

# 差异化森林体验活动对大学生压力恢复的影响研究

——以福建农林大学学生为例

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**摘要:** 【目的】森林康养被认为是一种具有恢复作用的辅助替代疗法。在我国，森林康养师在森林中开展森林康养活动已成为一种流行形式，并且 2022 年《中华人民共和国职业分类大典》正式将森林康养师纳入其中。然而，人类在森林中活动得到的恢复效果是来源于森林康养师的带领，还是其本身的结果，这是一个值得探究的问题。为此，本研究的目的是探讨森林康养师主导的森林体验活动和自由的森林漫步在生理和心理上的恢复效果是否具有差异，以及森林康养产生恢复效果的可能机制。【方法】本研究采用前后测试验设计，基于 2 种森林康养方案测量受测者的生理和心理指标，247 名大学生作为受测者被随机分到活动组和自由组中，两组的受测者均需在同一条约 1.5 公里长的森林步道中度过 1.5 小时。其中，活动组由森林康养师带领在森林步道沿途开展基于五感的体验活动，而自由组则在森林步道中自由行走。【结果】在开展森林康养方案后两组受测者的收缩压和焦虑状态均显著降低，交感神经活动、自然联结程度和积极情绪均显著增加。并且，两组受测者在各项生理和心理指标上均无显著差异。此外，中介分析显示，自然联结程度能够显著预测状态焦虑，并且这种预测受到感知恢复性和积极情绪的中介。【结论】在森林中进行康养活动，无论是否由森林康养师带领都具有恢复效果。而森林康养师能够通过定向设计森林体验活动，开展以增加体验者的自然联结程度和积极情绪为目的森林康养服务活动。同时，对于不喜欢或由于各种原因无法参加由森林康养师带领的森林康养活动的人，独自在森林中行走也同样具有恢复作用。

**关键词:** 森林康养活动；自然联结；状态焦虑；恢复性效益；中介效应

## Study on the Impact of Differentiated Forest Experience Activities on Stress Recovery of College Students

--Taking students of Fujian Agriculture and Forestry University as an example

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**Abstract:** 【Objective】 Forest therapy is considered to be a complementary alternative therapy with restorative effects. In China, forest therapy activities in the forest by forest therapists have become a popular form, and the profession of forest therapist has been included in the Dictionary of Occupational Classification of the People's Republic of China in 2022. However, it is a question worth exploring whether the restoration effects obtained from human activities in forests originate from the leadership of forest therapists or are the result of the forest therapists themselves. To this end, the aim of this study was to investigate the difference between the physical and psychological restorative effects of forest therapist-led activities and free forest walks, and the possible causes of the restorative effects. 【Method】 This study used a pre-post field experimental design to measure physiological and psychological indicators based on 2 forest therapy programmes. 247 university students were randomly assigned to the activity group and the free group, and the subjects in both groups were required to spend 1.5 hours in a forest trail of approximately 1.5 km in length. The activity group was led by a forest therapist to carry out activities based on the five senses along the forest trail, while the free group walked freely in the forest trail. 【Result】 Systolic

blood pressure and state anxiety were significantly reduced, and sympathetic nerve activity, degree of nature connectedness and positive mood were significantly increased in both groups after the forest therapy programme. Moreover, there was no significant difference between the two groups in all physiological and psychological indicators. Furthermore, mediation analyses showed that the degree of nature connectedness significantly predicted state anxiety, and this prediction was mediated by perceived restorativeness and positive mood. **【Conclusion】** Therapal activities in the forest have a restorative effect whether or not they are led by a forest therapist. And forest therapists are able to carry out forest therapy service activities aimed at increasing the degree of nature connection and positive emotions of the experiencers by designing forest experience activities in an orientated manner. At the same time, walking alone in the forest can also have a restorative effect on people who do not like or cannot participate in forest therapy activities led by forest therapists for various reasons.

**Key words:** forest therapy activities; nature connectedness; state anxiety; restorativeness; mediation analysis.