

# Abstract

**Title:** The Impact of Nature on Human Health and Development

**Objectives:** The main aim of this bachelor thesis was to do a detail research of foreign scientific articles concerning effects of nature on human health and development of individual.

**Methods:** To do the desk research of academic literature, the databases of foreign scientific articles such as PubMed, Medline, Scopus have been used.

**Results:** There are studies which focus on influence of environment on people and examine this influence on three levels: physiological, psychological and cognitive. Results show a potential effect of natural environment on people on all researched levels. Studies describe this effect of environment as restorative and is commonly explained by two major theories:

- 1) Attention Restoration Theory explains this restorative effect by regeneration of directed attention capacity.
- 2) Stress Recovery Theory explains the restorative effect like a positive influence on emotional state of an individual. This has a positive consequence in lowering stress levels of the individual and it also induces desired physiological processes which lead to relaxation, regeneration and release.

Furthermore, the studies show that there is significant role of environment in the overall development of an individual and they mention negative consequences coming from a lack of contact between individual and nature which are described as Nature Deficit Disorders. Besides that, the studies point out potential use of natural environment in preventing and treating chronic, especially mental illnesses associated with stress.

**Keywords:** nature, health, development, cognition, stress, stress recovery