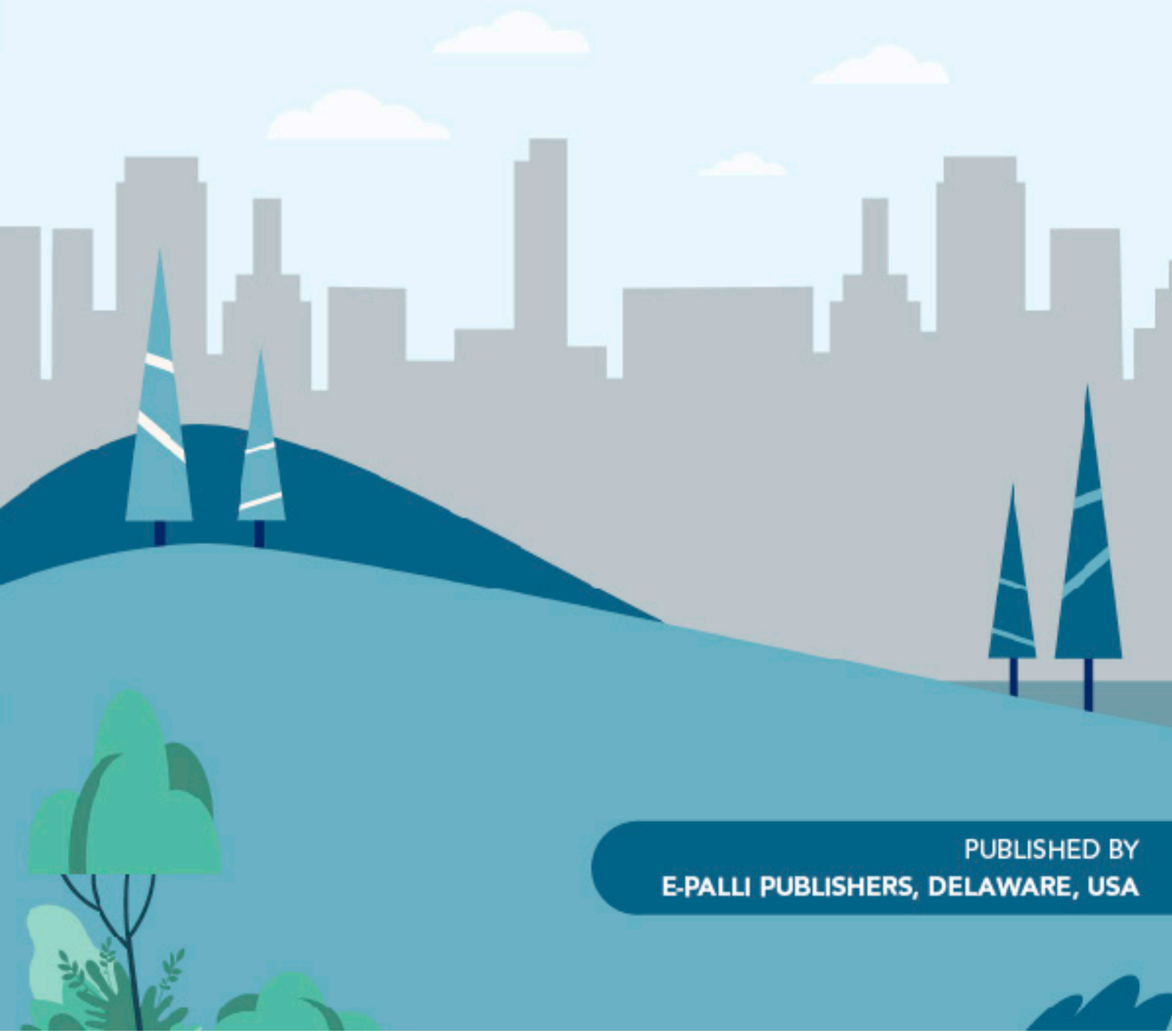




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Experiences in Existing Places at Sweden Focusing on Outdoor Activities in Line with Environmental Contact in Landscape Spaces

Syed Irtaza Ali^{1*}, Syed Saad Ali², Syed Ahmed Ali Shah³, Syed Muneeb Hassan⁴, Mazhar Noushad⁵

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ABSTRACT

This paper investigates the influence and effect of the outdoor activity reflection surroundings on physical activity. How landscape design in urban settings can be effectively utilized to promote healthier lifestyles. For example, Malmo city grows and urban living becomes more sedentary and inactive there the need for accessible. The well-designed outdoor spaces become increasingly important activity in Malmo city. The Malmo city study focuses on how integrating the natural elements into the built environment. such as parks, green spaces, sidewalks, city squares and recreational facilities. It can support daily physical activity including walking, jogging and various social or leisure activities. The paper highlights that environmental design can reduce barriers to participation in physical activity across different age groups and social backgrounds. The Outdoor spaces encourage not only physical movement but also social interaction stress relief and mental well-being. A clean natural and accessible environment can play a significant role in motivating individuals to step outside, especially for those with inactive Malmo city routines working. The findings both observational insights and existing literature the study emphasizes the importance of public access to well-maintained outdoor activity at public spaces. How these spaces contribute to a community's overall health focusing with contact landscape features. Like this, safety greenery and functional design elements that can influence how frequently people engage in outdoor activity. This paper concludes that urban landscape planning should prioritize health-oriented design strategies to support regular physical activity and social connectivity. Thus, as a responsibility, Malmo City can provide an environment that not only improves individual health outcomes but also supports broader public health goals.

INTRODUCTION

In today's fast paced and increasingly urbanized world, physical inactivity has emerged as a major public health concern. As more people spend significant portions of their day indoors at work in schools or at home which opportunities for engaging in outdoor physical activity are becoming increasingly limited (De Valck *et al.*, 2017). This lifestyle shift has been strongly associated with a rise in sedentary behavior which negatively impacts both physical and mental well-being. The growing recognition of this issue underscores the importance of creating environments that encourage movement interaction and overall health (Chen & Ye, 2023). In this context, the design accessibility and quality of outdoor environments play a critical role in motivating individuals to engage in regular physical activity development healthier lifestyles and supporting community well-being.

Well-planned public spaces such as parks, sidewalks, playgrounds, greenways and city squares as well as recreational facilities do much more than simply offer space for physical exercise (De Valck *et al.*, 2017). These environments also serve as essential social hubs, providing opportunities for individuals to relax often interact and experience the psychological benefits of being immersed in natural surroundings. The integration of landscape design with urban planning is a powerful

tool to encourage a more active population by reducing barriers to participation in physical activity across different age groups or different social backgrounds and mobility levels (Othman *et al.*, 2015). By promoting accessibility and inclusivity these environments help people engage in daily activities like this walking, jogging, playing sports or simply spending time in nature. In doing so, urban areas can not only enhance the physical health of their residents but also foster a sense of belonging and community (Liu *et al.*, 2024).

The connection between physical activity and the natural environment has become increasingly recognized as essential for maintaining not only physical health but also psychological balance and social independence (Othman *et al.*, 2015) For individuals who experience prolonged indoor routines. such as office workers, students or those with sedentary jobs regular access to outdoor spaces can provide significant benefits (Liu *et al.*, 2024). Time spent outdoors in green spaces or public parks has been shown to reduce stress, boost mood and improve cognitive functioning (Liu *et al.*, 2024) (Othman *et al.*, 2015). Furthermore, it promotes mental well-being by offering an opportunity to disconnect from the pressures of daily life which is essential for maintaining a balanced and independent lifestyle (Chen & Ye, 2023) (Curran, 1999). This paper argues that integrating landscape design

¹ Department professor, department of architecture and planning, dawood university of engg. & tech., karachi, Pakistan

² Master in building engineering politecnico di torino, Italy

³ Student civil engineering department NED university of engineering and technology, Pakistan

⁴ Civil structural design, department of structure engineer at saima builders & developers, Pakistan

⁵ Principal architect / urban planner, B-arch, MURP, ma'mar arch consultant, Pakistan

* Corresponding author's e-mail: syed.irtaza@duet.edu.pk

with urban planning can significantly promote outdoor physical activity. The enhance public health and improve the overall quality of life by creating inclusive is easily accessible and health more supportive environments. Drawing on personal observations associate environmental psychology and existing literature. This study explores how outdoor spaces can be designed to encourage daily physical activity. The research delves into how environmental features, such as the availability of green spaces, sidewalks and recreational facilities. The influence human behavior and encourage people to be more active.

Moreover, thoughtful urban planning that prioritizes these features can help reduce the social, physical and psychological barriers that may discourage physical engagement. such as concerns about safety and accessibility or the quality of the environment. By creating urban spaces that are not only functional but also conducive to physical activity and social interaction. The cities can improve individual health outcomes and contribute to broader public health goals.

LITERATURE REVIEW

Outdoor activities consist of various forms such as walking in parks, jogging, swimming, enjoying the beach and children playing sports that contribute to promoting public health and encouraging a safer other more active lifestyle (Durstine *et al.*, 2013). People often build positive relationships through shared use of parks and other recreational spaces which supports physical activity and social comfort or wellbeing (Larson *et al.*, 2012). Outdoor social activities also offer numerous subtle yet constructive benefits for the environment like influencing the mindset and behavior of residents. Green spaces in particular have a positive impact on mental health and can help foster healthier more optimistic thinking (Gehl *et al.*, 2006).

Need of Open Space for Outdoor Activity

Human activity is often categorized based on individual interests and outdoor activities are no exception. People engage in outdoor activities according to their preferences and these activities often occur in open spaces (Zhang & Lawson, 2009) (Norman *et al.*, 2006). The development of recreational spaces in these open areas is essential as it encourages people to participate in outdoor activities that are beneficial for their health. Physical fitness gained through outdoor activities plays a vital role in improving overall well-being (Li *et al.*, 2023).

Open spaces are important as they provide the necessary environment and motivation for people to engage in physical activity. These spaces also substitute social interactions which are valuable for building stronger communities (Cohen & Janicki-Deverts, 2009). The presence of open spaces has positive effects on local urban environments enhancing social contact among residents. The primary goal of these activities is to reduce stress and promote better social interactions. Additionally,

they contribute to increased awareness and understanding of the value of open spaces (Zhang & Lawson, 2009).

The literature on the relationship between outdoor environments, physical activity and urban planning reveals a prosperity and good wealth. The insights into how landscape design also the built environment influence physical or mental and social well-being mentioned as follows.

Physical Inactivity and Public Health

Physical inactivity is widely recognized as a major contributor to numerous chronic diseases together with cardiovascular disease or else diabetes and obesity (Gonzalez *et al.*, 2017). Sedentary behavior particularly the long hours spent indoors in office or academic settings that has become increasingly prevalent in modern urban life (Gonzalez *et al.*, 2017) (Durstine *et al.*, 2013). Studies have shown that physical inactivity is associated with significant negative outcomes for both physical and mental health. Its including increased rates of depression also anxiety and stress that (Durstine *et al.*, 2013). Given the rise in sedentary behavior there is growing interest in developing urban environments that facilitate physical activity (Gonzalez *et al.*, 2017). Public spaces, such as parks and recreational areas it can serve as places that encourage residents to engage in regular physical activity. They're potentially reversing the trend of sedentary lifestyles (Liu *et al.*, 2024).

The Role of Outdoor Environments in Physical Activity

Outdoor spaces such as parks, greenways, sidewalks and playgrounds provide critical opportunities for physical activity for example, walking, jogging, cycling or playing sports (Gehl *et al.*, 2006) (Curran, 1999) (De Valck *et al.*, 2017). The availability of park space is positively correlated with increased levels of physical activity further particularly walking (Giles-Corti *et al.*, 2005).

Similarly, the accessibility of sidewalks and recreational areas has been shown to increase the likelihood of regular physical activity specially among adults and children (Sallis *et al.*, 2016). Public parks, when designed to be inclusive and welcoming that can create environments where people of all ages and abilities can engage in physical activities, nurturing development a more active lifestyle (Giles-Corti *et al.*, 2005) (Chen & Ye, 2023).

Moreover, outdoor spaces serve as more than just places for physical exercise which they also promote social interaction and provide mental health benefits. Green spaces are known to have a calming effect on individuals, reducing stress, improving mood and boosting cognitive function (Kaplan *et al.*, 1989). The presence of natural elements in urban areas has been linked to better psychological well-being with people. It experiencing improved mental clarity, reduced feelings of anxiety and enhanced overall mood after spending time in nature (Ulrich, 1983). This highlights the need for urban planners to consider not only the physical benefits of

outdoor spaces but also their psychological advantages in promoting community health (Kaplan *et al.*, 1989) (Giles-Corti *et al.*, 2005).

Landscape Design and Urban Planning

Urban design and planning are essential in creating environments that encourage physical activity. Thoughtful landscape design incorporates features that increase accessibility and safety, ensuring that spaces are usable by individuals of all ages and abilities. Research suggests that well designed urban spaces should prioritize the inclusion of pedestrian friendly pathways. The Open green spaces and safe recreational areas that facilitate daily physical activity (Gehl *et al.*, 2006). A study further emphasizes the importance of mixed-use environments, where residential otherwise commercial and recreational spaces are integrated to encourage walking and cycling. Such designs help to reduce reliance on cars, thereby promoting active transportation (Francis, 1987) (Whyte, 2012).

Moreover, urban planners are increasingly incorporating the principles of walkability into their designs ensuring that neighborhoods are conducive to walking and cycling. Features such as traffic calming measures, pedestrian crossings and street furniture contribute to the overall appeal of urban spaces. The integration of natural elements, such as trees water features and gardens not only enhances the aesthetic appeal of these spaces but also encourages prolonged use as well as interaction with the environment (Gonzalez *et al.*, 2017) (Giles-Corti *et al.*, 2005).

Barriers to Physical Activity in Urban Environments

Despite the benefits of outdoor spaces its various barriers prevent people from engaging in physical activity in urban environments. Safety concerns, including crime or the perception of unsafe areas it can discourage individuals from utilizing public spaces (Francis, 1987). Furthermore, issues related to accessibility, such as insufficient sidewalks, poorly maintained parks or limited public transportation options which can restrict access to outdoor areas. These barriers disproportionately affect marginalized groups together with the elderly, individuals with disabilities. The people from lower income backgrounds of limiting their opportunities for physical engagement.

Research has shown that these barriers can be mitigated through thoughtful urban planning that prioritizes safety, accessibility and inclusivity. For example, designing spaces with adequate lighting, visible sightlines and proximity to residential areas can significantly increase their use and perceived safety. Similarly, addressing issues of accessibility for example the creation of wheelchair friendly paths and the provision of public transportation to parks. The recreational facilities that can ensure should be everyone for any kind of age or mobility which has equal access to outdoor spaces (Durstine *et al.*, 2013).

Social and Mental Health Benefits of Outdoor Spaces

Outdoor spaces are not only crucial for physical

activity but also play an essential role in fostering social interaction and mental wellbeing. Social cohesion is a key factor in community health and public spaces that encourage interaction can strengthen community bonds. Parks and recreational facilities often serve as gathering points for families or neighbors and friends, providing opportunities for social engagement and collaboration (Giles-Corti *et al.*, 2005) (Chen & Ye, 2023). This sense of community can have a thoughtful effect on mental health reducing feelings of isolation and enhancing social support networks.

In addition, the psychological benefits of spending time in natural settings have been well-documented. Access to green spaces has been shown to improve cognitive functioning, reduce stress levels and even enhance recovery from illness or surgery (Ulrich, 1983) (Gonzalez *et al.*, 2017). The natural environment provides individuals with a refuge from the stresses of urban life, contributing to improved overall mental health and a sense of wellbeing.

MATERIALS AND METHODS

This paper adopts a mixed methods design approach to assess the impact of outdoor landscape design on physical activity as well as relationship between outdoor landscape spaces. There is Physical activity in selected urban environments of Sweden with a specific focus on the city of Malmö and other areas. There are the using mixed methods approach which integrates qualitative and quantitative methods to deliver a comprehensive understanding. How landscape design influences human behavior outdoor recreation, and environmental interaction.

The research combines to draws harmonizing of existing literature review sets a theoretical foundation by looking at previous studies on landscape architecture, urban design, public health, outdoor recreation, and environmental behavior. The Case studies of existing public spaces help in understanding landscape planning practices i.e. design aspects and strategies that are encourage outdoor activities or movement. The primary data was collected through systematic field observations at selected public places in Malmö. How urban design influences on human behavior that is particularly belongs to physical activity. That is Including parks, bus stations, beaches, pedestrian paths, cycling routes, playgrounds and public squares as well as other areas along with statues and monuments.

The Primary data and field observations data to explore focused on the type of outdoor activities like this, user behavior, patterns of social interaction, accessibility, safety, features of the scenery and availability of recreational facilities. There Photographic credentials were also used to physical features and support the experimental analysis. Met with people from urban areas to understand how they engage with open fields and to identify ways they participate in physical activity and obstacles as well as how they contribute.

Through surveys and semi-structured interviews were

conducted with residents and users of public spaces to balance out the observational findings. Participants were asked about their outdoor activity patterns. Their impressions of the quality of the settings, access, safety, environmental comfort and the factors that made them use or avoid public open spaces. By combining the observational data with user experiences, it was possible to get a more complete understanding of the relationship between the design of the settings and public behavior. The collected data was analyzed using descriptive statistical analysis and thematic analysis. Field Observational, interview responses and survey results were organized into thematic categories based on different types of outdoor activities. Including public transportation, recreation, children's play, walking also jogging, cycling, social interaction, and engagement with cultural sites. Then the findings were compared with existing literature to classify common patterns and similarities differences in the use of outdoor landscape. Additionally, this study also looks at the quality of the landscape environment with other factors like that accessibility, walkability, environmental comfort, safety, connectivity, aesthetic quality and the availability of recreational facilities. These evaluation criteria provide a framework for understanding how landscape design supports physical activity, social interaction and environmental well-being.

RESULTS AND DISCUSSION

The relationship between physical activity and the built environment has been extensively studied in recent years, revealing strong correlations between well designed outdoor spaces and higher levels of physical activity. Landscape design is a crucial factor in shaping public health outcomes, suggesting that environments designed to encourage outdoor activity can significantly improve the physical and mental wellbeing of individuals (Norman *et al.*, 2006). Similarly, (Gehl *et al.*, 2006) Emphasize that urban spaces should promote accessibility and inclusivity which providing areas where people of all ages and abilities can engage in physical activity. Several studies have shown that proximity to parks and recreational spaces is associated with increased physical activity. For example, it was found that people living near parks or other green spaces are more likely to participate in walking or running activities (Larson *et al.*, 2012). These spaces offer the dual benefit of encouraging physical activity while also providing opportunities for social interaction and mental relaxation, which are essential for overall wellbeing. Despite these benefits, barriers to outdoor physical activity be age, socioeconomic status, and safety concerns often prevent certain groups from fully utilizing outdoor spaces. Researchers have called for more inclusive landscape designs that remove these barriers and encourage physical activity across all demographic groups (Norman *et al.*, 2006). There are following ways of classification of outdoor

activities. Usually we know that are walking, cycling, running, driving, sports and this type of activity is shows humans continuously motion activity. Other type of activity has socially in many branches. Some kinds are activity become indoor activity but indoor activities are links has too outdoor activity. How can determine our society is in outdoor activities and observed that having some kinds of outdoor activity we can reflect on are as: The relationship between physical activity and the built environment has been widely examined in urban planning, landscape architecture and public health research. Previous studies have consistently demonstrated that well designed outdoor environments encourage higher levels of physical activity while improving physical health, psychological well-being and social interaction. Landscape design plays a fundamental role in creating accessible, attractive and inclusive public spaces that motivate people to engage in recreational and everyday outdoor activities. Environments that incorporate high quality green infrastructure, pedestrian friendly streets, parks and recreational facilities contribute significantly to healthier than more sustainable communities (Norman *et al.*, 2006). Similarly, (Gehl *et al.*, 2006) argue that successful public spaces should be designed to accommodate people of all ages and abilities by promoting accessibility, comfort, safety and opportunities for social interaction. Such environments not only encourage walking, cycling and other forms of physical activity but also strengthen community cohesion and improve the overall quality of urban life. Previous research has also demonstrated that proximity to parks, green spaces and recreational facilities is positively associated with increased participation in outdoor physical activities such as walking, jogging and cycling. Individuals living near accessible green spaces are generally more likely to engage in regular physical activity and benefit from opportunities for recreation, relaxation and social interaction. These environments provide important physical, psychological and environmental benefits that contribute to improved public health and well-being (Larson *et al.*, 2012). Despite these advantages, several barriers continue to limit participation in outdoor activities. Factors such as age, socioeconomic conditions, accessibility, safety concerns, inadequate infrastructure, and the availability of recreational facilities may discourage individuals from using public open spaces. Consequently, landscape planners and urban designers should adopt inclusive and people centered design strategies that remove physical and social barriers while promoting equal opportunities for outdoor recreation and active living (Norman *et al.*, 2006). Based on field observations conducted in selected public spaces in Malmö, Sweden. This study classifies outdoor activities according to their functional characteristics and their relationship with the surrounding landscape environment. The observations demonstrate that public

spaces accommodate a wide variety of activities that contribute to physical health, environmental awareness, social interaction and community well-being. The activities identified during the field investigation are classified into the following categories:

1. Bus station activity
2. Park activity
3. Beach activity
4. Children's play activity
5. Running and jogging activity
6. Cycling activity
7. Discussion and conversation activity
8. Sculpture and monument activity

Each category illustrates how different types of landscape environments support specific patterns of human behavior and demonstrates the important role of landscape architecture in promoting active lifestyles, social interaction, cultural engagement and environmental sustainability.

Bus Station Activity

Bus stations are important public spots that not only serve as transport hubs but also provide spaces where people stay engaged in everyday activities while waiting for public transport. In Sweden, bus stations are usually designed to offer safe, comfortable and accessible waiting areas that encourage people to use public transport and support sustainable urban mobility.



Figure 1: Young passengers activity

Field observations were made at Södervärn and Värnhem bus stations in Malmö. These observations showed that passengers displayed different kinds of behavior while waiting for the bus. Young passengers were often busy on their mobile phones, using them to communicate, for social networking or for entertainment. For example: two young women were seen using their mobile phones while waiting at Värnhem bus station (Figure 1).

In contrast, older passengers usually appeared more relaxed, sitting on benches and comfortably watching the surroundings (Figure 2).

Observations also showed that travelers use their waiting time in different ways, depending on their personal preferences and circumstances. Some people were doing different types of activities for example, smoking, kinds



Figure 2: Older passengers activity

of reading, singing or listening to music, smoke, talking with friends or family on cellular phone, email checks on cell phone. Many travelers repeatedly check their watches or electronic displays, showing they are waiting for the bus, while others just sit and watch people walking by. Some travelers seem like to be waiting to meet friends or family so they can continue their journey subsequently.

On the other side, these behaviors show that bus stations are not just places to travel through they are temporary social spots where people connect not only with the environment but also with each other. Overall has a good impact on the passenger suitability like this seating, shelter, lighting, accessibility and clean walkways and overall experience. Elegant bus stations can increase user satisfaction encourage more use of public transport. To make waiting areas attractive, safe and socially inclusive that making the city healthier then more sustainable.

Park Activity

Urban parks are a key part of the landscape and environment offering to opportunities for recreation, physical activity, social interaction and mental relaxation. They play a major role in the quality of city life by providing green spaces for people of all ages to spend time in nature and take part in healthy outdoor activities. Well-designed parks encourage an active lifestyle while also boosting environmental sustainability and community well-being. Field observations were made in a public park located between Södervärn and Nobel Torget in Malmö (Figure 3).

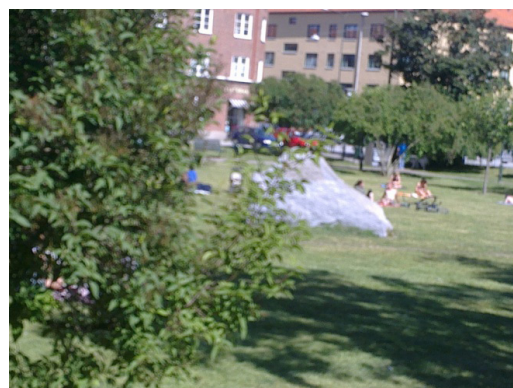


Figure 3: Variety of visitors

The observations showed that the park was being actively used by a variety of visitors. Including children can play without barrier and young people or families as well as elderly. The park accommodated different recreational activities, reflecting the diverse needs and preferences of its users. Children were playing freely in the open field, while young people and couples walked around the park, relaxed on benches or spent time enjoying the natural surroundings. These observations indicate that the park functions as an inclusive public space that supports both active recreation and leisurely time.

On a sunny summer day, the park showed a lively and vibrant atmosphere (Figure 4). Visitors were seen sitting and lying on the grass, eating with family and friends, reading books, sunbathing and relaxing under the shade of old trees. Some people were just relaxing, appreciating the natural surroundings after work or daily activities. The mix of open lawns, shaded areas, walking paths, seating spots and nearby residential buildings created. A charming scene that encouraged people to spend more time outdoors and promoted social interaction among community members. The findings that being close to green areas has a positive impact on both physical and mental health. City parks provide regular opportunities for physical activity to reduce stress, promote social connections and strengthen residents' connection to nature. The beauty of plants or trees and scenery also boosts overall satisfaction and improves the visual appeal of residential areas.

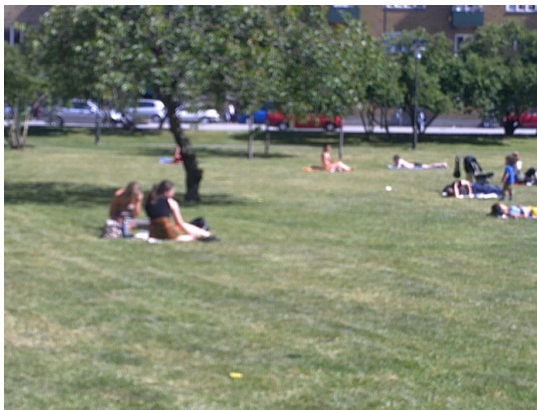


Figure 4: Sunny summer day

Generally, green urban environments become healthy and comfortable for people. Through effective space planning and landscape management, humans gain various important benefits related to a healthy life. If a person is connected with green spaces in urban life that they can achieve a better quality of life. Usually, people like to live close to green environments and whenever they feel stressed spending some time in the park really changes their mood. Getting trees is essential for good aesthetic quality in residential areas (Dwyer *et al.*, 1992).

Beach Activity

Beaches are important natural landscapes that provide opportunities for physical activity, recreation, relaxation

and social interaction. As natural public spaces, they are quite helpful for physical and mental wellbeing because they encourage connection with nature and support a variety of outdoor recreational activities. Coastal landscapes also offer refreshing experiences that enhance people's quality of life and strengthen their bond with the natural environment.

Field observations were conducted at Loma Beach, a popular coastal spot known for its long sandy shores and beautiful natural surroundings. The clean environment, open view and pleasant weather make this beach an ideal place for various recreational activities. Walking and running on the warm sandy beach and swimming in the sea provide enjoyable opportunities for physical exercise and direct contact with nature. The movement of the waves and the coastal scenery also enhance the recreational experience and create a relaxing atmosphere (Figure 5).



Figure 5: Various outdoor activities

Observations showed that visitors participated in various outdoor activities according to their personal interests and preferences. Many were seen playing frisbee, while others played beach volleyball, swam, or walked along the shore. Children were playing safely in the sand, indicating that the beach offers an inclusive recreational environment for different age groups. Many visitors chose more relaxed activities, like sunbathing, reading books, listening to music or just relaxing and enjoying the beautiful view by the water. Families gathered near the beach and spent time together watching the waves and eating in the beautiful natural surroundings (Figure 6).



Figure 6: Enjoying beautiful natural surroundings



Figure 7: Coastal landscapes

Apart from the recreational activities on land, there were also water related experiences arranged at the beach. Boats were anchored by the water's edge and visitors were seen sitting nearby, enjoying the coastal views and taking pleasure in boat rides around the surrounding waters (Figure 7). These observations show that coastal landscapes are suitable not just for active recreation but also for relaxing leisure as encouraging social interaction and appreciation of the environment.

The results show that coastal landscapes serve multiple functions. They promote physical activity through walking, running, swimming and sports, while also providing opportunities for relaxation that develop mental restoration and community engagement. The combination of natural available open space and diverse recreational opportunities as well as beaches makes valuable public spaces. Overall, experience at Loma Beach reflection the importance of preserving and carefully managing coastal landscapes so they can remain multifunctional public spaces. Landscape planners and urban designers should aim to keep beaches environmentally sustainable, easily accessible and equipped with proper recreational facilities to encourage outdoor activities.

Children Play Activity

Now, speaking of it, children playing physical activities is very important for every child because it is essential for their growth. During play children try to stay active and do something. Play is a great way for children to develop thinking skills and learn to follow rules which respect to each other's. The build social connections with each other and learn manners or moral values. Children's abilities increase (Curran, 1999). These places of physical activity are linked to positive traits which show that extra factors are involved in the planning of performance. However, research on the natural effects of physical activity during childhood helps with healthy growth and supports physical and psychological development throughout life. Field observations were carried out at a children's playground near Södervärn bus station in Malmö (Figure 8). This playground is located in a prominent spot near main walking paths and is connected to a well-known building, creating an attractive recreational environment



Figure 8: Children's playground

in the urban landscape. During the observation children were actively participating in football and volleyball, clearly showing that this place is suitable for various physical activities. Organized training sessions under the supervision of an instructor were also observed. Indicating that this playground serves both informal recreational use and organized sporting activities (Figure 9).



Figure 9: Suitable for various physical activities

This playground was designed with flexible and multifunctional facilities for various sports activities. It includes two large football goals, four small practice goals and a volleyball net, allowing kids to participate in different sports according to their interests (see Figure 10).



Figure 10: Suitable for various physical activities

The use of bright orange and green fencing enhances the visual appeal of the facility and clearly defines the play area. The Malmö Municipality maintains this playground, reflecting the municipality's commitment to providing safe and accessible recreational infrastructure in the city center. The ground around has four side's wide track, and one side have bench for spectators. Here is lacking of landscape design just only bench for spectators. It is easily accessible to both side roads (see Figure 11).



Figure 11: Suitable for various physical activities

Being near a historical site in a playground adds an extra educational and cultural dimension to children's outdoor play experiences. Recreational spots close to culturally significant buildings give kids the chance to value local heritage while staying physically active. By combining fun, cultural identity and landscape design like this the educational importance of public spaces is strengthened and community engagement increases.

Running/Jogging Activity

Running and jogging are among the easiest and most popular outdoor physical activities. They require little equipment that can be done in various urban settings and are quite helpful for physical fitness and mental health. Field observations show that running and jogging are common recreational activities in Malmö. Especially in areas where walking paths are well designed and the scenery is beautiful. People and couples are often seen exercising together suggesting that these activities also provide opportunities for social interaction and mutual motivation (Figure 12). The presence of continuous walking paths, green surroundings and safe public spaces seems to encourage regular outdoor exercise.

Walking, jogging and running every day provide many health benefits. These activities improve heart health, strengthen muscles and bones, increase stamina, help control weight and reduce the risk of chronic diseases like obesity, high blood pressure, diabetes and heart disease. Besides the physical health benefits exercising outdoors also boosts mental health because it reduces stress, anxiety, and depression and improves overall quality of life. These results are also consistent with previous research studies, which have shown that regular physical activity is linked to healthy aging and long-term wellbeing.



Figure 12: Suitable for various physical activities

Cycling Activity

Cycling is one of the most effective ways to stay active outdoors and is also an important part of sustainable urban transport. It offers lots of health benefits, like improving heart health, building muscle strength, boosting physical endurance and lowering the risk of chronic diseases. Besides helping your personal health cycling is great for the environment too as it reduces traffic congestion, air pollution and carbon emissions. That's why well-planned cycling infrastructure is seen as a key goal in modern urban planning.

Field observations in Malmö showed that cycling is widely integrated into everyday urban life. Specific bike paths were often used by residents for commuting, recreation, and relaxation. During the observations, a man was seen walking with his bike and a woman walking and chatting alongside him while using the cycling corridor (Figure 13).



Figure 13: Specific bike paths

This observation shows that cycling paths not only facilitate active transportation but also serve as public spaces that promote social interaction and community engagement.

Observations also showed that Malmö has a complete

and well maintained cycling network. Generally, bicycle lanes are located alongside roads and are clearly separated from pedestrian paths through different solid materials or colors and surface finishes. Bike tracks are made of asphalt, concrete paving blocks and traditional stone materials, while pedestrian paths are usually distinguished by red paving materials (Figure 14). This clear visual separation improves user safety, reduces conflicts between cyclists and pedestrians and enhances the efficiency of urban transportation.



Figure 14: Bicycle lanes alongside roads

These observations support previous research demonstrating that high quality cycling infrastructure is positively associated with residential density. It is significant physical activity cycle tracks design built on the mature level of society i.e. mixed land use, street connectivity and increased levels of active transportation (Pucher & Buehler, 2008). The availability of safe, accessible and continuous cycling networks encourages better participate in physical activity. Whenever person travels in bi-cycle, major accident chances quite less.

Discussion and Conversation Activity

Social interaction is an essential part of public life and makes life in urban areas significantly more active. Although conversation is not considered a form of physical activity, it is an important outdoor social activity that strengthens community ties, promotes social harmony and enhances. The overall quality of urban life and public spaces provide opportunities for face-to-face conversation.

Field observations show that in Malmö, people often use public spaces for informal chats with friends or family members other colleagues and acquaintances. People frequently stop and start conversations while on the move which indicates that streets public squares and transport. That hubs are important not just for getting around but also as social spaces. These observations support the idea that successful public spaces not only facilitate movement but also provide opportunities for social interaction (Gehl *et al.*, 2006).

Observations also showed that conversations usually took place in spots where people naturally gathered or

paused. Like this bus stops or street intersections before public squares and pedestrian pathways. In most cases, people would stop in open areas or at street corners before continuing to their destinations. During field observations at the Värnhem Roundabout, it was often noticed that people were chatting while waiting for public transport or meeting friends (Figure 15).



Figure 15: Bicycle lanes alongside roads

Areas with shade under trees near public art and spots with landscape features were especially attractive for people to gather. As these places were comfortable and encouraged people to stay there for a longer time.

The physical design of public spaces plays an important role in encouraging social interaction. Comfortable seating, shade, attractive views, walkable access and visual interest create places where people are more likely to stop, chat and take part in community life. A statue or at the barriers etc. (Whyte, 2012).

Sculpture and Monument Activity

Public statues and monuments are important elements of urban landscapes that contribute to cultural identity, historical awareness and the visual appeal of public spaces. Beyond their artistic value, monuments serve as places that attract visitors in the urban setting, promote social interaction and create memorable place. According to (Young, 1992), it gives the silent address kings and rulers of the historical style remind and can estimate their glorious past. Monuments act as symbolic representatives of collective memory and play a key role in shaping the public understanding of history. Sculpture has acquired something beautiful and attractive land, it can make landscape planning that on the earth. Some sculpture has put on associated historical perspective and background to cultural heritage. It has historical importance of which they are also receiving locally and internationally attention from the people famous figures or key aspects of a community's identity (Young, 1992).

Field observations carried out in Malmö showed that public monuments serve as important focal points for outdoor activities and community interactions. During this study, the observed monuments attracted both locals and tourists, who often gathered around the area

to appreciate its artistic and historical significance. Due to its prominent location in the city, the monument also functioned as a well known meeting place for social gatherings, hanging out and recreational activities.

The surrounding landscape was designed to enhance the visitor experience. The monument was raised on a square platform, accessible via stairs, which gave it a strong visual presence in a public space as a landmark (Figure 16). Circular seating areas were created around the monument so that visitors could rest and have a clear view of the sculpture. A mix of formal and informal seating encouraged people to spend time at the site that take in the surroundings and interact with friends, family or other visitors.



Figure 16: Public statues and monuments

Discussion

Landscape planner is a multidisciplinary profession that promotes the relationship between people with the natural environment. According to (Seeger, 2008), Landscape planners act as facilitators who integrate ecological, social and cultural values into the design of public spaces. Likewise, landscape architects are responsible for creating environments that encourage outdoor activities while responding to human needs.

Landscape planners are often influenced by the natural characteristics, social and cultural needs of life. A designer is responsible for providing space for outdoor activities. This is a basic human need and demand that affects the land, like the shape of the land, the condition of the terrain, the soil structure, and creating parks, recreational areas, beaches, urban spaces and gardens. Landscape architects can also enhance natural scenery for humans. Landscape architects are generally involved in restoring or preserving things for human life and are constantly in touch to harness natural processes (Inam, 2002).

People need landscapes that take them out of their current situations and rearrange them in natural settings, where the planner plays a role in the urban scene. Parks should be created within the city for people so that healthy outdoor activities are promoted and housing should be designed according to the natural desires of the residents. Some housing could take the form of modern public residential urban structures. To provide new ideas through interaction with residents, play a positive role in

reducing negative effects in winter and increase outdoor activities.

Creating Healthy Urban Landscapes

Urban spaces should be designed in a way that encourages people to spend more time outdoors, providing easily accessible, attractive and healthy public areas. Parks, green pathways and recreational facilities should be included in residential neighborhoods to strengthen the connection between residents and the natural environment. Public participation is also important in the planning process, as local communities can clarify their needs and expectations for their outdoor surroundings. In cold countries like Sweden, proper landscape design can reduce seasonal barriers to outdoor activities by providing comfortable, safe and attractive spaces throughout the year (Chapman, et al, 2017). This study applies to certain areas of everyday life for carrying out the whole weekend or every day. Moreover, many outdoor activities are linked to the architecture of the scenes, including recreational activities as well. Because they often appear on the spot, they get involved in society and relate to environmental functions and cultural characteristics.

Landscape Architecture and Everyday Outdoor Activities

The findings of this study demonstrate that landscape architecture plays an important role in supporting everyday activities, including walking, cycling, recreation, relaxation and social interaction. Public spaces become successful when they accommodate routine activities while respecting environmental functions and local cultural identity. Recreational landscapes not only improve physical health but also strengthen community relationships and contribute to environmental sustainability (Cervený *et al.*, 2020).

Understanding Human Behavior in Public Spaces

This study looks at the relationship between open spaces and people's behavior in urban environments. Field observations show that well-designed public spaces encourage more social interaction and improve the quality of everyday city life. Human behavior is largely influenced by the physical features of open spaces, like accessibility, visibility, safety and comfort. That's why, in landscape planning, it's important to see how people actually use public spaces, rather than just relying on theoretical assumptions. By combining evidence from cities and rural areas, we can better understand how landscapes are used and what communities really need.

Improving Landscape Design for Public Satisfaction

Effective landscape design can significantly improve the quality, safety and appeal of public spaces. Reducing environmental risks, enhancing accessibility and providing comfortable outdoor amenities encourage people to engage more in outdoor activities. This study highlights a few public spaces where improved landscaping can

boost environmental quality and social connections. Future planning should prioritize universal access, safety, environmental sustainability and inclusive design to make public spaces welcoming for everyone (Francis, 1987).

Designing Public Spaces for Daily Urban Life

The physical environment has a big impact on people's daily routines. Every day, people travel to work, schools, universities, shopping areas and public services. So, transport facilities, especially bus stations and pedestrian areas, should be designed in a way that allows large numbers of users to use them comfortably and safely. Bus stops should have spacious waiting areas, adequate seating, weather protection and easy access. High-quality public spaces around transport can enhance the overall city experience, as they encourage social interaction, relaxation and convenience (Whyte, 2012).

Field Observations in Malmö

During my visits to Malmö and several surrounding cities, I saw many successful public spaces that encourage outdoor activities. Restaurants often provide outdoor seating, allowing people to eat in the open air and adding life to the streets. However, I also came across some places where poorly planned commercial activities created difficulties for pedestrians. In one spot, the outdoor seating was blocking a narrow pedestrian path, and standing water further reduced accessibility (Figure 17).



Figure 17: Spaces outdoor activities.

Situations like this create inconvenience and safety issues for walkers. These observations highlight the importance of balancing commercial activities with pedestrian movement. Landscape planners and urban designers should pay attention to accessibility, drainage and public safety when developing or redesigning public spaces.

CONCLUSION

Experiences and benefits gained from observing places in Sweden establish that well-designed. Landscape spaces play an important role in encouraging and inspiring people to engage in outdoor activities, helping to strengthen people's connection with the environment. From a landscape planning perspective, professional

knowledge and design skills should be used to create urban environments that align with citizens' needs, lifestyles and everyday experiences. Public spaces are not just physical areas but also social and environmental resources that influence how people move, interact, stay engaged and participate with their surroundings.

During my observations of urbanism, while looking at how communities and public spaces are used in Malmö city. I found that outdoor movement and daily activities are fundamental aspects of urban life. Landscape architecture combines artistic expression with technical skill to create functional and beautiful spaces. considering land use, environmental sustainability, social needs and political context. Successful landscape design transforms open spaces into places that provide comfort, beauty, emotional wellbeing and opportunities for recreation and social interaction.

This article mainly focuses on people's everyday outdoor activities in various public spaces in Sweden. These places have a strong connection with their surrounding neighborhoods and have unique features that encourage environmental interaction as well as community involvement. Although understanding human behavior in public spaces can be challenging, observations provide valuable insights into how landscape design affects people's experiences.

This essay has primarily focused on the everyday outdoor activities of people in different public spaces across Sweden. These places are closely connected to their surrounding neighborhoods and possess unique characteristics that encourage environmental contact and community engagement. Although understanding the complexity of human behavior in public spaces is challenging, the observations provide valuable insights into how landscape design influences people's experiences. As designers and landscape planners, our job is to identify also remove the physical, social and environmental barriers that limit outdoor activities. Future urban landscapes should prioritize accessibility, inclusivity, environmental sustainability and social interaction. By designing outdoor spaces that respond to human needs and respect the natural environment. Landscape architects can help create healthier more vibrant and stronger communities that are better for current and future generations.

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