

adding pathway options between attractions, and providing reasonable signage and indications to provide better guidance and convenience.

The psychological well-being level is rated as “excellent,” with a composite score of 4.081, which is the highest among the four criteria layers. This indicates that the greatest benefit of the forest park for visitors is the ability to relax and relieve mental stress. From the indicators’ perspective, relaxation has the highest score, followed by stress relief, depression relief, and then loneliness reduction and tension reduction. This suggests that the forest park performs well in providing a comfortable and tranquil environment, offering visitors opportunities for relaxation and rejuvenation. This is closely related to the unique charm of nature and the health benefits of the forest environment [20]. Therefore, the forest park can continue to emphasize the provision of relaxing and stress-relieving experiences, through the addition of comfortable rest areas, and offering activities such as yoga or meditation to further enhance visitors’ sense of psychological well-being.

The physiological health level is rated as “good,” with a composite score of 3.602. From the indicators’ perspective, visitors initially feel eye comfort and mental clarity when entering the forest park, which may be associated with the natural environment, green vegetation, and fresh air. However, visitors do not have a strong perception of disease prevention. This indicates that visitors are more focused on physical comfort in the forest park, but may not have a significant perception or experience of specific health benefits. To further enhance the physiological health aspect of the forest park, promotion, and education can be strengthened to introduce the positive impact of the forest on health, such as providing oxygen, enhancing immunity, reducing fatigue, etc. Additionally, considering the provision of fitness or wellness activities such as hiking or outdoor sports can help visitors have a deeper experience and perception of the physiological health benefits of the forest.

Note: Please note that the translations provided here are based on the given context and may not be an exact representation of the original text.

Conclusions

This study demonstrates that the 25 selected evaluation indicators based on the GST method can scientifically and objectively measure the landscape quality of rehabilitation landscapes and reflect the landscape characteristics of these environments. The evaluation system of rehabilitation landscapes in forest parks, constructed using the AHP method, is consistent with previous research. Such as Professor Yang Fangrong’s evaluation of the Zhengzhou City Park health landscape based on the AHP method, and Professor Li Shuhua’s research on the intervention effect

of horticultural activities based on the quantitative measurement of physical and mental health indicators of the elderly.

The 25 indicators under the four criteria layers are independent, clear in purpose, easy to measure, and have a reasonable weight assignment, achieving a qualitative and quantitative study of multiple factors. The evaluation system is constructed based on the four dimensions of landscape comfort, landscape safety, psychological well-being, and physiological health, which comprehensively and systematically measure the landscape characteristics of rehabilitation landscapes and categorize the 25 indicators into different factors. The results indicate that Bolden Forest Park has an overall good level of rehabilitation landscape effectiveness, which reflects its characteristics.

Among them, the psychological well-being rating is excellent, with a composite score of 4.081, which is the highest among the four dimensions. The landscape comfort rating is good, with a composite score of 3.810. The landscape safety rating is good, with a composite score of 3.967. The physiological health rating is good, with a composite score of 3.602. This indicates that more emphasis has been placed on aspects such as psychological well-being and landscape safety in the construction of rehabilitation landscapes in the forest park.

Therefore, in the planning of future rehabilitation landscapes in forest parks, the following aspects can be focused on: Firstly, pay attention to landscape designs that influence psychological activities, such as plant therapy, landscape spatial therapy, and horticultural therapy, to enhance the psychological rehabilitation function. Secondly, focus on landscape safety construction, and conduct scientific forest therapy and aromatherapy, while ensuring the safety and reliability of visitors during the process of enjoying the rehabilitation landscape benefits. Finally, in the landscape planning of comfort and physiological health, follow theories such as landscape aesthetics and environmental psychology, pay attention to the arrangement of plant spatial levels, and grasp spatial scales to enhance the color and design beauty of artificial landscapes. By considering these factors comprehensively, the quality and effectiveness of the rehabilitation landscapes in forest parks can be further improved.

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