



## Psychological and Cultural Components of Designing Allocated to Women Urban Spaces

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### Abstract

The research intended to study psychological and cultural components of designing allocated to women urban spaces. The research universe enfolded all texts and documents related to urban spaces. The sample encased the topics related to urban spaces allocated to women in Tehran metropolitan. The research method was descriptive analytical procedure. The data was collected via implementing library method. The findings indicated that parks and green spaces for women were one of the important centers of welfare and recreational services, which, in addition to the health and psychological aspect, were very important in sustainable urban development and improving the quality of life of women. The creation of entrepreneurial markets, the use of trained forces in the maintenance of the park and some of their technical issues, and the management of the places would provide a suitable and safe position for a number of women who were looking for work. Women's special parks considered the issue of mental and physical health by allocating a green and free place to use sunlight and sports and recreational facilities; and by concentrating a large number of women in the park and holding educational, health and sports classes, it would address this basic need of the society. Concerning the customs and culture of the people, there was a need to build an open space for women to have fun, exercise and release mental emotions. It was very necessary to consider a special space for women with a special design that matches the culture of the society. According to the religion of Islam, which is the center of society's culture, the construction of women's park not only did not reduce the value of women, but also shows attention to women.



## Extended abstract

**Introduction:** The urban space is the daily life space of citizens, which is perceived every day consciously or unconsciously during the journey from home to work. These spaces in every society are a reflection of the culture and ideology of that society, which can be full of inequalities despite its apparent concept of equal use by all people. In our country, according to the prevailing traditional culture, where the space inside the home is for women and the environment outside the home is for men, gender neutrality in the construction of urban space is seriously criticized. While sustainable urban development is not possible without the active participation of women. Nowadays, the development and expansion of green space is increasing significantly due to the increasing population and urban constructions and the necessary need of people for green space to create social, physical and mental balance in people. Parks and urban green spaces are able to provide valuable recreational opportunities for those who live in cities. Women, as one of the main groups and forces of social growth and influence in the civil life of cities, today have a prominent role in the categories related to the city. No society can be considered developed unless there is comprehensive participation and social self-education. An all-round look at the development of society shows the necessity of paying attention to the participation and role of women in the affairs of cities and the responsiveness of urban planning to the needs of women. The research intended to study psychological and cultural components of designing allocated to women urban spaces.

**Method:** The research universe enfolded all texts and documents related to urban spaces. The sample encased the topics related to urban spaces allocated to women in Tehran metropolitan. The research method was descriptive analytical procedure. The data was collected via implementing library method.

**Results:** The findings indicated that parks and green spaces for women were one of the important centers of welfare and recreational services, which, in addition to the health and psychological aspect, were very important in sustainable urban development and improving the quality of life of women. The creation of entrepreneurial markets, the use of trained forces in the maintenance of the park and some of their technical issues, and the management of the places would provide a suitable and safe position for a number of women who were looking for work. Women's special parks considered the issue of mental and physical health by allocating a green and free place to use sunlight and sports and recreational facilities; and by concentrating a large number of women in the park and holding educational, health and sports classes, it would address this basic need of the society. Concerning the customs and culture of the people, there was a need to build an open space for women to have fun, exercise and release mental emotions. It was very necessary to consider a special space for women with a special design that matches the culture of the society. According to the religion of Islam, which is the center of society's culture, the construction of women's park not only did not reduce the value of women, but also shows attention to women.

**Conclusions:** Nowadays, male urban development and unfavorable urban environments have caused women's enjoyment of urban public spaces to decrease and a kind of injustice prevails in the society. Women, as half of the society, have unintentionally had restrictions



due to the issue of gender that affect social status and values. Therefore, today the culture and social structure of Iran is such that the needs of women should be taken into consideration. The results show that accessibility, freedom of presence, and security are the most important indicators of achieving gender justice from the perspective of women, and among these indicators, the performance of women's park plays an important role in achieving justice. It can be said that the construction and development of women's parks, which also have natural attractions, has been effective in increasing the selective presence of women in urban spaces and establishing their social interactions due to the creation of a suitable platform for spending free time and lively and active environments. Women's share of urban spaces is considered a practical way to achieve gender justice in Islamic countries. Women's parks have been able to address some of the needs of women and take a step towards prosperity, growth and creating a sense of self-confidence, participation and even employment.

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