

Relieve Fatigue by Socializing in Sidoarjo City Park

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Abstract

City parks are one of the green open public spaces. The development of city parks gives meaning to the community because city people who are busy working very rarely interact. The existence of a city park as a public space provides movement for the community to be able to interact with other individuals. In Sidoarjo, there is a City Park called Abhirama Park. The Park is strategically located with easy access. This research aims to analyze the development of city parks as a space for interaction in the Sidoarjo community. The research results are regarding the situation of the Sidoarjo city park, as for the views of the people of Sidoarjo regarding the existence of parks and the various functions of city parks. The method used is qualitative, with data collection through interviews, observation, and documentation. This study uses the theory of Herbert Mead regarding symbolic interaction.

Keywords: air pollution control; comfort zone; functional theory; interaction space; ornamental plant

INTRODUCTION

Socializing in a city park can be a powerful way to relieve stress (Volenc et al., 2021; Xie et al., 2020). Gardens offer a natural environment with fresh air and greenery, which can have a calming effect on the mind and body (Mohamad & Hussein, 2021). Socializing with friends or meeting new people can also provide social support and connection, improving mood and energy levels (Kita et al., 2020). For this purpose, cities also have oases that city residents can use, even tourists from outside and abroad (Badar & Bahadure, 2020; Ibrahim et al., 2021).

Many urban parks worldwide are renowned for their beauty, history, and cultural significance. An example is Central Park, New York City, USA – Central Park is one of the most famous city parks in the world. It is located in the heart of Manhattan and covers 843 acres. The park contains many trails, lakes, parks, and notable landmarks such as the Central Park Zoo and the Bethesda Fountain (Poongodi et al., 2022). In England, there is Hyde Park, London. Hyde Park is one of London's largest parks and covers 350 acres. It features landmarks such as Serpentine Lake, Diana Memorial Fountain, and Speakers' Corner. The park is also home to several museums and galleries (Bridge, 2019). In France there is the Bois de Boulogne, on the west bank of Paris. It covers over 2,000 acres and has many lakes, parks and trails. The park also has several cultural attractions such as the Louis Vuitton Foundation and the Jardin d'Acclimatation (Gravari-Barbas, 2020). In Canada there is Stanley Park, Vancouver. It covers over 1,000 acres and has several walking and cycling trails and landmarks like the Vancouver Aquarium and Lions Gate Bridge (He et al., 2022). In Japan, Yoyogi Park, Tokyo, covers 134 hectares. It is famous for its cherry blossoms and popular for picnics and outdoor events. The park has several landmarks, such as the Meiji Shrine and the Yoyogi National Gymnasium (Irie, 2022). These are just a few examples of the many famous urban parks worldwide. Each park has a unique history and cultural significance, making it a must-see destination for tourists and locals alike. What is clear is that city parks are a particular need for the community. The development of facilities and infrastructure is currently a benchmark for progress in rural or urban areas. In urban areas, space has its charm

for the community. The beauty and aesthetic value can spoil the eye amid the commotion of the sound of people's vehicles. Therefore, the development of a city is not far from the community's needs regarding the existence of public spaces (Latham & Layton, 2019). Public space is a community activity related to the economy, society, and culture (Anggriani, 2010). Public space is divided into two, namely, green open space and non-green open space. Green open space in urban areas is a part of open spaces with green plants (Pratomo, 2017). It is intended that the space can provide oxygen to urban communities. This is because the air in urban areas is often polluted by vehicles and factories. The types of public spaces such as public parks, markets, fields, and so on.

There are several public parks, namely, national parks, city center parks, environmental parks, and mini-parks (Anggriani, 2010). For downtown parks, namely, a park located in the downtown area. Large trees surround the garden as shade, and ornamental plants usually have a traditional pattern or new development. Parks are used for community activities such as sports, playing, hanging out, and so on (Sjamsu & Dharma, 2019). A park in the central area has an impact on the surrounding community. The community feels that parks change aspects of life in urban areas. City Park, as a public space, provides satisfaction for the community. According to Stephen Carr 1992, comfortable public spaces provide comfort, active interest, passive interest, relaxation, and a meeting for the community (Dwiputra & Ardiani, 2017).

The existence of city parks has a significant role. Law No. 26 of 2007 explains that the proportion of green open space in urban areas must be at least 30%, while public green open space is at least 20% of the area of the city (Rini & Afriyani, 2018). The Park in the city center is one of the public spaces regulated and managed by the central government. For this reason, the community must obey several rules for visitors in and outside the city. Therefore, it is not uncommon for the city government to issue fines to people who destroy facilities in City Parks. The city government builds city parks for the community, observing that the community maintains cleanliness and beauty.

A planned concept is needed to support the quality of a good garden environment. City Park's role can provide the community with health, welfare, and education. In planning a city park, essential components are needed. This is intended so that City Parks can be properly and adequately used by the community. This is because City Parks are public facilities that should be able to provide as many benefits as possible to the community. The objects needed in the garden are benches, sinks, swings, and so on. These objects are needed to support the infrastructure in the Park. If not, then people will feel something is missing and are reluctant to visit. Therefore, there is a concept of park planning as a green open space with main and additional functions. The primary function, namely the role of City Parks related to ecology. Additional functions, namely, the role of City Parks as an architectural role, economic role, and social role (Liem & Lake, 2018).

City Park development is a part that needs to be considered by the city government. This is because development is a sign of trust in the government in advancing its territory. Therefore, the government will plan urban before building a public space. Urban planning is considered a part of the urban planning process that deals with the physical quality of the environment. This physical quality is seen by looking at land, shape, circulation, roads, and so on (Kustianingrum et al., 2013). The goal is to make City Park easy to reach and use by children, youth, adults, and older people. In improving City Parks' quality, the government usually imposes strict hygiene rules on the community because many people still have bad habits regarding environmental cleanliness.

Usually, City Parks are built on vacant land or former land that has been converted. Lots of unkempt land is transformed into a beautiful garden. The habit of urban people who do not own land is to use vacant land to dispose of garbage. This is what makes the city government always plan rearrangement. When it is transformed into a Park, it is not uncommon for people to flock to the City Park for every activity. The existence of City Parks is a form for interaction between communities. City Parks can be used for various activities and social interactions in public spaces (Gani, 2017). It is often found that individuals will not come alone to the City Park but invite friends, family, etc. This shows the meaning of the City Park as a manifestation of interaction.

In Sidoarjo City, a City Park is located in the city center. The existence of the Park has its charm. It symbolizes a life that is in the city. There are two City Parks, namely Tanjung Puri Park and Abhirama Park. Tanjung Puri Park is located on the edge of the City boundary, while Abhirama Park is in the middle of the City center. Abhirama Park, is one of the parks that is still relatively new. This park is located on Jalan Ponti, Buduran District, Sidoarjo Regency. This Park was built on vacant land that was not taken care of before. The community usually uses the land to dispose of garbage. But now it has been transformed into a City Park with beauty everywhere.

Therefore, the research problem formulation is "Development of a city park as an interaction space for Sidoarjo?" The researcher aims to analyze the development of the City Park as an interaction space for the people of Sidoarjo. A study by Etiningsih, under the title "The Function of City Parks as Public Spaces (Studies in Merdeka Parks in Metro City)" (Etiningsih, 2016) emphasizes function indicators and independent parks using qualitative

methods. As a result, Merdeka Park has various functions, including economic functions, functions as a vehicle for interaction, etc. The second research, "Community Preferences in Choosing the Characteristics of City Parks Based on Activity Motivation" emphasizes indicators of characteristics, activities, and city parks (Dwiputra & Ardiani, 2017). This research uses an explorative qualitative method. As a result, city parks that have natural characteristics are more in demand by the community, especially for social interaction activities. The third research is "Pattern of Public Open Space as a Tourism and Educational Park at Gajah Tunggal Park (Case Study: Gajah Tunggal Park, Tangerang City)" by Luqyana Sa'adah Syukur (Syukur, 2020). The indicators for this research are parks, public open spaces, behavioral mapping, education, and tourism. The result is that many people use city parks as tourist and educational places with quality values. The renewal in this study is the difference in City Parks for the community, which emphasizes city park indicators, interaction spaces, and functions.

This description can be studied using Herbert Mead's theory of symbolic interaction. In symbolic interaction, an individual acts called the most primitive flow. According to Mead, social activity that occurs in society involves more than one individual. Therefore, humans tend to learn a symbol and the meaning that exists in social interaction. On the other hand, significant symbols are types of gestures humans produce. This gesture aims to convey messages to individuals. The function of this gesture is to provide an implied adjustment of social action toward each other (Ritzer, 2014).

If it is related to these problems, it can be seen that the construction of City Parks provides space for the community to interact. City people who tend to have no time make them rarely interact extensively. Therefore, the City Park provides its meaning and symbol for the people of Sidoarjo. The meaning of the community is as a place that provides its functions amid people's lives. Meanwhile, the symbol is the interaction in the Park. A place is a place for individuals to meet and interact with each other. In addition, when people are interacting, a gesture occurs. This gesture is in the form of a movement or speech to convey messages to each other. When in the City Park, people tend to make gestures as a condition for carrying out an interaction.

METHOD

This research uses qualitative methods. The reason is that researchers want to explore societal problems and conditions. In addition, qualitative methods do not use numerical measurements, so researchers go directly to the field. Through qualitative methods, researchers obtain data from the subjects studied. This study uses a phenomenological perspective. Phenomenology is an approach that starts from the mindset of subjectivism. Thus researchers do not only look at the problem from outside symptoms but from within. The principle of phenomenology is that researchers view subjects as individuals who have problems and must be critical, researchers must act through rational thinking, and researchers must place an understanding of the subject through internal and external influences within the subject (Wirawan, 2012).

The location of this research is Abhirama Park, Sidoarjo City. Researchers used this location because the Park is a park in the city center. Apart from that, the Park has become a park with adequate facilities and infrastructure. The time for data collection was carried out on March 7, 2021, because many people visited the Park on Sundays. The research process was carried out for 1-2 months, from preparing to completing this article. The subject is the person who must be studied, and the reason for data collection. The subjects of this study were the people of Sidoarjo aged 15-55 years who visited the Park. The subject is a native of Sidoarjo. Researchers must take the subject based on predetermined criteria.

The data collection technique used comes from primary and secondary data sources. Primary data sources, namely, the leading data obtained directly, include interviews, observations, and documentation. Meanwhile, secondary data sources are resources obtained indirectly through other media such as journals, theses, and so on (Sugiyono, 2018). The interviews were conducted using a combination technique, meaning that the researcher used a combination of structured and unstructured guidelines so that they contained an outline. The observation used by the researcher is non-participant observation, meaning that the researcher only looks at the subject without being directly involved. Then documentation, namely, data collection through various media. This study uses de-documentation in the form of recordings and photos when conducting interviews. The goal is to make it easier for researchers to manage data.

The data analysis technique in this study begins with collecting the data that has been obtained. Data comes from interviews, observations, and documentation which researchers have made field notes or interview transcripts. Then, the researcher will perform data reduction to filter the data and make abstractions. Abstraction takes the essence of the informant's sentence but does not come out with the informant's discussion. After that, the researcher conducted a data presentation, namely, writing reduced data. Furthermore, the data is translated and

forms a narrative so that verification (conclusion) can be drawn. When the researcher is verifying, an attitude of caution is needed because it will be accounted for later. The field note must be seen if the researcher still has doubts. Thus, the data obtained becomes a systematic and structured scientific study (Rahman, 2020).

RESULTS AND DISCUSSION

Sidoarjo City Park

Sidoarjo City Park named Abhirama Park, is located on Jl. Ponti, Buduran District, Sidoarjo Regency. This Park has easy access to the community. Its location close to public transportation and next to the main road always makes this Park crowded with visitors. On the other hand, this Park is still relatively new, which was inaugurated in 2015, so the Park is very clean and well-maintained. Abhirama Park is a public space for the people of Sidoarjo. The research results show that the Park facilities include several pavilions, fountains, games for small children, sports facilities, prayer rooms, bathrooms, etc. These facilities are complete and still well-maintained. Urban parks as public open spaces must receive more special attention (Noor et al., 2018). This is because parks have a role in fulfilling community needs, such as social interaction.

Image 1. Sidoarjo Abhiarama Park in the afternoon



Source: Personal Documentation, 2022.

Visitors will be crowded, arriving in the afternoon. This is because many people or small children are doing activities such as school or work in the morning. Therefore in the afternoon, the atmosphere of the Park is more crowded. This Park does not operate for 24 hours, but this Park operates from 05.00-21.00 Western Indonesian Time (WIT). This Park is free of charge and only enough to pay for parking IDR 2,000. Park visitors can be very crowded on Sundays, especially in the morning. The reason is that people are on vacation, and there is a Sunday market. This market is usually located along the park access road, so the road is closed from 06.00-09.00 WIT. The Sunday market around the Park sells food, clothes, household needs, etc. Sellers can only sell on Sunday mornings. This is why so many people visit the Park, apart from recreation.

Essential parts must be owned in a garden, including plants, roads, trash cans, parking areas, seats, prayer rooms, and bathrooms. At Abhirama City Park there are plants in the form of trees, ornamental plants, and grass. The trees in the Park are giant; even on every accessibility road, the big trees meet each other so that the sun's

rays enter through the gaps in the trees. The roads in the Park are clean and have lots of access. In the Park, trash cans are provided, so people do not throw garbage carelessly. This aims to maintain cleanliness and comfort for visitors. However, sellers at the Sunday market are not allowed to sell inside the Park. Because, later, it can disturb the comfort of people who visit the Park. Sellers can only sell along the road and in front of the park parking lot. Cleanliness is also a requirement for sellers when selling. This is so that the condition around the Park is also clean and the road can be used immediately when reopened. Sellers, buyers, and visitors to the Park need to implement cleanliness appeals. Most people want all adequate facilities and infrastructure. It aims to make people comfortable and feel at home visiting public spaces (Pradipta et al., 2018).

Community Perspectives on the Existence of Parks

A green open space park provides movement for the community amidst the density of various activities. As the results of the study illustrate that the people of Sidoarjo are happy with the existence of the park development. Previously, the lack of green open public spaces made people choose to leave the city. However, now people can enjoy public spaces close to where they live. Based on this, the public's view of the existence of the Park gives a distinct impression. Many people believe that the government has carried out proper and valuable development. This is because Sidoarjo, an industrial city, lacks green land. Many factories, malls, and so on make the city look very crowded. A park changes all conditions of life besides beautifying; the community also feels various functions. A green open public space provides a sacred value, giving its meaning to the surrounding community (Miller, 2016).

Most people think City Parks' existence is essential for urban areas' survival. The high pressure of living in the city makes it difficult for people to take time for themselves. Urban communities must work long hours, so they lack interaction and spend time daily (Lopez et al., 2021). As human beings, people need space to move, to be active, and to see the sights around them. Therefore they are very enthusiastic about the presence of the City Park as a public space. This enthusiasm is usually evidenced by the presence of the people who fill the Park every holiday. Even though it is complete, people will continue to come and feel comfortable. The people's boredom from being spoiled by the City Park shows that humans need a break, even if it is not long. Because of that, City Park must constantly improve comfort and cleanliness every day.

Within the City Park, the community can interact broadly and deeply. The City Park, a public space, is considered a unique meeting place. Therefore, the development of City Parks gives meaning to the community at large. If the quality of the City Park is good, many people will visit the Park. According to Carr 1922, a city park, a public space in an urban area, must be of good quality. These qualities include namely, aspects of needs, aspects of rights, and aspects of meaning. The aspect of needs is an aspect that must be utilized for various activities and the interests of the community at large. The aspect of rights, namely that public space can be used by all levels of society, regardless of background, economy, society, culture, or disability. The aspect of meaning, namely the City Park as a public space, has a broad relationship with humans in a social context (Pratomo, 2017).

The existence of City Park provides its view. Because, in the Park, there is interaction with the community. These interactions arise either by accident or intentionally by the individual—accidental individuals who meet by interacting with others without knowing each other. Meanwhile, if it is intentional, the individual has planned the interaction with others. It is like when individuals have plans to meet at the Park. For most of the people of Sidoarjo, the City Park provides a space for them to interact with other communities. Usually, they invite children to play to get acquainted with other individuals. The tendency of children to play in the playground in one place and together causes them to interact with each other. It is not uncommon for them to get to know each other. But when entering the time before going home, there is a farewell, sometimes they have forgotten. From this, it can be seen that children can show their self-confidence. The process of interaction and communication in the Park forms a relationship between residents. City parks are essential because they maintain ecological integrity in urban life (Alberti, 2010).

For teenagers, parks provide space for them to express themselves. Teenagers who prefer socializing with friends need a place to make it happen. Having a park provides youth with a place where they can meet. High curiosity makes teenagers meet in one public space and several places. Usually, parks are considered more comfortable than city squares. In the Park, teenagers can gather with the community, friends, or the like to carry out their activities as teenagers who use the Park to work in groups.

For adults, a garden provides significant changes to their lives. With the existence of the Park, adults can carry out activities such as walking, sports, and so on. Sidoarjo City Park, which has facilities for exercising, provides a place for parents to enjoy these facilities. Even parents can take care of their children to play around the garden. The Park has various facilities and infrastructure for children's games. This allows parents to keep an eye on their

children while enjoying their activities. Through these parks, parents feel that parks have a very positive impact on children's development. Children can socialize with other individuals they do not even know. As a result, children will be sensitive to the surrounding environment. A garden is a children's playroom that impacts better growth and development (Lin et al., 2013).

The function of the city park for the people of Sidoarjo

Parks have many functions for society. City parks have various functions, be they economic, hydrological, ecological, and the like (Gobang, 2019). The functions of City Parks as public spaces are recreational functions, social functions, economic functions, aesthetic functions, biological functions, and physical functions.

Recreational function

Sidoarjo is a city that has a high population density. Many people work in industry, resulting in a very busy pattern of life for the people of Sidoarjo. This resulted in people rarely socializing or interacting with neighbors every day. High economic demands make people work timelessly. No wonder when the holidays have arrived, people will scatter around the corner of the city to pamper themselves. The community will visit even if only in a close place. Usually, people will come to public spaces such as malls, cafes, squares, city parks, etc.

The recreational function is that people can use City Parks to calm their minds, relax, play, etc. The atmosphere calms the mind, that is, if the mind and body are in a healthy, calm, and happy condition. The community can enjoy a beautiful and fresh environment by looking at or taking a walk in the Park. Calm conditions and a relaxed atmosphere can be formed through natural elements, such as trees, plants, or water, in the surrounding environment (Fitriandini, 2014).

Social Function

The social function of the Park is also used as a place to socialize with other individuals. It is not surprising that many communities or groups often use City Parks as a place to socialize. The existence of city parks provides space for people to socialize. Urban communities that have little time socialize with other individuals are easily tired, stressed, and so on. Through city parks, people can socialize with other individuals, both known and unknown. City Park, as a public space, becomes a forum for interaction among residents. This is because city parks provide space for people to get to know and meet one another. The City Park is formed and arranged carefully; the aim is to make the community comfortable. As a result, people can socialize with each other for a long time (Widiastuti, 2013).

The findings illustrate that with the existence of a park, the community knows each other. Usually, when parents wait for their children to play, they have conversations with other parents. The tendency of the conversation is about the development of their children, although only briefly, these parents also feel happy. In addition, young people also take advantage of this public space. Many young people in Sidoarjo use it as a place to gather. The habit of young people in Sidoarjo tends to prefer hanging out with their friends rather than staying at home. Having a park makes it easier for young people to find a place to socialize. In addition, the ancient and current generations were very different. Advances in technology make young people more consumptive. Suppose you see that most young people follow technological developments like smartphones. Social media is inside smartphones, which tend to be played by young people.

Economic Function

The construction of the Park has had an impact on the economy of some communities. Many vendors are selling around the Park to form a Sunday market. The only thing these vendors sell along Ponti Street is admission to the Park. These vendors are typically permitted just on Sunday mornings. The reason is that the road is an access road, so it is not allowed to sell indiscriminately. The results show sellers selling in the area on Sundays are very busy. Because, so many visitors and visitors usually walk. This allows visitors to view goods in detail and comfortably. In addition, the construction of the Park makes the surrounding area impact investment value, such as the higher selling price of land (Azahra & Kartikawati, 2021).

Aesthetic Function

This function shows that the presence of City Parks provides a beautiful view for the community. The City Park, equipped with facilities and infrastructure, provides visitors comfort in taking advantage of its various facilities. The sophistication of technology, especially gadgets equipped with camera features. It is no wonder that when City Park looks beautiful, many teenagers usually use it as a place to take pictures. In addition, a garden allows people to spoil their eyes by seeing green and colorful plants. This shows the aesthetic value of the corner of City Park.

Green open public spaces provide a view that gives the impression of beauty and freshness (Quercia et al., 2014). Therefore, city parks make the urban atmosphere greener and less arid.

Educational function

Parks also have another function, namely as education. Communities can learn both interactions, conditions, and others in the Park. The garden has various kinds of plants and trees that can teach children to know the environment around them. In addition, students can use this garden to do their assignments such as group study, making learning videos, or the like. This function shows that the City Park has the function of providing cool and beautiful air. This is because City Park has many large tree plants. In addition, the tendency of young people to prefer studying in the open such as city parks. Unsurprisingly, many young people have discussions, studies, and the like (Nugroho et al., 2017).

CONCLUSION

The city park is one of the green open spaces that is very beneficial for the community. Planning city parks must be carefully planned because they symbolize life in urban areas. City parks provide space for people to interact with each other. This is because urban people are busy with work, so they rarely interact with other individuals. Sidoarjo city has city parks, one of which is Abhirama Park. Abhirama City Park provides a separate space for the people of Sidoarjo to carry out various activities. In addition, the situation in this Park is very crowded, especially on Sunday mornings. The creation of city parks provides a focal point for the community. Many people visit city parks, including parents, young people, children, and older people. Most people believe that urban parks are necessary for survival. The functions of city parks include social, economic, recreational, educational, and aesthetic services.

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