

Explaining The Role And Impact Of Urban Public Spaces On Enhancing Public Health In Iranian Metropolises (Case Study: Tabriz City)

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ABSTRACT

The accelerated pace of urbanization in Iranian metropolises has underscored the need to reevaluate the role of public spaces in promoting public health. This study investigates the influence of urban public spaces on enhancing the physical and mental well-being of citizens in the metropolis of Tabriz. Adopting a quantitative and analytical method, data were collected through a purposive documentary review and field studies. The statistical sample consisted of visitors and users, with an average of 5,000 individuals per public space. Using Cochran's formula and a 10% margin of error, 96 questionnaires were collected for each space. Considering the existence of eight urban spaces—including Sa'at Square, Maqbarat-ol-Sho'ara, Shahid Beheshti Square, El-Goli Park, Golestan Park, Tarbiat Pedestrian Path, Valiasr Park, and Laleh Park Commercial-Recreational Complex—the total number of questionnaires required for this study was 752. Documentary data were analyzed using qualitative content analysis, while field data were examined using descriptive statistical techniques. The findings demonstrate that accessibility, safety, environmental design quality, social vitality, and opportunities for physical activity are critical factors contributing to public health improvement. These urban public spaces, beyond their recreational and social roles, function as strategic infrastructures for health promotion in large cities. The results suggest that integrating a health-oriented approach into the design and governance of public spaces can substantially enhance the quality of life in Iran's metropolitan contexts.

KEYWORDS: Public Health, Urban Public Spaces, Mental Well-Being, Tabriz Metropolis.

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