

Abstract

Title: Effects of walking in natural environments on the state anxiety reduction

Objectives: The aim of this research work is to assess the effects of the environment on changes in state anxiety during walking.

Methods: This bachelor's thesis was developed in the form of a systematic review. Relevant studies were searched using the internet database Web of Science and by subsequent survey of literary sources of the searched publications.

Results: A total of 150 potential studies were searched, from which 15 final studies were selected and included in the systematic review. These studies have collected data from 1488 participants. Fourteen studies were randomized controlled trials (RCT). Eight of them were created in “crossover” design, where both groups received both types of interventions. One of the fifteen studies had no control group.

Conclusions: The results of selected scientific studies indicate that walking in nature, compared to walking in urban environments has positive effect on state anxiety and can serve as an effective therapy, accessible to the general public.

Keywords: review, walking, green exercise, health, anxiety, physical activity, natural environment