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The role of lifestyle in the design of urban residential spaces using the model of green management and sustainable development (case study of Shemiranat, Tehran)

Mohammadreza Sepehr [1], Ehsan Dorari Jabarooti[2*], Hero Farkish [3]

1. *Ph.D. Candidate, Department of Architecture, Mashhad branch, Islamic Azad University, Mashhad, Iran*

2.Assistant Professor, Department of Architecture, Mashhad branch, Islamic Azad University, Mashhad, Iran

3.Assistant Professor, Department of Architecture, Mashhad branch, Islamic Azad University, Mashhad, Iran

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ABSTRACT

The green management and sustainable development model is a strategic approach that is adopted in order to preserve the environment and ensure sustainable development in the long term. Designing green management and sustainable development of urban residential spaces also means creating sustainable and healthy living environments for society. In this approach, it is important to pay attention to environmental, social and economic factors in the design and construction of residential spaces. Principles such as energy efficiency, use of natural resources, reduction of air and water pollution, preservation of biodiversity and creation of green spaces are used in the design of urban residential spaces. Also, attention to creating strong social connections, creating suitable public spaces and developing sustainable transportation are also included in this approach. The relationship between the urban space and the daily life of a person has various strains and each of these strains expresses the type of use of the space. The richness and depth of the connection between the urban space and the user depends on the amount of opportunity that the space provides for the flourishing of his daily life. An opportunity that expands a person's circle of choice beyond mandatory and everyday activities and causes him to choose the urban space as a place for leisure, communication with others, active social actions, wandering and even peace and solitude. The possibility of such a choice on the part of the individual becomes a reality when there is a convergence between "what he wants" and "what exists in space as a concrete reality". Therefore, this research aims to provide scientific and practical solutions in formulating a model of green management and sustainable development with the role of lifestyle in the design of urban residential spaces with the aim of paying attention to the needs and desires of residents, improving their level of well-being and quality of life, considering challenges such as Urban growth, increasing population and limited resources require improvements that can help the lives of citizens.

Keywords: lifestyle, design of urban residential spaces, green management, sustainable development

*Corresponding author: ehsjabarooti@mshdiau.ac.ir

1. Introduction

Today, the people of the world pay more attention to the protection of the environment and biological resources. This sensitivity has intensified to the point that even the owners of industries are trying to take an effective step towards the acceptability of their products to customers and to use environmental considerations as a competitive advantage. Green and sustainable development play an important role. Considering that our lifestylehas a great impact on the environment, choosing a sustainable and responsible lifestyle can help preserve natural resources and reduce harmful effects on the environment. This includes economic performance, energy consumption, waste management, conservation of water and soil resources, protection of biodiversity and use of sustainable transport. By choosing a sustainable lifestyle, we can help reduce air, water and soil pollution, waste generation and unsustainable energy consumption. Also, this lifestyle can help improve the quality of life of people and society, because green architecture, green space and the use of renewable energy can improve the environment[1]. In general, sustainable lifestyle plays an important role in green management and sustainable development, and makes us respond to our current and future needs as well as the needs of the environment, since humans are the core of any study and His needs, inspirations and contributions are the main motivation of scientists and researchers. Man's daily life is directly influenced by his surroundings, and daily contact with nature is essential for his mental health. People spend most of their efforts, time and money on renovating and decorating their living spaces. Likewise, these spaces have a great influence on their owners[2].Urban residential spaces refer to areas and resources that are used for the residence and life of people in cities and sustainable urban development is to improve the quality of life in terms of the capacity of the environment and respond to the needs of the current generation[3].

2. Theoretical foundations and research background

Green management and sustainable development in urban design in order to create sustainable, livable and healthy environments for the local community is very important. This approach is used in urban design in order to improve the quality of life of citizens, preserve natural resources, reduce air and water pollution, increase renewable energy and create green spaces and water games in cities. Some methods of green management and sustainable development in urban design include the use of public and private green spaces, the creation of public parks and gardens, the use of smart irrigation systems, and the use of renewable energy sources[4]. Also, this approach is used in urban design in order to increase the use of public transportation, create walking and cycling routes, and create public spaces for recreation and entertainment of citizens. Green management and sustainable development in urban design requires cooperation between different specialists, including urban planning engineers, architects, environmentalists, and

urban officials. By implementing this approach, it is possible to achieve a significant improvement in the quality of life of citizens and to preserve the environment. The model of green management and sustainable development plays an important role in urban design, especially from the perspective of researchers. This model has been studied by researchers and experts in order to create sustainable and environmentally friendly cities. Through this model, efforts are made to improve environmental, economic and social factors in the design of cities by using green and sustainable approaches. This model includes the use of green design principles, optimization of energy consumption, protection of water resources, waste management, creation of green spaces and improvement of city air quality. Also, this model takes into account the social and economic needs of citizens[5]. By using this model, cities can experience a significant improvement in the quality of life of citizens, environmental protection and the creation of green and beautiful spaces. This model also guarantees the improvement of the sustainability of cities against economic and social changes. In general, the model of green management and sustainable development from the perspective of researchers in urban design plays an important role in improving the quality of life of citizens and protecting the environment.

Research on the sustainable development design of urban residential spaces and identity is urgently needed today to explore the ways in which places are imbued with personal and social meanings[6]. On the other hand, residential areas have been and are the core of study for a large number of researchers due to their important impact on "individual and social meaning". From that point, this research will focus on "identity" in the design of sustainable development of urban residential spaces from the following aspects:

- The issue of gaining control over space in order to feel positive identity
- The matter of using, arranging or decorating that space in order to create psychological comfort and reflect personal identity or well-being
- Preservation of significant places of the past, so that the sense of control and identity experienced at a younger age is supported by reproducing the essence of a significant past environment.

Lifestyle indicators can also have a significant impact on the scientific progress of urban planning. Because people's lifestyle and how they deal with the urban environment determines their demand and needs[7].

- Sustainable transportation: Using public transportation, cycling, and walking instead of private cars can lead to a reduction in traffic and air pollution.
- Green space: Creating green areas and parks in cities improves air quality, lowers temperature and increases the mental and psychological peace of citizens.
- Active public spaces using technology: Using technology and creating active and attractive public spaces, such as squares, cultural centers, libraries and community centers, increases social interactions and information exchange between citizens[8].

These spaces are suitable places for holding conferences, exhibitions and scientific events and promote scientific progress.

3. Research methodology

The research method is descriptive-analytical and practical in terms of purpose. The size of the studied sample was 884 people according to Cochran's method and according to the population of 558,000 thousand people of Shemiranat region. Case data was also collected with the help of a questionnaire and analyzed with SPSS software. Also, in order to evaluate the structure of the spatial configuration, which has a significant correlation with the design of urban residential spaces based on the studies, UCL Depthmap software and the space layout method were used[9].

4. Research findings

Green management and sustainable development are very important in different periods. Considering the growth of the world population and the ever-increasing needs of humans, it is essential to preserve the environment and optimal use of natural resources[10]. In different periods, green management and sustainable development are carried out in order to reduce pollution, preserve biodiversity, energy efficiency, waste management and protect water and soil resources. In the early periods, more attention was not paid to green management and sustainable development, and it was mainly focused on production and economic growth. However, with the advancement of science and technology and the increase of society's awareness, the need for green management and sustainable development has been given more attention. In contemporary times, green management and sustainable development is known as a comprehensive approach for economic, social and environmental development. This approach includes measures such as using renewable resources, reducing greenhouse gases, preserving biodiversity, waste management and energy efficiency. Considering the importance of green management and sustainable development, organizations, governments and international communities try to formulate and implement appropriate strategies and policies to implement this approach. Also, research and technological innovations are also carried out to improve green management and sustainable development in future periods[11].

Lifestyle in different historical and geographical periods can be very different. Technology, culture, economy and other factors can affect people's lifestyle. Below, I discuss some of the differences in lifestyle in different eras:

1. Ancient times: In ancient times, life was mostly rural. People lived in agriculture and animal husbandry and mainly depended on human and animal resources to do the work. Technologies were limited and communication was limited[12].

2. Industrial eras: With the emergence of the industrial revolution in the 18th and 19th centuries, the lifestyle underwent major changes. Technology improved and steam, electricity and other machines were used.

Industry flourished and more people lived in cities. Trade and economics also changed[13].

3. Modern era: In the 20th and 21st century, the lifestyle was heavily influenced by science and technology. Electronic communications and the Internet, rapid transportation, advances in medicine and other scientific fields have brought major changes to our lives.

4. Different lifestyles in different societies: Differences in lifestyles also exist between different societies. Rural communities can focus on agricultural and animal husbandry activities, while urban communities tend to focus on trade, services, and industrial activities[14].

These differences are just an example of the differences between different eras. Influenced by social, cultural, economic and other factors, lifestyle can be very variable. The lifestyle in Iran is diverse and appropriate to the diversity of cultures, geography and economic and social conditions of the people. In Iran, various factors can affect people's lifestyle, including gender, age, education, occupation, and race. But in general, there are some common lifestyle patterns in Iran that are usually followed by most people[15]. The most important lifestyle patterns in Iran are:

1. Family: Family is very important in Iran and family ties are strong. Most family members live in the same house and have close relationships with parents, brothers and sisters, and other family members.

2. Religion: Iran is a country with a majority Shia Muslim population, and this religion has a great impact on people's lifestyle[16]. Religious customs are important and significant in daily life and religious ceremonies.

3. Art and literature: Iran has a long and countless history in art and literature. Persian literature, Persian poetry and Iranian music are elements that have a wide influence on the lifestyle of Iranian people[17].

4. Nutrition: Nutrition in Iran generally consists of traditional foods such as pilaf, stew and kebab. It is also very common to drink tea and coffee during the day.

5. Culture and entertainment: watching Iranian and foreign movies, going to the theater, concerts and museums, participating in local sports are common activities in the field of culture and entertainment.

6. Clothing: In Iran, depending on cultural and religious factors, people usually wear conservative clothes in public. On the other hand, among young people and in big cities, modern and western clothes are also common.

In general, the lifestyle in Iran shows the effects of religion, history, culture and social conditions, and depending on different factors, there may be differences in the lifestyle of people[18]. Designing urban residential spaces is a multiple approach that takes into account different principles and concepts. In the design of residential spaces, the following theoretical bases can be used: (Table 1)

Table 1. Theoretical foundations of lifestyle

1. The theory of urban development: this theory pays attention to the needs and desires of urban residents. The design of residential spaces should be done according to these needs and demands. It includes factors such

as the need for green spaces, public spaces, the variety of uses of public spaces, and social connections[19].

2. The theory of response to the environment: This theory states that residential spaces should have the ability to respond to the needs of residents and their natural environment. In this theory, the relationship between residences and the natural environment is examined to create sustainable and suitable spaces.

3. Space Formation Theory: This theory deals with the description and design of residential spaces using different elements. Factors such as the shape and size of buildings, scale and proportions, structural and spatial relationships, flows and paths, and the use of color and materials are considered in this theory[20].

4. Participatory urban planning theory: This theory emphasizes the interaction and participation of residents in the process of designing and developing residential spaces. Residential design should be done with the cooperation and participation of residents and provide access to opportunities and resources for all members of the community.

5. Theory of sustainable urban development: This theory emphasizes the development of residential spaces with a sustainable approach. The design of residential spaces should pay attention to preventing land loss, preserving water and energy resources, using green technologies, preventing pollution and creating local economy[21].

These ideas and concepts are used as theoretical bases in the design of urban residential space and their goal is to create suitable and high quality residential spaces that respond to the needs and desires of residents and harmonize with the natural and social environment.

Philosophers have also presented different views about lifestyle. Below I will examine some of these views:

1. Epicurus: Epicurus (1819), an ancient Greek philosopher, believed that the main purpose of life should be to seek personal pleasure and happiness. He avoided extremes and tensions and reached a balanced lifestyle through the rational management of pleasures[22].

2. Stoicism: Stoicism (1960), characterized by the unique life and the theory of the "good of one's own power", believed that people should choose their lifestyle based on their personal beliefs and values, seeking harmony between body and mind. be yourself[23].

3. Sartre: John Paul Sartre (1945), a French philosopher, also investigated the lifestyle of humans. He believed that unlike stoicism, life alone is meaningless and people should search for meaning and value in their lives. He endured unpleasantness and adversity and emphasized that it is up to the individual to create meaning and value.[24]

4. Nietzsche: Friedrich Nietzsche (1895), a German philosopher, emphasized the lifestyle of "excess in evil" and "love of human nature". He believed that people should rely on

themselves to be strong and passionate and flourish their lives through dealing with problems and hardships[25].

;These are just a few examples of philosophers' views on lifestyle. Every philosopher may have different views and opinions in this field, and finally, the choice of lifestyle is up to each person and should be based on his values, priorities and personal meanings.

5. Employed variables in green management and sustainable development

In green management and sustainable development, independent variables refer to factors that can be controlled and changed. These variables can include environmental, economic, social and technological factors. For example, independent variables in green management may include energy consumption, water consumption, natural resource use, waste generation, and environmental impact. While in sustainable development, independent variables may include economic, social and environmental factors that affect long-term development. These variables can be used as tools to measure and manage progress towards achieving green and sustainable goals[26].

6. Employed variables in lifestyle

Figure 1. Employed variables in lifestyle

1 .Time: Optimum use of time to do various tasks and tasks in life.

2. Money: optimal financial management and planning to use money in the best possible way.

3.Relationships:Establishingcorrect relationships with others, friendship and loving others, and having relationships with family[27].

4. Health: physical and mental health, exercise and physical activity, health care and treatment of diseases.

5 .Careers: Find a career you love and enjoy, grow in your career, improve your skills and earn decent income[28].

6. Well-being: feeling satisfied with life, having peace and rest and enjoying life.

7. Success: progress in life, having goals and achieving them, self-sufficiency and personal development.

7. Green management design and sustainable development in residential spaces

In the design and sustainable development of residential spaces, it is very important to pay attention to various factors such as energy efficiency, waste management, use of natural resources, environmental protection and creation of green spaces. Considering these cases, the design and development of residential spaces should be developed in order to reduce energy consumption, optimal use of natural resources such as light and air, use of clean energy production systems, and the creation of green spaces and parks. Also, the use of building materials with the least environmental impact and the creation of healthy and peaceful living spaces for residents

should also be considered. These approaches are very important in the design and development of residential spaces in order to create a stable and healthy environment for the residents and preserve the long-term environment[29].

8. Independent variables in green management and sustainable development design of urban residential spaces

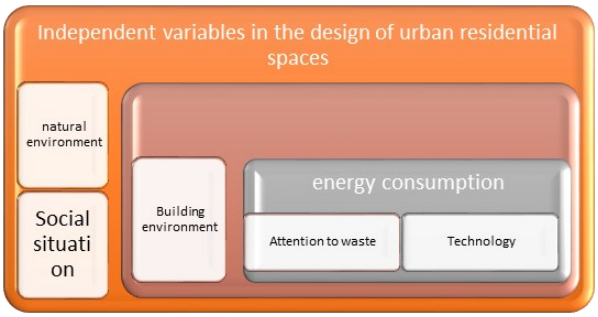


Figure 2. Independent design variables

Table3. Analysis of design variables

1 Natural environment: weather conditions, topography, plant and animal species, knowing the geographical area and access to natural resources.
2 Social conditions: communication with people, culture, social behaviors and characteristics of the population.
3 economic conditions: financial ability, income, purchasing power and economic problems[30].
4 traffic system: public transportation, access to main roads and communication with other urban areas.
5 Building environment: location, height and structure of the building, size and shape of windows, interior spaces and lighting.
6 Technology: The impact of technology on the lives of citizens, access to the Internet, communication and security.
7 Public spaces: parks, squares, neighborhoods, mosques and schools, spaces where people interact.[31]
8 Laws and regulations: urban laws and regulations, urban order and security, and urban construction system.

9. Important factors in the formation of green management of sustainable urban development

1. Environmental protection: Green management and sustainable development require attention to the protection of natural resources and reducing environmental pollution. This includes the optimal use of water, energy and material resources, as well as the reduction of greenhouse gas emissions and the protection of biodiversity[32].

2. Sustainable economy: Green management should be associated with creating sustainable economic growth and social justice. This includes the development of green industries, the creation of sustainable jobs and the equitable distribution of economic benefits[33].

3. Public participation: For the formation of green management and sustainable development, public participation is very important. It involves collaboration between government, private sector and society. Also, transparency and effective communication with society is also necessary to create acceptance and effective interaction with green management.

4.0 Education and awareness: Education and awareness of society about the benefits of green management and sustainable development is very important. Increasing awareness about new methods and technologies, promoting sustainable behaviors and changing consumption patterns can help in the formation of green management.

5. Support policies: Support policies from the government and relevant organizations play an important role in the formation of green management and sustainable development. This includes encouraging the use of renewable resources, providing financial and tax incentives, setting environmental laws and regulations, and encouraging innovation and research and development.

These factors are just some examples of important factors in the formation of green management and sustainable development, and depending on the environmental and economic conditions of each region, other factors may also be effective[34].

10. Effective factors in the design of sustainable development of residential spaces of urban vitality

1. Efficient land use planning to minimize urban sprawl and preserve green spaces.

2. Incorporation of green building practices to reduce energy consumption and promote environmental sustainability.

3. Access to public transportation and infrastructure to reduce reliance on private vehicles and promote walkability.

4. Integration of renewable energy sources to reduce carbon footprint and promote energy efficiency.

5. Implementation of water conservation measures to reduce water usage and promote sustainable water management.

6. Promotion of social equity and inclusivity in the design of residential spaces to create a sense of community and belonging.

7. Consideration of climate change adaptation strategies to mitigate the impact of extreme weather events on residential areas.

8. Engagement with local communities and stakeholders to ensure that the design of residential spaces meets their needs and preferences[35].

11. Definition of urban residential spaces from the point of view of philosophers

In defining urban residential spaces, philosophers seek a deeper and more philosophical understanding of urban space. They have looked at urban spaces from different perspectives and provided different definitions for them. One of the definitions given by philosophers is the definition of urban space as an interference space of cultures and civilizations. Based on this, the urban space is created as a dynamic space with a special character where different cultures and civilizations meet. Also, urban space is defined as a social and political space that includes social relations, power and influence, identity and nationality, etc. In another definition, philosophers have defined the urban space as a natural space that acquires its shape and image through interference with cultural and social

processes. This definition objects to the urban space as a pre-defined empty space and grants it the ability to change and transform. Also, urban space has been defined as a systematic and organized space in which order, order and governance play an important role[36]. This definition refers to the urban space as a precise and solid space where control and regulation are essential to create an order by observing all social solutions and laws. Therefore, the definition of urban residential spaces from the point of view of philosophers depends on the philosophical view and approach of each person or school of thought. However, all philosophers agree on the idea that urban space has a dynamic and complex nature consisting of social, cultural and natural connections. (Figure 4)

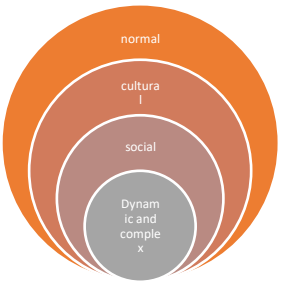


Figure 3. Philosophers' point of view

13. Effective factors in the behavioral setting in the design of sustainable development of urban residential spaces

Behavioral position or behavioral reference is a set of beliefs, values, attitudes and behaviors of a person or people. Therefore, various factors affect it, the most important of which are the following:

1- Family: Family is the main environment for a person and it is expected to have very important effects on a person's behavior. Ways of upbringing, attention, affection and distance along with family behaviors can shape a person's behavior.

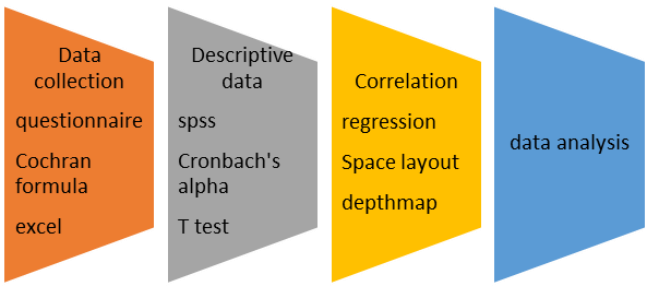
2- Peers: Peers can also have a great impact on a person's behavior. The behavior of peers and the way they are treated can affect a person's behavior.

3- Work environment: The work environment can also have many effects on a person's behavior. People usually pay attention to the people in their work environment and experience their behavioral effects.

4- Media: The media can have many effects on a person's behavior. Magazines, television, movies, and books can shape the behaviors a person sees in them.

5- Culture: Culture can also have many effects on a person's behavior. Cultural beliefs, values, attitudes and behaviors can influence a person's behavior.

6- Past experiences: Past experiences can also have many effects on a person's behavior. Behaviors that a person has experienced in the past can shape a person's behavior in the future. space can be presented. (Figure 4)



14. Study area

Shemiranat area of Tehran is surrounded from the north to the southern slopes of the Alborz mountain range, from the south to the Chamran highway, from the west to the Derke River and from the east to the Gochek forest park. The area of the city is approximately 1111 square kilometers and 9.5% of the area of the province and it has a population of about 500,000 people. It has shopping centers, tourist centers, forest parks, imamzadehs and mountain paths, including Darband, Derke, Tochal, etc. The neighborhoods of Shemiranat area of Tehran are: Azgol, Aqdasiyeh, Elahiyeh, Evin, Bagh Ferdous, Tajrish, Darabad. , Derka, Darband, Zafaranieh, Farmaniyeh, Fereshte, Qaytiyeh, Kamraniyeh, Mahmoudieh, Valenjak and Niavaran, etc., which are called Shemiranat areas. In this area, there are fifteen museums and two collections of royal museums, Niavaran Palace and Saadabad Palace, as well as the Tamashgar Zaman Museum. Also, the complex of palaces of Niavaran, Saad Abad, Mellat Palace, Shahvand Imamzadeh Saleh Palace and Zahir al-Doulah Cemetery are significant historical facilities. And the mountainous areas of Darband, Derke, Derke River, Kalkchal, Evin, Niavaran parks, Jamshidiyeh, Qaytira are among these areas. recreational places and tourist attraction centers of this region.

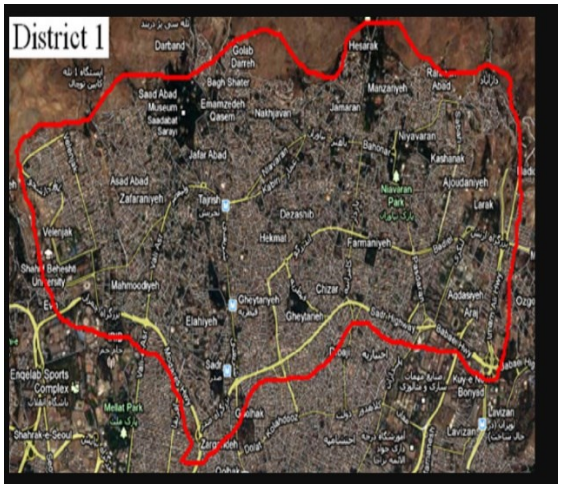


Figure 5. Geographical map of region 1 of Tehran

15. Examining demographic characteristics

In this section, the descriptive demographic statistics of the statistical sample are presented in order to examine the impact of each of the research indicators. (Table 5)

Table 5. Demographic statistical chart

Percent	Abundance	sort	Variable
72	678	man	gender
28	206	woman	
100	884		jub
141	354	p.h.d/ Engineer	
11	186	Employee	
21	140	free	
12	109	housewife	
15	105	Unemployed	
100	884		

17	161	20تا10	**Age**
22	189	30تا20	
33	338	40تا30	
28	196	40به بالا	
100	884		
18	168	diploma	**education**
23	195	Associate Degree	
29	211	Bachelor's degree	
16	162	Master's degree	
14	148	Doctorate	
100	884		

The findings of the questionnaire show that among the factors affecting the design of sustainable development of residential spaces for spending leisure time, the quality of materials, the absence of holding ceremonies and festivals, and the absence of special symbols and signs that show the identity of region one are the most important. Known factors. Also, in relation to the factors affecting the design of residential spaces, the lack of proper arrangement of urban design elements, the neighborhood's ridership, traffic and noise pollution, and the uncertainty of the specific mental image are among the most important problems of the region from the point of view of the statistical community. (Figure 6)

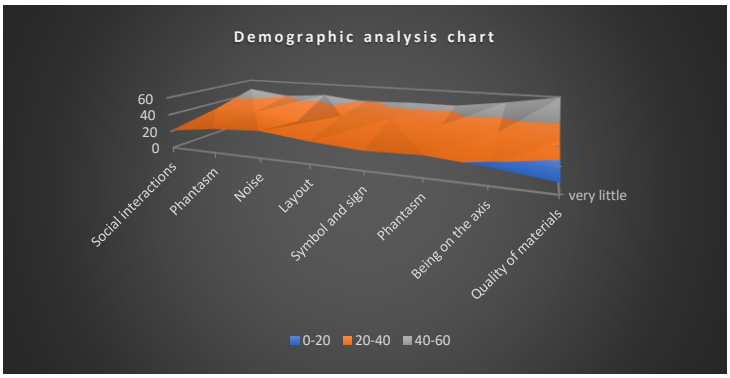


Figure 6. Chart of demographic analysis

16. Data analysis

At first, the normality of the data obtained from the questionnaire was measured, which is the background of all SPSS analytical software tests. Based on this, the skewness and elongation of the data were measured first. (Table 8 and Figure 5 and Figure 6)

Table 6. Skewness and elongation

Elongation	crookedness	Variables
0/821	0/843	Behavioral camp
-0/417	0/712	Vitality factors

and -2 and are not higher than 3, it indicates that

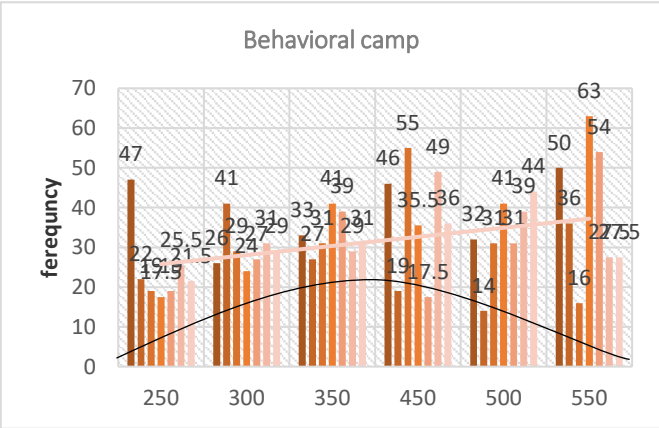


Figure 7. Behavioral camp

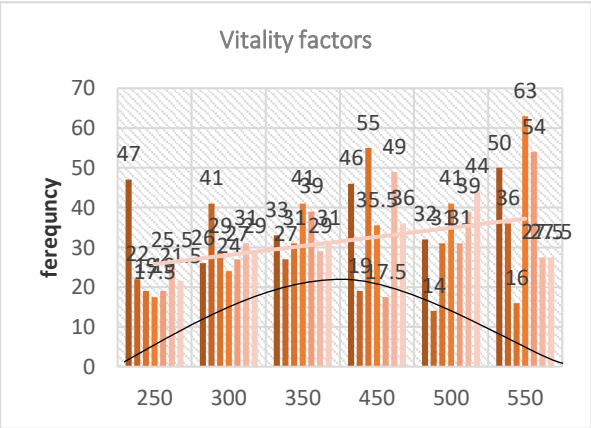


Figure 8. Vitality factors

the variables in question are normal. Based on this, the results of the Kolmogorov Smirnov test indicate that the significance values are higher than 0.05. This means that parametric tests can be used for data analysis. (Table 7)

The results of the normality test show that the variables of vitality and behavioral location in region one have positive skewness. Also, since the values of skewness in the components obtained from the normality test are between 2

Table 7. Normality test

Test result	Significance level	ks statistics	standard deviation	Average	Number	Variable
It is normal	0/691	0/761	0/439	3/74	384	Vitality
It is normal	0/319	0/378	0/428	3/51	384	Behavioral camp

The results of Cronbach's alpha test show that among the 884 questionnaires submitted by the statistical community, 97% of them were reliable. Also, the result of Cronbach's alpha of this questionnaire and the component of people's vitality in region one was reported as 0.861, and since it is higher than 0.8, it indicates that this questionnaire had good reliability. Also, the value of Cronbach's alpha for the behavioral component was 0.786, which again indicates that this questionnaire has good reliability. (Table 10)

Table 8. Cronbach's alpha test

Component	Number of questions	Cronbach's alphabet
appointment	46	0/905
Vitality	37	0/842

An independent sample T-Tech test has been measured to examine and compare the two main components of this research, i.e. vitality and behavioral attitude. Based on this, the significance level of the independent t-test is greater than 0.05 and this means that the variances of the two experimental models are equal. The significance level in post hoc analysis was reported as 0.261. In this analysis, both upper and lower confidence limits were positive. This means that there is no significant difference between the two variables and the factors affecting vitality can be effective in improving the behavioral camp. (Table 11)

Table 9. T-Tech exam

95% confidence interval		significant level	standard deviation
max	min		
5/54	5/36	0/519	0/628

The correlation between two variables is equal to 59% and the coefficient of determination is equal to 36%. Therefore, the model in which vitality is included controls 36% of the changes considered in relation to the behavioral position, and 64% of the changes in the behavioral position are influenced by other factors. The value of the Watson camera statistic is in the standard range between 1.6 and 2.7. As a result, this regression model is reliable. So it can be said that the mentioned indicators of the model are of acceptable quality. (Table 12)

Table 10. Correlation between variables

model	The correlation coefficient	The coefficient of determination	The coefficient of determination of the	Standard deviation of residuals	Watson camera
1	0/771	0/522	0/521	0/571	4/241

To check the regression model and its linearity, you should refer to the regression analysis of variance table. If the variance analysis has a sig less than 0.05, it shows that the regression model can show changes in the dependent variable, where the regression line indicates the amount of changes in the dependent variable determined through the independent variables and the residual line It represents the amount of changes in the dependent variable determined by other random factors. Since the correlation between vitality and behavioral position is confirmed, in this part, it can be seen in the ANOVA table that the significance level is less than 0.05 and it shows that the regression model has been able to express the changes in the dependent variable in a linear manner and Establish and report the assumption of linear regression. (Table 13)

Table 11. Regression analysis of variance

model	sum of squares	Degrees of freedom	average of squares	statistics	The significance
regression 1	37/901	1	36/910	194/612	0

In correlation, the direction of the relationship is two-way and the researcher does not know which variable affects the other variable. The researcher uses regression analysis to find out

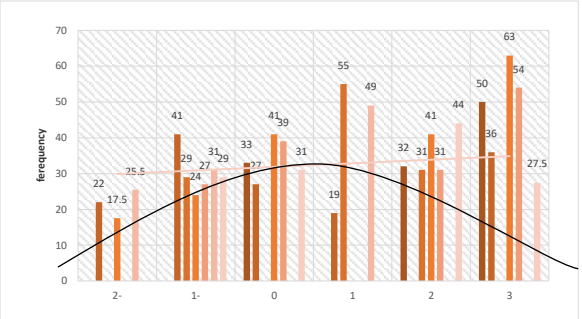


Figure 9. Graph of coefficients between the direction of the relationship. In column B, respectively, the constant value and the coefficient of the independent variable in the regression equation are met according to the beta coefficient of 0.596, and the T-statistic is greater than 1.98 and the significance level is less than 0.05, so the variables are found at the significance level. Vitality has a positive effect on behavioral attitude. According to the above table, the regression equation is as follows: Since the significance level of coefficient B is a constant value of 0.05, therefore the constant coefficient is not acceptable and only coefficient B of vitality is acceptable. (Table 11 and Figure 10)

Table 12. Coefficients between variables and regression variables and regression

model	Non-standard coefficient		Standard coefficient	Statistics T	The significance level
	The regression coefficient	Regression criterion error	Beta coefficient		
Constant	1/911	0/153		1/6524	0
Behavioral camp	0/598	0/54	0/596	1/7125	0

17. Data analysis by spatial arrangement method

The results of the analysis of the spatial configuration of the first district of Tehran show that the degree of connectivity in the areas of the study area with the connectivity of 19 has the best access. The greater the degree of connectivity of a node, it means that that space has a better accessibility. Also, the findings of the degree of interconnection in these streets of Region 1 show that the main axis of the streets with the degree of interconnection (4/56) has a high spatial integration and continuity compared to other spaces. This means that most of the potential of people's movement patterns occurs on the main street. As a result, the security of the main street is higher than the side streets. (Figure 10)

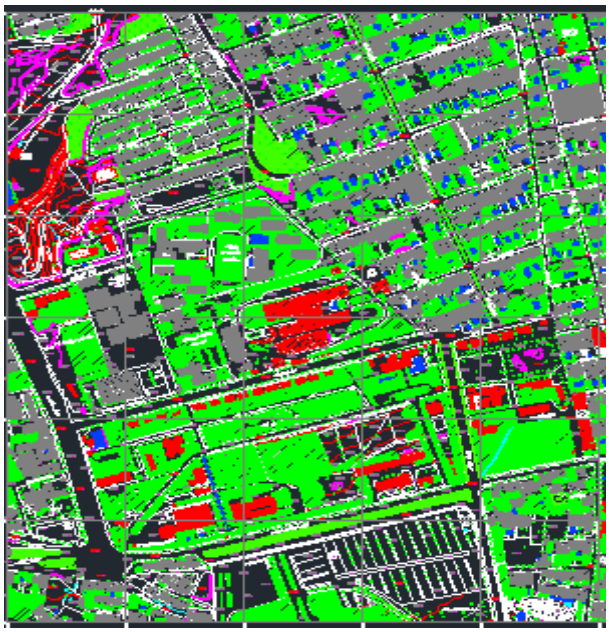


Figure 10. The level of connection and the ability to connect the buildings of the streets of shemiranat

According to the analysis, the highest average depth belongs to the main entrance streets to Valiasr Street, Tajrish and Chamran Highway in Tehran with a numerical value (3.86) and the lowest numerical value (0.05). The high level of depth shows that access to other spaces is done by passing through many intermediate spaces and spaces do not have a clear and direct connection with each other. As a result, these spaces will have less movement patterns. The results of the correlation test, based on the correlation between the degree of connection and the ability to connect, show that it includes the main streets of Region 1 with the ability of spatial understanding (0.81) and has high visual clarity. The results obtained From the analysis of the case sample by the software, the output and quantitative data are shown in the table below. These data are taken from the analyzes that have been conducted in the form of minimum, average and maximum parameters of the space arrangement in the first district of Tehran. (Table 13)

Table 13. Spatial layout parameters

Selection	Control	Spatial depth	Linked	Connection rate	Dimensions
0	0/005	1	0/43	1	At least
4/94	640	3/56	4/86	19	max
38/19	1	2/95	1/98	5/08	Average

18. Conclusion

This research aims to express scientific and practical solutions in order to promote the effects of lifestyle indicators in the design of sustainable development of urban residential spaces and to provide appropriate solutions for green management and sustainable development in Shemiranat today. The design of urban spaces as one of the most important arenas for the manifestation of human identity, culture and civilization is considered a suitable platform for finding an all-round attitude towards the quality of life of the residents. Therefore, the promotion of behavioral and lifestyle camps is considered essential as an attraction for social interactions of people in such spaces. The findings of the questionnaire show that lack of space is one of the factors that affect vitality in the design of sustainable development of urban residential spaces. For spending leisure time, the quality of materials, the absence of events and festivals, and the absence of special symbols and signs, which show that it is known as one of the most important factors of identity in the Tehran region. Also, in relation to the factors affecting behavioral settlement, the lack of proper

arrangement of urban design elements, the fact that it is vehicular-oriented in Shemiranat area of Tehran, traffic and noise pollution and the uncertainty of the specific mental image of the area are the most important problems from the point of view of the statistical community. The results of the correlation and connection test using the space arrangement method show that the Shemiranat area of Tehran, the case study of the study, has relatively good readability with a spatial comprehension rate (0.81). According to the findings of the research, the solutions and policies related to solving the problems of the region are in line with the goals of the research and in line with the vitality of the Shemiranat district of Tehran. These solutions improve the visual quality and urban, environmental, functional and spatial landscape and improve the social, cultural and economic interactions of Shemiranat region. And based on Haib's policy, including the possibility of creating a mutual connection between the road and the body of the street, and combining the colors of the elements, removing visual disturbances, increasing the visibility on the side of the street and vegetation, creating a rhythm, using suitable flooring on the scale of the region and making it suitable for Disabled people, suitable space for cycling, necessary facilities for collecting sewage, using trees and vegetation in order to improve the functional and spatial quality of the complex, policies such as creating attractive and refreshing tourism-entertainment spaces for traffic and pause space, among others Public parking, creating a neighborhood park for children to use, creating attractive spaces. Multiple users such as coffee shops in the area. From this research and other researchers, it can be said that the current research is in line with the previous findings and while confirming the results of the mentioned internal research, it provides practical and scientific solutions for green management and sustainable development in sustainable design. In general, according to the investigations carried out in this research, to answer the research question, it can be stated that improving the effects of lifestyle indicators in green management and sustainable development in the design of urban residential spaces in the Shemiranat area of Tehran will lead to more and more prosperity. Neighborhoods will strengthen the sense of belonging, create identity, achieve mental and emotional peace and overall social stability in the region.

Authors' Contributions

Mohammadreza Sepehr: Data curtain; Methodology. Ehsan Dorari Jabarooti: Funding acquisition; Methodology. Hero Farkish: Methodology; Writing-review & editing.

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Conflicts of Interest

The authors declare no conflicts of interest.

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Ethical considerations

In the article Mohammadreza Sepehr, which is from the doctoral dissertation code 11148094340462213988162292688O It was extracted, it was not necessary to comply with ethical considerations.

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