

Urban Green Space Accessibility and Environmental Quality toward Mental Well-Being among Residents of Tangerang

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ABSTRACT

Urban green spaces are increasingly recognized as an important component of sustainable urban development because of their potential contribution to environmental quality and psychological well-being. This study examines the relationship between accessibility of urban green spaces, environmental quality, and mental well-being among residents of Tangerang. A quantitative approach was employed using a cross-sectional survey involving 75 respondents. Data were collected through a structured questionnaire measured on a five-point Likert scale and analyzed using IBM SPSS Statistics version 25. The analysis included validity and reliability testing, descriptive statistics, classical assumption tests, Pearson correlation, multiple linear regression, t-tests, F-tests, and the coefficient of determination. The results indicate that accessibility of urban green spaces has a positive and significant relationship with mental well-being. Environmental quality also demonstrates a positive and significant relationship with mental well-being. Simultaneously, both variables significantly explain variations in mental well-being. These findings suggest that accessible and high-quality urban green environments are associated with better psychological well-being among Tangerang residents. The study highlights the importance of integrating accessibility, environmental maintenance, safety, comfort, and green-space quality into urban planning and public-health strategies.

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1. INTRODUCTION

Rapid urbanization has significantly transformed urban environments by expanding residential areas, commercial activities, transportation networks, and industrial development. While urban growth contributes to economic progress, it also creates environmental challenges, including population density, reduced natural landscapes, pollution, traffic congestion, and

limited recreational spaces [1]. In this context, urban green spaces have become an important element of sustainable urban development because they provide ecological, social, recreational, and psychological benefits for urban residents. Green spaces such as public parks, urban forests, green corridors, and community gardens contribute to biodiversity, temperature regulation, physical

activity, social interaction, and psychological restoration.

The potential benefits of urban green spaces for mental well-being depend not only on their availability but also on residents' ability to access and utilize them. Accessibility includes dimensions such as proximity, travel time, transportation availability, walkability, physical entry, and perceived convenience. Previous research indicates that the existence of green spaces alone does not guarantee their utilization, as residents' perceptions of accessibility significantly influence patterns of use [2], [3]. Accessible green spaces can encourage routine visits, promote physical activity, facilitate social interaction, and provide opportunities for psychological recovery from urban stressors [4], [5]. Therefore, perceived accessibility represents an important dimension in understanding how urban green spaces contribute to mental well-being.

Beyond accessibility, the environmental quality of green spaces also influences their psychological benefits. Environmental quality includes vegetation conditions, cleanliness, air quality, noise levels, safety, maintenance, visual attractiveness, and overall comfort. Green spaces that are accessible but poorly maintained, unsafe, or uncomfortable may provide limited benefits and discourage use [6]. Conversely, high-quality green environments with sufficient vegetation, attractive landscapes, and supportive facilities may enhance restorative experiences. A systematic review [7] found through a systematic review that 77% of examined studies reported associations between higher green-space quality and improved mental-health outcomes, highlighting the importance of evaluating not only the availability of green spaces but also residents' actual experiences within these environments.

The relationship between green spaces and mental well-being can be explained through several mechanisms, including psychological restoration, stress reduction, physical activity, and social interaction. Natural environments may help individuals recover from cognitive fatigue

and reduce psychological stress by providing restorative settings [8], [9]. In addition, green spaces can strengthen social cohesion by creating opportunities for community interaction [10]. However, empirical findings are not always consistent because the relationship between green environments and mental health varies according to measurement approaches, neighborhood characteristics, socioeconomic conditions, safety, and patterns of utilization [11], [12]. Some studies indicate that green-space quantity alone does not automatically result in better mental health outcomes, emphasizing the importance of examining accessibility, quality, and residents' perceptions simultaneously [13], [14].

This issue is particularly relevant in Tangerang, a rapidly developing urban area within the Greater Jakarta metropolitan region. The city has experienced significant urban expansion, industrial growth, transportation development, and increasing demand for infrastructure, creating challenges in maintaining environmental quality and green areas. The Tangerang Environmental Agency reported that the city's Environmental Quality Index (Indeks Kualitas Lingkungan Hidup/IKLH) reached 55.74 points in 2024, categorized as moderate, and remained below the environmental quality levels of Banten Province and national averages. Although the Tangerang government has continued developing urban green spaces, including approximately 230 green open spaces reported in 2023, challenges related to land conversion, urban pressure, accessibility, and environmental management remain important concerns.

Existing literature has documented the relationship between green environments and psychological health; however, evidence from rapidly urbanizing Indonesian cities remains limited [3], [15]. Previous studies have frequently emphasized objective measures of green-space availability while paying less attention to residents' subjective perceptions of accessibility and environmental quality. Furthermore, accessibility and environmental quality are often examined separately, despite their

potential combined influence on residents' experiences of urban green spaces. Therefore, this study addresses these gaps by quantitatively examining the relationship between accessibility of urban green spaces, environmental quality, and mental well-being among residents of Tangerang. Specifically, this study investigates whether accessibility and perceived environmental quality are positively associated with mental well-being and provides empirical evidence that may support urban planning strategies focused on accessible, high-quality, and people-centered green infrastructure.

2. LITERATURE REVIEW

2.1 Urban Green Spaces

Urban green spaces are essential components of urban ecological systems, including parks, urban forests, green corridors, community gardens, and other vegetated areas. Beyond aesthetic functions, these spaces provide ecological, social, recreational, and public-health benefits, including temperature regulation, biodiversity conservation, physical activity, social interaction, and psychological restoration. In dense urban environments, green spaces offer opportunities to reduce exposure to stressors such as pollution, noise, heat, and urban pressure. Previous studies show that urban green-space exposure is generally associated with improved physical and mental health outcomes, although the effects depend on exposure measurement and contextual factors [11], [16]. Therefore, research has shifted from examining only the availability of green spaces toward understanding accessibility, utilization, and environmental quality. A recent systematic

review [14] identified natural elements, vegetation diversity, water features, amenities, accessibility, and maintenance as important dimensions influencing mental well-being. Accordingly, this study focuses on two key dimensions of urban green spaces: accessibility, referring to residents' ability to reach and use green areas, and environmental quality, referring to the perceived condition, comfort, and experience of these environments.

2.2 Accessibility of Urban Green Spaces

Accessibility of urban green spaces refers to the extent to which residents can conveniently reach, enter, and utilize green areas. Accessibility is not limited to geographical proximity but also includes transportation availability, pedestrian connectivity, safety, physical barriers, and residents' perceptions of convenience and usability. A review of 163 empirical studies found that green-space accessibility and utilization are influenced by personal, sociocultural, environmental, transportation, institutional, and psychological factors, with perceived accessibility playing an important role in determining actual use [2]. Accessible green spaces provide greater opportunities for physical activity, relaxation, social interaction, and psychological restoration, while barriers such as distance, poor infrastructure, and safety concerns may reduce these benefits [3], [5]. Previous research [12] reported that better access to green spaces was associated with improved mental well-being, although

findings varied depending on accessibility measures and psychological outcomes. Recent evidence [14] further emphasized that accessibility should be considered together with environmental quality, as easily reachable spaces may provide limited benefits when they are poorly maintained or uncomfortable. Therefore, this study considers accessibility through indicators including proximity, ease of access, transportation or walking convenience, neighborhood availability, and residents' perceived ability to use urban green spaces.

2.3 Environmental Quality

Environmental quality refers to the condition of the physical environment that influences residents' daily experiences, including air quality, noise levels, cleanliness, vegetation, thermal comfort, landscape attractiveness, safety, maintenance, and overall livability. In urban green spaces, environmental quality is distinct from the amount or distribution of greenery because similar-sized spaces may provide different experiences depending on their condition and usability. A previous systematic review [7] found that approximately 77% of reviewed studies reported positive associations between higher green-space quality and better mental-health outcomes, with factors such as vegetation, pathways, and water features contributing to these effects. Similarly, a recent review [14] highlighted that vegetation diversity, water elements, facilities, and maintenance are important dimensions shaping the

psychological benefits of green spaces. High-quality environments may reduce exposure to urban stressors, enhance comfort and safety perceptions, and encourage greater use of green spaces, while poor conditions may limit their restorative potential [6], [13]. Therefore, this study conceptualizes perceived environmental quality through residents' evaluations of cleanliness, greenery, comfort, pollution, noise, safety, maintenance, and overall environmental conditions surrounding urban green spaces.

2.4 Mental Well-Being

Mental well-being is a multidimensional concept encompassing emotional balance, positive mood, life satisfaction, coping ability, and psychological functioning beyond the absence of mental disorders [12]. Urban stressors, including noise, pollution, congestion, and overcrowding, may negatively affect psychological health, while natural environments provide opportunities for relaxation, physical activity, social interaction, and stress reduction. Systematic reviews indicate positive associations between green-space exposure and mental well-being, although findings vary across populations and measurement approaches [12], [17]. One systematic review [12] identified stronger associations between local green spaces and hedonic well-being, particularly life satisfaction. Accordingly, this study conceptualizes mental well-being through residents' perceived emotional comfort, stress reduction, relaxation,

positive mood, life satisfaction, and overall psychological wellness.

2.5 Theoretical Foundations

Attention Restoration Theory (ART) developed by Kaplan and Kaplan explains that natural environments can restore mental capacity by reducing fatigue caused by continuous demands on directed attention [8], [9]. ART identifies four restorative characteristics: being away, fascination, extent, and compatibility, which allow individuals to experience psychological distance, effortless attention, environmental coherence, and suitability with personal needs. Urban green spaces can provide these restorative experiences, particularly when they are accessible and have supportive environmental conditions. Complementing ART, Stress Reduction Theory (SRT) proposed by Ulrich explains that natural environments can generate rapid emotional and physiological recovery by reducing stress and promoting positive affect [9], [17]. Together, these theories suggest that accessible and high-quality green spaces may improve mental well-being through psychological restoration, stress reduction, physical activity, and social interaction.

The relationship between accessibility, environmental quality, and mental well-being is based on the assumption that residents benefit from green spaces when they can conveniently reach and experience supportive environments. Accessible green spaces increase opportunities for recreation, relaxation, physical

activity, and social interaction, while environmental quality influences comfort, safety, attractiveness, and restorative experiences. Previous evidence [12] found that greater proximity and access to green environments were associated with improved mental well-being, although results varied across measurement approaches. A previous review [7] reported that 77% of reviewed studies identified positive relationships between higher green-space quality and better mental-health outcomes, while another review [14] highlighted the importance of natural elements, accessibility, and maintenance in shaping psychological benefits. Therefore, accessibility and environmental quality should be considered complementary dimensions, as green spaces are more likely to support mental well-being when they are both easily reachable and environmentally supportive.

H1: Accessibility of urban green spaces has a positive and significant relationship with the mental well-being of residents of Tangerang.

H2: Environmental quality has a positive and significant relationship with the mental well-being of residents of Tangerang.

H3: Accessibility of urban green spaces and environmental quality simultaneously have a significant relationship with the mental well-being of residents of Tangerang.

3. METHODS

This study employed a quantitative approach with an explanatory cross-sectional survey design to examine the relationship

between urban green-space accessibility, environmental quality, and mental well-being among residents of Tangerang. The study was conducted in Tangerang, Indonesia, a rapidly developing urban area characterized by residential expansion, commercial activities, transportation growth, and increasing environmental pressures. The population consisted of Tangerang residents familiar with their surrounding environmental conditions and urban green spaces. A total of 75 respondents were selected using a non-probability sampling technique based on their relevance and experience with the research context [3].

Data were collected using a structured questionnaire with a five-point Likert scale ranging from strongly disagree (1) to strongly agree (5). The instrument measured three main constructs: accessibility of urban green spaces, environmental quality, and mental well-being. Accessibility was assessed through proximity, ease of access, transportation or walking convenience, neighborhood availability, and perceived usability of green spaces. Environmental quality was measured through cleanliness, vegetation conditions, air quality, noise, comfort, maintenance, safety, and attractiveness, while mental well-being

included relaxation, emotional comfort, positive mood, stress reduction, psychological refreshment, and overall psychological wellness.

Data analysis was conducted using IBM SPSS Statistics version 25. The analysis involved descriptive statistics, validity and reliability testing, classical assumption tests, correlation analysis, and multiple linear regression. The regression model examined the effects of accessibility of urban green spaces (X_1) and environmental quality (X_2) on mental well-being (Y). Hypothesis testing was performed using t-tests and F-tests with a significance level of 0.05, while the coefficient of determination (R^2 and Adjusted R^2) was used to evaluate the explanatory power of the model.

4. RESULTS AND DISCUSSION

A total of 75 residents of Tangerang participated in this study. All questionnaires included in the analysis were complete and suitable for statistical processing. Respondent characteristics were examined according to gender, age, and length of residence in Tangerang to provide a general description of the sample.

Table 1. Characteristics of Respondents

Characteristic	Category	Frequency	Percentage (%)
Gender	Male	34	45.3
	Female	41	54.7
Age	18–25 years	22	29.3
	26–35 years	27	36.0
	36–45 years	16	21.3
	>45 years	10	13.3
Length of residence	<3 years	12	16.0
	3–5 years	18	24.0
	6–10 years	21	28.0
	>10 years	24	32.0
Total		75	100.0

Table 1 presents the characteristics of the 75 respondents. The sample consisted of more female respondents (54.7%) than male respondents (45.3%). Regarding age, the largest group was respondents aged 26–35 years (36.0%), followed by 18–25 years

(29.3%), 36–45 years (21.3%), and above 45 years (13.3%). Based on length of residence, most respondents had lived in Tangerang for more than 10 years (32.0%), followed by 6–10 years (28.0%), 3–5 years (24.0%), and less than 3 years (16.0%). These characteristics indicate

that most respondents had sufficient experience with the local urban environment and green-space conditions.

4.1 Validity Test

The validity test was conducted using Pearson Product-Moment correlation. With 75

respondents, the critical value of (r) at the 5% significance level was approximately 0.227. Questionnaire items were considered valid when their item-total correlation exceeded this value and the significance level was below 0.05.

Table 2. Validity Test Results

Variable	Items	r_calculated	R table	Sig	Decision
Accessibility of Urban Green Spaces (X1)	5	0.563–0.784	0.227	<0.001	Valid
Environmental Quality (X2)	7	0.521–0.812	0.227	<0.001	Valid
Mental Well-Being (Y)	7	0.548–0.826	0.227	<0.001	Valid

Table 2 presents the validity test results for all research variables. The results show that all questionnaire items were valid, as indicated by the calculated correlation coefficients exceeding the r -table value of 0.227 and significance values below 0.001. The accessibility of urban green spaces variable (X1), consisting of 5 items, had correlation values ranging from 0.563 to 0.784. The environmental quality variable (X2), consisting of 7 items, showed correlation values between 0.521 and 0.812, while the

mental well-being variable (Y), with 7 items, had correlation values ranging from 0.548 to 0.826. These findings confirm that all measurement items adequately represent their respective constructs and are suitable for further analysis.

4.2 Reliability Test

Internal consistency was assessed using Cronbach's Alpha. A construct was regarded as reliable when the Cronbach's Alpha coefficient was at least 0.70 [18].

Table 3. Reliability Test Results

Variable	Cronbach's Alpha	Threshold	Decision
Accessibility of Urban Green Spaces (X1)	0.823	0.70	Reliable
Environmental Quality (X2)	0.861	0.70	Reliable
Mental Well-Being (Y)	0.874	0.70	Reliable

Table 3 presents the reliability test results for each research variable. The findings indicate that all variables have Cronbach's Alpha values exceeding the threshold value of 0.70, demonstrating acceptable internal consistency. The accessibility of urban green spaces variable (X1) obtained a Cronbach's Alpha value of 0.823, environmental quality (X2) achieved 0.861, and mental well-being (Y) recorded the highest value of 0.874. Therefore, all

constructs are considered reliable and suitable for subsequent statistical analysis.

4.3 Descriptive Statistical Analysis

Descriptive statistics were used to determine the general tendency of respondents' perceptions of the research variables. Since all constructs were measured using a five-point Likert scale, higher mean values indicated more favorable assessments.

Table 4. Descriptive Statistics of Research Variables

Variable	N	Minimum	Maximum	Mean	Std. Deviation
Accessibility of Urban Green Spaces (X1)	75	2.40	5.00	3.74	0.58
Environmental Quality (X2)	75	2.14	4.86	3.69	0.61
Mental Well-Being (Y)	75	2.57	5.00	3.93	0.55

Table 4 presents the descriptive statistics of the research variables based on 75 respondents. The results show that accessibility of urban green spaces (X1) had a mean value of 3.74 with a standard deviation of 0.58, while environmental quality (X2) obtained a mean value of 3.69 with a standard deviation of 0.61. Meanwhile, mental well-being (Y) recorded the highest mean value of 3.93 with a standard deviation of 0.55. The minimum and maximum values indicate variations in respondents' perceptions across all variables, with overall mean scores suggesting relatively positive perceptions of green-space accessibility, environmental quality, and mental well-being among residents of Tangerang.

4.4 Classical Assumption Tests

Before multiple linear regression was performed, the assumptions of normality,

multicollinearity, and homoscedasticity were evaluated.

4.4.1 Normality Test

The normality test was conducted using the Kolmogorov-Smirnov test on standardized regression residuals. The result showed a test statistic of 0.081 with a significance value of 0.200, which exceeded the threshold of 0.05. Therefore, the residuals were normally distributed, indicating that there was no significant deviation from normality and that the regression model satisfied the normality assumption.

4.4.2 Multicollinearity Test

Multicollinearity was assessed using Tolerance and Variance Inflation Factor values

Table 5. Multicollinearity Test

Independent Variable	Tolerance	VIF	Decision
Accessibility of Urban Green Spaces (X1)	0.815	1.227	No multicollinearity
Environmental Quality (X2)	0.815	1.227	No multicollinearity

The multicollinearity test results are presented in Table 5. The findings show that both independent variables, accessibility of urban green spaces (X1) and environmental quality (X2), obtained the same tolerance value of 0.815 and VIF value of 1.227. Since the tolerance values are above 0.10 and the VIF values are below 10, the regression model does not indicate any multicollinearity

problems. Therefore, both independent variables are considered suitable for inclusion in the multiple regression analysis.

4.4.3 Heteroscedasticity Test

The Glejser test was used to assess whether the regression residual variance differed systematically according to the independent variables.

Table 6. Glejser Heteroscedasticity Test

Variable	Sig.	Criterion	Decision
Accessibility of Urban Green Spaces (X1)	0.418	>0.05	No heteroscedasticity
Environmental Quality (X2)	0.276	>0.05	No heteroscedasticity

The Glejser heteroscedasticity test results are presented in Table 6. The findings indicate that accessibility of urban green spaces (X1) obtained a significance value of 0.418, while environmental quality (X2) obtained a significance value of 0.276. Both significance values are greater than 0.05, indicating that the regression model does not exhibit heteroscedasticity problems.

Therefore, the residual variance is considered constant, and the regression model satisfies the assumption of homoscedasticity.

4.5 Multiple Linear Regression Analysis

Multiple linear regression was conducted to determine the relationships between accessibility of urban green spaces

and environmental quality with mental well-being when both variables were included simultaneously.

4.5.1 Model Summary

Table 7. Regression Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	0.713	0.509	0.495	0.391

The regression model produced a multiple correlation coefficient of $R = 0.713$, indicating a strong combined relationship between accessibility of urban green spaces, environmental quality, and mental well-being. The coefficient of determination (R^2) was 0.509, meaning that 50.9% of the variation in mental well-being was explained by the two independent variables, while the remaining 49.1% was influenced by other factors outside the model. After adjustment

for sample size and predictors, the Adjusted R^2 value was 0.495, indicating that the model maintained a relatively stable explanatory capacity.

4.6 Simultaneous Significance Test

The ANOVA F-test was used to determine whether the independent variables jointly explained a statistically significant proportion of variation in mental well-being.

Table 8. ANOVA Test

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	11.394	2	5.697	37.32	<0.001
Residual	10.991	72	0.153		
Total	22.385	74			

The simultaneous regression test showed that the model produced an F-value of 37.32 with a significance level below 0.001. Since the significance value was less than 0.05, accessibility of urban green spaces and environmental quality jointly had a statistically significant relationship with residents' mental well-being. Therefore, H3

was supported, indicating that both independent variables collectively contribute to explaining variations in mental well-being.

4.7 Partial Regression Test

The partial effects of the independent variables were evaluated using the t-test.

Table 9. Multiple Linear Regression Coefficients

Variable	B	Std. Error	Standardized Beta	t	Sig.
Constant	1.061	0.364	—	2.915	0.005
Accessibility of Urban Green Spaces (X_1)	0.331	0.084	0.349	3.940	<0.001
Environmental Quality (X_2)	0.442	0.073	0.490	6.055	<0.001

The multiple linear regression analysis produced the equation $Y = 1.061 + 0.331X_1 + 0.442X_2$, where mental well-being (Y) is predicted by accessibility of urban green spaces (X_1) and environmental quality (X_2). The coefficient of accessibility was positive (0.331), with a t-value of 3.940 and significance level below 0.001, indicating a significant positive relationship; therefore, H1 was supported. Environmental quality also showed a positive coefficient (0.442), with a t-

value of 6.055 and significance level below 0.001, confirming a significant positive relationship and supporting H2. Based on the standardized Beta coefficients, environmental quality ($\beta = 0.490$) demonstrated a stronger association with mental well-being compared with accessibility of urban green spaces ($\beta = 0.349$), indicating that environmental conditions had a relatively greater contribution within the regression model.

Discussion

The findings indicate that accessibility of urban green spaces plays an important role in supporting residents' mental well-being. Residents who perceive green spaces as easier to reach tend to experience greater psychological benefits because accessibility determines whether environmental resources can be practically integrated into daily activities. The presence of parks or vegetated areas alone does not guarantee positive outcomes if residents face barriers such as distance, limited transportation, inadequate pedestrian infrastructure, poor connectivity, or safety concerns. Therefore, accessibility represents an important condition that enables individuals to obtain restorative experiences from urban natural environments [4], [5].

This relationship can be explained through Attention Restoration Theory (ART), which suggests that natural environments help restore cognitive resources affected by continuous demands and urban pressures. Accessible green spaces provide opportunities for residents to temporarily separate themselves from daily stressors, including work demands, traffic conditions, and excessive digital stimulation. In addition, Stress Reduction Theory (SRT) explains that interaction with natural environments may support emotional recovery by providing calming visual experiences, vegetation, open spaces, and more comfortable surroundings. Beyond these psychological mechanisms, accessible green spaces may also encourage physical activity, recreation, and social interaction, which further contribute to positive psychological conditions [19], [20].

Environmental quality demonstrated an important role in shaping mental well-being because residents respond not only to the availability of green spaces but also to the conditions experienced within those environments. Characteristics such as cleanliness, vegetation, safety, comfort, maintenance, low disturbance, and visual attractiveness influence whether green spaces are perceived as pleasant and restorative places. A nearby green area may provide limited psychological benefits when it is

poorly maintained, polluted, noisy, or unsafe, whereas a comfortable and attractive environment can encourage longer visits, relaxation, outdoor activities, and social engagement. This finding supports the perspectives of ART and SRT, which emphasize that the restorative capacity of natural environments depends on the quality of experiences provided by those settings [6], [14].

The combined influence of accessibility and environmental quality highlights that effective urban green infrastructure requires more than increasing the quantity of green areas. Accessibility determines whether residents can reach and use green spaces, while environmental quality determines the value and experience obtained after interaction with those spaces. Therefore, urban planning strategies should integrate spatial availability, connectivity, safety, maintenance, vegetation management, and environmental comfort. For Tangerang, improving neighborhood green spaces through better access routes, regular maintenance, waste management, noise reduction, and attractive public-space design may strengthen their contribution to residents' psychological well-being [15], [16]. Nevertheless, mental well-being is influenced by various personal and social conditions beyond the physical environment, including socioeconomic factors, health conditions, social support, lifestyle, and individual coping capacity, which may be explored in future research.

Theoretical Implications

The findings provide empirical support for theoretical perspectives linking natural environments with psychological restoration and stress reduction. The relationship between accessibility and mental well-being aligns with Attention Restoration Theory, as easier access to green spaces increases opportunities for residents to experience cognitive recovery from daily urban demands. Meanwhile, the strong role of environmental quality supports Stress Reduction Theory, indicating that positive environmental characteristics can promote

emotional recovery and reduce psychological stress. These results suggest that the benefits of urban green spaces depend not only on the availability of vegetation but also on residents' ability to access and experience supportive environmental conditions. Therefore, accessibility and environmental quality should be understood as distinct but complementary dimensions in explaining how urban green spaces contribute to psychological well-being [8], [19].

Practical Implications

The findings provide several practical implications for urban planning and environmental management in Tangerang. Urban planners should prioritize equitable access to green spaces by improving their distribution near residential areas, pedestrian connectivity, safe walking routes, and transportation accessibility. In addition, maintaining environmental quality through vegetation management, cleanliness, safety measures, noise control, lighting, comfortable facilities, and effective waste management is essential to maximize the benefits of green spaces. Urban green infrastructure should be considered as part of public-health strategies because accessible and high-quality natural environments can support residents' psychological well-being beyond recreational and aesthetic functions. Furthermore, neighborhood-scale green spaces can provide frequent opportunities for daily interaction with nature. Planning decisions should also consider residents' perceptions, as factors such as perceived accessibility, safety, comfort, and cleanliness influence whether green spaces are actually used and experienced as beneficial [2], [10].

5. CONCLUSION

This study concludes that accessibility of urban green spaces and environmental quality are important environmental factors associated with mental well-being among residents of Tangerang. Residents who perceive green spaces as easier to access and experience better environmental conditions tend to report more positive psychological conditions. Environmental quality, including cleanliness, vegetation, safety, comfort, and maintenance, demonstrates an important role in shaping residents' experiences of urban green spaces. The findings support the view that accessible and high-quality green environments can contribute to psychological restoration, stress reduction, physical activity, and social interaction. From a practical perspective, urban green-space development should not only focus on increasing green-space availability but also emphasize accessibility, connectivity, safety, maintenance, and environmental comfort to maximize public-health benefits. However, the findings should be interpreted considering the limitations of the study, including the sample size, cross-sectional design, and reliance on self-reported perceptions. Future research is encouraged to involve larger samples, objective environmental measurements, and additional factors such as green-space utilization, social cohesion, physical activity, and socioeconomic conditions to provide a more comprehensive understanding of the relationship between urban environments and mental well-being.

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