

Activity Responses on Favorite Places for Young Adults

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ABSTRACT

Architects and urban planners use place theory to plan and design space. Multiple interpretations of place theory result in impractical design concepts. This problem can be solved by studying people's behavior as a user of space. Collective activity helps planners design spaces suited best for the user. This study aims to find out activity response on a favorite place to find a pattern regarding activity in a particular place. Quantitative methods are used to fulfill the purpose of the study. Data will be collected by online questionnaire. Young adult respondent was chosen because it represents the majority of people using a variety of places. The relationship between activity and a specific type of place can be seen as feedback for future architectural design or as foresight for regional planning based on activity. The result shows that many activities in the favorite place can be categorized into low tension and high tension. Low tension activities represent several activities that seem to be done for restorative purposes. Meanwhile, high tension activities represent several activities that incorporate mind and body actively. Low tension activity correlates more with a favorite place than high tension activity.

Keywords: activity response, favorite place, high tension activity, low tension activity

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1. Introduction

Place theory has been used by architects, urban planners, geographers, even educators [16][10]. The relationship between humans and space is very complicated, and there are various ways to analyze it. Planners such as architects and urban planners must consider existing physical conditions and the user's behavior and preferences.

Environmental behavior is a study about the relationship between humans and space. There are three main factors in this study: physical setting, human, and values [1][16]. Space is stimuli, and humans respond to the stimuli in the form of behavior, affective, and cognitive [2][7][16][17][18]. Human response toward physical settings can be differentiated into 3 categories: affective response, cognitive response, and conative response or activity response [2][3][16]. Affective and cognitive

responses are unobservable, while activity responses are observable. Therefore, it is easier to study activities in a particular place rather than studying other responses.

Environmental behavior study usually quite particular. These kinds of researches used one or multiple locations as the object of the study [2][3][4]. Meanwhile, activity responses correlated to a place are different compared to another place. This paradigm created a gap between the result of research and practical design. This limitation should be solved so planners can create an effective design for every space function. Connecting activity responses with place preference is a solution to this problem.

Place preference can be explained as a favorite place. A favorite place is a place with a high preference value [4]. Something makes a place

unique, whether it is memory, experience, meaning, etc. Attachment to a place may result in a favorite place [5]. Favorite place for everybody can be different. It provides a strong background for breaking through the boundary of a specific place in the field of environment behavior research.

The main objective of this study is to find activity responses on favorite places. It is possible to see the connection between space attributes and activity responses through place preference.

Favorite place research is usually associated with the reasons for its selection, including its relationship to human emotions or experiences that occur [5][6][7]. This factor can be applied to all kinds of environmental behavior studies, not limited to favorite places. The type of favorite places is varied according to the results of previous research. These varieties can be grouped according to the function or physical character attached to the place. The result of grouping based on the physical character is the natural environment, residential, open space, etc. [4][5][6][7][8]. Meanwhile, grouping based on the function of a place generates mall, hobby room, private place, etc [4][7]. The categorization is expected to apply also in this study. Research on favorite places will be very helpful in developing design guidelines based on user preferences.

1.1. Place Preference Background

Literature studies show that the reasons for choosing favorite places are very diverse [4][7]. Not all of these reasons have a direct impact on design. Another research tried to connect the favorite place with restorative quality. Restorative is an experience or attempts to neutralize negative moods or regulate emotions [5][6].

Activity is the only reason that can be observed directly. Newell's [4] study does not

categorize activities specifically as a reason for choosing a favorite place. He equates place-centered reason with cognitive response, self-centered reason with the affective response. The response equalization is based on a stimulus-response system commonly applied to behavioral architecture [2][3][9].

Meanwhile, other research grouped activities in a separate category as the reason for choosing a favorite place [7]. Certain favorite places are preferred because they can accommodate certain activities. The mall is preferred because visitors can shop, eat etc. While the suburban open spaces are preferred for camp activity, etc. The activities responses that appeared were highly varied, and they needed to be simplified by another categorization. After categorization analysis, an analysis of the relationship between activity with specific place can be carried out.

Sari [7] classifies activities in favorite places into two categories: low tension and high tension activities. Activities that require the active participation of mind and body are grouped in high-tension. Meanwhile, activities that require minimal effort are categorized into low-tension activities.

1.2. Age Factors in Place Preference

Age factors have a significant role in perception and preference [5][6][7][8][10]. Malinowski & Thurber's [10] study specifically focused on differences in place preferences due to differences in the age of respondents. Research subjects were boys aged 8-16 years. There are significant differences in the reasons for choosing a favorite place for each age group. Boys of younger age groups choose their favorite place because of its function or activity, whereas boys of older age group choose a place because of aesthetic and cognitive values.

Another study was done by Korpela [6] with adult respondents aged 19-37 years who

produced natural settings as the most preferred places. Research with adolescent respondents in grades 9-12 by Chapman & Robertson [8] shows that home is the most preferred favorite place. Different results are shown by Sari et al. [7] with 18-25 year old student respondents who showed the mall as the highest number of the favorite place answered.

In some literature, the young adult's group consists of people from ages 18 to 40 years [11]. For comparison, middle adulthood is represented by 40-64 years old people. Meanwhile, people over 65 years old belong to the late adulthood group. Another source of age grouping is Erikson and Vaillant [12][13]. Erikson believes that every session of life has a thriving and unsuccessful condition based on conflict. For young adults, success occurs in developing relationships (intimacy) and failure if not successful (isolation). In comparison, Vaillant sees young adults as a time to build and develop goals, especially in the family or relationship and career fields.

This research will reveal the favorite place of the young adult age group (age of 18-40 years) and its activities. This age group is chosen since this range of age is considered representative for active citizens. Therefore their feedback is highly beneficial for urban planning.

2. Material and Methods

This article is a continuation of previous articles by Lissimia [15][18]. The result on young adults' favorite places has been discussed on previous articles.

The nature of the research is explanatory. Similar studies have been conducted but not explicitly discussing human activities in the built environment. The study conducted by Sari [7] has the closest similarities. The previous study only focuses on restorative qualities of a favorite place, not specific on

activities. This study can be considered validation for a previous study by Sari [7].

Some studies in the subtopics of place preferences use data collection methods in the form of an open questionnaire [4][6][7]. Other research on place preference uses structured interview methods [8]. Data collection methods in the form of closed questionnaires are easier to analyze. Meanwhile, interviews are easier to implement, but the analysis is complex. Content analysis methods can be done in interviews that allow more diverse results.

This study will use quantitative methods. The first goal is to identify the respondent's favorite place, then to identify the activities carried out at the favorite place. Quantitative methods are chosen as validation of similar studies that use qualitative and exploratory methods.

2.1. Data Collection Method

In the study, there are two types of variables known as independent variables and dependent variables [14]. The independent variable is a variable that is flexible and can be intervened following the desired research results. Meanwhile, the dependent variable is bound to the independent variable. Therefore it is fixed and cannot be changed at will.

The independent variable in this study is favorite place. The dependent variable is the response that occurs to favorite places, namely activities. In order to analyze activity responses on favorite places, the following data are needed:

- a. Characteristics of respondents such as age, gender, occupation, income.
- b. Favorite places for young adults such as houses, shopping places, eating places, open spaces, etc.
- c. Young adult activities at favorite places such as sports, shopping, and other hobbies.

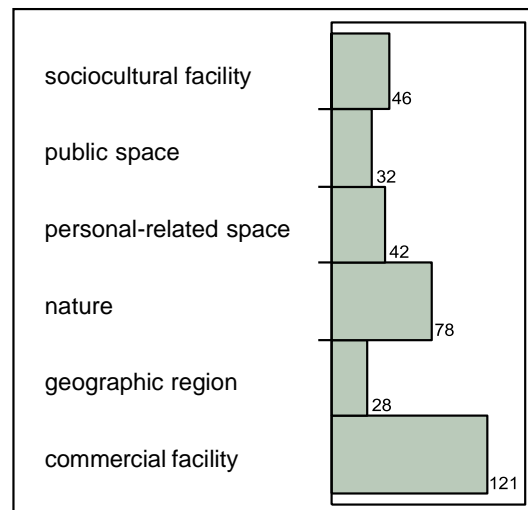
Respondents are asked about their favorite place and the type of activities they do on favorite place. The question about the favorite place is open-ended. Meanwhile, the activities questions are close-ended. The activities variable is taken from a study conducted by Sari [7] that utilizes open-ended questions. Foreach activity, respondents were asked to rate how often they did the mentioned activities. Each activity is rated in five numbers from never to always. There are 30 activities in total to be answered. Activities variable on this study explained below:

1. outdoor activity
2. reading
3. looking for inspiration
4. playing
5. chit chat
6. looking for fresh air
7. work
8. discussion
9. artworking
10. eat and drink
11. viewfinding
12. worshipping
13. shopping
14. watching movie
15. daydreaming
16. sport
17. internet surfing
18. Window Shopping
19. listening to music
20. sit around
21. camping
22. community activity
23. strolling
24. entertainment
25. watching passerby
26. study
27. gamings
28. sightseeing
29. watching attraction
30. relaxing

3. Results and Discussions

The result of the favorite place question appeared to be highly varied. The answer can

be pretty specific. Therefore every answer needs to be categorized into groups with similar physical or functional characteristics. The categories are narrowed down to 6 groups. These groups might not precisely represent every place type, but they help significantly with analyzing process. The analysis of each category has been done by Lissimia [15]. The categories of favorite places and the distribution value are explained in Figure 1.



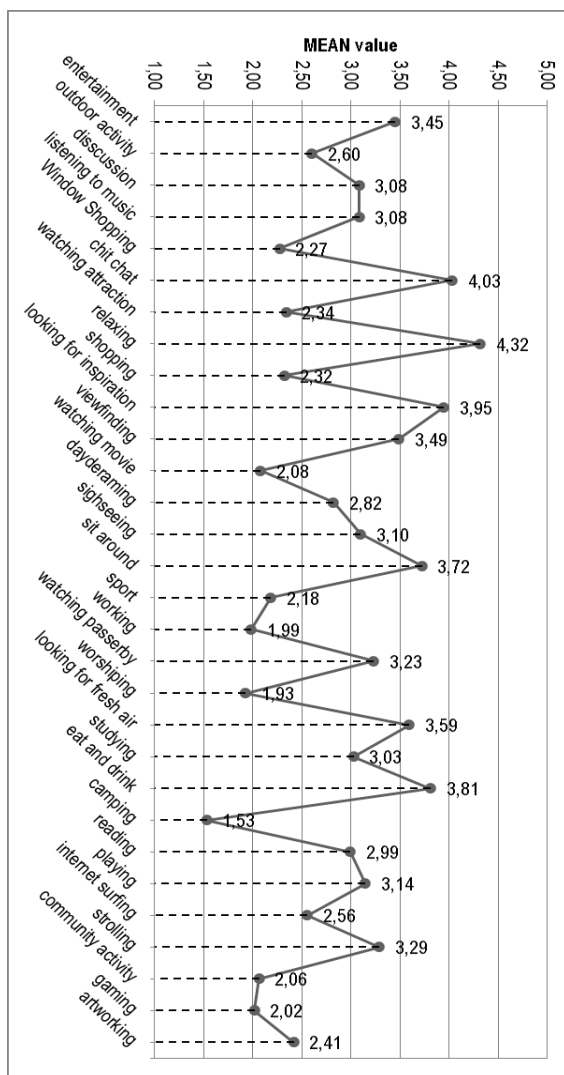
Source: (Lissimia, 2018)

Figure 1: Distribution of Favorite Places

Nature category represents marine parks, beaches, forests, highlands, open outdoors, gardens, and waterfalls. This group has similarities in physical attributes that are nature. The natural environment covered most of the area of these places. Commercial facilities are categorized based on commercial functions such as food vendors, restaurants, villas, hotels, grocery stores, markets, malls, bookstores, and recreational facilities. Geographic regions are places that are bound to geographical characteristics. This category consists of historical sites, islands, cities, villages, and other particular areas. Public places are places that are specifically open to the public. This group differs from other groups since every place in this category does not fulfill the necessary character to be included in other groups. This group consists

of open public space, the railway station, and the dam. Sociocultural facilities represent places such as libraries, schools, and religious facilities. This group is characterized by its function in social and cultural aspects. The last category is personal-related space. This category represents places that are chosen because they accommodate the specific needs of the user. This category includes home, personal space, hobby space, guarding post, and cinema. Details of each category can be crosschecked on Lissimia [15].

highest number. This category represents the answer of respondents by almost half of the total respondents. Of 347 people, 121 chose this category as their favorite place. The second most chosen favorite places are nature which holds 78 of the respondent's answers. Sociocultural facilities and personal-related spaces are almost tied. Sociocultural facilities represent 46 answers meanwhile personal-related space represents 42 answers. Thirty-two people choose public space, and the least chosen holds 28 answers is a geographic region. The number has been confirmed in a previous study by Lissimia [15].



Source: (Author, 2021)

Figure 2: Distribution of Activities on Favorite Places

Each category carried several respondents' answers. Commercial facilities carry out the

The focus of this study is to find out activity response on the favorite place. Therefore, activity analysis will be discussed further than the favorite place. The result of activity response is quite a lot. Analysis of the distribution of response activities produces very diverse values. The details can be seen in the Figure 2. The average response value has a range of 1.53 to 4.32.

Relaxing activities get the highest average score. Relaxing activities are not hobby activities. Borrowing the term from previous research [7], relaxing is a low tension activity. Low tension activities represent several activities that seem to be done for restorative purposes. Meanwhile, high tension activities represent several activities to get certain stimuli for the user. Whereas those that include high tension activities are hobby activities such as camping. Maybe that is why camp occupies the lowest position. People tend to do low tension activity at their favorite place rather than high tension activity. Besides that, camp activities are particular to their place and purpose. This activity can only be done in a place that provides an appropriate facility. Meanwhile at the opposite, when people stroll, then they can do other activities at the same time, like sightseeing, shopping, and others with a variety of choices. This type of activity

can be carried out in any place without a certain facility.

Further observation, low tension activities have pretty high values. For example, chat, looking for inspiration, eating and drinking, and sitting around all have an average number above 3.5. While hobby activities occupy a low position, including worshipping, work, playing games, community activities, watching movies, and sports. This supports the statement that favorite places are restorative suggestions [5][6][7].

Low tension activities are activities carried out to eliminate negative moods or emotional regulation. It does not mean that hobby activities do not provide restorative benefits, but perhaps these activities do not affect many people. Another possibility is that not many people can regulate emotions with hobby activities. This supports the results of Sari et al [7]. Mall as the first favorite place was chosen because it accommodates low tension activity, while hobby space occupies a lower position because it accommodates high tension activity.

4. Conclusion

Indonesian young adults choose commercial facility as their favorite place. The favorite places to be chosen next are nature. This is highly consistent with the research done by Sari et al [7]. College students in Indonesia choose mall as their favorite places [7]. Public spaces are less chosen than commercial facilities. This means that young adults prefer to pay to get the whole experience compared to public facilities for free. Another possibility is that Indonesian public facilities are not as good as commercial facilities. Nevertheless, nature as the second chosen favorite place indicates that nature in Indonesia can attract people. This result is also consistent with Newell's [4] support of biophilia hypothesis that humankind tends to choose a natural environment.

The reason for the most chosen activities is to relax while the least is camping. Camping is an activity that can only be done outdoor, not just any favorite place, so the value is low. Indonesian young adults choose a favorite place so they can relax. This supports the statement that favorite places are a restorative means. Besides, it proves that favorite places are preferred because they can accommodate low tension activities more than high tension activities. These results are pretty specific and never come upon the previous study. This study complements results from the previous study. Nevertheless, this study is unable to determine the connection between activities and favorite places. This topic needs to be explored more.

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