong pumunta <u>dito</u> , ah"
"mas <u>namo</u> motivate <u>akong</u> maging active dahil nag e exercise <u>ako lagi</u> , um Mas madali at mas <u>masaya</u> mag exercise dahil <u>sa mga</u> environmental interventions gaya ng new fitness zones or <u>well maintained</u> pots"
" <u>napapaisip</u> ako <u>sa mga</u> parks <u>na importante</u> talaga <u>yung</u> preserve ng natural spaces at <u>nakikita ko rin</u> <u>yung mga</u> environmental issues at <u>yung</u> need for sustainability ng community <u>namin</u> ."
"Ah <u>parang laging lagi na lang</u> may <u>bagong</u> facilities mas <u>magagandang</u> trails o mas <u>maraming</u> green spaces <u>yan</u> kaya mas <u>ano</u> , mas <u>masaya</u> at mas welcoming <u>yung mga</u> parks <u>dito</u> ."

Table 1d: Significant Experiences of Cali
"The essence of the experiences <u>masasabi mo</u> talaga <u>na</u> kung <u>ano yung</u> <u>kailangan na</u> <u>baguhin</u> dun <u>sa</u> park, like <u>hindi</u> pwedeng <u>magbigay</u> ng policy kung sila mismo <u>hindi</u> pa <u>nakakapunta</u> doon, like mas <u>kailangan na</u> , <u>marerealize</u> ng <u>tao</u> kung <u>ano ba</u> talaga ang mas <u>kailangan</u> <u>baguhin</u> <u>sa</u> park for example. Mas <u>nakatuon sa</u> <u>pagdadagdag</u> ng <u>puno</u> dun <u>sa</u> park when in reality most of the problems in the environment is <u>mga</u> trash cans like lack of trash cans <u>kasi</u> <u>maraming</u> <u>trashes</u> <u>sa</u> <u>paligid</u> <u>ganon</u> "
"um Ah it provides another place for me to do exercise so <u>sa</u> the plaza dun <u>sa</u> <u>balang</u> there are <u>zumba</u> <u>naniwala</u> kayo may <u>zumba</u> every morning and very wide <u>yung</u> space <u>doon</u> kung <u>saan</u> <u>maraming</u> physical activities <u>na</u> <u>nagawa</u> such as running, biking, basketball, badminton and i think more <u>ya</u> "
"If I am being honest <u>wala</u> talaga <u>masyang</u> environmental changes, <u>marami</u> , <u>marami</u> pa <u>rin</u> talaga <u>nakita</u> halos <u>paligid</u> , and if we are pertaining to think spaces? No, <u>wala</u> <u>masyang</u> so for me i'm not satisfied with whatever environmental changes stand to my local parks."
"For me? I sometimes go to <u>bahay ni rizal</u> and plaza <u>bayan</u> . The most around three times a week, and I can say that It did somewhat help cardio but <u>pero ayon</u> , <u>kasi</u> <u>yung</u> usual <u>na</u> <u>ruta</u> <u>ko</u> <u>kapag</u> <u>uwag</u> so <u>ya</u> "

Significant Experiences of Cali

Cali’s significant experiences underscore critical gaps in park interventions, the multi functionality of parks for diverse physical activities, and the impact of habitual park use on long-term engagement. The participant’s concern about the lack of basic amenities, such as trash cans, aligns with research indicating that park infrastructure significantly affects user satisfaction and environmental stewardship (Hunter et al., 2020; Alexander et al., 2024). Studies have shown that inadequate facilities contribute to littering and environmental degradation, deterring park visitors and reducing the overall quality of urban green spaces (Schipperijn et al., 2023; Myalkovsky, 2023). Cali’s advocacy for tree planting further emphasizes the need for ecological enhancements in parks. Research supports the role of urban forestry in improving air quality, reducing urban heat, and fostering biodiversity, thereby creating healthier and more attractive recreational environments (Barkham, 2025; Cohen & Marsh, 2021). By addressing these fundamental gaps, policymakers can enhance park usability, encouraging greater community participation and environmental responsibility.

Lastly, the participant’s insight into the impact of habitual park use on engagement highlights the need for continuous programmatic innovations to sustain interest. While routine park visits contribute to health benefits, research suggests that novelty in recreational settings is crucial for maintaining long-term motivation (Schipperijn et al., 2023; Hunter et al., 2020). By integrating physical activity opportunities with eco-friendly initiatives, parks can serve as holistic spaces that foster public health and environmental consciousness.

Significant experiences of Janet

Janet’s experiences underscore the impact of environmental interventions in urban green spaces (UGS) while revealing barriers to their use for physical activity. She appreciated the addition of trash bins in parks, improving cleanliness and safety, which aligns with research suggesting that well-maintained parks contribute to user satisfaction and increased visitation (Hunter et al., 2020; Schipperijn et al., 2023). Cleanliness and safety are crucial in fostering a sense of security and well-being, which can encourage individuals to frequent parks for recreation and relaxation (Giles-Corti et al., 2020).

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However, despite these improvements, Janet did not view parks as motivating spaces for exercise, opting instead for home-based workouts. This perception highlights a broader issue in park engagement—while UGS offer potential for physical activity, their effectiveness depends on infrastructure and programming that actively encourage fitness-related use (Neubauer et al., 2019; Owens & Williams, 2022). Research indicates that adding designated exercise zones, improving walking and cycling paths, and incorporating structured fitness programs can transform parks into dynamic fitness hubs (Sportmadness, 2023; CDC, 2025). Cali’s experiences further reinforce the need for comprehensive park improvements to encourage physical activity and environmental stewardship. While Cali emphasized infrastructure gaps and the necessity for environmental enhancements, Janet’s insights highlight how existing interventions influence park usability. Together, their perspectives point to the importance of a multifaceted approach—integrating sustainable design, targeted fitness programming, and community-driven activities to maximize park engagement (Miller, 2025; Floyd & Smith, 2019). By addressing environmental concerns alongside physical activity promotion, urban planners and policymakers can create parks that serve as vibrant, inclusive, and health-promoting community assets. Gymnastics training.

Table 1e: Significant Experiences of Janet
"Hindi naman ako madalas pumunta sa plaza pero nung isang beses na nagtambay ako kasama ang mga anak ko napansin ko may mga bagong basura na parang mas malinis na ngayon kaysa dati mas nakaka safe na magtambay."
"Hindi ko alam kung ano ang role ng plaza sa pang encourage ng physical activity mas gusto ko mag exercise sa bahay."
"Okay naman ah okay naman ang mga pagbabago mas presko natingnan ang plaza mas maayos na."
"Minsan lang ako pumupunta sa plaza parang pag nagtatambay lang kami ng mga anak ko."
"Sa tingin ko napapakita ang plaza ng concern ng community sa kapaligiran parang gusto nila magkaroon ng mas healthy na pamumuhay."

Significant experiences of Edmil

Edmil’s experiences highlight the crucial role of parks in enhancing environmental sustainability, promoting physical activity, and fostering community well-being. His appreciation of enhanced park security aligns with research emphasizing that safety measures, such as increased surveillance and structured guidelines, significantly influence park utilization and engagement (Jennings et al., 2019; Kabisch et al., 2020). In addition to safety and cleanliness, Edmil perceives parks as restorative spaces that boost energy levels and encourage physical activity. His preference for walking aligns with studies demonstrating that parks play a vital role in promoting active lifestyles, reducing sedentary behavior, and mitigating the risks of lifestyle-related diseases (Zhang et al., 2022; Green et al., 2023). Urban green spaces provide opportunities for physical activities such as walking, jogging, and cycling, contributing to improved cardiovascular health and stress reduction (Pasanen et al., 2019; Koohsari et al., 2021). However, Edmil’s call for additional facilities, such as designated biking areas, underscores the need for diversified park amenities to cater to various fitness levels and interests. Furthermore, Edmil acknowledges the importance of parks as platforms for environmental awareness. His recognition that well-maintained parks inspire sustainable behaviors supports literature highlighting the role of urban green spaces in fostering ecological consciousness (Tzoulas et al., 2021; Wolch et al., 2022).

Table 1f: Significant Experiences of Edmil
"For me, there not much environmental interventions na nakita ko though meron naman lalo na sa security sa bahay ni rizal mas na enhance siya like mas naging strict yung cards kapag nagtour yung mga estudyante and I can say that the green spaces have somewhat improve I think makikita to sa ano. sa bagong renovation sa banga doon sa may bayan."
"Aba eh masaya naman ako na may mga bagong basurahan sa mga park dati puro kalat ngayon sa malinis na masarap na maglakad-lakad. Mas madalas na akong maglakad lakad sa park dahil mas malinis na ngayon mas masaya pa. Masaya ako na mas maraming tao ang naglalakad ngayon. araw araw ako naglalakad sa park sarap kasi ang hangin dito nakaka energies ako pagkatapos, mas masaya na akong naglalakad lakad ngayon dahil mas malinis na yung park dati mas gusto ko pang mag bike pero ngayon mas gusto ko nang maglakad. Siguro mas marami pang pwedeng gawin para mas maganda pa ang park pero masaya na ako na mas malinis na ngayon mas makikita ko na mas nagiging maalaga na ang mga tao sa ating kapaligiran."
"araw araw ako naglalakad sa park sarap kasi ang hangin dito nakaka energies ako pagkatapos, mas masaya na akong naglalakad lakad ngayon dahil mas malinis na yung park dati mas gusto ko pang mag bike pero ngayon mas gusto ko nang maglakad."
"Siguro mas marami pang pwedeng gawin para mas maganda pa ang park pero masaya na ako na mas malinis na ngayon mas makikita ko na mas nagiging maalaga na ang mga tao sa ating kapaligiran"

Significant Experiences of Maribell

Maribell’s experiences highlight the transformative impact of revitalized green spaces on urban environments and their role in promoting both physical activity and environmental responsibility. She emphasized how parks have evolved from plain cemented areas into lush, green landscapes, fostering a more inviting and relaxing atmosphere. This aligns with research demonstrating that the presence of trees, plants, and other greenery in urban settings improves air quality, reduces urban heat, and enhances overall well-being (Kabisch et al., 2020; Wolch et al., 2022). Studies further suggest that well-maintained parks contribute to stress reduction and mental health improvements, making them crucial components of urban planning (Tzoulas et al., 2021). Maribell’s appreciation for parks as nature-inspired fitness spaces highlights their role in encouraging physical activity. She noted that jogging, walking, and biking in parks felt more enjoyable and motivating compared to indoor gym workouts. This observation is supported by research indicating that outdoor exercise in green environments enhances physical and mental well-being more than exercising indoors (Koohsari et al., 2021; Green et al., 2023). Walking in parks has been linked to improved cardiovascular health, lower obesity rates, and a reduction in anxiety and depression (Zhang et al., 2022; Rigolon, 2022). Additionally, social modeling—where individuals are motivated to engage in exercise after observing others being physically active—has been identified as a key factor in promoting sustained physical activity (Pasanen et al., 2019). Maribell’s daily park visits demonstrate how urban green spaces serve as vital community resources that encourage long-term engagement in physical activities. Maribell’s experiences underscore the importance of continued investment in environmental interventions that enhance urban parks, making them more accessible and engaging for communities. Incorporating sustainable landscaping, expanding recreational facilities, and ensuring proper park maintenance can maximize the health, social, and environmental benefits of these spaces (Cohen et al., 2020; Rigolon, 2022).

Table 1g: Significant Experiences of Maribell
"Dati puro semento lang ang park mainit tapos naglagay sila ng mga halaman puno parang nagkaroon ng buhay masarap na maglakad. mas presko na."
"Sa park maglaki maglalakad ako mag jogging mag bike mas masaya kaysa mag gym mas malapit sa kalikasan."
"Masaya ako sa mga pagbabago sa park mas malinis na mas maayos na parang nagkaroon ng bagong buhay."
"Araw-araw akong pumupunta sa park mas nakaka inspire mag exercise kapag nakikita ko ang mga tao na naglalakad nagjo jogging masaya sila."
"Dati puro naglalakad lang ang ginagawa ko sa park. ngayon nag ba bike na rin ako dahil mas malawak ka na ang park mas marami ng daan."
"Sa park nakikita ko ang pagmamahal ng mga tao sa kalikasan parang nagiging mas malinis ang paligid mas masaya ang mga tao."
"Dati puro semento lang ang park mainit tapos naglagay sila ng mga halaman puno parang nagkaroon ng buhay masarap na maglakad. mas presko na."

Significant Experiences of Maricel

Maricel’s experiences highlight the significant role of continuous park development in promoting both environmental

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interventions and physical activity. She observed the ongoing improvements in parks, such as the construction of coliseums and additional recreational spaces, which make parks more attractive and accessible to the public. This aligns with research emphasizing that sustained investments in urban parks contribute to increased community engagement, better public health outcomes, and greater environmental sustainability (Schipperijn et al., 2023; Owens & Williams, 2022). Studies indicate that well-maintained parks with diverse recreational spaces cater to different community needs, thereby encouraging broader participation in physical activities and social events (Roti, 2024; Barkham, 2025). The continued enhancement of parks ensures their long-term viability as essential urban resources, supporting both leisure and active lifestyles.

Maricel also highlighted the addition of fitness- focused amenities as a major benefit of park improvements, as these encourage more people to engage in regular exercise. Research supports the idea that the availability of outdoor fitness equipment, jogging paths, and structured sports facilities significantly increases physical activity levels among park users (CDC, 2025; Koohsari et al., 2021). Beyond fitness, Maricel’s observations about cleanliness and park maintenance highlight the role of parks as environmental role models. She noted that parks promote sustainable practices such as proper waste disposal and no-smoking policies, which align with broader efforts to cultivate environmental awareness in urban communities. Research suggests that well-maintained parks serve as platforms for educating visitors about sustainability, encouraging them to adopt environmentally responsible behaviors (Van Heezik & Brymer, 2021; Aronson et al., 2020).

Overall, Maricel’s experiences reinforce the need for sustained investments in parks as critical public resources. The continuous development of recreational spaces, incorporation of fitness-friendly amenities, enforcement of environmental policies, and commitment to accessibility all contribute to the broader goal of promoting active lifestyles and environmental responsibility. Urban planners and policymakers must prioritize these interventions to ensure that parks remain valuable assets for future generations, fostering healthier and more sustainable communities.

Table 1h: Significant Experiences of Maricel
"um Syempre iba iba naman ang mga namamahala may mga namamahala talaga na maayos pinapaganda yung mga park. mayroon naman na parang hindi naman iyon ang kanilang mga mga pangunahing project pero merong iba talagang pinapaganda yung park kasi syempre para sa mga mamamayan nila sa mga tao nila. Iyon. sa ngayon naman dito sa atin sa lugar natin okay naman ah improve ini improve naman nila ngayon mayroon ng sariling na malapit dun sa park coliseum, ayon.nyung iba talagang ginagawa nilang maganda para sa mga pasyalan ayun."
"Eh ako nga hindi ako masyadong pumupunta ng park kasi nga hindi ako masyadong nakaka.. pumapasok kasi ako one week ah weekdays pag saturday sunday naman maraming mga gawaing bahay kaya hindi na ako nakakapunta ng park pero.. siquro pero pag minsan di ba minsan naman nabibigyan natin ng time nakakapaglakad lakad ayon minsan lang pero hindi ganoon na talagang regular sa iba sa mga nakikita kong iba talagang regular silang nandun siquro sa mga wala ng mga trabaho."
"Ang bagong improvement kung mayroong mga bagong intervention edi syempre mas mas advantage yun dun sa mga laging nag pa park kasi syempre kung meron silang halimbawa may mga ilagay sila dun para sa pampisikal. o mas mas maraming makakagamit mas maraming makakapag exercise mas maraming mas gaganda"

Significant Experiences of Stephanie

Stephanie’s experiences emphasize the vital role of park maintenance in fostering both environmental interventions and physical activity. She highlighted that well-maintained parks encourage community members to engage with nature, while neglected spaces deter usage and reflect lapses in environmental stewardship. This observation aligns with recent studies, which suggest that the cleanliness and upkeep of public parks directly influence public engagement and perceptions of safety (Cohen & Marsh, 2021; Hunter et al., 2020). Research further supports that well-maintained parks enhance mental well-being, reduce stress, and promote stronger social connections, making them essential components of urban planning (Jennings et al., 2019; Schipperijn et al., 2023).This finding is consistent with studies showing that the availability of high-quality park infrastructure significantly increases physical activity levels among community members (Koohsari et al., 2021; Green et al., 2023). Research also suggests that individuals are more likely to engage in outdoor recreation when parks offer structured activity spaces, such as courts and fitness stations (CDC, 2025; Roti, 2024). Conversely, parks lacking proper maintenance or adequate facilities contribute to physical inactivity by making exercise less appealing or accessible (Owens & Williams, 2022). These findings highlight the necessity of intentional park design to encourage active lifestyles.

Overall, Stephanie’s experiences underscore the crucial role of well-maintained parks in promoting environmental responsibility and physical activity. Investing in regular maintenance, enhancing recreational facilities, and implementing community-driven programs can maximize the impact of parks, ensuring they remain valuable assets for both individual well-being and environmental sustainability. These efforts reinforce the importance of urban green spaces in fostering healthier, more active,

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and environmentally conscious communities

Table 1i: Significant Experiences of Stephanie

"I am honestly not very observant when it comes to environmental interventions, as I am not really an outdoorsy kind of person. However, I do notice when a park is well maintained and cared for by its owners, I appreciate those parks more. Seeing a healthy environment inspires me to connect with nature. It makes me want to spend more time outside and help take care of the environment. On the other hand, a park that looks neglected stresses me out and makes me think about how I would rather go home than spend time in a place filled with garbage. Every time I see a polluted park, I wish for it to be improved so that more people can enjoy it again."

"As I mentioned, spending time in a park with a healthy environment inspires me to connect more with nature. It makes me want to be outside more and become more outgoing. For instance, I once felt motivated to play badminton again in a park because I had a great time there and it gave me a space for physical activity. That experience encouraged me to be more physically active."

"It upsets me when the environmental changes I hear about are in a negative context because it means the park has been damaged and its resources have decreased. Meanwhile, I feel happy and satisfied when I hear about a local park receiving an upgrade or a renovation because it implies that it will be improved for the public to enjoy."

"I currently visit parks rarely, usually when a friend randomly invites me to unwind or when we need a venue for a school project. I would say that this affects my physical health negatively because I rarely spend time being physically active in parks."

"Environmental interventions in parks can significantly influence the types of physical activities I engage in. For instance, when parks are clean and have good facilities like walking paths or sports areas, I would feel encouraged to jog, play sports or just take a walk. But if a park is dirty or lacks proper equipment, I am less likely to spend time there and act. A well maintained park makes me want to enjoy the outdoors more."

Table 1h: Significant Experiences of Maricel

"Kase siyempre kung may mga ganoong park parang magre-reflect talaga sa personality mo yung yung halimbawa kung may magandang park, maganda ang ambiance, magandang environment. Syempre kung mayroon kang mabigat na isipinmakakatulong yung sayo kasi syempre parang, parang maaunwind ka pag ikaw ay nasa ganoong park ayun so maganda naman ang park talaga lalo pagka yung maganda yung kanyang ambiance pero yung sa mga ibang environment naman kailangan siyuro mas matuto talaga yung mga gumagamit ng park na matutong magtapon ng mga basura nila sa tamang taponan at lumugar sa mga tamang lugar halimbawa mayroong mga lugar na dapat no smoking mayroong lugar na dapat doon ka lang pwedeng mag-smoke kasi syempre alam natin na pagdating sa mga ganyan minsan apektado rin yung mga second smoker ayon mga ganon tapos yung proper ano siyuro na mga tapulan na basura katulad ng mga plastic waste kung san dapat ilagay mga nabubulok mga biodegradable ayon."

Table 1i: Significant Experiences of Stephanie

"When I see parks that are well maintained, it reflects a community that values nature and invests in public spaces. On the contrary, neglected parks with litter and poor facilities show a lack of care for the environment, which can indicate larger issues like pollution or inadequate funding for green spaces. These experiences remind me that the state of our parks is connected to how we treat our environment as a whole and the importance of community involvement in preserving it. With this, I think our community is sort of in the middle, not very well maintained, but also not completely neglected".

Significant Experiences of Zia

Zia’s experiences underscore the critical role of environmental maintenance in maximizing the benefits of public parks for both recreational and ecological purposes. She noted that while parks feature essential environmental interventions, such as walking paths and trash bins, inconsistent maintenance and lax enforcement of cleanliness policies diminish their usability. Research supports this observation, indicating that parks with poorly maintained environments discourage public use and limit opportunities for physical activity (Koohsari et al., 2021; Cohen et al., 2020). Conversely, studies highlight that parks with regular upkeep, adequate waste management, and clear regulations enhance visitor experience, promote relaxation, and encourage physical activity (Wolch et al., 2022; Jennings et al., 2019). Therefore, Zia’s insights reflect the need for stricter enforcement of maintenance efforts to ensure parks remain attractive and functional for all users.

Additionally, Zia highlighted the role of parks as hubs for family bonding and active recreation, emphasizing activities such as jogging and badminton. Her experiences align with research that identifies parks as crucial spaces for fostering social interactions, strengthening familial relationships, and promoting intergenerational physical activity (Schipperijn et al., 2023; Green et al., 2023). However, she also mentioned that family schedules often dictate the frequency of park visits, a challenge recognized in literature discussing barriers to physical activity. Studies suggest that structured community programs—such as family-oriented fitness sessions, weekend events, and accessible play areas—can increase participation and help families integrate park visits into their routines (CDC, 2025; Roti, 2024). These initiatives create more opportunities for families to engage in regular outdoor activities, reinforcing the social and health benefits of parks.

Table 1j Significant Experiences of Zia
"Hindi naman ako madalas pumunta ng parks pero ang na na nai nakikita ko pa lang ay yung mga ano walking paths na ipinapalagay nila bilang intervention atsaka restriction halimbawa ano um bawal magtapon or kaya syempre dapat kukunin yung mga kalat bago umalis."
"Ah since, minsan nga lang kami makakapunta sa mga parks pero ano kung makakapunta man kami madalas ay kasama yung family, ang ginagawa lang namin na ay badminton tsaka jogging kaya ayun mas nakakakilos kami ng ano mas nakakapag exercise kami kapag magkakasama kami."
"Ano.. tulad nga ng sabi ko kanina hindi kami hindi ako madalas makapunta sa mga parks pero na kung in terms of environmental changes konti lang yung nakikita kong maganda, ano kasi recently nakapunta ako sa ano di ko alam kung considered considered na urban park yung the plaza pero andami nyang kalat kesa ano ala although nilalagyan nila ng decorations para sa christmas pero mas nasasapawan nung ano kalat para sa kin."
"Sobrang minsan lang recently kasi naka depende sa family yung pag visit namin sa parks kaya ayon so kung sobrang minsan lang minsan na lang din kami makapag exercise ng matino."
"Di ano syempre kung ano malinis yung park halimbawa mas madali kaming makapag mas maaliwalas yung pag e exercise namin tapos mas nakakarela pero kapag naman halimbawa ano park siva na hindi pa masyadong na.. hindi pa masyadong improvise or kilala ano pwede pa rin naman lakaran like walking in laps lang yung magagawa namin tas ayon, ano pa ba... siguro ang ano lang naman ay yung halimbawa yung park na na na improvise na mas patag na yung lupa mas dun kami mag jogging or ano pero kung hindi pa masyadong na improvise yung ano park tapos medyo baku baku pa edi hindi kami doon makakapag-jogging ano lang lakad lang."

Table 1j Significant Experiences of Zia
"Ano nako-concern ako lalo sa discipline ng mga tao sa pagtapon pa lang ng basura kasi yung simpleng ano pag establish ng trash cans ano nakakatulong na siva kasi yung mga tao tamad nila magtapon ng basura, kaya hindi nila magawang mabulsa lang yung basura nila tas basta kung saan na may space pwede nilang pagtaguan dun nila ilagay."

SOP 2. Meanings drawn from most significant experiences of urban park users

To address the meanings drawn from the most significant experiences of urban park users, the researcher carefully analyzed and interpreted the statements provided by the participants. This phase involved a thorough examination of the participants' narratives, identifying recurring themes related to environmental interventions, maintenance, accessibility, and safety. By synthesizing these experiences, the researcher provided a structured understanding of how urban park improvements influence user engagement, physical activity, and environmental consciousness. The interpretations of the participants’ statements are presented in the tables below, highlighting the critical role of well-maintained parks in fostering sustainability and community well-being.

Table 2a Significant Statements and Formulated Meanings

Significant Statements	Formulated Meanings
- "Nagkaroon ng mag benches, trees, mag bulaklak, may garden ng landscaping, may area ng Zumba. Even at night, there are many lights. I think it's safe." – Johnny - "Grabe dati ang park puro semento tapos, nag-upgrade sila naglagay ng mga halaman, bench, mga basurahan. Mas chill na ngayon." - Abel - "Ah parang laging lagay na lang ng mga bagong facilities mas magandang trails o mas maraming green spaces yan, kaya mas welcoming yung mga parks dito." - Alexis - "Dati puro semento lang ang park, mainti tapos naglagay sila ng mga halaman puno parang nagkaroon ng buhay masarap na maglakad, mas presko na." – Maribell	The addition of trees, plants, benches, and landscaped areas enhances park aesthetics, improves comfort, and encourages relaxation and physical activities.
- "For me, there aren't many environmental interventions, though security and cleanliness have improved." - Edmil - "Cleanliness and improved landscaping make parks more inviting and enjoyable for relaxation and exercise." - Cali	
- "Walking paths and trash bins are there, but there's still trash everywhere because people don't throw garbage properly." - Zia	

The addition of trees, plants, benches, and landscaped areas enhances park aesthetics, improves comfort, and encourages relaxation and physical activities.

Several participants highlighted the positive impact of environmental improvements in parks. Johnny noted that the installation of benches, trees, flowers, and a landscaped garden, along with Zumba areas and adequate lighting, has made parks feel safer and more welcoming. Similarly, Abel and Maribell observed a significant transformation in their local parks, where formerly cement-dominated spaces were revitalized with plants, benches, and trash bins, creating a more relaxing and enjoyable atmosphere. Alexis further emphasized the role of continuous upgrades, such as better trails and expanded green spaces, in making parks more inviting for community members.

These experiences align with research findings emphasizing the value of green spaces in urban environments. Wolch et al. (2019) assert that the presence of vegetation and well-structured recreational areas promotes mental well-being and increases the likelihood of outdoor activities.

Clean and well-maintained parks with security measures create a more inviting space that promotes both relaxation and physical activity.

Cleanliness and maintenance were key concerns among participants. Edmil acknowledged that while there were not many environmental interventions in their park, there was a noticeable improvement in cleanliness and security, making the space more enjoyable for visitors. Similarly, Cali emphasized that improved landscaping and consistent maintenance make parks more appealing and conducive to relaxation and exercise.

Research supports these observations, underscoring the importance of park maintenance in enhancing user experience. Ward Thompson et al. (2020) found that clean and well-maintained parks are associated with higher physical activity levels and improved mental well-being.

Furthermore, Rigolon and Németh (2021) argue that security measures, such as adequate lighting and patrolling, help foster a sense of safety, which encourages greater park use. Shanahan et al. (2019) highlight that well-kept parks serve as vital spaces for social interaction and stress relief, further reinforcing the necessity of routine maintenance and environmental interventions.

While waste management facilities exist, ineffective enforcement of cleanliness policies reduces their impact on park maintenance and usability.

Despite the presence of environmental interventions such as trash bins, challenges in waste management remain a recurring issue. Zia observed that while parks have designated waste disposal areas, improper garbage disposal persists, reducing the overall cleanliness and usability of these spaces. This suggests that mere infrastructure improvements are insufficient without proper enforcement of cleanliness policies and community awareness.

Literature supports this concern, emphasizing the role of policy enforcement in effective park maintenance. Derkzen et al. (2020) argue that while parks may have waste disposal facilities, the lack of strict implementation of cleanliness policies often leads to

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persistent littering problems. Arifwidodo and Chandrasiri (2021) highlight the importance of community participation in maintaining cleanliness, suggesting that parks must integrate public education campaigns to encourage responsible waste disposal practices.

Table 2b Significant Statements and Formulated Meanings

Significant Statements	Formulated Meanings
- "Peaceful and use for relaxing purposes if you have stress." - Johnny	Parks serve as spaces for relaxation and stress relief, providing a peaceful environment for mental well-being.
- "The proximity to nature makes jogging and biking in the park more enjoyable than going to the gym." - Maribell	Parks offer a natural and enjoyable alternative to indoor exercise, encouraging diverse forms of physical activity.
- "Parks provide another place for me to do exercise. There are Zumba, jogging areas, and wide spaces for running, biking, basketball, and badminton." - Cali	
- "Kapag nakita ko yung ibang tao nag-o-jogging at nag-exercise, mas na-inspire ako na sumali." - Abel	Well-maintained parks and social influences motivate individuals to engage in physical activity and adopt healthier lifestyles.
- "When parks are clean and have proper facilities, I feel encouraged to jog, play sports, or just take a walk." - Stephanie	
- "Madalas akong maglakad sa park dahil mas malinis na. Masarap sa hangin dito at nakakainspire, mag-exercise araw-araw." - Edmil	Clean and inviting park environments inspire daily exercise and promote active family bonding.
- "Family activities like jogging and badminton help us stay active and bond." - Zia	

Parks Serve as Spaces for Relaxation and Stress Relief, Providing a Peaceful Environment for Mental Well-Being

Urban parks offer a refuge from daily stress, providing a peaceful setting for relaxation and mental rejuvenation. Participant Johnny emphasized that parks serve as a place to unwind, particularly during stressful times. His experience aligns with research by Bratman et al. (2019), which highlights that exposure to nature reduces stress levels and enhances emotional well-being. Similarly, van den Berg et al. (2020) found that individuals who visit green spaces regularly report lower anxiety and improved mental health. The presence of trees, gardens, and seating areas, as noted by Johnny, contributes to a calming atmosphere that fosters mindfulness and emotional restoration. This underscores the necessity of preserving and improving urban parks to support mental well-being.

Parks Offer a Natural and Enjoyable Alternative to Indoor Exercise, Encouraging Diverse Forms of Physical Activity

For many individuals, parks provide an appealing alternative to traditional indoor exercise spaces. Participant Maribell expressed that jogging and biking in a natural environment are more enjoyable than working out in a gym. Similarly, Cali noted that parks offer diverse options for physical activity, such as Zumba, running, and sports. These experiences align with findings from Sallis et al. (2020), which indicate that individuals are more likely to engage in physical activity when they have access to green spaces. Additionally, Lachowycz and Jones (2021) argue that outdoor exercise is more sustainable in the long term due to its varied terrain and fresh air, making it a more attractive option for regular fitness routines. The experiences shared by Maribell and Cali highlight the value of park environments in promoting active lifestyles and encouraging individuals to integrate exercise into their daily routines.

Well-Maintained Parks and Social Influences Motivate Individuals to Engage in Physical Activity and Adopt Healthier Lifestyles

The presence of other people exercising in parks serves as a source of motivation. Participant Abel shared that seeing others jogging or engaging in physical activities inspires him to participate. Similarly, Stephanie noted that when parks are clean and have proper facilities, she feels more encouraged to jog, play sports, or take a leisurely walk. These insights align with research by Wood et al. (2019), which suggests that social reinforcement and modeling play a crucial role in motivating individuals to adopt active lifestyles. Furthermore, Twohig-Bennett and Jones (2019) emphasize that well-maintained parks contribute to higher levels of physical activity, as cleanliness and infrastructure create a more welcoming and engaging environment. The experiences of Abel and Stephanie illustrate how both social interactions and environmental conditions influence individuals' willingness to engage in exercise.

Clean and Inviting Park Environments Inspire Daily Exercise and Promote Active Family Bonding

Parks not only serve as spaces for individual exercise but also foster social and family-oriented physical activities. Participant Edmil shared that he enjoys walking in the park daily because of the fresh air and improved cleanliness, which make exercising more enjoyable. Likewise, Zia highlighted that activities like jogging and badminton with family members strengthen familial bonds

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while promoting an active lifestyle.

These experiences align with research by Rigolon (2020), which suggests that families are more likely to frequent parks when they perceive them as clean, safe, and well-maintained. Zhang et al. (2021) further support this by stating that parks serve as community hubs where people of all ages can engage in intergenerational physical activities.

Clean and Well-Maintained Parks Symbolize a Community's Commitment to Environmental Responsibility and Public Space Appreciation

The cleanliness and upkeep of parks serve as reflections of a community's values, fostering a sense of environmental responsibility and public space appreciation. Johnny stated, "When parks are clean, it shows that people care about their community. Neglected parks show the opposite," while Stephanie emphasized, "A clean and well-maintained park reflects how much a community values the environment and public spaces." These sentiments align with Barkham (2025), who highlights that parks serve as integral spaces for community engagement, where a well-maintained environment enhances civic participation and social cohesion.

Moreover, research has found that aesthetically pleasing and properly maintained parks encourage higher visitation rates and promote a sense of belonging among residents (Schipperijn et al., 2023). The presence of clean parks fosters collective pride and responsibility, as community members who see their local parks being cared for are more likely to contribute to maintaining their upkeep. This also supports Floyd & Smith's (2019) findings that parks influence social well-being by strengthening community ties through shared experiences in clean and safe environments.

Park Cleanliness Reflects Environmental Discipline and Responsibility, Highlighting the Need for Proper Waste Disposal Practices

Parks not only serve as recreational spaces but also as platforms for instilling environmental discipline. Edmil noted, "Parks highlight the importance of discipline. Despite having trash bins, people don't use them properly, which diminishes the park's quality," while Janet added, "Cleanliness in parks shows that people are becoming more responsible for their environment." These observations are supported by Myalkovsky (2023), who argues that parks foster civic engagement by reinforcing responsible behaviors among residents.

Studies by Huang et al. (2020) and van Heezik et al. (2020) further establish that the presence of proper waste disposal facilities in parks significantly impacts user behavior. While infrastructure such as trash bins and recycling stations is crucial, it is the collective discipline of park-goers that determines their effectiveness. Without community participation in maintaining cleanliness, even well-equipped parks may degrade over time. Encouraging proper waste disposal through educational campaigns and visible reminders can reinforce responsible behaviors, ensuring that parks remain functional and welcoming for all users.

Parks Serve as Platforms for Environmental Awareness, Fostering Responsible Waste Management and Sustainable Habits

Beyond serving as recreational spaces, parks function as educational platforms that promote environmental awareness and sustainability. Maricel shared that "Parks promote environmental awareness, teaching people to dispose of trash properly and create sustainable habits." This aligns with findings from Peters et al. (2021), who highlight that parks facilitate environmental learning by exposing visitors to sustainable practices. Similarly, the CDC (2025) emphasizes that the accessibility of well-maintained green spaces encourages individuals to engage in active lifestyles while also instilling long-term environmental consciousness.

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Additionally, Zhongming et al. (2022) suggest that community-led initiatives such as park clean-up drives and tree-planting activities significantly contribute to promoting sustainable habits. When parks integrate educational programs about waste management and sustainability, they become more than just recreational spaces, they transform into hubs for ecological responsibility and public awareness. The presence of environmental interventions, such as recycling stations, native plant conservation, and eco-friendly infrastructure, further supports communities in their transition toward sustainability (Cohen & Marsh, 2021).

Table 2d Significant Statements and Formulated Meanings

Significant Statements	Formulated Meanings
- "When parks are clean, it shows that people care about their community. Neglected parks show the opposite." - Edmil	The cleanliness and upkeep of parks symbolize a community's collective appreciation for the environment and their shared responsibility in maintaining public spaces.
- "A clean and well-maintained park reflects how much a community values the environment and public spaces." – Stephanie	
- "Cleanliness in parks shows that people are becoming more responsible for their environment." - Maribell	Parks serve as a reflection of community discipline, where proper waste disposal practices indicate a growing sense of environmental responsibility.
- "Parks highlight the importance of discipline. Despite having trash bins, people don't use them properly, which diminishes the park's quality." - Zia	
- "Parks promote environmental awareness, teaching people to dispose of trash properly and create sustainable habits." - Maticel	Parks function as platforms for environmental education, fostering sustainable habits and responsible waste management among community members.

The cleanliness and upkeep of parks symbolize a community's collective appreciation for the environment and their shared responsibility in maintaining public spaces.

The state of cleanliness in urban parks is a visible representation of a community's values and attitudes toward their environment. Participants such as Edmil and Stephanie emphasized that well-maintained parks reflect a strong communal effort in preserving public spaces. Edmil noted that "When parks are clean, it shows that people care about their community. Neglected parks show the opposite." Similarly, Stephanie observed that "A clean and well-maintained park reflects how much a community values the environment and public spaces." These statements align with research highlighting how urban parks function as communal spaces where environmental stewardship is reinforced (Barkham, 2025).

When a park remains clean, it suggests that the local community is invested in sustaining a high-quality, shared environment. According to Hunter et al. (2020), well-kept parks not only improve public perception but also encourage more frequent visits and greater public engagement. This means that the responsibility for park maintenance should not fall solely on local authorities but also on community members, fostering a sense of collective accountability. Schipperijn et al. (2023) further argue that environmental interventions, such as adequate waste disposal facilities and routine park maintenance, significantly contribute to the usability and attractiveness of parks.

Parks serve as a reflection of community discipline, where proper waste disposal practices indicate a growing sense of environmental responsibility.

Parks are communal spaces that require cooperation and discipline from users to remain clean and accessible. Zia observed that while parks have trash bins, "Despite having trash bins, people don't use them properly, which diminishes the park's quality." Maribell echoed this sentiment by noting that "Cleanliness in parks shows that people are becoming more responsible for their environment." These insights reveal that while infrastructure is important, the behaviors and habits of park-goers ultimately determine the park's condition.

Myalkovsky (2023) emphasizes that parks serve as dynamic social hubs, and their upkeep depends largely on the collective discipline of visitors. The presence of trash bins alone does not guarantee cleanliness; rather, fostering a culture of environmental responsibility is essential. According to Floyd & Smith (2019), urban parks help instill civic responsibility by requiring visitors to engage in socially beneficial practices such as proper waste disposal.

Additionally, Cohen & Marsh (2021) argue that public spaces with consistent maintenance and visible environmental messaging encourage responsible behaviors. When people see others cleaning up after themselves, they are more likely to follow suit. Thus, ensuring that parks remain clean is not just a matter of providing facilities; it is also about reinforcing behavioral norms that encourage environmental responsibility.

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In summary, park cleanliness is a direct reflection of a community's discipline. While infrastructure plays a role, individual and collective responsibility in using these facilities properly determines the success of environmental initiatives.

Parks function as platforms for environmental education, fostering sustainable habits and responsible waste management among community members.

Beyond serving as recreational areas, parks are also important venues for environmental education. Maricel emphasized this by stating that “Parks promote environmental awareness, teaching people to dispose of trash properly and create sustainable habits.” This highlights how parks are not just spaces for leisure but also places where people learn and practice environmental stewardship.

Research by Owens & Williams (2022) supports this view, asserting that parks play an essential role in promoting sustainable behaviors. By providing educational signage, recycling bins, and community-led clean-up drives, parks help reinforce positive environmental habits. The Centers for Disease Control and Prevention (CDC, 2025) also suggest that incorporating sustainability-focused programs in urban parks leads to long-term improvements in public environmental consciousness.

Furthermore, Alexander et al. (2024) argue that equitable access to well-maintained parks allows diverse community members to engage in environmental learning. When parks actively promote sustainability through design and programming, they create opportunities for people to adopt long-term environmentally friendly habits.

Thus, parks serve as important platforms for environmental education, influencing how people interact with nature and reinforcing the importance of sustainable living. By incorporating green initiatives and fostering responsible behaviors, parks contribute to a broader culture of environmental consciousness

Table 2e Significant Statements and Formulated Meanings

Significant Statements	Formulated Meanings
- "Minsan lang ako pumunta sa plaza, parang naglalambay lang kami ng anak ko." - Janet	Limited time and family commitments reduce the frequency of park visits, despite the desire to engage in recreational activities.
- "Family schedules limit park visits, but when we go, we enjoy recreational activities." - Zia	
- "I currently visit parks rarely, usually when a friend invites me to unwind or for a school project. This affects my physical health negatively." - Stephanie	The lack of engaging programs and personal motivation contributes to infrequent park visits, which can negatively impact health and well-being.
- "We rarely visit parks, but I see others using them consistently. Parks should have more programs to attract people like us." - Maricel	

Limited time and family commitments reduce the frequency of park visits, despite the desire to engage in recreational activities.

Several participants noted that while they enjoy visiting parks, their family responsibilities and busy schedules limit their ability to do so. Janet shared that she only occasionally goes to the plaza with her child, primarily to relax rather than engage in physical activities. Similarly, Zia mentioned that family schedules often restrict their visits, but when they do go, they enjoy recreational activities.

This aligns with research by Hunter et al. (2020), which emphasizes that accessibility and time constraints are major barriers to park engagement. Family obligations, work schedules, and school activities often compete with leisure time, reducing the frequency of park visits (Schipperijn et al., 2023). This lack of time can prevent individuals from engaging in consistent physical activity, which is essential for overall well-being.

Furthermore, Owens & Williams (2022) argue that creating family-friendly environments in parks—such as playgrounds, picnic areas, and family-oriented events—can encourage more frequent visits. Parks that offer flexible programming, such as weekend family fitness sessions or after-work recreational activities, could help families overcome these time-related barriers.

The lack of engaging programs and personal motivation contributes to infrequent park visits, which can negatively impact health and well-being.

Maricel expressed that while she rarely visits parks, she notices others using them consistently. She suggested that parks should offer more programs to attract individuals like her. Similarly, Stephanie mentioned that she only goes to parks when a friend invites her or for school-related projects, acknowledging that this lack of engagement negatively affects her physical health.

This supports findings by Barkham (2025) and Myalkovsky (2023), which highlight the role of parks in fostering community engagement. Parks programmed with diverse activities—such as group fitness classes, cultural events, and sports leagues—tend to see higher participation rates. Without engaging programs, individuals may lack the motivation to visit, leading to decreased physical activity and potential health risks.

Additionally, the CDC (2025) emphasizes that physical inactivity is linked to various health issues, including obesity and

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cardiovascular diseases. Providing structured recreational activities, like Zumba sessions or guided nature walks, can encourage individuals to be more active in park spaces. Sportmadness (2023) also points out that offering recreational options catering to different age groups and interests can boost community participation and well-being.

To address these barriers, local governments and park administrators should design programs that appeal to diverse groups, ensuring that parks remain attractive and accessible to all community members.

SOP 3. Themes emerged from the testimonies of urban park users.

Public parks play a vital role in fostering environmental awareness, promoting physical and mental well-being, and strengthening social connections within communities. Through a thorough analysis of participants' significant experiences, 15 key themes emerged, which were clustered into five overarching themes: Reflection of Environmental and Social Values, Barriers to Park Engagement, Parks as Spaces for Physical Activity and Well-Being, Parks as Community Hubs, and Environmental Interventions and Maintenance. These themes collectively highlight the relationship between park usage and societal values, emphasizing the challenges and opportunities in enhancing public engagement.

Table 2a. Thematic Clusters and Emergent Theme 1		
Formulated Meanings	Clustered Themes	Emergent Theme
The addition of trees, plants, benches, and landscaped areas enhances park aesthetics, improves comfort, and encourages relaxation and physical activities.	Enhancing Park Aesthetics to Encourage Engagement	Environmental Interventions and Maintenance
Clean and well-maintained parks with security measures create a more inviting space that promotes both relaxation and physical activity.	Clean and Secure Parks as Catalysts for Recreation	
While waste management facilities exist, ineffective enforcement of cleanliness policies reduces their impact on park maintenance and usability.	Effective Waste Management for Sustainable Park Use	

Theme 1: Enhancing Park Aesthetics to Encourage Engagement

A well-designed park significantly enhances user experience by promoting relaxation, social interaction, and physical activity. The presence of trees, landscaped gardens, shaded seating areas, and aesthetically pleasing walkways fosters a sense of comfort and well-being, making parks more attractive to visitors. Research has shown that parks with natural elements such as greenery and water features provide psychological benefits, including stress reduction and improved mood (Schipperijn et al., 2023). Additionally, aesthetically appealing parks encourage repeated visits and more prolonged stays, leading to greater physical activity and social engagement among residents (CDC, 2025).

Participants in the study echoed this sentiment, emphasizing that the presence of well-maintained green spaces and seating areas encouraged them to visit parks more frequently. The role of aesthetics in fostering community engagement is further supported by Barkham (2025), who notes that individuals are more likely to participate in recreational activities when parks are visually appealing and designed for comfort. Urban planners and local governments should prioritize environmental enhancements in park design to maximize community participation and well-being.

Theme 2: Clean and Secure Parks as Catalysts for Recreation

Cleanliness and safety are fundamental factors that determine the usability and attractiveness of parks. Well-maintained parks with proper waste management, security personnel, and adequate lighting create a welcoming and comfortable environment that encourages people to engage in recreational activities. Studies highlight that parks perceived as clean and secure have higher visitation rates and are associated with increased levels of physical activity among users (Hunter et al., 2020).

The experiences shared by participants indicate that cleanliness plays a crucial role in determining their willingness to visit parks. When parks are neglected, with visible litter and poor maintenance, visitors feel discouraged from spending time in these spaces. Similarly, concerns about safety—such as the presence of unlit areas and the lack of security personnel—have been identified as barriers to park engagement.

To promote park engagement, local governments should implement regular maintenance programs and enforce cleanliness policies. Additionally, installing lighting, providing security personnel, and fostering a sense of community ownership through volunteer-led cleanups can contribute to safer and more inviting parks.

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Theme 3: Effective Waste Management for Sustainable Park Use

Waste management in parks remains a critical issue that affects both environmental sustainability and user experience. While waste bins and sanitation facilities are often present, ineffective enforcement of cleanliness policies diminishes their impact. Research suggests that parks with strong waste management programs experience higher levels of visitor satisfaction and long-term sustainability (Myalkovsky, 2023). However, the effectiveness of these initiatives depends largely on community participation and consistent policy implementation.

Participants noted that while parks are equipped with trash bins, some visitors fail to use them properly, leading to the accumulation of litter. This observation aligns with findings from Owens & Williams (2022), who argue that without proper enforcement and public awareness campaigns, waste management efforts remain insufficient. Community-driven initiatives, such as organized cleanup events and environmental awareness programs, have been shown to significantly improve park maintenance (Cohen & Marsh, 2021).

To ensure that parks remain clean and usable, it is essential to implement stricter waste disposal regulations, conduct regular maintenance, and engage local communities in environmental stewardship. Creating a culture of shared responsibility for park cleanliness can enhance the overall experience for visitors while promoting sustainable urban spaces.

Table 3b. Thematic Clusters and Emergent Theme 2		
Formulated Meanings	Clustered Themes	Emergent Theme
Parks serve as spaces for relaxation and stress relief, providing a peaceful environment for mental well-being.	Parks as Spaces for Relaxation and Mental Well-Being	Parks as Spaces for Physical Activity and Well-Being
Parks offer a natural and enjoyable alternative to indoor exercise, encouraging diverse forms of physical activity.	Parks as Natural Spaces for Physical Activity	
Well-maintained parks and social influences motivate individuals to engage in physical activity and adopt healthier lifestyles.	Social Influences and Well-Maintained Parks as Motivators for Healthy Lifestyles	
Clean and inviting park environments inspire daily exercise and promote active family bonding.	Clean and Inviting Parks Inspire Daily Exercise and Family Bonding	

Theme 4: Parks as Spaces for Relaxation and Mental Well-Being

Parks play a vital role in enhancing mental well-being by providing a peaceful environment that helps individuals manage stress, improve mood, and foster overall psychological health. Research highlights that urban parks serve as essential spaces for relaxation, offering a natural escape from daily pressures (Barkham, 2025). Access to green spaces has been linked to lower levels of anxiety and depression, as well as improved cognitive function, reinforcing the idea that well-maintained parks contribute significantly to emotional resilience and mental clarity (Floyd & Smith, 2019).

Participants in this study expressed that parks provide a retreat where they can unwind, engage in personal reflection, and enjoy nature. The ability to disconnect from urban stressors and immerse in green spaces aligns with studies emphasizing the importance of natural environments in promoting mental well-being (Hunter et al., 2020). Additionally, parks support social interaction, which further contributes to positive mental health outcomes. The presence of community members engaging in outdoor activities fosters a sense of belonging and reduces feelings of isolation (Owens & Williams, 2022).

To maximize these benefits, local governments and urban planners should prioritize environmental interventions that enhance park accessibility and usability. Features such as shaded seating areas, sensory gardens, and well-maintained pathways encourage more people to utilize parks for relaxation and mental restoration (CDC, 2025). Furthermore, incorporating educational programs on mindfulness and mental well-being into park activities can enhance their role as therapeutic spaces. Public awareness campaigns can also promote the mental health benefits of regular park visits, encouraging community members to integrate outdoor relaxation into their daily routines (Cohen & Marsh, 2021).

Theme 5: Parks as Natural Spaces for Physical Activity

Parks serve as essential spaces for promoting physical activity by providing accessible and enjoyable environments for exercise. Unlike indoor fitness facilities, parks offer open spaces, walking trails, and recreational areas that encourage movement in a natural setting. Studies highlight the role of diverse recreational facilities—such as parks, sports complexes, and outdoor fitness zones—in promoting active lifestyles and addressing public health challenges (Owens & Williams, 2022). The availability of green spaces has been linked to higher levels of physical engagement, contributing to overall well-being and reducing the risk of lifestyle-related diseases (CDC, 2025).

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Participants in this study emphasized that parks offer a cost-effective alternative to gym memberships, allowing them to engage in activities such as walking, jogging, and group exercises. Research supports this view, indicating that well-maintained parks with accessible trails and exercise stations encourage higher participation in physical activity, particularly among individuals who may not have access to private fitness facilities (Schipperijn et al., 2023). Additionally, social interactions within park settings help sustain long-term exercise habits, fostering a sense of community while promoting active lifestyles (Sportmadness, 2023). To enhance park utilization for physical activity, urban planners and local governments should prioritize investments in infrastructure improvements. Safe and well-lit walking paths, outdoor gym facilities, and designated activity zones can increase engagement among community members (Hunter et al., 2020). Community fitness programs—such as organized group exercises, fun runs, and wellness events—can further encourage residents to integrate regular exercise into their daily routines.

Theme 6: Social Influences and Well-Maintained Parks as Motivators for Healthy Lifestyles

Social interactions and well-maintained parks play a crucial role in encouraging individuals to adopt active and healthy lifestyles. Parks serve as social hubs where people engage in physical activities together, fostering accountability and motivation. Research highlights that individuals are more likely to participate in physical activities when they see others doing the same, as social influence strengthens engagement and long-term commitment (Sportmadness, 2023).

Participants in this study noted that observing friends and family members engaging in park activities encourages them to follow suit. This aligns with research demonstrating that diverse recreational facilities, such as parks and community fitness zones, enhance social ties and encourage physical activity (Floyd & Smith, 2019). Moreover, well-maintained parks that are clean, safe, and equipped with proper amenities further reinforce motivation. Studies indicate that environmental interventions—such as proper lighting, safe pathways, and accessible recreational spaces—can significantly increase park usage and activity levels (Hunter et al., 2020; Schipperijn et al., 2023).

Theme 7: Clean and Inviting Parks Inspire Daily Exercise and Family Bonding

A well-maintained and inviting park environment fosters routine exercise and strengthens family connections. Parks provide spaces where individuals of all ages can engage in recreational activities, making physical activity an enjoyable and habitual family experience. Research shows that diverse recreational facilities—such as playgrounds, walking trails, and open spaces—promote intergenerational physical activity, reinforcing healthy behaviors across all age groups (Owens & Williams, 2022).

Participants emphasized that they are more likely to visit parks with their loved ones when they feel the space is well-maintained, clean, and free from hazards. Studies support this perspective, demonstrating that safe and aesthetically pleasing parks contribute to higher participation rates and positive user experiences (Schipperijn et al., 2023). Additionally, well-maintained parks with shaded seating areas, picnic zones, and accessible trails create opportunities for families to engage in bonding activities while promoting an active lifestyle (CDC, 2025).

To enhance these benefits, urban planners should prioritize family-friendly amenities such as playgrounds, picnic areas, and multi-purpose recreational spaces. Regular sanitation efforts, adequate lighting, and community-driven maintenance initiatives can further ensure that parks remain attractive and conducive to both fitness and family bonding (Miller, 2025).

Table 3c. Thematic Clusters and Emergent Theme 3		
Formulated Meanings	Clustered Themes	Emergent Theme
Clean and well-maintained parks symbolize a community's commitment to environmental responsibility and public space appreciation.	Clean and Well-Maintained Parks as a Reflection of Community Values	Parks as Community Hubs
Park cleanliness reflects environmental discipline and responsibility, highlighting the need for proper waste disposal practices.	Park Cleanliness as a Measure of Environmental Discipline and Responsibility	
Parks serve as platforms for environmental awareness, fostering responsible waste management and sustainable habits.	Parks as Platforms for Environmental Awareness and Sustainable Habits	

Theme 8: Clean and Well-Maintained Parks as a Reflection of Community Values

Clean and well-maintained parks serve as tangible representations of a community's values, reflecting the residents' commitment to environmental stewardship and collective responsibility. Research highlights that urban parks enhance social cohesion and contribute to a sense of belonging among residents (Barkham, 2025). The condition of these public spaces can shape how individuals perceive their community, influencing civic pride and engagement (Myalkovsky, 2023).

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Participants in this study emphasized that well-kept parks enhance the overall livability of their surroundings and foster stronger social ties. This observation aligns with findings suggesting that the aesthetic appeal and maintenance of parks are directly linked to increased public use and community involvement (Schipperijn et al., 2023). Additionally, the presence of clean and accessible green spaces encourages social interactions and active lifestyles, further strengthening community bonds (Hunter et al., 2020). To sustain this positive impact, local authorities and community organizations must invest in regular park maintenance, promote civic engagement through volunteer clean-up programs, and implement policies that encourage environmental responsibility. Encouraging residents to take part in park preservation efforts fosters a culture of shared ownership and accountability, ultimately reinforcing community values (CDC, 2025).

Theme 9: Park Cleanliness as a Measure of Environmental Discipline and Responsibility

The cleanliness of parks serves as an indicator of a community's environmental awareness, discipline, and waste management practices. While many parks provide waste disposal facilities, their effectiveness largely depends on public cooperation and adherence to environmental guidelines (Owens & Williams, 2022). Research suggests that the presence of litter and neglected waste bins often reflects gaps in environmental education and behavioral norms regarding sustainability (Schipperijn et al., 2023). Participants observed that improper waste disposal remains a persistent issue despite the availability of trash bins. This aligns with findings that highlight the importance of environmental interventions—such as clear waste management policies, visible signage, and public awareness campaigns—to mitigate littering and enhance park cleanliness (CDC, 2025). Furthermore, aesthetically maintained parks are associated with higher levels of community engagement and civic trust, reinforcing the need for sustainable waste management practices (Floyd & Smith, 2019).

To improve park cleanliness, municipalities should implement effective waste segregation systems, enforce anti-littering regulations, and promote eco-friendly initiatives, such as composting and recycling stations. Educational programs that instill environmental responsibility can further strengthen public discipline in waste management, ensuring that parks remain clean and accessible for all (Cohen & Marsh, 2021).

Theme 10: Parks as Platforms for Environmental Awareness and Sustainable Habits

Beyond their recreational function, parks serve as platforms for environmental education, fostering sustainability and responsible behaviors among visitors. Research underscores that green spaces provide opportunities for learning about conservation, climate change, and eco-friendly practices (Hunter et al., 2020). Parks that incorporate interactive environmental programs, such as tree-planting drives, biodiversity conservation efforts, and sustainability workshops, have been shown to cultivate long-term positive behavioral changes in communities (Miller, 2025).

Participants highlighted that engaging in park-based activities—such as guided nature walks and recycling initiatives—enhanced their understanding of environmental issues. This aligns with studies demonstrating that well-designed park programs contribute to increased ecological awareness and proactive environmental habits (Schipperijn et al., 2023; Owens & Williams, 2022). Moreover, the integration of green infrastructure in parks, including rain gardens and renewable energy installations, reinforces sustainable urban development and climate resilience (CDC, 2025).

To maximize the role of parks in promoting sustainability, local governments should collaborate with schools, environmental organizations, and community groups to develop educational initiatives. Digital information boards, eco-trails, and interactive exhibits can serve as effective tools to engage park visitors and inspire environmental responsibility. By transforming parks into dynamic learning spaces, communities can foster a culture of sustainability and long-term ecological stewardship (Barkham, 2025).

Table 3d. Thematic Clusters and Emergent Theme 4		
Formulated Meanings	Clustered Themes	Emergent Theme
The cleanliness and upkeep of parks symbolize a community's collective appreciation for the environment and their shared responsibility in maintaining public spaces.	Parks as Reflections of Collective Environmental Responsibility	Reflection of Environmental and Social Values
Parks serve as a reflection of community discipline, where proper waste disposal practices indicate a growing sense of environmental responsibility.	Waste Disposal Practices as Indicators of Environmental Discipline	
Parks function as platforms for environmental education, fostering sustainable habits and responsible waste management among community members.	Parks as Spaces for Social Cohesion and Community Engagement	

Theme 11: Parks as Reflections of Collective Environmental Responsibility

The condition of a park serves as an indicator of a community’s commitment to environmental responsibility and sustainable living. Well-maintained parks symbolize a collective effort to preserve green spaces, while neglected parks suggest a lack of environmental stewardship. Studies highlight that green spaces function as representations of public attitudes toward urban sustainability, influencing civic engagement and environmental participation (Schipperijn et al., 2023). Participants in this study observed that clean parks reflect a culture of care and responsibility, whereas unmaintained parks indicate community neglect. This perspective aligns with research emphasizing that environmental aesthetics and park maintenance play a critical role in shaping public behavior and attitudes (Myalkovsky, 2023). Additionally, literature suggests that fostering collective responsibility through community- driven park maintenance programs enhances civic pride and promotes long-term environmental stewardship (CDC, 2025).

To strengthen this collective responsibility, local governments and community organizations must implement participatory initiatives, such as citizen-led clean-up drives, tree-planting programs, and awareness campaigns on urban sustainability. By involving residents in park maintenance, cities can reinforce a sense of ownership and encourage sustainable urban living (Barkham, 2025).

Theme 12: Waste Disposal Practices as Indicators of Environmental Discipline

Proper waste disposal in parks reflects environmental discipline and public awareness of sustainability practices. Despite the availability of waste bins, participants reported that littering remains a prevalent issue, highlighting gaps in environmental education and enforcement. Studies suggest that effective waste management policies, combined with behavioral interventions, significantly reduce littering in public spaces (Owens & Williams, 2022). This observation is consistent with findings that suggest parks with visible waste accumulation experience a decline in public usage and overall cleanliness (Schipperijn et al., 2023). Research also emphasizes that community-driven waste management strategies—such as public recycling initiatives and composting programs—enhance environmental discipline and promote sustainable habits (Hunter et al., 2020).

To address this issue, municipalities should implement comprehensive waste management plans that include strict policy enforcement, increased accessibility of waste bins, and targeted awareness campaigns. Digital signages, educational programs, and community involvement can further reinforce responsible waste disposal behaviors, ensuring that parks remain clean and welcoming for all visitors (Cohen & Marsh, 2021).

Theme 13: Parks as Spaces for Social Cohesion and Community Engagement

Parks serve as essential public spaces that foster social cohesion, inclusivity, and community engagement. Research highlights that well-maintained parks encourage positive social interactions, strengthen community bonds, and contribute to overall well-being (Schipperijn et al., 2023; Owens & Williams, 2022). Participants noted that parks play a crucial role in hosting communal activities, such as family gatherings, fitness programs, and cultural events. This aligns with findings that emphasize the role of green spaces in promoting civic participation and fostering a sense of belonging among diverse populations (CDC, 2025). Additionally, studies indicate that vibrant, interactive parks encourage pro-environmental behaviors, further supporting sustainable urban development (Barkham, 2025). To enhance the social value of parks, local governments should integrate community-driven initiatives, such as outdoor education programs, cultural festivals, and volunteer-led maintenance activities. By transforming parks into inclusive, dynamic spaces, cities can promote both social cohesion and environmental stewardship, ensuring their long-term sustainability (Myalkovsky, 2023).

Table 3e. Thematic Clusters and Emergent Theme 5		
Formulated Meanings	Clustered Themes	Emergent Theme
Limited time and family commitments reduce the frequency of park visits, despite the desire to engage in recreational activities.	Competing Responsibilities and Time Constraints Limit Park Engagement	Barriers to Park Engagement
The lack of engaging programs and personal motivation contributes to infrequent park visits, which can negatively impact health and well-being.	Lack of Engaging Activities and Programs Reduces Park Visits	

Theme 14: Competing Responsibilities and Time Constraints Limit Park Engagement

Many individuals and families find it challenging to allocate time for park visits due to work, school, and household responsibilities. Studies indicate that time constraints and competing obligations significantly limit participation in outdoor recreational activities, even though such activities offer substantial physical and mental health benefits (Schipperijn et al., 2023;

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Owens & Williams, 2022).

Participants in this study expressed that while they enjoy visiting parks, their busy schedules prevent them from doing so regularly. For instance, Zia mentioned that family responsibilities limit their park visits, while Janet noted that she only visits parks occasionally with her child. This aligns with research suggesting that structured lifestyles and demanding routines often take precedence over leisure activities, reducing outdoor recreation opportunities (Barkham, 2025).

To address this challenge, urban planners and local governments can implement flexible park programming, extend operating hours, and integrate parks into daily routines. Creating multi-purpose green spaces near residential and work areas, as well as incorporating parks into school and corporate wellness programs, can encourage frequent engagement despite time limitations (CDC, 2025)

Theme 15: Lack of Engaging Activities and Programs Reduces Park Visits

A significant factor influencing park engagement is the availability of engaging activities. Parks that lack structured programs or appealing features often struggle to attract visitors, even when individuals recognize the benefits of outdoor spaces (Schipperijn et al., 2023).

Participants, such as Maricel, mentioned that they rarely visit parks because there are no compelling reasons to do so. They suggested that parks should offer more organized programs to attract visitors. This observation aligns with findings that highlight the role of park-based activities in fostering higher participation rates. Research suggests that parks with structured fitness programs, cultural events, and interactive recreational options tend to experience increased public engagement (Cohen & Marsh, 2021).

To enhance park utilization, municipalities and community organizations should introduce diverse recreational options, such as outdoor fitness classes, guided nature walks, weekend markets, and cultural festivals. Developing well-planned, dynamic programs can make parks more attractive and encourage consistent use, fostering both individual well-being and community cohesion (Myalkovsky, 2023).

Table 3f. Thematic Map		
Formulated Meanings	Clustered Themes	Emergent Theme
The addition of trees, plants, benches, and landscaped areas enhances park aesthetics, improves comfort, and encourages relaxation and physical activities.	Enhancing Park Aesthetics to Encourage Engagement	Environmental Interventions and Maintenance
Clean and well-maintained parks with security measures create a more inviting space that promotes both relaxation and physical activity.	Clean and Secure Parks as Catalysts for Recreation	
While waste management facilities exist, ineffective enforcement of cleanliness policies reduces their impact on park maintenance and usability.	Effective Waste Management for Sustainable Park Use	
Parks serve as spaces for relaxation and stress relief, providing a peaceful environment for mental well-being.	Parks as Spaces for Relaxation and Mental Well-Being	Parks as Spaces for Physical Activity and Well-Being
Parks offer a natural and enjoyable alternative to indoor exercise, encouraging diverse forms of physical activity.	Parks as Natural Spaces for Physical Activity	

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Well-maintained parks and social influences motivate individuals to engage in physical activity and adopt healthier lifestyles.	Social Influences and Well-Maintained Parks as Motivators for Healthy Lifestyles	
Clean and inviting park environments inspire daily exercise and promote active family bonding.	Clean and Inviting Parks Inspire Daily Exercise and Family Bonding	
Clean and well-maintained parks symbolize a community's commitment to environmental responsibility and public space appreciation.	Clean and Well-Maintained Parks as a Reflection of Community Values	Parks as Community Hubs
Park cleanliness reflects environmental discipline and responsibility, highlighting the need for proper waste disposal practices.	Park Cleanliness as a Measure of Environmental Discipline and Responsibility	
Parks serve as platforms for environmental awareness, fostering responsible waste management and sustainable habits.	Parks as Platforms for Environmental Awareness and Sustainable Habits	
The cleanliness and upkeep of parks symbolize a community's collective appreciation for the environment and their shared responsibility in maintaining public spaces.	Parks as Reflections of Collective Environmental Responsibility	Reflection of Environmental and Social Values
Parks serve as a reflection of community discipline, where proper waste disposal practices indicate a growing sense of environmental responsibility.	Waste Disposal Practices as Indicators of Environmental Discipline	
Parks function as platforms for environmental education, fostering sustainable habits and responsible waste management among community members.	Parks as Spaces for Social Cohesion and Community Engagement	
Limited time and family commitments reduce the frequency of park visits, despite the desire to engage in recreational activities.	Competing Responsibilities and Time Constraints Limit Park Engagement	Barriers to Park Engagement
The lack of engaging programs and personal motivation contributes to infrequent park visits, which can negatively impact health and well-being.	Lack of Engaging Activities and Programs Reduces Park Visits	

Emergent Theme 1: Environmental Interventions and Maintenance

Urban parks significantly contribute to enhancing the quality of life in cities, but their success relies heavily on the quality of environmental interventions and the consistency of their maintenance. Participants in the study shared varied perspectives on these interventions, ranging from appreciation for visible improvements to frustrations with inconsistent enforcement and incomplete upgrades. Their insights provide a nuanced understanding of both the positive outcomes and persistent challenges in managing urban parks. Several participants acknowledged the positive impact of visible improvements in parks. Participant 1 expressed appreciation for the enhancements, stating: This underscores the need for periodic updates and consistent investments to maintain the functionality and attractiveness of parks over time.

To address these challenges, local governments and park management authorities can adopt several strategies. Educating park users about proper waste disposal and creating a sense of community ownership can foster responsible behavior and reduce littering. Establishing regular maintenance schedules will ensure that parks remain clean, safe, and usable for all visitors. Furthermore, data-driven investments can prioritize interventions in parks that serve the most users or have the greatest need for improvements. By combining these strategies, park management can create a more equitable and sustainable system that benefits the entire community.

Participants recognized and appreciated improvements such as landscaping, trash bins, and additional amenities but emphasized that these efforts must be supported by consistent maintenance and enforcement. As Participant 10 aptly noted: "Clean parks inspire relaxation and exercise, but unclean ones make you want to leave immediately."

This sentiment underscores the importance of creating parks that not only meet the needs of the community but also foster a sense of pride and responsibility among users. A well-maintained park is more than a recreational space, it is a reflection of a community's values and commitment to providing inclusive and sustainable public spaces.

Emergent Theme 2: Parks as Spaces for Physical Activity and Well-Being

Urban parks serve as vital spaces that promote physical activity and contribute to the overall well-being of their users. Participants

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across the study highlighted how parks encourage exercise, provide opportunities for relaxation, and foster healthier lifestyles. Their responses reflect the significance of parks as inclusive environments where individuals can engage in fitness routines while benefiting from natural settings.

Several participants emphasized the role of parks in encouraging physical activity. Participant 4 noted:

“It provides another place for me to do exercise. There are Zumba, jogging areas, and wide spaces for running, biking, basketball, and badminton.”

This statement underscores the versatility of parks as venues for various physical activities. Parks offer spaces for both organized fitness routines, such as Zumba, and unstructured activities like jogging or biking, making them accessible to individuals with diverse preferences and fitness goals. The connection between parks and well-being was also evident in Participant 1's observation:

“Peaceful and use for relaxing purposes if you have stress.”

This highlights the dual role of parks as places for physical activity and mental rejuvenation. Beyond exercise, the serene environment of parks provides an escape from daily stresses, enabling users to unwind and recharge. Similarly, Participant 7 shared:

“The proximity to nature makes jogging and biking in the park more enjoyable than going to the gym.”

This sentiment illustrates how natural surroundings enhance the experience of physical activity, making it more appealing and fulfilling compared to indoor alternatives.

Participants also recognized the motivational aspect of parks, particularly the influence of observing others engaging in physical activities. Participant 2 shared:

The responses collectively underscore the value of parks in promoting health and well-being. They serve as accessible spaces for structured and unstructured physical activities, provide a serene environment for mental relaxation, and foster social interactions that motivate users to stay active. However, the insights also reveal that the effectiveness of parks in fulfilling these roles depends significantly on their cleanliness and maintenance. As Participant 9 pointed out, the condition of a park can either encourage or deter physical activity, emphasizing the need for consistent upkeep to maximize their benefits.

Parks are not just recreational spaces but essential environments that support physical activity and holistic well-being. Their versatility in accommodating various fitness routines, combined with the mental and social benefits they offer, makes them indispensable to urban communities. However, to sustain their role as spaces for physical activity and well-being, park authorities must prioritize maintenance and cleanliness. As highlighted by the participants, a well-maintained park inspires users to engage in healthier lifestyles, strengthens social connections, and fosters a greater sense of community.

Emergent Theme 3: Parks as Community Hubs

Parks are more than just spaces for physical activity; they serve as vital community hubs that bring people together, foster social interactions, and accommodate a wide range of recreational and communal activities. Participants in the study highlighted the role of parks as inclusive spaces where individuals and groups can bond, collaborate, and engage in diverse experiences. These responses underscore the importance of parks in building social connections and promoting a sense of community.

Parks play a vital role in reflecting and shaping the environmental and social values of a community. They highlight the importance of collective care, environmental discipline, and sustainability, serving as spaces that model responsible behavior. As Participant 8 aptly noted:

“Parks promote environmental awareness and teach sustainable habits.”

To maximize their impact, park management must focus on consistent maintenance, proper enforcement, and community engagement. A well-maintained park not only benefits its immediate users but also reinforces a culture of accountability and care that extends across the community.

Emergent Theme 5: Barriers to Park Engagement

Despite their recognized benefits, urban parks are often underutilized due to various barriers that limit regular engagement. Participants in the study highlighted obstacles such as personal schedules, family responsibilities, accessibility issues, and inconsistent park quality. These barriers reveal underlying challenges that prevent parks from reaching their full potential as inclusive spaces for physical activity, relaxation, and community engagement.

One of the most frequently mentioned barriers was the lack of time or conflicting personal and family schedules. Participant 10 shared:

This response illustrates how parks may not be perceived as essential or conveniently located, limiting their appeal for regular use. For families, the lack of nearby or easily accessible parks can discourage frequent visits, especially when transportation or time becomes a constraint. Participant 8 also emphasized the need for more consistent programs to attract users, stating:

To overcome these barriers, park authorities and local governments can implement several strategies. Introducing community-

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specific programs, such as weekend family events or fitness classes, could attract more users who have limited weekday availability. Improving accessibility by ensuring parks are well-maintained, conveniently located, and equipped with diverse facilities can enhance their appeal. Moreover, increasing awareness of the benefits of regular park use through campaigns and collaborations with schools or workplaces could help integrate parks into daily routines. Barriers to park engagement reveal critical challenges in ensuring that parks fulfill their role as inclusive and accessible spaces for all. As Participant 10 aptly noted: This sentiment reflects the need for parks to accommodate varying user needs while addressing systemic issues such as maintenance, accessibility, and programming. By tackling these barriers, urban parks can become more inclusive, functional, and integral to the communities they serve.

SOP 4. Inputs to facilities and equipment intervention plans

Effective facility and equipment intervention plans are crucial in optimizing park usage and addressing key challenges identified in the emergent themes. By aligning interventions with Reflection of Environmental and Social Values, Barriers to Park Engagement, Parks as Spaces for Physical Activity and Well-Being, Parks as Community Hubs, and Environmental Interventions and Maintenance, strategic enhancements can be implemented to improve accessibility, functionality, and sustainability. These inputs focus on upgrading infrastructure, ensuring inclusive recreational spaces, enhancing park security, and fostering environmental responsibility. Additionally, well-designed interventions encourage active community participation, reinforcing the role of parks as essential public spaces for recreation, fitness, and social interaction. Through targeted improvements, parks can become more engaging, accessible, and beneficial to a diverse range of users.

Table 4. Facilities and equipment intervention plans

Component (Insight/Theme)	Description	Implementors	Objectives	Key Results Areas	Time Frame	Funding
Environmental Interventions and Maintenance	Upgrade park facilities by adding shaded seating areas, accessible restrooms, LED lighting for night use, fitness stations, and landscaping improvements with additional greenery and trees.	LGU, Urban Planners, Park Maintenance	Improve park usability, safety, and aesthetics to attract and retain users.	Completion of infrastructure upgrades; Increased nighttime park usage; Improved feedback on park safety and comfort.	12-18 months	LGU budget, development grants.
Parks as Spaces for Physical Activity and Well-Being	Develop and implement inclusive fitness and health programs such as weekend Zumba classes, community fun runs, biking competitions, and strength training programs for seniors.	LGU, NGOs, Fitness Trainers, Health Departments	Promote physical activity among diverse demographics and improve community health and fitness levels.	Increased participation in fitness programs; Enhanced physical health indicators for park users; High program satisfaction.	6 months, recurring	LGU funds, private sponsorships.

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Component (Insight/Theme)	Description	Implementors	Objectives	Key Results Areas	Time Frame	Funding
Parks as Community Hubs	Create programs that promote community interaction and inclusivity, including seasonal cultural fairs, art and music workshops for children and youth, and family picnic days with games and bonding activities.	LGU, Schools, Community Organizations	Strengthen community bonds by creating shared recreational and cultural experiences in parks.	Increased attendance at community events; Improved community involvement in park programs; Strengthened cultural awareness.	6-12 months, recurring	Sponsorships, local business partnerships
Reflection of Environmental and Social Values	Implement sustainability-focused initiatives, including recycling programs with strategically placed bins, tree-planting drives with local schools and volunteers, and eco-awareness workshops teaching waste segregation and environmental care.	LGU, Environmental NGOs, Schools	Promote environmental stewardship and sustainability among park users and the community.	Reduction in park litter and waste; Increased community participation in sustainability programs; Improved park cleanliness.	6-12 months	Environmental grants, CSR programs from companies.
Component (Insight/Theme)	Description	Implementors	Objectives	Key Results Areas	Time Frame	Funding
Barriers to Park Engagement	Address accessibility and time constraints by introducing shuttle services connecting residential areas to parks, developing bike-sharing systems for short commutes, and extending park operating hours to accommodate working users.	LGU, Transportation Authorities, NGOs	Ensure equitable access to parks by removing physical and time-based barriers for underserved communities.	Increased visits from underserved areas; Positive feedback on accessibility; Higher engagement during extended hours.	12-18 months	LGU budget, transport subsidies, private funding.

SOP 1. Demographic Profile of the Respondents

Table 1.1 Demographic Profile of the Respondents in terms of Age

Age	Frequency	Percentage
Below 18 years old	50	16.70
18 - 25 years old	59	19.70
26 - 35 years old	61	20.30
36 - 45 years old	57	19.00
46 - 55 years old	50	16.70
56 years old and above	23	7.70
Total	300	100

According to Table 1.1, the age of 26 - 35 years old has the largest percentage of respondents, with a total of 61 or 20.30%. On the other hand, only twenty-three respondents, or 7.70 percent of the total participants, are under the age of 56 years and below. Because of this, it can be concluded that the majority of the respondents are the age of 26 – 35 years old, which may suggest that individuals in this age bracket are more likely to utilize or engage with the public sports services being evaluated. This group could represent young adults who are typically in the workforce, are forming families, and may have more disposable income or free time to participate in such activities.

In contrast, the 56-year-old and below category comprises only 7.70% of the respondents (or 23 individuals), showing relatively low engagement among older age groups. This could suggest that public sports services are less appealing or accessible to older individuals or reflect a lower level of interest in such services among this demographic.

The higher participation of individuals aged 26-35 in the study may indicate that the sports programs are particularly attractive or accessible to people in this age group, who may be looking for ways to stay fit, socialize, or engage in community activities. The low number of respondents aged 56 years and older could reflect several factors and possible health-related issues that may prevent older individuals from participating in physical activities. A lack of programs tailored specifically for older adults, such as

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low-impact sports or fitness classes. Lack of awareness or outreach to this age group regarding available public sports services. This analysis suggests that if the goal is to increase engagement among all age groups, particularly older individuals, the enhancement program may need to focus on making public sports services more age-inclusive. This could involve offering programs that are more suitable for older adults, ensuring that the facilities are accessible, or improving outreach to these groups. This study highlights the age-related decline in physical activity levels. It emphasizes that young adults are the most active demographic in sports participation, while older age groups tend to show lower levels of engagement due to physical limitations, health concerns, or a lack of appropriate programming (Caspersen et al., 2020). Also, the study found that community sports programs have a higher participation rate among young adults who use sports as a way to engage socially and stay fit. However, it also noted that there is a growing trend to offer tailored programs for older adults to help them stay active, which may increase engagement from the 56+ age group (Rainer et al., 2020).

According to this study, young adults tend to have more energy and resources to participate in sports, while older adults (56 and above) may need specialized programs such as low-impact exercises (e.g., walking, swimming, yoga) to maintain physical activity and prevent health issues. This highlights the importance of age-appropriate sports services in communities (McNeil, 2021).

This study analyzed urban park interventions and physical activity, focusing on the lived experiences of park users. The findings were structured based on the central and corollary research questions:

Urban park users perceive parks as essential spaces for relaxation, physical activity, and social interaction. Environmental interventions, such as enhanced greenery, benches, and lighting, significantly improve park usability and overall attractiveness, making these spaces more inviting and functional for the community.

Users highly value walking trails, playgrounds, and open spaces as essential features for exercise and leisure. Clean and well-maintained parks encourage frequent visits and prolonged stays, enhancing the overall park experience. Additionally, safety features such as adequate lighting and security personnel play a crucial role in increasing park engagement and ensuring a secure environment for all visitors.

Parks are widely perceived as restorative spaces that enhance well-being and foster a sense of community belonging. The presence of fitness equipment and recreational areas encourages healthier lifestyles by promoting regular physical activity. However, poor maintenance and a lack of essential amenities can discourage park use, limiting their potential benefits for the community.

To improve park facilities and enhance user experience, several key upgrades are necessary. Increasing shaded seating areas and rest spots will provide visitors with greater comfort, especially during hot weather. Installing additional fitness zones, children's play equipment, and multipurpose recreational areas will promote physical activity and cater to diverse user needs. Enhancing park security through surveillance and community policing will create a safer environment, encouraging more frequent visits. Lastly, implementing a regular cleaning and maintenance schedule will ensure that parks remain clean, well-maintained, and inviting for all users.

Based on the findings, it is essential to enhance urban park facilities and amenities to maximize their benefits for physical activity, relaxation, and social interaction. Improving park infrastructure will encourage greater community engagement, promote healthier lifestyles, and ensure accessibility for all users. To achieve these goals, the following recommendations are proposed: the enhancement of park infrastructure by developing designated areas for various recreational activities to cater to different age groups and improving accessibility for persons with disabilities by incorporating ramps, wider pathways, and adaptive equipment; sustainability and maintenance initiatives through the establishment of a routine cleaning and landscaping schedule to maintain park cleanliness, as well as the implementation of eco-friendly solutions such as solar lighting and waste segregation bins to promote environmental sustainability; and community engagement and awareness programs by organizing wellness programs, environmental awareness campaigns, and fitness events to encourage community participation, while actively involving citizens in park development and maintenance initiatives to foster a sense of ownership and responsibility.

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