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Pathogenesis of Pocket Park Establishment Towards Improving the Quality of the Urban Environment:

A Case Study in the Gorgan Neighborhoods of Jomhuri and Baharestan

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Abstract

The creation of parks and green spaces in neighborhoods has a positive initial effect on the mental health of the populace. Therefore, prior to park construction, pre-planning measures should be made to fulfill the needs and preferences of the community, taking into account the neighborhood's various age groups and prioritizing their usage of the park and park furnishings, as well as performing pathogenesis ahead to park establishment. The goal of this study was to develop a small park in the Baharestan and Jomhuri areas. The descriptive-analytical research approach was used, and surveys and the creation of questionnaires were used to gather data. SPSS software was used to process the data and provide graphs, tables, and statistical tests. The findings of the study showed that the residents of the Jomhuri area saw the creation of a pocket park as a crucial requirement because they value how green space improves their physical, mental, and emotional well-being. In the continuation of this study, the demands and interests of married people and women's gender in relation to the park and park furnishings were also explored. Middle-aged and older persons made up the majority of the group seeking the establishment of parks.

Keywords: Gorgan, Jomhuri neighborhood, Pre-park establishment pathogenesis, Pocket park

1. Introduction

Green areas are regarded as one of the five fundamental functions of cities. Since the industrial revolution's unprecedented and quick urbanization, the significance of this function has greatly expanded (Hassanzadehkermanshahi & Shirowzhan, 2022). These tasks were first employed to coordinate urban development and stop imbalanced urban growth. The value and significance of green spaces, however, multiplied several times in the late 20th century with the emergence of the notion of sustainable development

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in urban discourses, drawing urban planners to create expansive and principled places (Xu et al., 2018; Shi and Wei, 2020). These areas are used for recreation and welfare, help to purify the air in cities, and improve the health of the populace (Shahhosseini et al., 2021). In order to meet the expectations of citizens, modern urban planning therefore views urban green spaces as specialized activities that comprise many forms of green spaces with distinct goals and functions (Hassan Zahi et al., 2016). According to Barati and Kakavand (2013), neglecting these areas can result in decreasing productivity and deteriorating urban environmental quality. Given the demands of the urban population, green spaces ought to be an essential component of the urban fabric and of urban services (Pickett et al., 2016; Hou et al., 2022). In light of this, it is recommended that green spaces be quantitatively and qualitatively planned in proportion to the physical volume of the city, which includes structures, streets, and roads (as well as societal needs), from a psychological standpoint, leisure activities, and health requirements, taking into account residents' ecological conditions and projected expansion trends (Babarabie et al., 2023). This strategy guarantees that green areas remain active and continue to serve the environment (Gkentsidis et al., 2021). Given that the primary goals of urban planning are to promote people's health, comfort, beauty, and sense of security in urban settings, establishing an adequate urban park that satisfies public needs can considerably enhance residents' happiness and pleasant living environments (Mamani, 2016). As the most significant elements of urban green areas, parks play an essential and obvious role in influencing urban settings and fostering human connections. The anticipated goals of park creation often fall into two groups: 1) Overarching goals, and 2) regional goals. Experts concur that ultimate aims are the goals that all parks should work toward achieving (Pickett et al., 2016). These values encompass preserving the environment, creating ecological harmony between human activity and living areas, beautification, and more. Region-specific goals, on the other hand, are objectives that are suited to the nature and location of the park, based on the needs discovered by surveys of the local populace (Iorpenda et al., 2020). Many parks constructed now often achieve their long-term goals. A closer examination, however, reveals that the obstacles inhibiting the accomplishment of region-specific goals are enduring and interrelated (Sinou and Kenton, 2013). This problem is exacerbated by poor decision-making viewpoints, incorrect classification of the park type, inaccurate requirements assessments, inefficient facility distribution, and deviation from the planned goals (Badiei et al., 2022). Each park's design and development should take its users' demands into consideration. Before developing and building urban green spaces, it is expected of green space engineers, urban planners, landscape architects, and environmental designers to take the wants and requirements of the populace into consideration (Ma et al., 2022). Unquestionably, parks and urban green spaces should be seen as crucial components in the sustainability of both human and ecological life in metropolitan environments (Hassanzadehkermanshahi and Shirowzhan, 2022). Urban dwellers' physical and emotional well-being will benefit from the planning and management of these places (Luks, 2001; Armato, 2017). A strategy for park design can be formed by analyzing the varying needs of various age groups, distinct requirements, and the potential of the area because the essence of pocket parks rests in their responsiveness to the demands of inhabitants. Can effective strategies for pocket parks be determined through in-depth requirements analysis prior to their establishment?

2. Theoretical Foundations

According to numerous studies, pocket parks have significant impacts on cities by emphasizing integration with urban fabric and improving the quality of the urban environment. Because they are normally unsupervised, these locations frequently become hotspots for different social offenses (Tyson, 2014). Environmental and visual consequences caused by the presence of these areas are additional reasons why they must be addressed (Nordh and Atby, 2013).

These parks ought to be planned to improve the the quality of the urban environment by making it more welcoming, vibrant and adaptive, all the while encouraging participation from and support from the

local community (Elmaghraby, 2019; Ghasemi et al., 2018; Alikhani and Asayesh, 2013). In a study, Momani (2016) analyzed the role of parks and green spaces in promoting environmental quality in Shaghayegh Park while describing the position of urban environmental quality and its components. The inclusion of cultural facilities, a large pond for irrigation, the safety of play equipment, the use of appropriate sports grounds, and adequate attention to the quality of the social environment were discovered to be significant considerations in park design. This indicates that the design of such places must take into account the conditions and situations of various social groups (taking into account specific age, gender, physical, and mental needs), sports equipment, children's play facilities, and other factors. Despite having convenient access routes (main and secondary) within the city borders, there is a deficiency in terms of a library, café, security kiosk, and parking near the park, despite having extensive facilities in Shaghayegh Park. According to Alavi et al. (2015), most neighborhood parks in the region are located on good or very good land, with very few parks located on mediocre or poor ground. Furthermore, none of the existing neighborhood parks are built on substandard property. Kyushikon et al. (2007) examined pedestrian access to urban parks in Seoul and concluded that per capita availability, density, and land use in Seoul are not properly distributed. In this study, the concept of building pocket parks through citizen engagement was recommended as one of the most successful techniques of compensating for a lack of green space in urban districts. This study's research approach is practical and descriptive-analytical in character. The data was examined with SPSS software utilizing methods such as the t-test, analysis of variance, and path analysis.

3. Research Method

This study used a descriptive-analytical quantitative methodology of applied development type, and field data was collected using a survey method (Timouri et al., 2010). A needs assessment was undertaken with the residents of each park in the current study for the development of pocket parks in the Baharestan and Jomhuri areas, with a total of 80 questionnaires distributed, 40 for each community. Six variables were assessed for the needs assessment prior to the creation of the pocket parks, including park construction, community engagement, mental and physical health, safety, corruption and insecurity, and environmental safety (Gilani, 2006).

3.1 Study Area

Gorgan city is located in the southernmost portion of Golestan province. It is bounded to the north by Aqqala and Bandar Torkaman counties, to the south by Semnan province, to the east by Aliabad County, and to the west by Kordkuy county. Gorgan city has a total size of 3,080 hectares and is divided into two core parts: Baharan and three cities: Gorgan, Sorkhankalateh, Jelin, and Gorg-e Olya, according to the country's divisions in 2010-2011. It is further subdivided into five districts and 98 villages (Portal of Iran Statistics Center, 2020).

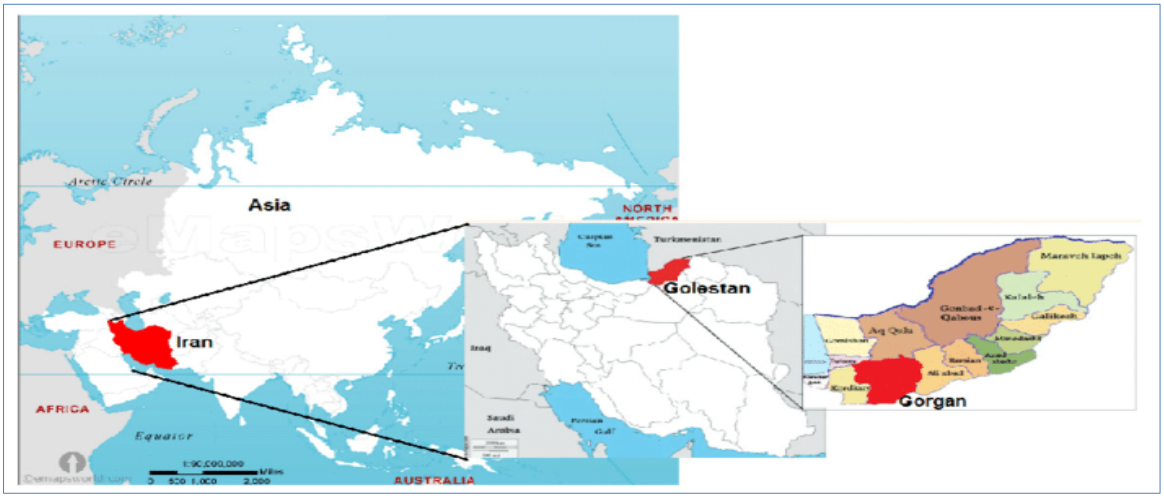

Fig. 1 The map of Golestan province and the city of Gorgan's location (Shahini and Hosseini, 2021)

Gorgan city, with a land size of 3,567 hectares, is one of Iran's northern cities and the administrative center of Golestan province. It is located in the Caspian Sea's southeastern corner. The city is located in the northern foothills of the vast Alborz Mountain range, at 54 degrees and 26 minutes east longitude and 36 degrees and 50 minutes north latitude. According to the 2016 census, the population of Gorgan city is roughly 541,480, accounting for approximately 27.7% of the province's total population (Portal of Iran Statistics Center, 2020).

3.2 Statistical Test in the Research

Based on the needs analysis performed by the locals of the Jomhuri and Baharestan communities before to the park's development, this statistical test was carried out. A score of 1 (extremely low) indicated the lowest value, and a score of 5 (very high) indicated the highest value. The Likert scale was used to assign values to the options. The average stability for the indicators was determined to be 3 (or its equivalent).

3.3 Statistical Analysis of Data

A questionnaire was created in this area to determine the demands of the locals in the Jomhuri and Baharestan communities prior to the park's development. Applying questionnaires and citizen polling, the survey's data and information were processed (Gilani, 2006). The one-sample t-test was afterward used for the statistical analysis of the data utilizing programs like SPSS and Excel.

4. Results and Discussion

According to the research findings shown in Tables 1 and 2, there were 27.5% female respondents and 72.5% male respondents in Jomhuri Park. 33.5% of the people in Baharestan Park were men and 66.5% were women. Additionally, statistics gathered from Jomhuri Park regarding the respondents' age ranges show that 10% of the people belonged to the adolescent group (12–17 years old), 25% to the youth group (18–35 years old), 27.5% to the adult group (36–45 years old), 32.5% to the elderly group (46–65 years old), and 5% to the elderly group (66 years and older).

Table 1 Gender status of the respondents

Gender	Male	Female
Male	33.5	27.5
Female	66.5	72.5

Table 2 Status of Age Groups and Employment of Respondents

Status	Type	Baharestan (%)	Jomhuri (%)
Age Groups	Children	12.5	0
	Adolescents	7.5	10
	Youths	30	25
	Adults	12.5	27.5
	Elderly	30	32.5
	Seniors	7.5	5
Occupations	Government employee	7.5	5
	Self-employed	15	10
	Student	5	0
	Educated person	17.5	10
	Retiree	22.5	5
	Homemaker	32.5	70

In contrast, Baharestan Park's age distribution shows that 12.5% of its visitors were under the age of 11, 7.5% were between the ages of 12 and 17, 30 percent were young adults (18 to 35), 12.5% were middle-aged adults (36 to 45), 30 percent were seniors (46 to 65), and 7.5% were retirees (66 years and older).

Finally, the older age group makes up the bulk of responses in both Jomhuri and Baharestan parks. In Jomhuri Park, 10% of respondents worked for themselves, 5% were government employees, 10% were students, 5% were retirees, and 70% were stay-at-home moms at contrast, 7.5% of respondents at Baharestan Park were employed by the government, 15% were self-employed, 5% were students, 17.5% were educated, 22.5% were pensioners, and 32.5% were stay-at-home mothers. The majority of respondents to these parks were classified as homemakers in the end.

According to Table 3, which is based on the surveys that were done, 95% of respondents in the Jomhuri area and 90% of respondents in the Baharestan neighborhood both evaluated their level of satisfaction with the park's construction as "very high." This suggests that the people who live in both communities are looking forward to the park's completion.

Table 3 Status of respondents' satisfaction with the construction of the desired park

Satisfaction Status	Jomhuri (%)	Baharestan (%)
Very Low	0	2.5
Medium	2.5	2.5
High	2.5	5
Very High	95	90

The reasons for respondents' presence in the Jomhuri area prior to the establishment of the park were analyzed based on four possibilities, as shown in Table number 4. According to the data, 32.5% of people were interested in kid-friendly activities, 30% in relaxing, 25% in sports, and 12.5% in going away from residential areas. Before the pocket park was built, however, inhabitants of the Baharestan neighborhood's needs survey revealed that 38% of people expected to use the space for children's play, 36% for leisure pursuits, 21% for sports, and 5% for getting away from residential areas.

Table 4 Reasons for the presence of respondents in the park before its construction

Reasons	Jomhuri (%)	Baharestan (%)
Getting away from residential areas	12.5	5
Children's recreation	32.5	38
Leisure activities	30	36
Sports	25	21

Based on the analyses that were done about the respondents' level of interest in the amount of vegetation in the Jomhuri neighborhood, it can be concluded that the majority of these people favor shaded trees, with 67.5%, followed by flowers with 22.5% and shrubs with 10%. This suggests that the area around the river was covered with a lot of bushes. People appeared to like flowers and trees that provide shade. However, based on the analyses done, it can be claimed that shaded trees and flowers had a higher priority than shrubs in the Baharestan area in terms of the interest of residents in the kind of vegetation covered in the pocket park before its construction. With 47.5% of the respondents, shaded trees and flowers attracted the most attention, while 5% of respondents showed the least interest in shrubs.

Table 5 Status of respondents' interest in the type of vegetation coverage

Type	Jomhuri (%)	Baharestan (%)
Flowers	22.5	47.5
Shrubs	10	5
Trees	67.5	47.5

According to the variable of bench material in the Jomhuri neighborhood park before it was built, respondents showed the greatest interest in benches made of stone, with 77.5%, because of their toughness and resistance to weather conditions, while benches made of metal received the least interest, with 7.5%, because of the possibility of theft by thieves. Contrarily, in the Baharestan neighborhood residents' needs assessment, they expressed the greatest interest in wooden benches, with 50%, followed by stone benches, with 30%, and metal benches, with 20%, having the least interest. Wooden seats were mentioned by respondents as an aspect of the park's charm. The climatic conditions of the area and security issues should be taken into account while designing the bench material.

Table 6 Status of respondents' interest in bench material

Type	Jomhuri (%)	Baharestan (%)
Wooden	15	50
Metal	7.5	20
Stone	77.5	20

According to the surveys that were done, sports equipment is ranked top by 57.5% of respondents in the Jomhuri area, and swings and slides are ranked second by 20% of respondents. Finally, 17.5% of the respondents said they needed both playground equipment, such as swings and slides, and sports gear. According to a poll on Baharestan community preferences for park furniture, 55% of respondents wanted the creation of all the aforementioned park furniture, while 30% expressed interest in sports equipment, 10% in swings and slides, and 5% in slides.

Table 7 Respondent's interest in the type of park furniture before construction

	Jomhuri (%)	Baharestan (%)
Swings	5	5
Sports equipment	57.5	30
Swings and slides	20	10
All items	17.5	55

The evaluations of people's preferences for the amount of time spent in the park before construction in the Jomhuri area show that, with 57.5% of responses, people are most interested in spending three hours during the day. On the other hand, people have the least interest in spending more than half a day, with 7.5% of responses. Contrarily, in the Baharestan area, 37.5% of respondents said they were interested in spending between one and three hours during the day, while 5% said they were interested in spending more than half a day. The findings of this investigation show that the locals are passionate about establishing the park.

Table 8 Respondents' willingness to time spent in the park

Time	Jomhuri (%)	Baharestan (%)
Less than one hour	25	37.5
Three hours	57.5	37.5
Half a day	10	20
More than half a day	7.5	5

According to inquiries of "Jomhuri" neighborhood inhabitants regarding the factors that influenced their decision to visit a park, it was found that 60% of respondents cited closeness to their home as the most important consideration. The majority of the "Baharestan" neighborhood's residents selected this location for the park's establishment because of its proximity to their homes, the high level of local security, and the convenience of access, according to evaluations generated from their comments. The highest priority among these considerations is closeness to the residence, demonstrating the neighborhood's perceived need for a pocket park.

Table 9 Reasons for the Respondents' Selection of Visiting the Park

Reasons	Jomhuri (%)	Baharestan (%)
Close to their homes	60	47.5
Geographical location	5	0
Higher security	17.5	2.5
Improved transportation	5	7.5
All reasons	12.5	42.5

In Table 10, the construction of the park and neighborhood safety in the Jamhuri area have a positive correlation, demonstrating a substantial association between these two factors. All of the locals expressed great happiness with the neighborhood security, which in turn added to their satisfaction with the park's placement in the region. A similar positive link exists between these two factors in the Baharestan neighborhood, where all respondents showed high levels of satisfaction with the local security, which in turn influenced their opinions of the park's development in this area.

Table 10 Correlation between the Establishment of the Park and Neighborhood Security Evaluation

Relation	Neighborhood	r	*p*-value
The park's establishment relates to neighborhood security assessment	Jomhuri	0.230	0.154
	Baharestan	0.183	0.260

According to Table 11's pre-park establishment data for the Jomhuri neighborhood, the location of the park facilitates easy access to it. Also, it was shown that there is a substantial association between these two variables. Based on survey participants, a key component of pocket parks is easy access to the parks. Before the park was built, Laleh Park in Al-Ghadir was where half of the locals went to relax, while the other half frequented other parks in the city. However, they have access to this region because the park was established there. On the other hand, the two are positively correlated in the Baharestan neighborhood, indicating that the location of the park leads in easy access to it.

Table 11 Evaluation of the relationship between park access and park placement

Relation	Neighborhood	r	*p*-value
Relationship between park access and park placement	Jomhuri	0.723	0.00
	Baharestan	0.844	0.00

As shown in Table 12, there is a positive link between park placement and interference from nearby structures in the Jomhuri area, with a correlation coefficient of 0.301. This suggests that the park's position doesn't considerably damage its surroundings because there aren't any special constructions nearby. Respondents thought it was appropriate that there was a mosque close to the park. The correlation coefficient between a

park's position and interference from nearby structures, on the other hand, is -0.320 in the Baharestan area, indicating a negative link. This implies that the park's proximity to residential buildings interferes with signal reception.

Table 12 Evaluation of the correlation between park location and interference with surrounding structures

Relation	Neighborhood	r	*p*-value
Relationship between park location and interference with surrounding structures.	Jomhuri	0.301	0.059
	Baharestan	- 0.320	0.044

In Table 13, in the Jomhuri area, there is a 0.402 association between neighborhood safety and women using the parks at night. The positive link between these two variables is indicated by this correlation coefficient. This indicates that given the area's high level of security, it is more likely that women will visit the park at night. Lighting is one aspect of security, and according to locals, a lighting system that illuminates the entire park is crucial to boosting security there. Contrarily, the Baharestan area has a positive correlation coefficient of 0.208, indicating that women can use the proposed park without fear at night.

Table 13 Evaluation of the Relationship between Neighborhood Security and Women's Nighttime Park Usage

Relation	Neighborhood	r	*p*-value
Relationship between Neighborhood Security and Women's Nighttime Park Usage.	Jomhuri	0.402	0.010
	Baharestan	0.208	0.198

Table 14 Frequency Distribution of Satisfaction among Respondents in the Jomhuri Neighborhood for the Status of Park Indicators Prior to Establishment

Indicators	High *(%)*	High (%)	Medium *(%)*	Low*(%)*	Very low*(%)*
Park Establishment	95	2.5	2.5	0	0
Neighborhood Social Participation	85	10	2.5	0	2.5
Mental and Physical Well-being	82.5	17.5	0	0	0
Security	50	27.5	22.5	0	0
Corruption and Insecurity	45	25	17.5	2.5	10
Environmental Safety	40	30	27.5	2.5	0

The findings of the one-sample T-test, as shown in Table 16, are as follows when the mean value is greater than 3: Respondents from the two investigated neighborhoods are very happy that the park has been established in their respective areas and offer the most cooperation and support for such a project.

Table 15 Frequency Distribution of Satisfaction among Respondents in the Baharestan Neighborhood for the Status of Park Indicators Prior to Establishment

Indicators	High (*%*)	High *(%)*	Medium *(%)*	Low*(%)*	Very low *(%)*
Park Establishment	90	5	2.5	0	2.5
Neighborhood Social Participation	52.5	17.5	22.5	2.5	5
Mental and Physical Well-being	92.5	0	2.5	2.5	2.5
Security	65	22.5	50	2.5	5
Corruption and Insecurity	40	7.5	25	7.5	20
Environmental Safety	5	75	20	0	0

Table 16 Results of One-Sample T-Test for the Variable of Park Establishment in the Needs Assessment of Respondents in the Jomhuri and Baharestan Neighborhoods

Neighborhood	Indicators	Descriptive statistics		Analytical statistics					
				Test value				95% CI	
		Mean	σ	Mean difference	t-value	df	*p*-value	Lower bound	Upper bound
Jomhuri	Park	4.92	0.34	4.92	89.01	39	0.00	4.81	5.06
Baharestan	Establishment	4.80	0.72	4.80	41.97	39	0.00	4.56	5.03

CI = Confidence interval

Prior to the park's creation, 85% of residents of the Jomhuri area showed significant social participation and desired enough benches for ongoing interaction. 52.5% of residents in the Baharestan area claimed that the park's construction had boosted social interaction. The establishment of the park, according to the respondents, increased participation, notably among seniors and homemakers. In the communities of Jomhuri and Baharestan, respectively, the average social involvement ratings were 4.75 and 4.10, beyond the moderate cutoff point of 3. After the park was established, respondents thought this indicator was important.

Table 17 Results of One-Sample T-test for the Variable of Social Participation in the Needs Assessment of Respondents in the Jomhuri and Baharestan Neighborhoods

Neighborhood	Indicators	Descriptive statistics		Analytical statistics					
				Test value				95% CI	
		Mean	σ	Mean difference	t-value	df	*p*-value	Lower bound	Upper bound
Jomhuri	Social	4.74	0.74	4.75	40.46	39	0.00	4.51	4.98
Baharestan	Participation	4.10	1.15	4.10	22.54	39	0.00	3.73	4.46

As shown in Table 18, having an average psychological and physical health index score above 3 in the examined areas can be a significant and deciding factor for the locals when the park is built.

Table 18 Results of One-Sample T-test for the Variable of Psychological and Physical Health in the Needs Assessment of Respondents in the Jomhuri and Baharestan Neighborhoods

Neighborhood	Indicators	Descriptive statistics		Analytical statistics					
				Test value				95% CI	
		Mean	σ	Mean difference	t-value	df	*p*-value	Lower bound	Upper bound
Jomhuri	Psychological and Physical Health	4.82	0.38	4.82	79.30	39	0.00	4.70	4.94
Baharestan		4.77	0.83	4.77	36.31	39	0.00	3.50	5.04

Based on Table 19, the Jomhuri neighborhood's average security index was 4.27, and the Baharestan neighborhood's was 4.40, both of which were higher than the 3. These findings suggest that the presence of a park and a safe atmosphere may be made possible by the higher security coefficient found in these neighborhoods.

Table 19 Results of One-Sample T-test for the Variable of Security in the Satisfaction of Respondents in the Jomhuri and Baharestan Neighborhoods

Neighborhood	Indicators	Descriptive statistics		Analytical statistics					
				Test value				95% CI	
		Mean	σ	Mean difference	t-value	df	*p*-value	Lower bound	Upper bound
Jomhuri	Security	4.27	0.81	4.27	33.13	39	0.00	4.01	4.53
Baharestan		4.40	1.05	4.40	26.31	39	0.00	4.06	4.73

Table 20 indicates that the Jomhuri and Baharestan communities might have their own devoted pocket parks with such steady conditions because the average corruption and insecurity score in these two areas is higher than the 3.

Table 20 Results of One-Sample T-test for the Corruption and Insecurity Index in the Satisfaction of Respondents in the Jomhuri and Baharestan Neighborhoods

Neighborhood	Indicators	Descriptive statistics		Analytical statistics					
				Test value				95% CI	
		Mean	σ	Mean difference	t-value	df	*p*-value	Lower bound	Upper bound
Jomhuri	Corruption and Insecurity	3.92	1.28	3.92	19.26	39	0.00	3.51	4.33
Baharestan		3.40	1.55	3.40	13.73	39	0.00	2.89	3.90

Based on firsthand observations and the findings of the One-Sample T-test, the environmental safety index in the targeted neighborhoods shows long-term environmental safety in these locations. According to the responders, river dredging can help alleviate some of the unpleasant scents that have occasionally appeared in the Jomhuri area as a result of rainfall and the vicinity to the park.

Table 21 Results of One-Sample T-test for the Environmental Safety Index in the Satisfaction of Respondents in the Jomhuri and Baharestan Neighborhoods

Neighborhood	Indicators	Descriptive statistics		Analytical statistics					
				Test value				95% CI	
		Mean	σ	Mean difference	t-value	df	*p*-value	Lower bound	Upper bound
Jomhuri	Environmental Safety	4.07	0.88	4.07	29.01	39	0.00	3.79	4.35
Baharestan		3.15	1.28	3.15	11.28	39	0.00	3.20	4.35

Conclusion and Recommendations

1. Urban green spaces are recreational areas that bring people closer to nature, foster mental and psychological well-being, lessen stress, and eventually improve the standard of living and health of city dwellers. Within neighborhoods, pocket parks are regarded as public green areas. Prior to park development, it is crucial to pay attention to both quantitative and qualitative requirements and components. It is crucial to evaluate pocket park development as a neighborhood public green space. The study's conclusions are based on observations made in the study area. Because there are no parks in the communities, the Jomhuri and Baharestan areas have been unable to help inhabitants with their leisure demands. The bulk of residents in the Jomhuri neighborhood are adults in their middle years. More over

half of them work from home. The majority of the locals believe that having sports facilities would be beneficial for the area and are prepared to spend more than three hours at the envisioned park. The existence of numerous ethnicities, as well as different preferences and trends, in the Baharestan neighborhood, should be taken into account when planning the pre-park. Young people, pensioners, and stay-at-home mothers make up the majority of the Baharestan neighborhood's population. These populations need a setting in their community for recreation and overall wellbeing. It is important to consider the demands of all age groups while developing a pocket park in this neighborhood, but particularly those of seniors, who make up the majority of the population. The park will be especially helpful to the elderly with mobility challenges and disabled people since it will relieve their mental and emotional stress. Priority should be given to including park furnishings for all age groups, with benches for middle-aged people and youth sports facilities being of particular importance. This park will have more seating options, which will be a good area for seniors and social interaction. Provided that the conditions of use of such places meet the needs of all segments, mental health plays a critical role in guaranteeing the vitality of any society. As this research continues, the following suggestions are made: Minimum facilities for all age groups.

2. Park furniture should be carefully considered for placement and design.
3. Drinking fountains will be installed. Shade shelters will be installed in the park.
4. Incorporation of a powerful lighting system to maintain park security. Parks with universal design in terms of furniture and facilities for disabled people and others with limited abilities.
5. Pedestrian landscaping along the Jomhuri River.
6. River dredging to reduce unpleasant odors during rainfall and floods is on the agenda.
7. Due to the proximity of the river, security measures were implemented prior to park development in the Jomhuri area.
8. Sports facilities were prioritized due to an increase in the adult and middle-aged population in the analyzed communities.
9. In the proposed parks, emphasis is placed on creating green spaces with shady trees and flowers.
10. Separate lanes for cycling (for adolescents) and strolling (for retirees) in the park to be built in the Baharestan area.

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