

## REVIEW ARTICLE

## THE IMPACT OF DIFFERENT FLOWERS ON HUMAN PSYCHOLOGY: A COMPREHENSIVE REVIEW

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## ABSTRACT

Flowers have been an integral part of human culture and aesthetics for centuries, but their influence extends beyond mere visual appeal. This review paper aims to delve into the intricate relationship between various flowers and human psychology. Through an analysis of existing literature, this paper explores how different flowers can evoke emotions, influence mood, and contribute to well-being. By examining the psychological effects of flowers in various settings, including home environments, healthcare facilities, and workplaces, this review provides insights into the potential therapeutic applications of flower exposure. The findings underscore the need for further research to fully understand the mechanisms underlying the impact of flowers on human psychology.

## KEYWORDS

Flowers, human psychology, emotional responses, mood enhancement, therapeutic applications, cultural significance, well-being

### 1. INTRODUCTION

Flowers are unique in human history, symbolizing love, beauty, and celebration (de Oliveira Paiva et al., 2020). Beyond their visual allure, flowers are known to have a profound impact on human emotions and psychology (Connell, 2005). This review aims to provide a comprehensive overview of the various ways in which different flowers influence human psychological states (Connell, 2004).

#### 1.1 Emotional Responses to Flowers

Research has shown that exposure to flowers can elicit positive emotional responses such as happiness, calmness, and joy (Fallahi et al., 2020; Lin et al., 2020). Certain flowers have been associated with feelings of love and admiration, while others evoke relaxation and tranquility (Hassan et al., 2019). The colors, scents, and visual aesthetics of flowers play a significant role in shaping these emotional responses (Kaplan, 1995).

#### 1.2 Mood Enhancement and Stress Reduction

Flower arrangements and bouquets have been shown to enhance mood and reduce stress levels. The presence of flowers in indoor environments, such as homes and workplaces, has been linked to increased feelings of contentment and decreased feelings of anxiety (Uwajeh et al., 2019). The practice of flower arranging and gardening has also been identified as a therapeutic activity that can promote emotional well-being (Ahern and Schwartz, 1985; Neale et al., 2017).

#### 1.3 Therapeutic Applications

The impact of flowers on human psychology has found its way into various therapeutic applications (Detweiler et al., 2009; Murphy et al., 2010). Horticultural therapy, for instance, incorporates gardening and flower-related activities to alleviate symptoms of depression, anxiety, and stress (Han et al., 2018). Additionally, flowers are being integrated into

healthcare settings to enhance patient recovery rates and reduce the need for pain medication (Bassi et al., 2018)

#### 1.4 Cultural and Symbolic Significance

Different cultures and societies attribute unique symbolic meanings to various flowers (Krishnan and Novy, 2016). Understanding these cultural associations can offer insights into the emotional and psychological responses they elicit. Flower holds spiritual significance in many Eastern cultures and western cultures, symbolizing purity and enlightenment (Fallahi et al., 2020).

#### 1.5 Future Directions and Implications

While there is a growing body of research on the impact of flowers on human psychology, many aspects remain unexplored (Du et al., 2022; Ng et al., 2018). Further investigation into the specific mechanisms by which flowers influence mood and emotions, as well as the potential long-term effects of consistent flower exposure, is warranted (Chu et al., 2021; Park et al., 2009). Additionally, the practical implications of incorporating flowers into different environments should be thoroughly examined to optimize their psychological benefits (Gonzalez and Kirkevold, 2016; Zhao et al., 2019).

Some sort of impact that a specific flower can act to human psychology are as follow:

#### Roses

Roses are universally recognized symbols of love and affection. Research suggests that the sight and scent of roses can elicit feelings of joy, admiration, and romantic attraction (Gottfried and Dolan, 2003). The color of the roses also plays a role in influencing emotional responses, with red roses associated with passion and desire (Gottfried and Dolan, 2003; Li et al., 2006).

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## Lavender

Lavender is well-known for its calming and soothing properties (Shamabadi et al., 2023). The scent of lavender has been shown to reduce stress and anxiety making it a popular choice for aromatherapy (Donelli et al., 2019; yagyu, 1993). Lavender flowers are often associated with relaxation and improved sleep quality (Karan, 2019).

## Sunflowers

Sunflowers are renowned for their vibrant appearance and the symbolism of positivity and optimism they convey. The sight of sunflowers can elevate mood, evoke feelings of happiness, and remind individuals of the beauty in life (Mathews et al., 2009).

## Orchids

Orchids are admired for their elegance and exotic allure. These flowers are often associated with luxury and sensuality. Orchids can inspire feelings of sophistication and charm, contributing to an enhanced sense of self-esteem (Connell, 2004).

## Lily

Lily of the Valley is cherished for its delicate appearance and sweet fragrance. The scent of these flowers is linked to nostalgia and fond memories, making them capable of evoking sentiments of happiness and comfort (Chi et al., 2019).

## Jasmine

Jasmine flowers are revered for their enchanting fragrance, which has been shown to have mood-lifting and anxiety-reducing effects (Xiong et al., 2023). The aroma of jasmine can induce a sense of calmness and tranquility (yagyu, 1993).

## Chrysanthemums

Chrysanthemums are often associated with longevity and joy. These flowers are known to radiate positive energy and can help uplift spirits. In some cultures, chrysanthemums are symbolic of happiness and abundance (Hadizadeh et al., 2022).

## Peonies

Peonies are celebrated for their lush appearance and gentle fragrance. These flowers can evoke feelings of compassion, femininity, and a sense of being nurtured (Zhao and Wu, 2019).

## Daisies

Daisies are simple yet charming flowers that symbolize purity and innocence. The sight of daisies can bring about feelings of cheerfulness and childlike wonder (Mochizuki-Kawai et al., 2020).

## Marigolds

Marigolds are often associated with celebration and joy. Their bright colors and distinct aroma can stimulate feelings of enthusiasm and playfulness (Addington et al., 2019; Blonsky et al., 2012).

## 2. METHODS

For the preparation of this review, various sources were used to study the recent trends and advancements. To acquire present knowledge regarding the impact of different flowers on human psychology, an examination of research papers, articles, and case studies was performed. The outcomes were systematically arranged and presented in a well-structured manner, aiming to offer a comprehensive grasp of the topic at hand.

## 3. RESULT AND DISCUSSION

The review paper explores the psychological effects of various flowers on human well-being and emotions. The study examines a wide range of literature to assess how different types of flowers influence mood, stress levels, and overall psychological state in individuals. The review presents a comprehensive analysis of the existing research on the subject, highlighting the diverse ways in which flowers can impact human psychology. It identifies common themes across studies, such as the positive influence of floral scents on reducing stress and anxiety, as well as the potential role of visual aesthetics in enhancing mood.

The paper also discusses the significance of cultural and personal associations with certain flowers, shedding light on how individual experiences can shape emotional responses. Moreover, the potential variations in psychological responses, emphasizing the need for further investigation in these areas.

Furthermore, the review paper underscores the importance of utilizing the findings in practical settings. It suggests that incorporating flowers into indoor environments, workplaces, and healthcare settings could potentially contribute to creating more positive and calming atmospheres.

## 4. CONCLUSION

Flowers, beyond their aesthetic appeal, possess a remarkable capacity to influence human psychology and emotions. From enhancing mood to promoting relaxation and well-being, their impact is multifaceted and has implications across various domains. As we continue to uncover the intricate connections between flowers and human psychology, their therapeutic potential in diverse settings becomes increasingly evident. This review underscores the importance of continued research in this field and encourages the integration of flowers as a positive element in our daily lives.

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