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Greening the Continents for Human Performance:
A Study of the University Of Lagos and North West University Green Spaces Utilization

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Abstract
Global change is one of the major challenges of the present day and it adds considerable stress to our societies and to the environment. The global climate change agenda cuts across all the domains of society including work and educational settings. The study explored the utilization of green spaces in the University of Lagos, Nigeria and North West University, South Africa with the central aim of exploring the availability of green spaces in the two campuses with a behavior mapping technique to observe how the areas are being utilized. The study locations were the Lagoon Front at the University of Lagos and the Student Union Building lawn, Mafikeng Campus, South Africa. The study deployed the use of an observational method specifically behavior mapping to map the utilization of the green spaces on the two campuses. The observation continued until no new themes emerged, the themes revealed that students utilized the green areas for recreational activities, which included browsing/computer use, phone calls/chatting, reading, copying of notes and social interaction. It was also observed that the utilization of Lagoon fronts spanned beyond recreational use, people were observed doing dance rehearsals, photo shoots, musical video shoots, parties, small gatherings and religion-related activities. The study concluded that green spaces are well utilized in the institutions of learning in Africa, and this makes the institutions align with the global climate change agenda. Therefore, we recommended that all institutions should make unprecedented efforts to ensure that all institutions cooperate to provide for adequate green spaces to enhance the greening of the continents and for the overall well-being of all learners irrespective of age, class and status which will also have a significant influence on their mental wellbeing and relaxation.

Keywords
Green Spaces, Human Performance, Environment, Behavior Mapping

1. Introduction
The earth belongs to our children and whatever we do today in climate change is crucial for the next generation, we all must work hand together to promote humanity. The sustainable development goal SDGs 13 emphasizes the need to combat climate change and its impact which significantly influences human and natural life. The United Nations SDG Agenda is a plan of action for people, the planet and prosperity. It also seeks to strengthen universal peace in greater freedom. The 2023 climate change summit tagged COP28 (Conference of Parties) with approximately 85,000 attendees, including over 150 heads of state and government, the UN Climate Change Conference was the largest of its kind. National delegations, civil society, business, Indigenous Peoples, youth, philanthropy, and international organizations were among those present. The conference took place in Dubai, the United Arab Emirates, from November 30, 2023, to December 13, 2023.

Because it concluded the first "global stock take" of global efforts to combat climate change under the Paris Agreement, COP28 was an especially important occasion. Countries responded by deciding how to speed up action in all areas of climate action by 2030 after demonstrating that progress was too slow in all of them, from lowering greenhouse gas emissions to enhancing resilience to a changing climate to providing vulnerable countries with financial and technological support. The conference placed a strong focus on the necessity for states to quickly shift their next round of climate commitments from fossil fuels to renewables like solar and wind. The conference emphasized the benefits that aggressive climate action offers to the environment and the world economy.

Ayeni & Odofin (2023) in a study on the usage of green spaces by students in Lagos Tertiary Institutions found that students use the green spaces to wait and/or relax in between lecture periods. In their study, it was reported that most respondents preferred green spaces that are located close to the lecture rooms and lecture theatres. It was observed that green spaces with seats where students can sit and wait for lectures, receive visitors and friends, and engage in other social and physical activities were more utilized than other spaces within the University. SDG 13 is a distant aspiration in several parts of the Africa as hygiene and poverty have continued to limit peoples use of green areas as a resource for self-development and growth. The effort to have a green continent is a challenge that several scholars have continued to unravel.

In an otherwise urban setting, "green spaces" are patches of grass, trees, or other vegetation reserved for aesthetic or recreational reasons. The Sustainable Development Goals (SDGs) are intended to be implemented in urban areas through the creation of new green spaces (Weith et al., 2019, Ziadat et al., 2021, Ziadat et al., 2017). Through the proper use and arrangement of space, such actions are anticipated to enhance people's overall quality of life. This has a positive effect on ecosystem services, especially in fostering relationships between the built and natural environments and between people and green spaces (De Haas et al., 2021, Kabisch et al., 2015, Subramanian and Jana, 2021, Zhang et al., 2020).

Numerous harmful health effects of fast urbanization are mitigated by green space. By offering preferred locations for rest, fostering social ties, exercising, and feeling more connected to nature—including local wildlife—also permits social and economic benefits. The health advantages of green spaces are the subject of extensive research. Although greater green space is often associated with better health, these findings are not always published. Researchers and policymakers are focusing more on what kinds of green spaces are beneficial to health as cities get denser. Land areas inside city limits that are mostly covered in vegetation are known as urban green spaces. Parks, gardens, wildlife reserves, and other comparable places are included. Urban green spaces sustain biodiversity and improve air quality, among other things.

Green space reduces many of the negative health impacts of rapid urbanization. This also enables social and economic benefits by providing preferred resting places, promoting social connections, exercising, and feeling more connected to nature—including local species. Many studies have been conducted on the benefits of green spaces for health. Even though more green space is frequently linked to improved health, these results are not always reported. As cities become denser, researchers and politicians are paying greater attention to the types of green areas that are good for health. Urban green spaces are regions of land within city borders that are primarily vegetated. Included are parks, gardens, animal refuges, and similar locations. Among other things, urban green spaces enhance air quality and preserve biodiversity.

1.1 Benefits of Green Spaces

1.1.1 Psychology of Green Spaces to Human Existence/Performance

Human existence has been progressing in a natural environment over a long time as a habitual space for human adaptation and survival. Green spaces are natural and obligatory landscapes in every society, it is common in rural areas because many of their facilities are underdeveloped unlike in the urban centres where urbanization has altered the natural environment thereby leading to a deliberate effort by urban planners to create certain places for green space to be able to accelerate other life events. On the other hand, unplanned development and the transition from green to grey buildings have harmed the environment and made life more difficult for people. Since green spaces have been shown to enhance human physical health and well-being by offering areas for rest, exercise, jogging, walking, cycling, and other leisure activities, their accessibility to people is crucial. Therefore, to improve people's general wellness and well-being, the green spaces that are available in our communities can be used as mediators to increase human physical well-being and fitness. Urban green spaces play both an active and passive role in providing a variety of amenities for human well-being. Green landscapes serve a variety of purposes, including.

Since social isolation and decreased social interaction are common characteristics of old age, green spaces help older adults' mental and psychological well-being by reducing social isolation and giving them access to a setting that is thought to be beneficial to their mental and psychological health. The full benefits of urban green areas can be accessed through a variety of means, including walking, bicycling, running, and cultural and recreational activities for older persons, daily engagement, social cohesion, and ease of access. By offering areas for social interaction and social cohesion, green parks improve the health and well-being of the elderly population. Sports and games can also be utilized to improve the health of senior citizens. For example, games like drafts, Ludo among others.

1.1.2 Green Spaces and Human Psychological Health and Well-Being

The structure and quality of green areas have different effects on people's psychological health and well-being. Although social psychological problems cannot be completely resolved by nature, they can be lessened by fostering greater connections with green spaces and the natural world. According to a study, meadows have little psychological impact on people, whereas tree richness has a significant impact on psychological health (Southon et al., 2018).

Positive effects on human psychology are discovered in a natural setting. Human psychological well-being is maintained and strengthened via interaction with nature. Connectivity to green spaces reduces mental health problems. It has been suggested that urban green spaces are crucial to both urban life and the psychological well-being of people (White et al., 2017). They enhance human psychology to boost attention and function similarly to medicine. Urban parks that are easily accessible serve as a protective barrier against psychological diseases, mental sickness, and depression. Since the younger generation in developing nations suffers greatly from psychological problems, more research is required to determine the critical function that urban green spaces play in promoting human psychological well-being.

1.1.3 Forest bathing

This type of green space exposure is immersing oneself in a forest setting to benefit from nature's restorative properties. Forest bathing, which is based on the Japanese "Shinrin-yoku," calls for you to actively slow down and maintain mindfulness while simply taking in the trees, plants, and wildlife. Since meditation is the foundation of forest bathing, traditional forest bathing is more than merely having a picnic in the woods; rather, it involves purposefully losing yourself in the "here and now" experience without passing judgment, as is the case with many other mindfulness exercises. For those of us who aren't ready to start meditation, you don't have to: studies have shown that just being in a forest can have just as many positive effects.

1.1.4 Green Space and Mental Well-Being

An estimated £1.6 trillion is spent on mental health issues annually, making them one of the leading causes of the global disease burden. The current load of mental diseases has not been sufficiently addressed by health systems worldwide, and there is a significant disconnect between the need for and availability of treatment. Simple exposure to natural settings has positive effects on people's emotions and capacity for introspection, making it psychologically restorative. In terms of physical activity, green environments boost exercise-associated changes in affective state and attentional ability more than built or indoor environments do. Lab-based studies have shown that merely looking at simulated nature while exercising can also improve these effects. Many people find city living appealing, yet the apparently never-ending skyscrapers and heavy traffic make it difficult for city dwellers to enjoy the potential advantages of natural places. Over half of the world's population now lives in cities because of our fast urbanization. Unfortunately, access to natural places is declining dramatically as we move into cities, which may have an impact on people's mental health.

1.1.5 Improved Mood

The brain's serotonin and dopamine levels are up in green environments, which promote happiness and well-being. Furthermore, spending time in green places can help lower stress levels, anxiety, despair, frustration, rage, and symptoms of seasonal affective disorder. People who are in a condition of mental well-being can see their potential, work efficiently, cope with life's stressors, and generally engage in society. Researchers are still trying to figure out why being in nature can help us feel better. According to some research, there are numerous advantages to using one's body senses to interact with the environment, such as inhaling the aromas that plants and trees emit. Furthermore, it has been demonstrated that removing oneself from screens and technology enhances mental health in general.

An increasing amount of study is looking into the positive effects of spending time in nature and green areas on our mental health. According to recent research that examined fifty studies, nature-based activities like hiking boost everyone's emotions, lower anxiety levels, and promote positive outcomes. With the help of their national parks, physicians in Canada can recommend that their patients spend time outside. This resulted from studies that showed those who spent at least two hours each week in nature were healthier and happier than those who did not. Green space can be a fantastic addition, but it cannot take the place of trauma and mental health care. Spending time in nature is said to boost mood, vitality, and clarity by many people.

People can still gain from experiencing the environment in parks or along canals, even in crowded towns. Spending time in nature can be more difficult in urban areas, and some research even suggests that cities might make people feel lonely. Nevertheless, using nearby parks or travelling farther is a great way to elevate your mood and increase your level of life satisfaction.

According to the World Health Organization's Promotion of Mental Well-Being (n.d.), it cannot be only described as the absence of mental illness. It is often known that green spaces are beneficial to human health. A greener neighbourhood enhances people's mental health. A study was conducted in Barcelona, Spain, to investigate the effects of prolonged exposure to green and blue spaces on anxiety and depression through the mediation of air pollution. Positive relationships between urban green areas and human psychological restoration are primarily observed when people feel well, have more energy, perform better at work, and regain their focus. Green areas enhance human psychology by reviving focus and lowering mental stress. Urban greenness increases human mental well-being, which fosters intellectual growth and reduces antagonistic behavior.

1.2 Benefits of Green Spaces for Mental Health

There are numerous benefits of spending time in nature for our mental health:

- ***Stress Reduction**:* By encouraging calmness and relaxation, spending time in green areas can help lower stress levels. This can assist in reducing the levels of cortisol, the stress hormone (cortisol, adrenaline), which has been connected to anxiety and depression and is known to have negative impacts on mental health.
- ***Improved Mood:*** The brain's serotonin and dopamine levels are up in green environments, which promote happiness and well-being. Furthermore, being in green places might help fight the symptoms of seasonal affective disorder and lessen emotions of anxiety, irritation, anger, and despair.
- ***Boosted Cognitive Function**:* There is evidence that spending time in nature enhances cognitive abilities such as creativity, memory, and attention span. The therapeutic benefits of nature on the brain and the decreased sensory overload that comes with being in a natural setting could be the cause of this.
- ***Enhanced Immune System**:* According to research, spending time in green areas helps strengthen the immune system and increase the body's resistance to illness. Phytoncides are organic substances released into the atmosphere by plants and are assumed to be the cause of this. Phytoncides have been demonstrated to have immune-stimulating and antibacterial properties that increase the body's white blood cells' ability to fend off disease.
- ***Pain Management**:* It has been demonstrated that exposure to green environments might lessen pain, especially in cases of chronic pain. This is probably because being in a natural setting has a calming and distracting effect, as well as favorable effects on stress levels and mood.
- ***Better Sleep**:* Because being in nature promotes relaxation and lowers stress levels, spending time in green areas has been associated with better sleep length and quality. The circadian rhythm, which supports a healthy sleep-wake cycle, can also be enhanced by the impacts of natural light and fresh air.
- ***Physical Activity**:* Spending time outside is strongly associated with physical exercise. Any type of exercise, whether done indoors or out, is beneficial to one's physical and emotional well-being, but studies have shown that exercising outside can provide an additional boost and lessen depressive and exhausting emotions.

1.3 Benefits of Green Space Area for Students

- ***Assimilation:*** Green spaces can also impact how a student read and assimilates because it is evident in this study that some people choose reading in green areas over the library for reading especially when they want to meditate or cram certain documents.
- ***Mental Wellbeing:*** There was, however, little evidence of links to certain cardiovascular conditions. This review's consistent findings suggested a variety of likely mental health advantages associated with different aspects of green spaces. This is consistent with current conceptual frameworks that propose green areas can improve mental health by lowering exposure to stressors and recharging coping mechanisms.
- ***Combat loneliness and improve social cohesion:*** By fostering stronger social ties and a sense of community, green places can aid in the fight against loneliness. Numerous activities, including walking clubs, mass participation runs, gardening clubs, and kid-friendly events, can be held in green spaces. For upkeep and participation in community events, they provide volunteer opportunities. People can establish themselves in new communities with the aid of green places.
- ***Improve Air Quality:*** In the UK, air pollution is the biggest environmental hazard to human health. Both physical and mental health can be negatively impacted by air pollution, which can also shorten life expectancy and aggravate pre-existing medical disorders. Green and blue spaces in urban areas could purge the air. Appropriate vegetation, usually placed to keep people away from pollution, can significantly lower the amount of air pollutants that people are exposed to. Additionally, there is a connection between health disparities and air quality. ones with the highest degrees of deprivation typically have higher pollution levels than ones with the lowest levels. Improving green space for the most deprived communities can thus tackle both the negative effects of air quality and other impacts of health inequality.
- ***Physical and Social Development:*** Access to green spaces encourages physical activities like playing, walking, and other forms of exercise. This not only helps in tackling issues like obesity but also promotes overall health and fitness among students. Natural environments also foster more organic social interactions that lead to improved social skills, better peer relationships, and greater opportunities for collaborative learning and play.
- ***Connection with Nature**:* Students who are regularly exposed to green places gain a greater awareness and comprehension of the natural world. Students can apply what they have learned in the classroom to real-world situations by getting personal knowledge about plants, animals, and ecosystems. Fostering environmental stewardship and a sense of duty to conserve nature depends on this relationship.
- ***Green Spaces Importance in Schools:*** Schools are designed and carefully built to meet the students' required needs in terms of academics, character and overall well-being. The institution of learning is part of the urban design that factored in the place of green spaces. The green areas are available mostly to students to enhance and provide sensory experiences and opportunities for hands-on learning experiences and exploration, fostering curiosity and creativity among students. As urbanization and technology increasingly dominate our landscapes

and lifestyles, many educational facilities are becoming more and more sterile. However, the presence of green or natural spaces in schools has become more important than ever. Not only do these spaces offer aesthetic value, but they also contribute significantly to the physical, psychological, and educational well-being of students. The interaction with green spaces of students daily or even once a week is necessary for positive mental growth.

2. Literature Review

Previous authors have explored different aspects and benefits of green areas, and the general submission is that green spaces have potential and moderated health benefits. Some studies reported consistent evidence of forests being a protective factor for obstructive airway diseases, cardiovascular diseases, allostatic overload, psychological distress and general health while grassland and herbaceous vegetation were not. On the other hand, some studies showed superior benefits of shrubs and grass compared to trees in improving mental health or severe allergies. In low-diversity areas, certain vegetation types presented higher risks for asthma or other allergic conditions, typically non-native shrubs or coniferous trees. In one study, all vegetation types were shown to be protective against autism, which was potentially driven by their shared function of buffering against traffic noise and air pollution buffering.

2.1 Success in Stress-Based Studies

- ***The Stress Hormone and Its Role:*** One important marker of stress in the body is cortisol, which is frequently referred to as the principal stress hormone. Our body's stress response system kicks in when we experience stress, causing cortisol to be released into our blood. This equips us to handle alleged dangers. People who struggle with depression and anxiety often have dysregulated cortisol levels.
- ***Nature's Soothing Effects:*** Spending time in nature lowers blood pressure, heart rate, and cortisol levels when compared to people who are exposed to urban settings, according to research done in 24 different Japanese woods. Surprisingly, these advantages extended beyond only taking in the beauty of nature; they also extended to walking through forests.
- ***Nature Breaks for Improved Performance:*** According to a study on workers, engaging in nature-based activities outside for just 90 minutes twice a week for three weeks can improve concentration, visual processing speed, cortisol levels, and burnout symptoms. These activities included everything from taking leisurely walks to working outside on projects like bird feeder construction.

3. Theoretical Reviews

Two categories of processes have been recognized, theoretically. First, according to relational restoration theory (RRT; Hartig, 2021), green spaces can improve the quality of interpersonal relationships by offering regular opportunities to address one's current restoration needs. This can include spending time alone in a restorative environment, fulfilling personal needs that may have a positive impact on relationships, as well as spending time with people with whom one has formed personal relationships (such as family, friends, coworkers, and neighbours), giving them the chance to foster those relationships. Second, according to the collective restoration theory (CRT), positive emotional contagion is one way that restorative experiences can extend from people to their larger communities (Hartig, 2021). A collective sense of trust can be established through positive informal interactions and/or shared normative behaviours, such as when strangers have pleasant encounters in public spaces like parks or simply observe others doing similar activities at similar times (de Vries et al., 2013; Hartig et al., 2013; Kaźmierczak, 2013; Weinstein et al., 2015).

Both RRT and CRT (jointly referred to as ‘social restoration processes’ hereon) highlight the idea that the restorative benefits of being in contact with natural environments can spread from individuals to their relationships and communities more widely (Hartig, 2021). Most previous studies focusing on social aspects of restoration in relation to green space exposure have, nevertheless, been conducted at the individual level, often assessing loneliness as the outcome (Astell-Burt et al., 2022). Loneliness can entail social, emotional, and existential aspects (Bolmsjö et al., 2019). Theoretically, both relational and collective restoration experiences alleviate loneliness, which can consequently lead to better mental health (Astell-Burt et al., 2022b).

4. Methods

The method deployed in this research is observational. The data were collected using the behavioural mapping technique. The study locations were purposively selected because of the purpose of the study. The users of the green areas were targeted and observed for five days. The study followed ethical guidelines to ensure that it did not infringe on the rights of the participants under observation. The behaviours mapped were categorized under themes for discussion purposes.

Table 1 Available Green Area in UNILAG and NWU

Institution	Description	Location	Available Infrastructure
NWU	Font of SUB	Opposite Library	Concrete seats with shades, trees, green grass, Marts
NWU	Football Pitch	Close to Gate	Few Concrete seats
NWU	Front of Great Hall	Close to Administrative block	Few Concrete seats, wooden seats, water fountain, sculptures, notice board, charging points

UNILAG	Lagoon Front Park	Opposite 3rd Mainland bridge	Concretes Seats, Restroom, Jetty, Wooden Seats, Mart,
UNILAG	Sofoluwe Park	Opposite senate Building	Sculptures, Seats, Notice board, Pictures of Notable people, concrete Seats,
UNILAG	UBA park	By Campus Gate	Taxi parks, Concreate Seats

***Source**: fieldwork 2024*

5. Findings

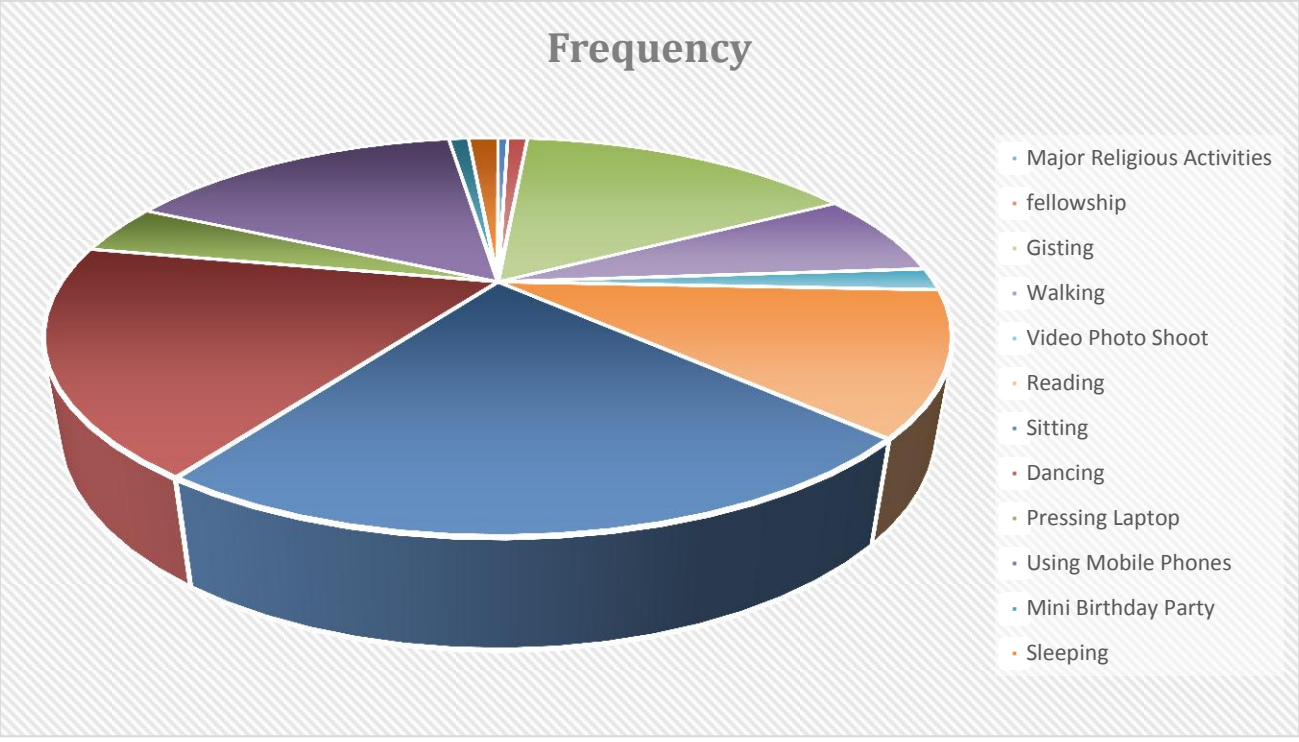
This chapter presents the observed activities during the behavior mapping, followed by an interpretation of the same. In this study, a total of Two hundred and Eighteen (218) participants were observed and analyzed for this study.

Table 2 Data Presentation of Behaviour Mapping

Activities Observed	F (%)	Mean	Std. Deviation
Major Religious Activities	1 (0.46)	.14	0.46
fellowship	2 (0.92)	.19	0.92
Gisting	34 (15.59)	.47	15.59
Walking	15 (6.88)	.47	6.88
Video/Photo Shoot	4 (1.83)	.28	1.83
Reading	25 (11.47)	.51	11.47
Sitting	49 (22.48)	.00	22.48
Dancing	40 (18.35)	.39	18.35
Pressing Laptop	9 (4.13)	.39	4.13
Using Mobile Phones	34 (15.59)	.47	15.59
Mini Birthday Party	2 (0.92)	.19	0.92
Sleeping	3 (1.38)	.24	1.38

***Source:** fieldwork 2024*

The above table shows the mean, standard deviation and frequency of activities observed during the behaviour mapping. 1 (0.46%) of the events happening around the area is a Major Religious Activities (Mini Church Gathering), Also, 2 (0.92%) is the activities going on at the same time were Fellowship programs organized by students, However, 34 (15.59%) of the people observed were Gisting with friends, colleague, classmate etc. Also, 15 (6.88%) of the people observed were walking in pairs while some were walking alone, furthermore, 4 (1.83%) of the people observed were doing photoshoots which included 1 skit-making (comedy videos) while the remaining were birthday photoshoots. Also, 25 (11.47%) of the people observed were Reading while 49 (22.48%) of the people observed were sitting and have a talk chat with friends, colleagues, classmates etc. 40 (18.35%) of the people observed were Dancing at the religious concerts while some were dancing at the mini birthday party. 9 (4.13%) of the people observed were working on their various laptops; some watching movies while some were working on documents. Furthermore, 34 (15.59%) of the people observed were on their phones doing different activities. Also, 2 (0.92%) of the major events observed were Mini Birthday Parties and Lastly, 3 (1.38%) of the people observed were taking naps.



6. Discussion

More interdisciplinary collaboration is required for sustainable climate change worldwide, especially considering the current prevalence and costs of mental illness across all ages, particularly among adolescents and emerging adults in secondary and tertiary institutions, and the concurrent rise in global urbanization. To create shared spaces that promote interaction and attachment, promote well-being, and expand opportunities for green exercise, this study has demonstrated the significance of integrating green space into the design of homes, communities, healthcare facilities, school buildings, and social care settings. In addition to providing essential environmental and health benefits, green spaces are aquagenic, lower socioeconomic health disparities, encourage movement, and improve mental and physical health.

In a society where stress is increasingly prevalent across all ages, the availability and accessibility of green spaces offer a compelling solution for managing it. A brief outdoor break during school hours and work hours can help in contributing to the transformation of urban landscapes, connecting with nature may result in developments in both mental wellbeing and cognitive function. It is important to understand the science behind these effects so that we can fully understand the power of nature to foster success in even the most stress-filled cities, educational institutions and other life scenarios.

Sitting for Relaxation: It was observed that a huge number of the activities going on in the green area as revealed by the behavior mapping thus shows that a significant number of people go to the green area to relax by just sitting and observing the other activities going on the environment, some were seating in clusters and groups doing several things like chatting, using their mobile devices while some were busy with their gadgets. The atmosphere was generally calm and relaxing. This simply implies that students leave the academic and residential areas to relax and connect with nature. The green spaces provided them with an ambience that is naturally cool after their daily academic engagements. Students were observed sitting on the floor which largely supports and encourages natural stability. Floor sitting requires you to use your core for stability because you are not supported by a chair. Some were seen in "active rest" positions, such as squatting and kneeling. Compared to sitting on a chair, they demand more muscular activity. Sitting promotes meditation, which in turn promotes emotional regulation and mindfulness. These qualities can reduce situational anxiety, depression, and emotional reactivity while increasing emotional resilience and promoting more stable moods. People are better equipped to remain composed in trying circumstances when they have a greater grasp of their feelings and responses. Meditation can stimulate creativity and provide new insights into problem-solving and decision-making by calming the mind creating room for new ideas to arise and allowing space for new ideas to emerge, meditation can unlock creativity and inspire fresh perspectives on problem-solving and decision-making. This also serves as a remedy for stress and burnout by promoting relaxation, stress reduction, and emotional well-being. Integrating it into daily routines can help counteract the adverse effects of chronic stress, leading to increased job satisfaction and overall well-being

Dancing: A significant number of the participants were observed dancing and having a kind of choreography rehearsals in the green space, this is an aerobic activity that may translate beyond exercise for several of the dancers. It is interesting to note that green space utilization has a wide range of use for the students, the reason for converging their rehearsals and other aerobic exercises may be interesting to study in research. Benefits include increased confidence, discovering new social outlets, a better sense of self-awareness, goal setting, and better social skills. Social anxiety will eventually decline along with stress and depression. It has been demonstrated that dancing enables people to relax, have fun, and simply take in the music and their time. Dancing has a great ability to make you grin and just enjoy your time, whether you're dancing with your loved ones at home, with your pals in your car, or even by yourself. Dancing, however, has numerous social advantages that many individuals may not be aware of. You don't need to search much further to discover the advantages of social dancing. Humans have a long history of dancing, and taking a small dance lesson could open your eyes to various cultures. The wonderful thing about dancing is that it helps you break out of your shell with practice, even if it's only taking small steps like dancing in front of your family or taking a chance when applying for a new job. Dancing gives you the confidence you might need to succeed in other areas of your life.

Gisting and Social Interaction: This was observed in the green area in the University, it’s amazing to see how many numbers of students were having chitchat in the environment, this implies that green areas promote healthy social interaction for people. Humans are sociable beings by nature. Even the most reclusive people occasionally yearn for social contact. That's excellent news, too. Our minds, bodies, and souls all benefit from social engagement. Making connections about how to comprehend and convey ideas requires the use of both expressive and receptive language. Social engagement is beneficial for dating and relationship formation at a young age. Verbal and nonverbal communications are essential for a few reasons as people grow, including sharing, commenting, and making requests. Students learn how social relationships function and acquire the necessary skills for the workplace by watching and taking part in social events. Establishing language, social skills, and learning new information all depend on pupils interacting with one another. Poor communication skills can cause students to struggle with their attitudes and sense of self in both the classroom and the workplace. In terms of language, social interaction, and confidence, students who engage with others are likely to acquire the strong abilities they require and surpass them. Relationship-oriented students are typically more active, and their social activities help them maintain better physical health. To stay up with their friends, kids are also more driven to maintain their physical well-being. Because social meetings, particularly in specified locations, often

involve food and meals, such outings promote healthier eating habits. Choosing healthier selections is typically a result of dining with others. Socializing can lessen anxiety, loneliness, and isolation, which in turn can lessen depressive symptoms. For this reason, anxiety and depression are less common among those who feel more connected to others. Furthermore, social ties give you the emotional support you need to deal with stress, worry, despair, and difficult situations. Increasing your social interactions—like going out with friends or joining a club—not only makes you feel more connected and at home, but it's also enjoyable to share experiences with others. Plus, when people feel supported by others, they tend to have better self-esteem and a greater sense of purpose in life.

Using Mobile Devices and Laptops: There are very few people in the modern world who do not own or use a mobile phone. These days, mobile devices have become essential to everyone's life, and they are used for a variety of everyday activities, including communication and commerce. In the modern world, a person's life has been transformed by their mobile phone. The same is true of cell phones, which are both a fantastic technology and a source of the worst things. According to the correct perspective, the cell phone is a remarkable human innovation that is frequently used in green spaces. our fingertips at Although the mapping is not able to pinpoint the exact purpose of the phones, the green the use of mobile phones has expanded beyond only keeping in touch with friends; it can now be used to learn more about a variety of subjects. These days, most universities, organizations, and schools provide online instruction with appropriate study materials, which can include text, graphics, photos, PDFs, and more, for convenience. To protect their health and safety during the COVID-19 epidemic, students have been taking online courses offered by their various educational institutions. These days, mobile phones are used for more than just making calls; they can also be utilized at any time to access social media apps like Facebook, Instagram, Snapchat, Twitter, and others. From our mobile devices, we can edit and publish our photos and posts on social media. We can always access social media thanks to mobile devices. The study looked at how students used laptops and other associated gadgets in the University of Lagos and North West University green spaces.

Reading: The behavioral map also revealed that students go to the green areas to read, it is unsurprising as it is known that connecting to nature gives a better assimilation, attention, and concentration. Enhanced cognitive function usually occurs in a natural environment, this can boost your attention memory, and creativity. This could be due to its calming effects and a reduction in sensory overload. School green space moderates (augments) the salutary benefits of academic instruction on learning in reading. Green spaces enhance student morale and productivity in the school. A glimpse of nature, especially green space can make a student feel more at ease and experience less worry. The libraries reading rooms are readily available for their use, but some students still choose to spend their reading time in the green areas. This is very common to the two institutions under review in this study.

Interaction with natural and green spaces offers a variety of mental, physical and social benefits for humans, ranging from stress reduction, quicker healing, and mitigation of Attention-related issues to decreasing crime and air pollution.

Walking: For a variety of reasons, students must walk. Since many of them spend more time reading and listening to lectures, walking is a crucial part of school life. strolling daily has many health benefits, but strolling in green spaces or places with trees, green grass, and other natural gifts is one of the most picturesque walking experiences. It can be soothing and stress-relieving to walk on grass. Stress levels can be reduced, and general mental health can be enhanced by spending time in nature and maintaining a connection to the soil. After spending some time strolling on grass, many individuals say they feel happier and more at ease. This practice is thought to aid in the release of endorphins, which are naturally occurring mood enhancers. In addition to offering a mental respite from the daily grind, walking on grass offers a chance to connect with nature and cultivate a sense of unity with it. Research indicates that physical contact with the Earth's surface can help regulate our autonomic nervous system and circadian rhythms, promoting healthy body temperature, hormone secretion, digestion, and blood pressure. Walking on grass can also improve the quality of sleep, as being in contact with the earth's electrons may help regulate circadian rhythms and improve students' sleep patterns after demanding academic activities.

Loneliness: The survey also suggests that there is an increase in the percentage of young adults living alone, contrary to expectations, some young people flock to green places to socialize but many still end up sitting alone. The urbanized regions are increasing across many industrialized civilizations with corresponding increases in feelings of loneliness and decreased mental health. According to recent research, having access to nature—such as parks and green areas—can help lessen the stressors linked to loneliness in part by offering chances to foster interpersonal relationships (relational restoration) and participate in socially acceptable activities (collective restoration). Although living alone is not equivalent to being lonely, living alone increases the risk of experiencing social adversities such as social isolation and loneliness (Hawkley et al., 2022). The detrimental effects of loneliness have been recognized as major risks for coronary heart disease (Valtorta et al., 2016) and premature mortality (Hakulinen et al., 2018).

Improved Mental Health: The benefits of green places for our mental and physical health have been repeatedly demonstrated (Hartig et al., 2014; Houlden et al., 2018; van den Bosch and Ode Sang, 2017; Yang et al., 2021). However, recent research has shown that when compared to indicators that reflect neighborhood green space (Tester-Jones et al.,

2020; Turunen et al., 2023; White et al., 2021) or viewing green space (Turunen et al., 2023), frequent visits appear to be the primary exposure type linked to mental health in daily life.

7. Conclusion

The study finds a notable use of the green areas in the University of Lagos, Nigeria and North West University, South Africa. The green area usage is central to the global climate change goal of the United Nation, and it is of utmost importance to consider human behavior as a key element in the climate change agenda to promote sustainable clean air for across ages irrespective of gender, status, disability, and the human need. The overall development of green areas is useful in promoting healthy living for school age students globally, as it is noted that the overall wellbeing of the children is sacrosanct to the development of a habitable society. The study revealed the common usage of green spaces by the Students of the Universities under review and found the usage of the green areas to be almost the same in both institutions. There is a positive perception towards the green areas of the Universities as students make good use of the

8. Recommendation

The establishment and use of green areas must not be limited to town planning alone, but it is a key area of focus for all learners across all levels of education. Establishment of green areas should be a joint and committed effort of the institution of learning and the government because of its relationship in enhancing the climate change agenda of the government and it benefit for promoting overall wellness.

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