



Evaluating the flora and visitor dynamics of Cantonment Garden Multan, Pakistan

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Abstract

Cantonment Garden Multan is a famous historic site with key importance in the life of the local community. It is one of the well-maintained gardens in Multan city, famous for its notable diversity of plants. This study was planned to document visitors' experience and approaches to improve facilities in Cantonment Gardens Multan. The floral data were collected visually, while a questionnaire-based face-to-face interview of 151 visitors was conducted about visitors' preferences, causes of attraction, purpose of visit, facilities, and people activities with demographic characteristics. The visitors were also asked about recommendations and suggestions for the improvements of the garden. The data were analyzed statistically by using the standard statistical procedure SPSS (software). According to the results, a significant relationship was recorded between visitor satisfaction and physical activities in the garden. Most of the visitors showed higher satisfaction with conservation (82.1%) and maintenance (69.5%) of the garden. Maximum people (89.4%) like to walk in gardens or parks, rather than on the roadside because of traffic rush and air pollution. Visitor's favorite trees were evergreen (65.6%) flowering (41.1%) with red color flowers (35.1%) along with natural paving material (35.8%) and waterfalls (26.5%). Most of the visitors were not recommended by the doctor (76.2%) and preferred to visit the garden with their family (58.3%). Maximum (55%) people preferred parks and gardens for outings with the cantonment garden as most favorite garden (64%). Visitors suggested the addition of flowering trees (13.2%), dustbins (9.3%), lighting (7.3%), rain shelter (6.6%), music corner (5.3%), and water cooler (4%), improving zoo (11.3%), canteen and food (9.9%), gym (4%) and maintenance of plants and trees (6.6%). It is concluded that well-planned and maintained gardens play a positive role in the life of the local community. Moreover, facilities in the gardens play important role for attraction of visitors.

Keywords: Citizens, City parks, Community, Flora, Multan

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Introduction

Cantonment Garden Multan is a famous historical garden that was established in 1858 during the English regime in the subcontinent and used as an army headquarters. It was upgraded with time and is now used as a famous living garden for different social and recreational activities (Claessens et al., 2014). Gardens and parks, as part of the urban green infrastructure, convey essential environmental, aesthetic, recreational, psychological, and economic advantages (Chiesura, 2014). They also play an important role in improving mental health, physical health, and stress reduction in depressed people (Ulrich, 1983; Rostami et al., 2015). Many studies showed that recreational activities in community gardens have gradually increased such as walking, playing etc. reduced stress and health complaints in the local community (Santos et al., 2016). Previously, different scientists have described the improvement in the physical health of people who continuously use gardens for

different physical activities (Litt et al., 2015; Soga et al., 2017).

At the community level, gardens and green spaces can control air pollution by cleaning the air and cause noise reduction produced by traffic (WHO, 2016). Gardening associated activities promoting the physical activity of visitors as cycling and walking in the garden area also improve public health. For exploring the relationship between gardening and public health scientists developed a handsome research design by group meetings and live interviews (Quayle, 2007). The community that lives near gardens, parks, or greenspaces frequently visit the garden for better health than other communities at places away from green spaces (Van den Berg et al., 2010), while there is another regular type of active group that has more physical activity than both type of communities (Hawkins et al., 2011).

Psychological health, relaxation, and restoration of human interaction with plants as touching, and walking in a garden enhanced the peace and calm in the user's life (WHO, 2016). Studies showed the positive quality of plants by touching or only viewing plants individuals may increase the feeling of

relaxation, comfort, calm, and positivity in all types of emotions with the reduction of stress and tension levels (Hartig et al., 2014). Without the motivation to improve health, social setup improvement may not be reliable and sufficient to motivate gardeners to start their work in the garden (Veen, 2016). Previous studies have highlighted the improvements in parks & garden and their impacts on public health (Walsh, 2011). Studies showed positive findings in the contribution of gardens to the service of the community, by making a garden-community indicator scale (Litt et al., 2015). It improves community health and creates social cohesion and social interaction with the unity of the community.

Gardening creates supportive behavior among the communities and influences people to promote health by providing activities in the garden, it also increases positivity which may lead to developing a supportive attitude and making a good society (Eriksson, 2011). Urban parks and gardens became the basic needs of the community because they support the health of the citizens it showed much of the research that people are attracted to green nature, these types of research are often explored by interviews with visitors (Armstrong, 2000). Community or public gardens may give chances to collective knowledge about food security, community resilience, environmental sustainability, social justice, and cultural identity. Research has been addressing the impact of urban gardening, both domestic and public gardens, on quality of life and physical activity which give good outcomes (Sommerfeld et al., 2010). Garden-based activities improve self-reliance and increase empowerment in visitors (Costa et al., 2015), increase social relationships and a sense of belonging to the community, create sources of income generation (Ribeiro et al., 2015), gardening also increase social

inclusion in people (Grabbe et al., 2013) it improves mental health (Shiue, 2016). People use urban parks and gardens for a calm, peaceful atmosphere and relaxation, especially at weekends and holidays in crowded and dense cities (Manning et al., 2017). Different studies have shown the positive role of different historical gardens in local communities but still information about Cantonment Garden Multan is scant. Therefore, in this study, we recorded the flora and visitor dynamic of the historical Cantonment Garden Multan.

Materials and Methods

Research strategy

This study was conducted at Cantonment Garden Multan (31°30' N, 73°10' E, elevation 213 m) to evaluate its flora and role in the life of local community. The research work involved site assessments and observations of visitor activities in Cantonment Garden Multan using methodological approach (Table 1). For more coverage, the study emphasized in-depth during sampling time.

Selection of the sample parks

Many studies on the same methodological set of structure have been reported by Bahrini et al. (2017). In this study, a similar method of site selection was adopted. Cantonment Garden Multan is a famous and well-maintained garden that is the source of recreational activities for the local community because other gardens and parks of the city are disorganized with poor facilities. The proportions of the land cover in Cantonment Garden Multan are shown in Fig. 3 which shows that plants are the most essential land cover in this garden.

Table 1 Basic information of Cantonment Garden Multan

Garden name	Socio economic cluster	Year established	Area (acre)	Accessibility	Entry fee (Rs)
Cantonment Garden Multan	151	1867	17	Main city (Near to airport)	20

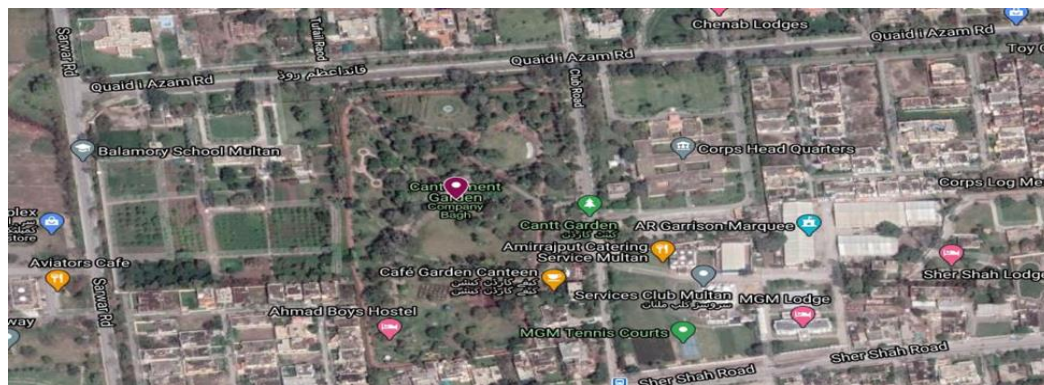


Fig. 1 Cantonment Garden Multan (Source: Google Satellite View)

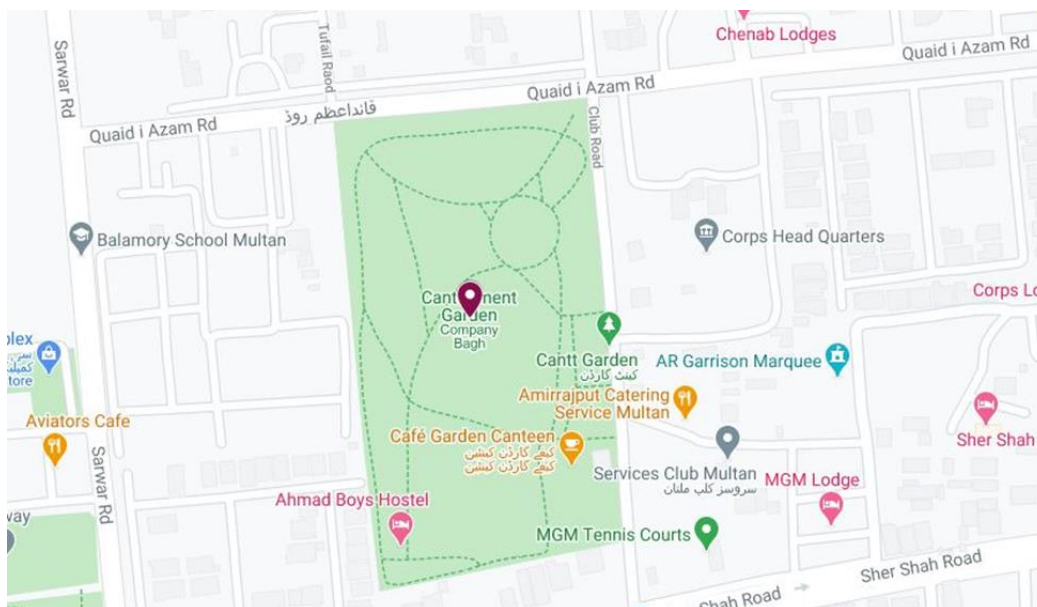


Fig. 2 Cantonment Garden Multan (Source: Google Map View)

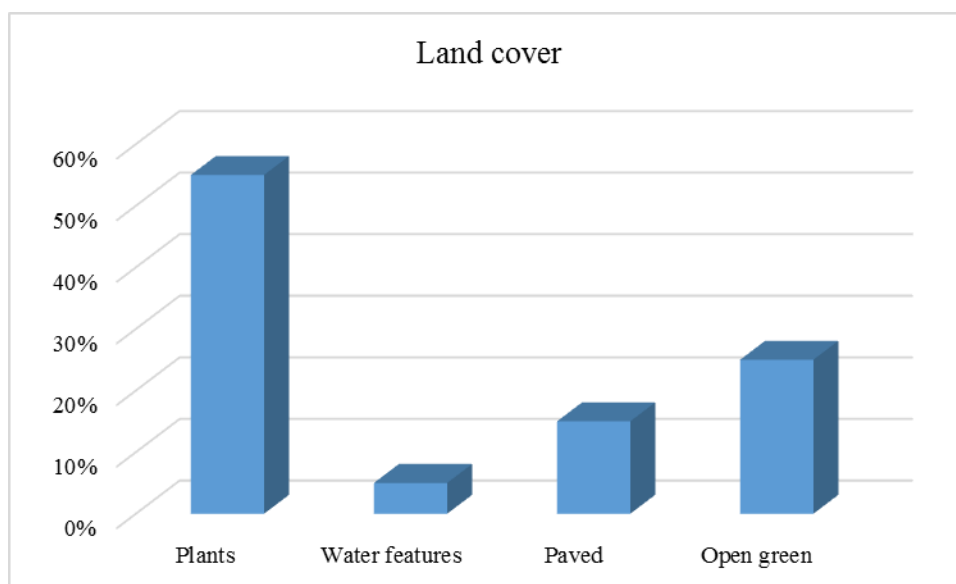


Fig. 3 Land cover area in Cantonment Garden Multan

Site assessment

In the present study, the site was evaluated for its use, activities, maintenance, and different demographic characteristics of the garden. The typical images of our selected site are presented in Fig. 1&2. The present study data was recorded during a series of visits from July to September 2019. The visitor satisfaction was assessed from the garden facility qualitatively using a satisfaction scale (a five-point rating scale) (where 1 was the lowest value and 5 was the highest value), so that we could evaluate our sampled park numerically, using the following criteria

based on those of Foroughm & Araabi (2016). The following were different objectives to evaluate the different salient features of gardens in serving the community.

- The accessibility of the garden by the visitors
- Maintenance of the garden was assessed by the satisfaction level of visitors
- Climate comfort in the garden like air circulation, exposure to sunlight, vegetation and noise pollution
- Availability and quality of lighting in the garden
- Quality of vegetation and its use in landscape design of the garden
- Safety and security in the garden

- Personal Comfort: Washroom, water cooler, canteen (food), and mosque availability and satisfaction from these facilities from higher to lower stage.
- Assessment of satisfaction from child park and zoo availability.
- Entry services and the behavior of servants with the visitors.
- To evaluate the prime attraction factors for the cantonment to visit gardens/parks
- To understand the perspective of visitors about the various dynamics
- To formulate proposed suggestions from respondents for promoting parks and green spaces in this city.

Data analysis

A questionnaire was developed to collect the data from 151 different respondents and then data were further analyzed using SPSS (software).

Results

Demographic or socio-economic characteristics

There was a significant difference in the age of visitors visiting the Cantonment Garden Multan (Table 2). The maximum (35.1%) numbers of visitors were young, followed by teenagers (34.4%), while people of age above fifty were minimum visitors (3.3%) followed by old people (6.6%) and middle-aged people (20.5%). The visitors were separated into five age categories i.e. young (1-25 years), teenage (25-35 years), middle-aged people (35-45 y), old (45-50), and others above 50. A significant difference was observed among the education level of visitors visiting the Cantonment Garden Multan (Table 2). Graduate people (28.5%) were more frequent visitors while 0.7% was illiterate, 2.6% primary, 9.9% middle, 13.9% matric, 25.8% intermediate, 28.5% graduate, and 18.5% postgraduate. The trend of people visiting Cantonment Garden Multan increased with the literacy rate of visitors.

There is a significant difference in the gender distribution among visitors to Cantonment Garden Multan (Table 2). The frequency of male visitors (57.6%) was more than female (42.4%), reflecting overall higher male visitors in the garden. These trends show that exercise, walking, and leisure outing activities are more common in males than females. These activities are mostly recommended by doctors for controlling blood pressure or other health issues. A significant difference was recorded among the types of respondents visiting Cantonment Garden Multan like occasional visitors (69.5%), regular visitors (23.8%), and picnickers (6.6%) (Table 2). Most of the people visiting Cantonment Garden Multan were more occasional than regular visitors.

A significant difference was recorded in the profession and monthly income of visitors visiting Cantonment Garden Multan (Table 2). The maximum number of visitors were businessmen (26.5%), whereas the minimum number of visitors were private servants (0.7%). There was a significant difference in monthly income between visitors of Cantonment Garden Multan (Table 2). Frequent visitors (48.3%) of the garden were lower monthly income (1-25k) persons followed by persons of 50-75k (27.2%), 25-50k (23.2%) and 75-100k (1.3%) income. A significant difference was noted in marital status between visitors of Cantonment Garden Multan (Table 2). Married visitors were 55.6% of total visitors whereas non-married visitors were 44.4%. Families with 5-8 members were the most (41.7%) visitors of the garden whereas; 3-5-member families visited the garden at 36.4%, above eight-member families by 9.9%, and 1-3-member families by 8.6%. The families without siblings were the least (3.3%) visitors to the garden (Table 2).

Satisfaction level

There is a significant difference in the satisfaction level of visitors from given facilities in the garden (Table 3). 5.3% and 6.6% of visitors were satisfied with the maintenance and conservation of the garden respectively and 50% were not happy. While 82.1% and 69.5% of visitors lie on a medium level of satisfaction. Similarly, low satisfaction level was recorded for birds chirping (47.7%), entry services (20.5%), zoo (19.2%), canteen and food (14.6%), washroom (13.9%) and gym (11.9%) whereas, high satisfaction was noted in case of mosque (62.3%), walking ways (55%), lighting (41.1%), child park (35.1%) and gym (31.1%) facilities in the garden.

Visitor's attraction factors

Maximum people preferred to walk in the garden (89.4%) whereas, minimum visitors liked to walk on the roadside having plantations (10.6%) (Table 4). People like to walk in the garden due to traffic congestion (48.6%) and the garden environment (52.4%). For frequency of visits to the garden, occasional visitors were 28.5% followed by daily visitors (21.9%), monthly visitors (19.2%), and weekly visitors (15.2%). Very few visitors (7.3%) visit the garden after two or three days. Regular visitors (25.6%) have a much lower frequency of hospitalized than occasional type of visitors (75.4%) (Table 4). Most of the visitors came to the garden for walks and exercise (31.8%) and other visitors were impressed by the weather (26.2%) of the garden. Mood (20.1%) was a good factor in people's behavior, visiting the garden in their leisure time. There was a descending trend in different factors that affected visitors to visit the garden like child park (8.6%), timetable schedule (5.3%) of visitors, festival (4%), and safe environment (3.3%). The Cantonment Garden Multan was rarely used for photography (0.7%). Most of the visitors (63.6%) of Cantonment Garden Multan have no plants in their

homes due to mortality issues while some visitors (36.4%) have plants in their homes (Table 4).

Table 2 Demographic or socio-economic characteristics of visitors of Cantonment Garden Multan

Total number of visitors	Frequency	Percentage
Cantonment Garden Multan	151	100
Age group		
Young (1-25 years)	53	35.1
Teenage (25-35 years)	52	34.4
Middle age (35-45 y)	31	20.5
Old (45-50)	10	6.6
Above Fifty	5	3.3
Education group		
Illiterate	1	0.7
Primary	4	2.6
Middle	15	9.9
Matric	21	13.9
Intermediate	39	25.8
Graduation	43	28.5
Postgraduation	28	18.5
Gender		
Male	87	57.6
Female	64	42.4
Types of respondents		
Regular	36	23.8
Occasional	105	69.5
Picnicker	10	6.6
Profession		
Independent	30	19.9
Dependent	36	23.8
Government Servant/Retired	8	5.3
Private Servant	1	0.7
Businessman	40	26.5
Student	28	18.5
Housewife	8	5.3
Monthly income		
Poor (1-25 k)	73	48.3
Low Middle (25-50 k)	35	23.2
High Middle (50-75 k)	41	27.2
Rich (75-1 lac)	2	2 1.3
Marital status		
Married	84	55.6
Non-Married	67	44.4
Family size		
1-3 Members	13	8.6
3-5 Members	55	36.4
5-8 Members	63	41.7
Above Members	15	9.9
Nothing Members	5	3.3

Table 3 Satisfaction level of visitors to facilities of Cantonment Garden Multan

Facilities	Low satisfaction (%)	Medium satisfaction (%)	High satisfaction (%)
Maintenance	5.3%	82.1%	12.6%
Conservation	6.6%	69.5%	23.8%
Lighting	6.6%	52.3%	41.1%
Gyms	11.9%	57.0%	31.1%
Walking ways	3.3%	41.7%	55.0%
Library	7.3%	65.6%	27.2%
Washroom	13.9%	64.2%	21.9%
Canteen & Food	14.6%	64.2%	21.2%
Child park	9.3%	55.6%	35.1%
Zoo	19.2%	58.9%	21.9%
Mosque	0.7%	37.1%	62.3%
Entry service	20.5%	60.3%	19.2%
Cleanliness	7.3%	65.6%	27.2%
Birds chirping	47.7%	35.1%	17.2%

Perspective of visitor

There was a significant difference between different walking times in the garden. Dawn time (48.3%) was the best time for walking and exercising followed by dusk time (41.7%). Whereas 9.3% of visitors did not have a specific time to visit the garden. Most of the visitors preferred plants (79.5%) in the gardens or housing societies while 20.5% of visitors also suggested using hard elements in landscape designs. Most of the visitors like evergreen (65.6%) type of plants followed by deciduous plants (25.4%) and some visitors also like semi-deciduous (9%). Flowering plants and trees were more attractive than any other type of plants as fruiting (15.9%), shady (13.2%), palm (9.9%), exotic (6.6%), native (4.7%), bonsai (5.3%) and cactus (3.3%) plants (Table 5). Most of the visitors liked the red (35.1%) flowering plant followed by the white (23.2%) flowering type. The purple and yellow (9.3%) flowering had an almost similar attraction with pink (8.5%) whereas, orange (8.6%) had medium attraction whereas, blue (6%) flowering had a minimum attraction to visitors of Cantonment Garden Multan. The natural type (35.8%) of paving was most liked by visitors followed by the synthetic type (31.1%). Stone and gravel (13.9%) type of paving was also liked by some people. The least number of visitors liked bricks (10.6%) and brick dust (8.6%) as paving material in walkways. Waterfalls (26.5%) were liked by most of the visitors followed by simple fountains (25.2%) type of water features, while ponds or lakes (9.9%) were least preferred by visitors of Cantonment Garden Multan. The dancing fountain (22.5%) was also liked by most of the young visitors and 15.9% of visitors also liked the stream in the garden (Table 5).

Most of the visitors were not recommended by a doctor or physician (76.2%) for visiting but some people were recommended (23.8%) by doctors for walking and visiting

the garden. Most of the visitors liked to visit parks and gardens with family (58.3%) whereas 24.5%, 11.9%, and 5.3% liked to visit the garden with friends, alone, and with colleagues respectively. Most of the visitors wanted to visit Cantonment Garden Multan because of their safe and secure environment, followed by Chanab Park Multan (11.9%). Bin Qasim Park, which is a historical place, was also liked by 10.2% of visitors. Most of the visitors preferred to visit parks and gardens (55%) for outings, while very few visitors wanted to visit the zoo (3.3%), riverside (14.6%), historical places (13.2%), cinema (8.6%), hotels (5.3%). Maximum visitors (86.8%) were not satisfied by the number of parks in Multan whereas 13.2% were satisfied. Maximum visitors (90.6%) suggested that gardens, parks, and green spaces eliminate negative emotions while only 9.4% of visitors were against this opinion. The big problem in home gardening was plant mortality (68.5%) (Table 5).

Suggestion for promoting parks

Visitors suggested to add and improve flowering trees (13.2%), zoo (11.3%), canteen and food (9.9%), dustbins and cleaning (9.3%), lighting and plants name (7.3%), maintenance of plants and trees (6.6%), rain shelter (6.6%), music corner (5.3%), air circulation (4%), gym (4%), and water cooler (4%) while fence around lawns (3.9%) was least preferred by visitors (Table 6). Most of the visitors said that there was no campaign about awareness of parks/garden use or maintenance and their impact on human life, about 35.7% have such thinking followed by people who think developmental activities (22%) as buildings, roads, highways, and motorways are the reason of deficiency of parks/garden (Table 6). While more visitors (42.4%) said that the increase in population is the reason for the deficiency of parks and gardens.

Table 4 Attraction factors of visitors to the Cantonment Garden Multan

Prime attractions factors		Percentage
Where do you most like to walk?	Garden/Parks	89.4%
	Roadside with plantation	10.6%
Why do you not use roadside or small green spaces for daily walk?	Due to traffic rush	48.6%
	Due to environment	52.4%
How often you visit garden?	Daily	21.9%
	After 2-3 days	7.3%
	Weekly	15.2%
	Monthly	19.2%
	Occasionally	28.5%
Frequency of Visitor to Hospital	2-3 times a month	7.9%
	Regular type	25.6%
	Occasional type	75.4%
What are the factors attracting people to spend their leisure time to parks?	Weather	26.2%
	For walking and exercise and enjoying greenery	31.8%
	Mood (Sadness or happiness)	20.1%
	To Attend festivals/exhibition	4.0%
	Children/Child park	8.6%
	Timetable schedule	5.3%
	Due to safe environment	3.3%
	Photography	0.7%
Do you have any plant at your home?	Yes	36.4%
	No	63.6%
Plants growing problem	Mortality issue	68.5%
	Space issue	22.3%
	Time issue	9.2%

Table 5 Perspectives of visitors of Cantonment Garden Multan

Perspective of visitors		Percentage
In your opinion, what is the good time of walking/outing?	At dawn	48.3%
	At dusk	41.7%
	Not specific	9.3%
Which type of materials you like for beautification of land?	Plants	79.5%
	Hard elements (Water features, Statue)	20.5%
What type of plants should be use more in landscape of parks or garden?	Evergreens	65.6%
	Deciduous	25.4%
	Semi-deciduous	9.0%
Which types of plants are more attractive to you?	Palm	9.9%
	Cactus	3.3%
	Flowering/Fragmented	41.1%
	Fruiting	15.9%
	Native	4.7%
	Exotic/Ornamental	6.6%
What is the color of flowering that attracts you more?	Bonsai	5.3%
	White	23.2%
	Purple	9.3%
	Blue	6%
	Yellow	9.3%
	Red	35.1%
	Pink	8.5%
What would be your favorite paving materials?	Orange	8.6%
	Natural	35.8%
	Bricks	10.6%
	Bricks dust	8.6%
	Stone/ Gravel	13.9%

There are several water features what you would like most?	Synthetic	31.1%
	Fountain	25.2%
	Pond/ Lake	9.9%
	Stream	15.9%
	Waterfalls	26.5%
	Dancing fountain	22.5%
Are you recommended by doctor for daily walk/exercise? Are you do it?	Yes	23.8%
	No	76.2%
With whom do you prefer to visit parks/gardens?	Family	58.3%
	Friends	24.5%
	Colleague	5.3%
	Alone	11.9%
Which type of garden/ parks you like to see more or visited more in Multan?	Cantonment Garden	64%
	Askari Jheel Park	8.6%
	Chanab Park	11.9%
	Qasim Parks	10.2%
	Other Housing Society Parks	5.3%
	Parks/Garden	55%
Which place you like most for outing?	Riverside/ Lake view or side	14.6%
	Hotels	5.3%
	Cinema	8.6%
	Historical places	13.2%
	Zoo	3.3%
	Yes	13.2%
	No	86.8%
	Yes	90.6%
Reason to deficiency of Parks?	No	9.4%
	Campaigns & awareness	35.7%
	Development	22%
	Population	42.4%

Table 6 Suggestions of visitors of Cantonment Garden Multan for improvement of the garden

Suggestions of visitors	Percentage	
Suggestion for improvement	Canteen	9.9%
	Make air	4%
	Fence	3.9%
	Plant name	7.3%
	D & C	9.3%
	Gym	4%
	Flowering trees	13.2%
	Zoo	11.3%
	Lady staff	5.3%
	Lighting	7.3%
	Maintenance	6.6%
	Music	5.3%
	Rain shelter	6.6%
	Water cooler	4.0%
	Reason to deficiency of Parks?	Campaigns & awareness
Development		22%
Population		42.4%

Discussion

Parks and gardens are centers of recreational activities and attraction to visitors. In this study, we investigated the plantation and visitor attraction factor of the famous

historical Cantonment Garden Multan. Local gardens are frequently used by the local community for their daily activities. According to Manning et al., (2017) healthy, calm, and peaceful environment of gardens attracts most of the

visitors whereas; the inferior environment of poorly managed gardens causes the least attraction to the visitors.

Visitor's age and gender affect the activities in the garden (Bahrini et al., 2017). Younger visitors have more frequency of visiting gardens than older age visitors. Visitor's age is a significant contributor to demographic representation that may change the attitude of visitors and affect their perceptions and suggestions. The age effects on the behavior of people have been described in the study by Kotile and Martins, (2000). In the case of gender more men visit the gardens compared to women may be due to restrictions on running and cycling by women (Bahrini et al., 2017). Educated people are more frequent visitors to the garden than uneducated people because education causes modification in the attitude and behavior of humans. Based on marital status, married people liked to visit the garden more than non-married people. Similarly, Bahrini et al., (2017) also found that mostly young and unmarried couples (young adults and students) want to visit parks at night and prefer less-busy, more isolated areas to spend time. Families and children with mothers come to visit parks mostly in the evening and later (after work, school, and when the day is cooler) (Bahrini et al., 2017). According to people, the best time for walking and exercise is dawn time, and there is a significant difference between different walking times. Dawn time is the best time for walking and exercise, this statement was supported by most of the visitors followed by visitors who say dusk time is the best time for walking and exercise. Some visitors also supported not specific times for walking and exercise. Most visitors want to like plants in the landscaping of parks/gardens or housing societies while some visitors also like to install hard elements for Landscaping. Moreover, Effective lighting, in parks in night view leads to a sense of security with more vitality (Wang et al., 2015).

A higher satisfaction level of visitors was recorded regarding facilities in the garden. Most families like to visit the garden due to security and a peaceful environment. Some parks are known for poor security, and safety with high anti-social behavior and don't prefer visitors, especially by women (Bahrini et al., 2017). Visitors like to improve the biodiversity, canteen, and washroom facilities in the garden. Most of the visitors were not satisfied with the facilities of the zoo, canteen and food and the washrooms. Limited accessibility to parks due to entrance issues can undermine their effectiveness, even if the parks have well-managed facilities (Lotfi & Koohsari, 2009; Noe & Stolte, 2023). Many visitors suggested improving the entry services (20.5%), a visitor showed high satisfaction with given facilities in the garden from the mosque, walking ways, lighting, child park and gym, and the time pattern of use the parks at any time most likely as at noon and in morning. In all activities jogging is most popular compared to sitting, walking, picnic etc. (Bahrini et al., 2017; Erdoğan, 2023). More People like to walk in the

garden and very less visitors like to walk on the roadside due to traffic and polluted environment. Occasionally coming visitors were more in number compared to daily visitors. Garden visitors were also linked with hospital visits, as regular garden visitors were good in health with poor health complaints.

Plants are divided into three types by shedding their leaves. Most of the visitors like the evergreen type of plants that do not shed their leaves, followed by deciduous plants which shed their leaves in fall, and some visitors also like the semi-deciduous type of plants which shed half of their leaves may be due to the hot climate of the area. Flowering plants and trees have more attraction to visitors than nonflowering plants with minimum attraction towards the cactus plants. Most of the visitors like red flowering trees followed by white flowering while blue flowering plants have a low frequency of attraction to visitors of Cantonment Garden Multan. Water features like waterfalls and simple fountains were liked by most of the visitors, whereas the least preference was towards ponds or lakes. Moreover, dancing fountains and streams were also suggested by most of the young visitors. Visitors suggested adding flowering trees with an improved zoo in the garden and recommended the removal of the fence around the drinking water cooler and lawns. Moreover, there is a need to start an awareness campaign about the importance and maintenance of gardens for women (Bahrini et al., 2017). Good weather and the spring season cause pressure on visitors in parks, gardens, and other open green spaces. At that time lighting was very and safety cameras were very important for controlling anti-social activities in the garden.

Conclusion

Parks and gardens play an important role in the life of the local community by providing a place for relaxation, and emotional release (removal of negative emotions such as stress, depression, aggression, etc.). Because beauty of natural environment always attracts people by enhancing their quality of life. Present study also indicates that people regularly visiting gardens and parks have very little risk of hospitalization than occasional visitors. Consequently, our results suggest that regular garden visitors have greater health benefits than irregular visitors. The results will help the experts to develop new gardens in urban areas and create awareness among citizens about the use of these areas. Moreover, there should be focus on the garden's maintenance and improvement for better engagement of local community in these green places

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