

Research on the Changes in the Choice of Outdoor Activities for Residents in Urban Parks Under the Background of the COVID-19

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ABSTRACT

As the COVID-19 pandemic continues to transform lives and ways of living across the globe, as one of the types of urban green space with high contact frequency, green space near residential areas has a positive effect on residents' physical and mental health. Cities are at the forefront of these adaptive changes as dense urban environments are particularly vulnerable to the spread of contagious airborne diseases such as the novel coronavirus. In this paper, the authors consider the impact of COVID-19 on people's choice of exercise patterns in parks and green spaces during leisure time. Recreation, choice of location, control of social distancing, and the creation of movement patterns may affect the trajectory of people's movement in green spaces from the perspective of anthropological behavior. Based on the example group of Shijiazhuang sports park users, the author analyzes the activity types and behaviors of park users through direct observation, photo recording and photographic recording and the changes and impacts of green spaces near residential areas on people's choice of activity types after the COVID-19 were discussed. Through on-site investigation and article sorting, the authors came to the conclusion that the epidemic changed the activities types in a certain amount, people's scope of activities has become larger, while the social scope has become smaller, and people have kept a relative social distance from each other.

Keywords: COVID-19; Protection Consciousness; Activities; Social Distance

1. INTRODUCTION

The authors live in an era that has experienced virus attacks for such a long time for the first time. We need to consider its existence from all aspects in the face of a sudden global outbreak. Every country is struggling to overcome the impact of the epidemic, helping urban renewal and carrying out residents' activities to get out of the shadow brought by the epidemic. According to the analysis above the authors make a corresponding design through cognitive changes in the behavior activities between people and the natural environment based on the factor category in the big environment. After determining the research direction, the authors know that the epidemic has a great impact on residents' activities, that is, it not only changes the scope of activities but also changes people's scope of activities and awareness. This kind of consciousness has been integrated into the society and residents' hearts subtly. Facing these changes, the authors want to study more

what changes have taken place in the behavior activities of our residents in the park in the post-epidemic era, and whether these changes have affected the design of the park and the construction of the city. The research method is more focused on city questionnaires, and people of different ages and strata were researched by questionnaire. The focus of the questionnaire lies in the change of activities and the timeliness of activities after the epidemic. The significance of the study is to provide a reference for more urban parks, which is more targeted to build the effective use of urban green space. The epidemic situation is often accompanied by cities at present, and it is beneficial to provide happiness for cities to promote residents' activities after unsealing through this study among countries[1].

1.1 Research Direction

We are still restricted under the circumstances in the current large-scale indoor leisure and entertainment

places in cities. The urban public open space which can provide all kinds of leisure and entertainment activities for citizens are even more precious. The authors believe that urban residents will feel the same way after experiencing the epidemic of novel coronavirus pneumonia: they have never felt that the public open space around them would be so valuable. A short green-way, a small forest, a river beach, and an outdoor fitness facility not only bring residents physical and mental pleasure, but also bring residents hope to get out of the haze of the epidemic situation. It is also believed that the important role of urban public open space will be further highlighted from the perspective of urban planning after the baptism of this epidemic. First, urban public open space plays an extremely important role in disaster prevention and relief[2]. Modern cities need targeted and systematic governance methods, and naturally, they cannot ignore the prevention and control of major urban disasters. Urban public open space will assume the important function of crowd evacuation once a major disaster occurs in densely populated cities. Secondly, in this epidemic, we can especially feel that if there are rivers, parks, greenways, and other landscapes insight, it is naturally excellent for relaxing and relieving emotions at home. Indeed, urban park green space has become the first choice for residents after the epidemic, which makes us see the importance of the development of urban green space, and this is also the yearning of many citizens for better urban living life.

1.2 Social Context

Youth family sports have become the spiritual banner of epidemic prevention under the guidance of the government at the government level. In terms of family, the inter-generational influence of sports activities is further strengthened due to the COVID-19 pandemic's isolated exercise at home; at the social level, the supply field of residents' sports demand increases under the non-medical health intervention. It is needed to adapt to the changes in society, make breakthroughs in the present predicament, improve our physical fitness for the greatest contribution to society. Residents' sports values have been reshaped under the COVID-19 pandemic from the perspective of behavior subjects, which ushered in development opportunities in the short-term sports upsurge in the post-epidemic era. The epidemic is also a test of the city's governance. The powerful social mobilization ability, meticulous community security service, and strict joint prevention and control system can be seen. The task is arduous, and it is still the top priority in daily life to do a good job of protection. Many qualities of dedication and sacrifice shine in the war to stop the epidemic in novel coronavirus pneumonia, and the beauty of human nature shines brilliantly. In addition, more people have learnt to fill the gap in life with understanding and tolerance in the face of sudden accidents. Slowing down in the

epidemic and doing metaphysical thinking about value and significance is another precious gain at the same time[3].

2. CHANGES OF RESIDENTS' ACTIVITIES AFTER THE EPIDEMIC

2.1 Environmental factors after the epidemic

2.1.1 Environmental factor

The outbreak has deepened people's awareness of the importance of health. Most people tend to choose running, practice at home or go to the gym to exercise after the epidemic. In addition, it is quite common to choose open venues such as square dance and parks for exercise. This is related to the improvement of people's awareness of epidemic prevention, and it is believed that there may be a greater risk of virus transmission when people are crowded. Contradictory results have been reported on the impact of environmental temperature on the epidemic environment. Some studies from China, Brazil and Italy suggest that low temperature is more conducive to the spread of the virus. Therefore, it is known that the season of residents' exercise usually lies from spring to autumn after the investigation of environment, behavior and psychology. In winter, residents choose more conservative activities or home activities, which are conducive to controlling the spread of the virus. The effects of different environmental and meteorological parameters, such as temperature, humidity, wind speed and pollution level, have been studied in the literature, but these effects are also limited to different cities and countries. However generally speaking, these influences are aimed at the influence of human behavior caused by environmental factors[4].

2.1.2 Policy factors

Partial and comprehensive blockades have been imposed in many parts of the world in response to the epidemic. The lockdowns offer an unprecedented opportunity to test how major transport policy interventions and changes in production patterns can help improve urban air quality. Urban-related evidence from at least 20 countries is reported in the literature review, and most studies focus on Chinese cities. For example, it is well known that India responded to the great changes in air quality in COVID-19 after a while by implementing a blockaded system in 2020. It is reported that Indian residents can see Himalayan snow-capped mountains more than 200 kilometers away in the city for the first time in nearly 30 years, which also shows that our air is greatly beneficial to the health of cities and even residents through the implementation of active response systems in various countries around the world[5].

2.2 Behavioral activities after the epidemic

The observation data were collected from Shijiazhuang Sports Park, Yuhua District, Shijiazhuang City, Hebei Province, and the observation time was 9-11 am or 6-8 pm, 7 days a week. The authors record the activities of residents in different spaces of the park by observing the choice of residents' outdoor activities. It will pay more attention to 20 to 50 groups of people via ethnography to observe the patterns of people's activities in urban parks. It is observed that people prefer to create some activities according to their preferences for venues, facilities, and surroundings, such as some family members use their spare space to play a Woodenhead game. Two or three children will do homework or draw pictures under the park pavilion in the morning. Little girls will play slides with the fence next to the steps. Parents will take their children to the open field to practice roller skating. The social distance between people has a subtle impact on people's daily life after the outbreak. For example, people will consciously form a "family" walking group with a distance of 1-1.5 meters when visiting the park. You will find that a "family" walking group keeps a certain social distance from the

front and back when you go for a walk in the park. Two old women were also observed sitting by flower beds chatting and keeping social distance. Certain activities may not be held in the park after the outbreak. It can be found that people who choose to run in the park usually wear masks after three observations. Only treadmills and "living room marathons" can be selected for running during the epidemic, and fitness is much freer. Many runners will choose to exercise at home. Many runners may not like fitness in the past, and the fitness habits developed during holidays will be maintained with the end of the epidemic[6]. Of course, it is known that runners will run faster and longer after strengthening their core. Therefore, their core exercise keeps well during the epidemic and the speed does not drop too much after the epidemic. This will form positive feedback in their hearts, and there will be more and more runners in the mode of fitness plus running. But running is aerobic exercise, which requires good air circulation, but wearing a mask will affect the fresh air. If people need to wear masks during the epidemic, they are more likely to choose less strenuous activities, such as walking or training in a wide field.



FIG 1. Changes in activity behavior



FIG 2. Changes in social distance

It is found that the number of young people going to the park has increased through three observations. The elderly and children are more willing to go to the park in the memory of the author. But more young people moved their social life to public space after the epidemic. The number of young people has increased in sports fields, entertainment places, public squares and runways. The results showed that the behavior related to basic activities during the epidemic period was not the same

as the variables related to pre-pandemic travel patterns, isolation conditions and socio-economic factors. It has been proved that the post-epidemic activities of residents depend statistically on factors related to the characteristics of activities and experience during the epidemic. Accessibility-oriented planning can guide urban and transport policies more fairly by identifying the groups most affected by activity disruptions.

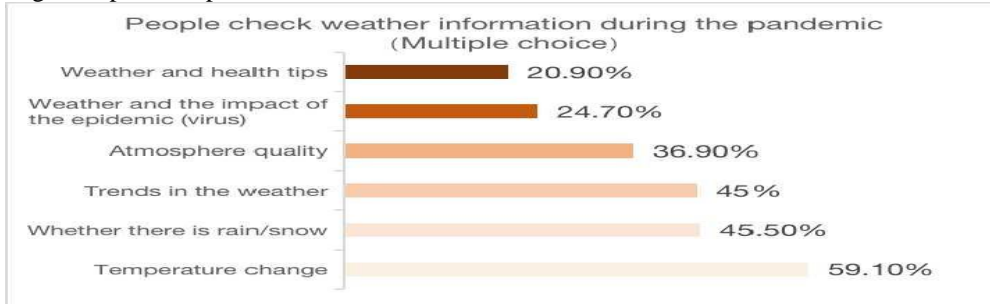


FIG 3. People travel attention point during the epidemic

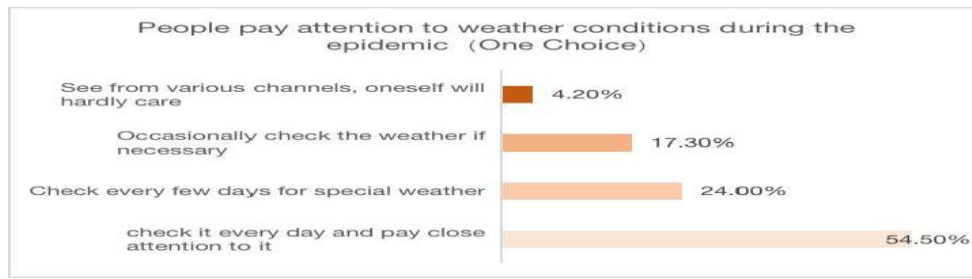


FIG 4. People oneself care attention points during the epidemic

3. CONCLUSION

The conclusion is that people's activities have changed to a certain extent through the field investigation after the epidemic. Its change is characterized by the change of social distance and activity behavior, which is people's cognition of epidemic prevention and control from their hearts, which are being subtly integrated into everyone's hearts. From the investigation, it is known that people's sports have been greatly restricted during the epidemic, and residents will explore more home-based activities. When the epidemic situation is alleviated, they can go out to exercise, and we can see that residents will take measures such as hand disinfection and equipment disinfection in time.

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