

Holistic Care as One of Healing Garden Therapy Program (HGTP) Implementation in Hospital A Qualitative Study

Agustina Sri Oktri Hastuti¹, J D Lorica², Christantie Effendy^{3,*}

¹STIKES Panti Rapih, Indonesia

²Nursing Department, St. Paul University Philippines, Philippines

³Department Medical Surgical Nursing, Universitas Gadjah Mada, Indonesia

Abstract

The Healing Garden Therapy Program (HGTP) aims to improve the physical, mental, social, and spiritual well-being of patients, visitors, and hospital staff. Health workers participate not only as beneficiaries but also as organizers. This study explores the role of holistic nursing in HGTP using an exploratory qualitative approach to understand health workers' perceptions. The research involved 13 health workers from Panti Rapih Hospital Yogyakarta and St. Carolus Hospital Jakarta, selected through purposive sampling. Data collection was conducted through in-depth interviews, recorded and guided by a semi-structured protocol, with reporting based on the COREQ checklist. Key themes emerged: HGTP is an innovative and educational hospital program; its development presents challenges and opportunities, requiring institutional commitment; it embodies holistic nursing; it benefits patients, families, and staff; and its success depends on well-designed therapeutic gardens. Findings suggest HGTP significantly enhances patient recovery and overall well-being. Given its advantages, hospitals should integrate this program as part of holistic care to support healing and create a better hospital environment.

Keywords: healing garden therapy program; holistic nursing; nurses

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**) Corresponding author: Christantie Effendy
E-mail: christantie.ugm@gmail.com*

1. Introduction

A hospital is a health service facility that provides complete individual health services through promotive, preventive, curative, rehabilitative and/or palliative health services by providing inpatient, outpatient and emergency services ([Indonesian Health Law no. 17 of 2023](#)). For patients, visitors, and hospital staff who spend long hours in the hospital, this can affect their health and stress levels ([Eijkelenboom, & Bluysen, 2019](#); [Abbasi, et al, 2023](#); [Tian, 2023](#)). Likewise, patients who are hospitalized due to chronic conditions, have a terminal illness, or suffer from other illnesses that require long-term care (long-term care) require special attention to reduce stress. Efforts that can be made to reduce stress levels and help patients recover in a hospital environment include providing parks as public facilities ([Marcus, 2007](#); [Hastuti., 2020](#)). This effort also supports Sustainable Development Goals (SDGs), where it is very important for health teams and hospital management to pay attention to a healthy environment and the importance of holistic care,

physical, emotional health, social and spiritual needs, as well as the need for hospital green space to eliminate stress and improve patient and staff well-being ([Katharina Nieberler-Walker, et.al, 2024](#)).

Hospital gardens have been shown to improve patient well-being, contribute to emotional, mental, and physical health, and reduce the length of stay of patients in the hospital ([Ulrich, 1984](#); [Ulrich, 2020](#)). The use of gardens in hospitals can improve the quality of life of patients by improving physical and psychological health conditions, as well as increasing a person's spiritual level. ([Hastuti & Lorica., 2020](#)). This phenomenon is known as Therapeutic Healing Garden or Healing Garden Therapy Program (HGTP) in existing literature. HGTP can play a role in improving quality of life, reducing stress, improving cognitive function, increasing physical activity and also fruit and vegetable intake, if it is integrated well into a program in the Hospital including various supporting policies ([Nieberler-Walker et al., 2023](#); [Carroll, et al, 2024](#)). In the last decade, Therapeutic

Healing Garden is a concept that is developing and becoming increasingly popular (Pouya et al., 2016). Other study states it is important to consider the location, aromatherapy area, medicinal area, occupational therapy area, sound healing area, the hypo-allergenic area, sound barrier area, dedicated employee area, and the types of plants that can be selected in each area before conducting the HGTP (Szabo et al., 2023). In terms of implementing the HGTP, while there are many hospitals in Indonesia have gardens, the preliminary study shows only Panti Rapih Hospital and St Carolus Hospital which have utilized their gardens for holistic care purposes and implemented the healing garden therapy program. Until now, the remaining hospital managements do not yet understand or realize the importance of the healing garden therapy program as part of holistic care for patients. In addition to that, it is known that the Healing Garden Therapy Program in both hospitals was implemented by inviting patients and their families to a garden in the hospital and they received entertainment presented by a team of health workers who had been appointed and given the authority to deliver the event by the Director of the hospital. The nurses are needed to implement and optimize garden as one of the therapeutic areas in the hospital (Hastuti & Lorica., 2020). Therefore, this study is conducted to explore the perceptions and experiences of health workers in implementing the healing garden therapy program in hospitals, especially in Panti Rapih Hospital and St Carolus Hospital. This study contributes to determining the perceptions of health workers in implementing the healing garden therapy program in hospitals. The health workers become an the role of nurses is also needed in the implementation and optimization of the garden as one of the therapeutic areas in the hospital (Hastuti & Lorica., 2020).

2. Method

This study employed an exploratory qualitative research design, targeting healthcare providers involved in implementing the healing garden therapy program at Panti Rapih Hospital in Yogyakarta and St. Carolus Hospital in Jakarta. The sample was selected through purposive sampling, with the size determined based on data saturation. Participants were required to meet the following inclusion criteria: a minimum educational qualification of a D3 degree, at least three years of work experience, participation in the healing garden therapy program at least three times, and willingness to participate in the study. Exclusion criteria included work experience of less than three years, participation in the program fewer than three times, and cases where data saturation had already been reached.

Data collection was carried out through in-depth interviews using a semi-structured interview guide with 13 participants, including 6 nurses, 4 public relations officers, and 3 social workers. The obtained data was analyzed using NVivo 12 version software, starting with transcribing interview results, finding coding, creating categories and finding themes as a result of the research. The process of data collection and data analysis were conducted simultaneously. Trustworthiness in this research was ensured by conducting member checking, peer debriefing, reflexivity for transparency, consistency in the analysis process, and the use of thick description in reporting the findings. Peer debriefing involved three experts proficient in qualitative research and experienced in the care of patients with chronic and terminal illnesses.

This article was written according to the Consolidated Criteria for Reporting Qualitative Research (COREQ) checklist. Ethical approval for this study was granted by Duta Wacana Christian University (UKDW), with the reference number: 912 / C.16 / FK / 2019. All participants signed an informed consent form before data collection and were guaranteed confidentiality by using identity numbers rather than their names.

Tabel 1. *Open Ended Question*

No	Guide Questions
1	What do you think about the benefit of Healing Garden Therapy for hospitalized patient?
2	What are the important things to consider in Healing Garden Therapy in a hospital?
3	Who can facilitate Healing Garden Therapy in a hospital environment?
4	When is the Healing Garden Therapy Program in a hospital environment implemented?
5	How is the Healing Garden Therapy Program in a hospital environment implemented?
6	What are the obstacles and challenges for the implementing team in conducting the Healing Garden Therapy Program in this hospital?

3. Results and Discussion

Based on the thematic analysis that was conducted, 145 codes, 22 categories, and 5 themes were found. The five themes are: 1) The Healing Garden Therapy Program (HGTP) in hospitals is educational and innovative; 2) The Healing Garden Therapy Program presents challenges, opportunities, and requires commitment from all hospital components for further program development; 3) The Healing Garden Therapy Program in hospitals is a manifestation of holistic nursing; 4) The Healing Garden Therapy Program in hospitals is highly beneficial for patients,

families/visitors, and hospital employees; 5) A garden design is needed to support the implementation of the Healing Garden Therapy Program in hospitals.

Tabel 2. Categories and Themes

Category	Theme
Events in the Healing Garden Therapy Program need to be well-prepared to engage and entertain the patients. Through education, patients and visitors will become more attentive to their health.	The Healing Garden Therapy Program in hospitals is educational and innovative.
Coordination and awareness regarding the importance of implementing HGTP for patients must be communicated to all employees. The program development faces challenges and opportunities and requires the commitment of all hospital components. The HGTP team should involve various professions within the hospital. Hospital management needs improvement to further develop the program. "The Garden as healing" could be optimized to enhance healing for the users. The challenge of hospital management and staff in developing HGTP.	Program development has challenges, opportunities, and requires commitment from all components of the hospital.
In the garden, patients feel energized, which aids their recovery. Healing Garden Therapy Program enhances social relationships. It makes patients feel more dignified and humanized. Healing Garden	The Healing Garden Therapy Program in hospitals is a manifestation of holistic nursing.

Therapy Program touches on all aspects of holistic health, including physical, psychological, social, and spiritual well-being.

Visitors feel entertained and gain new insights. The Healing Garden Therapy Program in hospitals is highly beneficial for patients, families/visitors, and hospital employees.

The staff is satisfied and happy when they see patients delighted and enthusiastic.

HGTP fosters a sense of unity.

HGTP improves social relationships.

Patients experience various benefits from participating in HGTP at the hospital.

Families feel motivated and rejuvenated with a new sense of spirit.

Proper space and settings are necessary for the effective implementation of Healing Garden Therapy HGTP. A garden design is needed to support the implementation of the Healing Garden Therapy Program in hospitals

Elements that support the implementation of the PHGT

The Healing Garden Therapy Program in Hospitals is Educational and Innovative

This first theme describes the implementation of the Healing Garden Therapy program, which contains various positive aspects, including being an innovative and educational activity. This theme consists of two categories: the first category is that events in the Healing Garden Therapy Program need to be prepared in such a way that they are engaging and can entertain the patients, while the second category is that through education, patients and visitors will become more attentive to their own health. In the first category, the discussion focuses more on the various preparations made by both patients and families, as well as the staff, before participating in the Healing Garden Therapy program. These preparations are not only about practicing and rehearsing but also involve mental preparation and efforts to ensure that the performance provided will entertain and engage the audience. Some quotations that illustrate

the dynamics of the preparation made by the participants in this program are presented in the following quotes:

"Even though there was little time, they still tried to give their best... like that. So, yeah, it really... what's the word... yeah, it should be appreciated, because sometimes our shortcomings come from the core team, right... usually we accompany them during their practice, but we also get caught up in our own busyness... so they just practice... just practice... then they usually ask, 'Is there anything missing?'... because it was already so last-minute... like that." (P7, female, 34 years old)

The quote above shows that, despite the limited time, the participants made considerable efforts to prepare for the activity, including a series of rehearsals that were still carried out. Coordination was also done, even amid busy work schedules, in order to ensure the best possible outcome for the Healing Garden Therapy Program.

"...so every time they, the staff, are going to perform... every time they practice, I have to be there to correct them because we are educating patients and visitors... so we can't make mistakes... like that, ma'am..." (P8, female, 46 years old)

The quote above shows that every staff member who is going to perform must make time to be present and participate in the rehearsals, as their performance aims to provide meaningful education to the audience, which consists of patients and visitors at the hospital. Because of this objective, the performance and preparation process are crucial to ensure that the education and message conveyed are correct and meaningful for the Healing Garden Therapy Program audience.

The second category in the first theme explains in more detail how the Healing Garden Therapy Program is able to provide both entertainment and education for patients and hospital visitors. The program is packaged in various entertainment events, such as singing and dancing, which also carry educational content, such as hand-washing education presented through an entertaining dance and other educational themes specifically designed for the occasion. Some supporting quotations include:

"There is... educational content in the garden... the doctor explains... so we come not just for fun and singing, but there is a transfer of health information, and that educational process... it's good because learning by action... it helps you remember... it's suitable for all ages... while singing... serious... but joyful... many people, you know, inform by taking away joy... that makes it harder to absorb..." (P13, male, 37 years old)

The quote above illustrates that with the Healing Garden Therapy Program, patients will

understand that healing does not only come from medicine, but also from psychological aspects that can be provided through a combination of education and entertainment.

Program Development Has Challenges, Opportunities, and Requires Commitment From All Components of The Hospital

The second theme focuses on the implementation of the Healing Garden Therapy program, which has various challenges and opportunities that can be used as efforts to optimize the program. In addition, this theme discusses the need for commitment from all components within the hospital for more effective program development. The second theme consists of 5 categories: the need for better coordination for the implementation of HGTP, the importance of raising awareness about HGTP among all hospital staff, the potential of "The Garden as Healing" to be more optimally utilized by garden users, the support of all resources available within the hospital for the successful implementation of HGTP, and the need for improved management to further develop the program.

In the implementation of HGTP, it is expected that all challenges can be overcome with adequate support and good coordination among the involved hospital parties, such as staff, nurses, doctors, and families. The role of families and healthcare workers is, of course, to allow and provide support for patients to participate in this program. In addition, effective socialization needs to be carried out by the hospital management so that all components, including visitors, can understand the importance of HGTP. Some quotations that can illustrate this situation include:

"So, if the obstacles and challenges, once again, are that this activity really needs to be supported by all healthcare providers, from the top management to us who carry it out in the field. My experience over these 4 years is that we really won't be able to proceed if the synergy is not there." (P5, female, 34 years old)

The quote above explains that improving HGTP requires support from all healthcare service providers, from hospital management to those working in the field. If proper coordination and full support for this program are not in place, HGTP will not be able to run effectively and synergetically.

The challenges ahead for this hospital, what will they be... uh... the challenges, of course... well, if we want to improve the quality and safety of patients, quality can be seen when we talk about the healing garden... we can use it as a means... um... healing for the patients who are treated here." (P10, female, 56 years old)

This quote explains that the implementation of HGTP can be used as a healing tool for patients treated in the hospital. The execution of HGTP can improve the hospital's quality through the healing mechanism and ultimately impact the quality and safety of patients, which reflects well on the hospital.

"In my opinion, the challenge ahead is how to make the Healing Garden even more attractive. The second challenge is how to make it a better promotional tool for the hospital." (P2, male, 36 years old)

The quote above explains that the biggest challenge in implementing HGTP is to make it more engaging. In addition, it highlights how HGTP can be utilized as a meaningful promotional tool for the hospital, which will resonate more effectively with visitors.

"There are some patients, especially post-surgery patients, for whom we have to ask for permission... usually, the head of the unit asks us to prepare a list of patients who will participate in the Healing Garden... so, in the morning, we already have a team that we send to the units to pick up the patients who were prepared earlier." (P8, female, 46 years old)

The quote above shows how the implementation process of HGTP begins with the patient pick-up from the units. After being picked up, the patients are prepared by the nurses to participate in the activities, using transportation tools according to the patient's condition.

"What needs to be considered in the implementation of HG from the patient's side is that the patient must have permission from the doctor... so the responsible doctor, right... I think almost all the doctors here support the implementation of the Healing Garden. That means... uh... even if we don't ask the doctor, we can talk directly to the patient... if the patient agrees to join, then they can just go to the garden." (P12, male, 36 years old)

This statement illustrates that good coordination has been established between healthcare providers, particularly doctors, who grant permission for their patients to participate in HGTP activities. Doctors at the hospital are said to educate and socialize directly with patients and their families, offering the opportunity for patients to decide whether they would like to participate in the HGTP activities.

"Everyone can be involved, right... all professions are involved, like Mas Yunias... preparing equipment and chairs... as for me, in public relations, I handle documentation and distribute posters... after the event, I post on social media... Carolus' IG too..." (P12, male, 36 years old)

"Everyone in every unit can facilitate... all professions... management... the director, because there is a speech from the director during the event... public relations... pharmacy, laboratory... nurses, everyone is involved." (P11, female, 27 years old)

The Healing Garden Therapy Program in Hospitals is a Manifestation of Holistic Nursing

The third theme generally discusses how the implementation of healing garden therapy is a manifestation of holistic nursing. This theme consists of four categories: being in the garden, patients feeling happy and helped in their recovery, the healing garden therapy program improving social relations, the healing garden therapy program touching on all aspects—physical, psychological, social, and spiritual—and patients feeling more dignified and humanized.

In the first category, it is described that the provision of holistic nursing care involves providing care that encompasses biological, psychological, social, and spiritual aspects. The healing garden therapy program is one form of holistic nursing care. Some quotes that describe this situation are as follows:

"Once again, HG (Healing Garden) is an effort to provide entertainment to patients by providing entertainment to patients in the garden, and it is part of a holistic effort, that's how I understand it and we do it here at RSPR. Oh yes, definitely... because this is a healing effort in a holistic way, it provides joy for the patients, and that joy helps the healing process for the patients." (P4, male, 55 years old)

The above quote explains that healing garden therapy has entertained patients and is considered part of providing holistic nursing care in the hospital. Observations made on patients and visitors show that the healing garden therapy provides them with joy and entertainment. This joy is seen as one of the factors that contribute to improving patient recovery in the hospital.

"I've escorted several pregnant patients with hyperemesis... those patients felt very relaxed after coming from the garden, yes nurse... they said they felt really helped... because they were bored... just waiting for time... I know hyperemesis is partly caused by psychological factors... so if the psychological aspect makes them happy... feels entertained, it will obviously help them recover from the illness." (P3, female, 42 years old)

Another quote from a caregiver highlights that healing garden therapy provides a relaxing effect and helps patients feel more comfortable, alleviating the boredom experienced during their treatment in the hospital. For patients with hyperemesis, where one of the causes is

psychological conditions, the healing garden therapy program is very beneficial in aiding recovery.

"If we relate this to holistic nursing, I believe the nursing profession has a big role in organizing the HG program, especially in deciding whether a patient is suitable or able to participate in HGTP." (P3, male, 34 years old)

This quote explains that since the healing garden therapy program is a holistic nursing intervention, nurses play an important role, especially in decision-making, to assess whether a patient is suitable or capable of participating in the healing garden therapy program. This process will determine whether an individual in the hospital is ready to participate in the program or not.

"The garden, physically, is adequate... it's spacious, with lots of shady trees... there are seats, and the atmosphere isn't too busy since it's in the middle... far from the crowds... the pollution is also quite far... the air is still cool, clean, there are ponds, and the sound of water is there to soothe the soul..." (P11, female, 27 years old)

The Healing Garden Therapy Program in Hospitals is Very Beneficial for Patients, Families/Visitors, and Hospital Staff

This theme consists of six categories: patients experience various benefits from participating in HGTP at the hospital, families feel motivated and have renewed enthusiasm, HGTP fosters a sense of unity, HGTP can improve social relations, staff feel satisfied and happy when they see patients joyful and enthusiastic, and visitors feel entertained and gain new insights.

In general, this theme discusses how families and patients experience the benefits of the healing garden therapy program. Some of the benefits mentioned by patients and families include being a medium of entertainment, gaining new insights, and reducing boredom while waiting for their sick family members. For staff or those involved in implementing the healing garden therapy program, participating in the event brings joy as it reduces monotony in their routine work, helps them develop talents such as dancing or singing, and gives them pride because they can entertain patients and their families. The healing garden therapy program also has a special appeal to visitors, improving social interaction, motivation, and relationships. This situation is depicted in the following quotes:

"The benefit for patients, with the existence of Healing Garden, is that the patients themselves feel that healing doesn't come only from medicine but also from education and entertainment. For staff, it is very beneficial for employees, visitors, and other staff because every week the theme of the

HG event is different, so sometimes there's education that we ourselves didn't know. The benefit is that visitors also learn." (P6, female, 48 years old)

The quote above shows that some of the benefits felt by patients include improving and maximizing healing through the education and entertainment provided. Besides benefiting patients, staff also feel that healing garden therapy enhances education for staff and serves as a medium of entertainment.

"So, patients feel like they're on a picnic in the healing garden... Another testimonial... they feel like they've found a new family... like... oh, I met someone from the same ethnic group, for example, Batak with Batak... even between different ethnic groups, they can become close during the healing garden activities. A mother from Surabaya met someone from Medan... they feel closer despite coming from different regions because they meet there... The activities do unite patients, families, and visitors... oh yes, even staff, like the performers, have practice sessions... those practice sessions build camaraderie between staff members from different units or those who are bored in their rooms... It turns out that it's nice to have these kinds of practice sessions... it's like a mental refresh." (P11, female, 27 years old)

The quote above describes that the healing garden therapy program feels like a picnic. Visitors also meet and connect with other patients or visitors, improving social interaction, and perceiving that the program helps unite all components within the hospital. The preparation for the performances also proves to be useful in fostering closeness between health workers, and other staff, eventually becoming a medium of entertainment for them.

"Before discussing the benefits for patients, we, as the organizers, already felt the benefits ourselves. Being involved and meeting patients in the garden gives a relaxing sensation. And as for the benefits for patients... we've asked them, and they said they feel entertained, and the fatigue they experience can be reduced. So from what the patients said, I can inform or highlight that patients feel the benefits of the HG activities. One of the benefits is that they feel more relaxed, happier, and they feel they have a new community." (P5, female, 34 years old)

This quote highlights other benefits, particularly for the organizers of healing garden therapy who feel the relaxing effects from participating in the program. In addition, the benefits for patients include entertainment, relief from fatigue, and the feeling of belonging to a new supportive community.

Garden Design Supporting the Implementation of the Healing Garden Therapy Program in Hospitals

This fifth theme generally discusses the design efforts in the process of implementing the healing garden therapy program and how its design can improve the execution of the program. This theme consists of two categories: setting the place for HGTP implementation and natural elements supporting HGTP implementation.

In the implementation of healing garden therapy activities, the available garden must be designed in such a way that it creates a cool and comfortable place. The garden should be spacious and safe, not posing any danger to patients, able to accommodate many patients, families, visitors, and staff, and have good accessibility so that patients with wheelchairs or beds can come and enjoy the beauty of the garden. The garden should have large, shady trees and colorful flowers, making the atmosphere cool and beautiful. A good garden could also be equipped with a fish pond and fountain, providing tranquility for those around it. Supporting quotes include:

"An ideal garden is a garden that is set up for patients... set up so that patients can enjoy the garden. The current garden is not ideal because there is not enough space for patients, so we provide a place that should be, not just a ditch, but we cover it. The hope is that next year, when the garden is finished, it will be ideally set up, with seating, trees, and the sound of water, and a pond." (P5, female, 34 years old)

This quote shows that, according to one participant, a good garden for healing garden therapy is one that is truly designed for patients. It is expected that, in the future, adjustments in garden design will better meet needs such as seating, the presence of water and the sound of trickling water, and a well-maintained pond.

"The second consideration is the environmental condition... indeed, we have a good, spacious garden, but when it rains, it still becomes an obstacle. We need to consider that. When it rains, we have to move to a sheltered area, but the environment still needs to be considered. The environmental conditions, in this case, should also take into account other factors, meaning that the garden should not be located near areas that might cause disturbance or be disturbing, for example, it should not be near a busy workshop or other hazardous areas." (P4, male, 55 years old)

This quote illustrates that environmental conditions must be considered in the implementation of the healing garden therapy program. It is mentioned that rain still presents a challenge in the program's execution. A good garden design should account for conditions when

it rains and after, as well as other conditions that could affect patient safety and comfort during the healing garden therapy.

"...we need to prepare a safe place for the patients, comfortable, meaning it should be level, not with many bumps or small stones. Safety, that's the priority, to avoid slipping or falling, etc. In my opinion, the garden should be pleasant to the eye...ha ha ha... I mean, enough sunlight, and the garden should be neatly arranged... green trees and flowers should be visible. If there could be a place for interaction, especially seating for the elderly... they need to chat and gather, maybe like that." (P1, female, 46 years old)

This quote emphasizes the need for preparing a safe and comfortable place, level ground, and the anticipation of specific conditions. Patient safety should be prioritized to prevent injuries, while the garden should be beautiful, with enough sunlight, neatly arranged, green, and flowered, and providing spaces for social interaction among individuals.

Discussion

Health education is important for individuals, families, and communities. This can help people learn about their health, make healthy choices, and reduce the risk of disease. Health education has an important role in improving the welfare of individuals and society. This includes disseminating knowledge and information to promote healthy lifestyles, prevent disease, and improve overall quality of life (10 Importance of Health Education, n.d). This research indicates the Healing Garden Therapy Program (HGTP) provides innovative education based on the perceptions of nurses and other health workers. Patient education is crucial for enhancing physical and psychosocial well-being, achieved through verbal education by health workers and improved patient services (Bhattad & Pacifico, 2022). HGTP offers engaging educational activities in a relaxed setting, fostering closer connections between patients, families, and staff ([Hastuti & Lorica, 2020](#)).

Furthermore, Healing Garden Therapy presents opportunities for development but also faces challenges and requires a shared commitment to sustainability. Nurses play a key role in creating a therapeutic environment that supports patient recovery ([Hastuti & Lorica, 2020](#)). Major challenges in implementing this program include maintenance, facility development, and policies ensuring patient safety and proper garden management (Jiang et al., 2018). To ensure effective implementation, hospitals must integrate the Healing Garden Therapy program into their policies, enabling all hospital components to support its success ([Nieberler-Walker et al., 2023](#)).

This research highlights the Healing Garden Therapy Program as a key aspect of holistic nursing, which emphasizes whole-person care, integrating body, mind, and spirit (Frisch & Rabinowitsch, 2019). The study identifies multiple benefits, including entertainment, increased social interaction, mutual motivation, stress reduction, decreased boredom, improved health, psychological well-being, community building, and enjoyable education. Therapeutic gardens have been shown to reduce stress and depression (Olszewska-Guizzo et al., 2022). Additionally, a literature review found that gardening—an activity in healing garden therapy—effectively enhances mental well-being, quality of life, and overall health (Pantiru et al., 2024). Healing gardens help balance the spirit, mind, and body (Barmelgy, 2013). Beyond hospitals, therapeutic gardens in homes and other settings also provide stress relief and promote relaxation (Krisantia et al., 2023; Budiman et al., 2023). The Healing Garden Therapy program in hospitals is very beneficial for patients, visitors and hospital staff who spend long hours in the hospital environment to reduce their stress levels (Eijkelenboom, & Bluysen, 2019; Abbasi, et al., 2023; Tian, 2023). Exposure to natural settings has been related to reduced physiological functioning, which includes lower blood pressure, reduced heart rate, and enhanced immune function (Dinu Roman Szabo et al., 2023). The diversity of benefits provided should be one of the basics in efforts to develop healing gardens in wider and more diverse areas such as public areas, schools and various other locations to facilitate people in relieving fatigue and stress experienced (Hastuti & Lorica., 2020).

The Healing Garden Therapy Program is regarded as having an ideal design, with the perception that a well-planned garden is essential for its success and sustainability. Research outlines key therapeutic garden design criteria, including flexible open spaces, wheelchair-accessible pathways, sensory planting, natural elements, soft color schemes with green and blue hues, artistic and musical features, educational components, adaptable settings, and courtyards based on the prospect-refuge theory (Din et al., 2023). A healing garden should engage all senses for a fully immersive experience. Visual: Diverse plant colors, shapes, and textures stimulate the eyes. Auditory: Water features, wind chimes, and rustling leaves enhance the soundscape. Olfactory: Fragrant plants like lavender and rosemary provide therapeutic scents. Tactile: Various textures from soft moss to rough bark stimulate touch, while textured pathways add to the experience. Gustatory: Edible plants such as herbs and fruits encourage interactive engagement (Andriani dalam Lestari & Favurita,

2024; Belčáková et al., 2018; Dinu Roman Szabo et al., 2023).

4. Conclusion

The Healing Garden Therapy Program in hospitals serves as an educational and innovative approach to health education for patients and families. Despite its benefits, challenges arise as not all hospital staff fully understand its importance. However, the program presents significant development opportunities, as many hospitals have yet to implement such a service, making it a potential competitive advantage. Successful implementation requires a shared commitment from all hospital components. In addition, as a form of holistic nursing, the Healing Garden Therapy Program helps reduce stress and enhances the emotional, mental, and physical well-being of patients, families, and staff. Its success relies on a specially designed garden that supports therapeutic activities.

5. Limitation of study

This research did not include patients in its triangulation process. Future studies should address this by interviewing patients to gain insights into their experiences and the program's perceived benefits.

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