

Scientific  
Journal of  
**Applied  
Social and  
Clinical  
Science**

**INTERNAL  
LANDSCAPING AS A  
SOCIAL BUSINESS  
SUSTAINABILITY TOOL  
AGAINST BURNOUT**

---

*Amanda Miky Kawata Numa*

All content in this magazine is licensed under a Creative Commons Attribution License. Attribution-Non-Commercial-Non-Derivatives 4.0 International (CC BY-NC-ND 4.0).



**Abstract:** This experience report presents the use of internal landscaping as a way to implement social business sustainability in the corporate environment, in order to improve the quality of life and reduce the stress and anxiety generated in the work environment, thus interfering in the factors which may be reasons that trigger the burnout syndrome. The introduction explains and mentions issues related to the disease, it also takes into account the neuroscience behind how architectural elements (in this case landscaping) interact with the human brain and sensations, and how they stimulate the sympathetic and parasympathetic systems of the body. The relationship between the influence of the color green, temperature and humidity, and materials interfering in the behavior of space users are also mentioned, in addition to reminding that human beings need to reconnect with nature in some way. In the description of the experience, we have an interview with a landscaper and owner of a flower shop who tells us about his experiences through the behavior of his clients after purchasing plants or some services related to landscaping, and how plants can help combat symptoms of depression and anxiety, even more so in this post pandemic period. In the result and conclusion, we have the moorings of the themes presented in the introduction and reaffirmed by the experiences of customers who purchase some landscaping service, in order to show that the use of plants really is a way to reduce the factors that can generate the burnout syndrome in the future in some employee.

**Keywords:** Indoor landscaping. Burnout syndrome. Social Sustainability. Plants. Mental health.

## INTRODUCTION

The pressure in the work environment in recent years has generated an increase in workers who are diagnosed with the burnout syndrome (defined by the Ministry of Health as an emotional disorder with symptoms of extreme exhaustion, stress and physical exhaustion resulting from stressful work situations, which demand a lot of competitiveness or responsibility), which is due not only to the work itself, but also to the environment in which the worker is inserted, according to Trigo et al (2007).

One of the theoretical conceptions of Trigo et al (2007) about the cause of the syndrome is that which presents the environment, work and individual characteristics as factors that can trigger the disease. And one of these organizational factors is the physical environment, when it is not designed correctly, it generates feelings that trigger impotence, anxiety and fear.

Registered by the International Statistical Classification Related to Health (ICD-10) and also recognized by the World Health Organization as an accident at work, and according to the article by ISTOE Dinheiro (by Daniela Quintanilha), Brazil is the second country with the highest number of cases of burnout, which according to research by the National Association of Occupational Medicine (ANAMT) affects 30% of 100 million workers.

In the corporate environment, the theme of sustainability is already a constant, mainly in the economic sphere, in which we find practices such as: reduction in energy and water consumption, use of reused water and rainwater collection, generation of clean energy with the use of solar panels or simply with the selective collection and recycling of residues. However, social sustainability, linked to the concern with employees promoting health, leisure and the well-being

of employees and their families, does not have the same emphasis, however it is increasingly important. The decompression areas, for example, were already an architectural tool used to relieve the pressure of everyday life and improve coexistence among co-workers.

For Hommerding (2019), architectural elements interact with the brain, influencing people's feelings and actions. When the environment is multisensory, greater is the learning and cognition, improving 50% to 70% in creativity and memory. (GONÇALVES E PAIVA, 2018, apud HOMMERDING, 2019).

According to La Fuente (2013) colors can awaken certain sensations, highlighting for this article only the green that awakens tranquility, reduces blood pressure and allows working longer without mental fatigue. Humidity, temperature and materials also influence, with a comfortable temperature range for the human body as 20°C to 26°C with humidity between 30% to 85%, and 28°C with humidity below 50%. Materials that influence air quality, such as wood, plaster, cork, clay and lime mortar can absorb, retain or return moisture. Still according to the author, when we integrate the construction with nature, the space becomes harmonious, bringing well-being and psychological tranquility to users, in addition to the fact that vegetation produces negative ionization and helps to clean the air.

The human brain has two systems, the sympathetic responsible for cognitive function and the parasympathetic responsible for body relaxation. Chaotic environments tend to stimulate the sympathetic system more, causing stress, frustration, irritability and distraction. Unlike him, greater contact with nature enlivens the parasympathetic, reducing stress and irritability and increasing concentration (BROWNING, 2012).

Historically, with the end of the Industrial Revolution, man had to leave the countryside and migrate to urban centers. And in the

present day, there is this need to return and connect with nature in some way. In 1984, a survey was carried out with hospitalized patients in which those who were submitted to rooms whose window had a natural landscape, had lower levels of pain and a faster recovery (ULRICH, 1984 apud. SEYMOUR, 2016).

Indoor landscaping is a way for human beings to reconnect with nature, and plants when used in corporate environments can bring health benefits in order to stimulate the parasympathetic system and thus help to reduce stress and some causes that can lead the worker to develop the burnout syndrome.

## **EXPERIENCE DESCRIPTION**

Based on the knowledge mentioned earlier in the introduction to this experience report, an interview was conducted with the owner of the flower shop Ikebana Sakaue, who has been in the landscaping business since 1999 and has a very varied customer base, serving individuals and companies. The store is located at Rua Angaturama, nº 494 – Vila Moraes, SP – Zip code: 04164-010.

When asked what customers are looking for when they want to buy plants, he replied that in this pandemic and post-pandemic period, many people sought to buy more plants because they were now working from home and realized that they had “nothing green” at home, and that the stress of work was now in their homes, and they looked to plants for “plant therapy”. Corporate clients, on the other hand, look for landscaping services (acquisition of vases with natural, artificial or preserved plants - installation of vertical panels - gardening - floral signature) both for the aesthetic value and to relieve the stress of the environment.

When asked about what changes he feels in the environment after he implements the landscaping, he said that already in the assembly he feels the difference in the mood

of the people in the office. Many stop what they are doing to see and ask about the plants, some are even concerned about the care of the species that is being planted in the vase, or they talk about affective memories and share personal stories.

When asked about “plant therapy”, he replies that he has clients who have improved from depression or used plants as a way to occupy their minds. Caring for plants is like an outlet for stress, a way for people to relax and reconnect with nature’s energy. In addition to philosophies such as feng shui, which seek to harmonize the energies of the home and there are usually plants involved, whether to bring prosperity, harmony, tranquility or protection. Another example is some religions, which bring symbolism to certain plants, protective plants or plants that “remove” the evil eye, also end up influencing the lives of people who believe.

## **RESULTS AND CONCLUSIONS**

Based on what was extracted from the interview regarding people’s behavior and the subjects and research mentioned in the introduction, it can be seen that having plants in the environment changes the mood of those who use the space. Due to the fact that the burnout syndrome is linked more to the corporate environment, the use of internal landscaping would be a way for the company not only to enjoy the aesthetic value, but also to use the green space in order to create social business sustainability, improving the quality of work. life within the work environment, providing more peace of mind and avoiding mental fatigue for employees. The use of plants also improves the physical factor of the environment, because during the transpiration process, they end up improving the humidity of the air where they are, which in turn, by interfering with the humidity factor, it also ends up making a difference in the thermal sensation, make the place cooler. And with these factors, we can have a way to soften the triggers that can lead to the disease since we have a reduction in stress and an improvement in well-being.

## REFERENCES

BRASIL, Ministério da saúde. Assuntos>Saúde de A a Z>S>Síndrome de burnout [2022?]. Disponível em: [www.gov.br/saude/pt-br/assuntos/saude-de-a-a-z/s/sindrome-de-burnout](http://www.gov.br/saude/pt-br/assuntos/saude-de-a-a-z/s/sindrome-de-burnout). Acesso em 05 de dezembro de 2022.

BROWNING (Estados Unidos da América). Terrapin Bright Green Llc. The economics of biophilia: New York,2012. Disponível em: <http://terrapinbrightgreen.com/reports/the-economics-of-biophilia/>. Acesso em: 05 de dezembro de 2022.

HOMMERDING, Mariana. Análises do impacto de novas estratégias de projeto no bem-estar dos usuários em uma edificação corporativa,2019.38 f. Monografia (Especialização) - Curso de Construção Civil, Universidade do Vale do Rio dos Sinos, Porto Alegre, 2019. Disponível em: <http://www.repositorio.jesuita.org.br/handle/UNIISINOS/8733>. Acesso em: 05 de dezembro de 2022.

LAFUENTE, Javier Antonio Alvarino de. O edifício doente: relação entre construção saúde e bem-estar, 2013.106 f. Dissertação (Mestrado) - Curso de Arquitetura, Universidade do Uminho, Braga,2013. Disponível em: <http://repositorium.sdum.uminho.pt>. Acesso em: 05 de dezembro de 2022.

QUITANILHA, Daniela. Brasil é o segundo país com mais casos de burnout,diz levantamento. Istoedinheiro, 2022. Disponível em: [istoedinheiro.com.br/brasil-e-o-segundo-pais-com-mais-casos-de-burnout-diz-levantamento](http://istoedinheiro.com.br/brasil-e-o-segundo-pais-com-mais-casos-de-burnout-diz-levantamento). Acesso em: 05 de dezembro de 2022.

TRIGO, Telma Ramos; TENG, Chei Tung; HALLAK, Jaime Eduardo Cecílio. Síndrome de burnout ou estafa profissional e os transtornos psiquiátricos. Archives Of Clinical Psychiatry (São Paulo), São Paulo, v34,n5,p223-233,17 de janeiro de 2007.Fap UNIFESP (SciELO). Disponível em: [scielo.br/j/rpc/a/6CTppSZ6X5ZZLY5bXPPFB7S](http://scielo.br/j/rpc/a/6CTppSZ6X5ZZLY5bXPPFB7S). Acesso em: 05 de dezembro de 2022.

SEYMOUR, Valentine. The Human Nature Relationship and Its Impact on Health: A Critical Review. A Critical Review. Frontiers In Public Health, [s-], v.4,18 de novembro de 2016. Frontiers Media SA. Disponível em: [science.org/doi/abs/10.1126/science.6143402](https://doi.org/10.1126/science.6143402). Acesso em: 05 de dezembro de 2022.