

2004

# An exploratory study of the impacts on gardening to older people : case study to "Tsuen Wan golden organic farming project"

Asia-Pacific Institute of Ageing Studies, Lingnan University

Produce Green Foundation

Follow this and additional works at: <http://commons.ln.edu.hk/apiaswp>



Part of the [Gerontology Commons](#)

---

## Recommended Citation

Asia-Pacific Institute of Ageing Studies, Lingnan University, & Produce Green Foundation (2004). An exploratory study of the impacts on gardening to older people: Case study to "Tsuen Wan golden organic farming project" (APIAS Working Paper Series No.12). Retrieved from Lingnan University website: <http://commons.ln.edu.hk/apiaswp/1/>

This Paper Series is brought to you for free and open access by the APIAS Paper Series 論文 at Digital Commons @ Lingnan University. It has been accepted for inclusion in APIAS Working Paper 工作論文 by an authorized administrator of Digital Commons @ Lingnan University.

**WORKING PAPER SERIES No. 12 (November 04)**

**AN EXPLORATORY STUDY OF THE IMPACTS ON  
GARDENING TO OLDER PEOPLE: CASE STUDY TO “TSUEN  
WAN GOLDEN ORGANIC FARMING PROJECT”**

by

**Asia-Pacific Institute of Ageing Studies (APIAS), Lingnan University  
&  
Produce Green Foundation**

## Acknowledgements

We, Asia-Pacific Institute of Ageing Studies (APIAS) of Lingnan University, wish to express our gratitude to the following organizations and individuals, which include Produce Green Foundation, Elderly Commission of HKSAR and our director Professor Chan Cheung Ming for supporting our study. Special thanks go to research interns, Pang Chung Wai (Pang Pang) and Lau Tsz King (Kinsley), who devoted their time and efforts to conduct the study voluntarily.

### Research Interns of APIAS

Ms. Chung Wai Pang, Social Sciences Student, Year 2, Lingnan University

Mr. Tsz King Lau, Social Sciences Student, Year 2, Lingnan University

### Research Advisory Team (Lingnan University)

Professor Alfred Cheung Ming Chan, Director of Asia-Pacific Institute of Ageing Studies (APIAS)

Ms Florence Meng Soi Fong, Senior Project Officer, APIAS

Mr. Eric Hon Yui Wong, Project Officer, APIAS

Ms. Helen Wing No Lau, Project Officer, APIAS

### Research Advisory Team (Produce Green Foundation)

Ms. Vicky Lau (Executive Secretary)

Ms. Stella Chong (Education Officer)

Mr. Liu (Trainers of Produce Green Foundation)

# **An Exploratory Study of the Impacts on Gardening to Older People: Case Study to “Tsuen Wan Golden Organic Farming Project”**

## **Table of Contents**

Executive Summary.....	1
Section 1: Background and Objectives of the Study.....	2
1.1: Background.....	2
1.2: Objectives.....	2
Section 2: Literature Review.....	4
2.1: What is “Organic farming”.....	4
2.2: An overview of the literatures on horticulture therapy.....	4
Section 3: Research Methodology.....	7
Section 4: Research Findings.....	8
4.1: Sample profile.....	8
4.2: Findings from the in-depth interviews and focus group discussions.....	8
Section 5: Conclusion and Recommendations.....	15
References.....	17
Appendices.....	20
...	
Appendix 1: Consent form of in-depth Interview	
Appendix 2: Consent form of focus group discussion	
Appendix 3: Observation guideline	
Appendix 4: In-depth Interview guideline	
Appendix 5: Focus group guidelines	

## Executive Summary

**Aims.** This was an exploratory study to investigate how gardening could enhance and strengthen the physical health, psychological well-being and social networks of older participants.

**Design and participants.** Qualitative research methodology was adopted in this study. Interviews were conducted on ten elderly people. In order to check and confirm the information collected in the in-depth interviews and provide more useful information for our study, four older participants and four volunteer workers were invited to join our two focus group discussions (N=8) upon the completion of the in-depth interview. Data was collected between March and July of 2004.

**Findings.** In this study, we found that elderly participants benefited more in their psychological well-being and the enlargement of their social networks. On the side of psychological well-being, many older participants expressed that they felt happier and it brought a greater meaning to their life. Gardening distracted them from thinking negative thoughts, and helped them set goals as well as gain achievements in life. Another significant change was their enlargement of social networks, we found that the ties between older participants and their family members were strengthened. Moreover, elderly participants made new friends during gardening with both elderly participants and voluntary workers.

**Conclusion.** It is observed that gardening indeed could have positive impacts on older participants in terms of their psychological well-being and enlarge their social networks with friends and strengthen their relationships with their families. All these in turn contribute to a greater life satisfaction. It is hoped that there will be more projects promoting gardening amongst the elderly from different organizations and that the government could promote such meaningful activities in terms of financial and land support.

## **Section 1: Background & Objectives of the Study**

### **1.1 Background**

Produce Green Foundation, a registered charitable institution, aims to promote organic farming, environmental friendly technology and green livelihood. Supported by the Hong Kong Jockey Club Charities Trust and Elderly Commission of HKSAR, they launched a programme in was launched in May 2003 for city dwellers to lease a piece of land and grow their own crops in Tsuen Wan, an area reserved for organic farming. In 2003, more than 240 elderly people participated in the programme and over 30 elderly people worked on the farmland voluntarily.

In order to prepare participants for farming activities, there are four training classes to teach them about the theory of organic farming, fundamental farming knowledge, the concepts of organic farming and environmental protection. Participants may come to the farm anytime to take care of their own plots. They may also consider advice from the technical advisers in designing their own garden. Also, participants may ask up to four of their relatives to join the programmes. For more information about the programme, please refer to <http://www.producegreen.org.hk>.

### **1.2 Objectives**

The main objective of this research is to study the relationship between gardening, physical health, psychological well-being and social networks of the elderly participants through qualitative research methods. Specifically, the current research would like to address the following objectives:

1. To investigate whether gardening improves the physical well-being of elderly participants;

2. To investigate whether gardening improves the psychological well-being of elderly participants, and;
3. To investigate whether gardening can extend the social networks and inter-personal relationships of elderly participants.

## **Section 2: Literature Review**

### **2.1 What is organic farming?**

Organic refers to agricultural production systems used to produce food and fiber. All kinds of agricultural products are produced organically, including produce, grains, meat, dairy, eggs, processed food products, flowers, and, fibers such as cotton. Organic farming management relies on developing biological diversity in the field to prevent pest organisms, and the purposeful maintenance and replenishment of soil fertility. Organic farmers are not allowed to use synthetic pesticides or fertilizers. Some of the essential characteristics of organic systems include: design and implementation of an “organic system plan” that describes the practices used in producing crops and livestock products; a detailed recordkeeping system that tracks all products from the field to point of sale; and maintenance of buffer zones to prevent inadvertent contamination from adjacent conventional fields (Organic farming research foundation: [http://www.ofrf.org/general/about\\_organic/](http://www.ofrf.org/general/about_organic/). Retrieved on 2<sup>nd</sup> November 2004).

### **2.2 An overview of literatures on horticulture therapy**

Horticultural Therapy has been defined as “the use of plants and gardens for human healing and rehabilitation” (Flagler, <http://aesop.rutgers.edu/~horttherapy/whatis.html>. Retrieved on 2<sup>nd</sup> November 2004). It is an ancient practice, but a rather new profession. In the early 19<sup>th</sup> century, Dr. Benjamin Rush, a supporter of the Declaration of Independence, observed and documented the benefits his patients received while working with plants at his Philadelphia clinic. Horticultural Therapy programs are now commonplace at many different facilities in this country and abroad.

An increasingly large body of research attests to the unique values of horticulture as



therapy for people with physical, mental, emotional, and social disabilities. As plants are non-discriminating and non-threatening, anyone can be successful. Age, intelligence, race and religion do not matter. Plants respond to anyone providing care. Studies show that success with plants can lead to successes in other aspects of our lives. This is important for individuals whose disabilities or limitations might hinder their accomplishments in other pursuits.

Research conducted shows how horticulture can be beneficial to people in areas such as intellectual, personal, emotional, physical and social development.

Relf (1981) in his article entitled “dynamics of horticultural therapy” focused on the intellectual and personal development of people. Basically, he argued that people who participate in horticultural activities can improve their abilities in terms of (a) Acquisition of new skills and abilities through learning gardening skills; (b) Stimulation of curiosity because participants ask questions and learn actively during planting; (c) Improvement of powers of observation by watching the growth of the crops through a period of time; (d) Simulation of sensory perceptions because people will be more sensitive in their vision, smelling and hearing abilities; (e) A greater awareness of environment and health because participants are directly involved in nature, which makes them feel as part of it and the importance of their personal health; (f) Improved confidence and self esteem by having a sense of accomplishment by seeing the growth of plants and crops; (g) Satisfaction of creative drives through inventive plantings and design of their plots.

Besides intellectual development, Relf (1981) also revealed that horticulture could bring benefits to the psychological well-being of the people involved. The core ideas

are that horticulture could promote interest and enthusiasm of people in later life; especially for people who are ill, disabled and/or elderly people who have little interest in their future. In addition, other scholars argued that horticultural activities can reduce negative emotions, such as stress, anger, and depression through watching the growth of plants and crops (Gillaspie, <http://www.nursing.uiowa.edu/sotes/PedsPain/Nonpharm/Horticu.htm>. Retrieved on 2nd November 2004).

Relf (1981) and Flagler (<http://aesop.rutgers.edu/~horttherapy/whatis.html>. Retrieved on 2nd November 2004) both argued that horticultural activities could benefit the physical well-being of elderly people, including increasing their mobility, muscular strength and training unused muscles.

Besides personal development, horticulture could also extend the social network of the participants in terms of providing opportunities for the participants to interacted with others, in particular elderly can enlarge their social network by meeting more friends. Moreover, other people of similar social backgrounds could inspire them (Relf, 1981 & Gillaspie, <http://www.nursing.uiowa.edu/sotes/PedsPain/Nonpharm/Horticu.htm>. Retrieved on 2nd November 2004).

Based on the literature reviewed, it was found that horticulture could bring enormous benefits to the participants in intellectual development, psychological and physical well-being, and social network. Upon the positive impacts of horticulture programmes and the limited research and programmes in Hong Kong, the current research will explore the possible benefits that gardening brings to elderly people.

### **Section 3: Research Methodology**

The qualitative method was adopted in the present study in order to explore the relationships between horticulture (gardening) and the physical, psychological and social networks of the elderly. Since this is exploratory in nature, qualitative research methodologies, i.e. in-depth interviews (see Appendix 4) and participatory observation (See Appendix 3). Qualitative research methodology allows the respondents to give their opinions at length and in detail; in addition, it helps researchers go through their interpretations process in analyzing the views of respondents. This unstructured interview allows us to explore in depth on what people feel about (Moore, 2000).

Ten elderly people were invited to conduct the in-depth interviews. In order to check and confirm the information collected in the in-depth interviews and provide more useful information for our study, four older participants and four volunteer workers were invited to join our two focus group discussions (N=8) upon the completion of the in-depth interview. The aim was to see whether there was any inconsistency with the previous findings (Fraenkel & Wallen, 1993). Data was collected between March and July of 2004.

## Section 4: Research Findings

### 4.1 Sample profile

Table 1: Background information on the respondents

Case	Personal background
1	Ms. Ng, female, age 67, physically healthy and living with family, suffering from diabetes and cataracts
2	Ms. Ma, female, age 68, physically healthy and living with family, no specific illness
3	Ms Ho, female, age 63, physically healthy and not living with family, suffering from sleep apnea syndrome and high blood pressure
4	Mr. Tao, male, age 84, not physically healthy and living with family, suffering from sleep apnea syndrome and high blood pressure
5	Mr. Yan, male, age 70, physically healthy and living with family, suffering from heart disease and high blood pressure
6	Ms. Yi, female, age 76, not physically healthy and living with family, suffering from high blood pressure and deaf in her left ear
7	Ms Leung, male, age 70, not physically healthy and living with family, suffering from aching in the shoulders and knees
8	Mr. Lai, male, age 75, not physically healthy and not living with family, no specific illness
9	Ms. Li, female, age 69, physically healthy living with family, suffering from high blood pressure
10	Ms. Yau, female, age 66, physically healthy and not living with family, suffering high blood pressure

Table 1 shows that most of the respondents were female (60%) while the remaining 40% of them were male. They were between 63 and 76 years old. 60% of them were physically healthy and around 70% of the participants were living with their families.

### 4.2 Findings from the in-depth interviews and focus group discussions

Our results will focus on three aspects, which are:

1. To realize whether their physical well-being has been improved through their self-ratings.

2. To understand whether their psychological well-being has been enhanced.
3. To realize whether their social networks and inter-personal relationships have been extended.

### **Physical well-being**

The in-depth interviews and focus group discussion revealed that most of the interviewees agreed that they felt healthier after joining the program. Generally speaking, they slept better at nights, their suffering lessened and they had better appetites. This was due to two main reasons. The participants were now getting more exercise and they were working in a relaxing environment.

#### **(a) Having more exercise**

The responses from interviewees revealed that the elderly participants got more exercise after joining the programme. For example, Case 5 said that he worked on the farmland every day and therefore both his hands and feet got more exercise. Having more exercise, he found that he did not suffer as much from his heart disease and high blood pressure. See the following qualitative quotation.

*“Now, I exercise more and sweat more. I have fun in the farmland, it is better than just staying at home with nothing to do. Moreover, I do not suffer as much from my heart disease and high blood pressure,, which I think is due to more exercise on the farmland ” (Case 5, male 70).*

Besides the opinion of Case 5, see the ideas expressed by Case 9. See the following direct quotations.

*“I suffered from high blood pressure for a very long time and I am required to take a high dose of medicine to keep it at a lower level, after joining this programme, I find myself having a more meaningful life and my health keeps improving. I take a smaller doze now. This is the result exercising on the farmland” (Case 9, female 69).*

Generally speaking, most of the respondents expressed that they became healthier after joining the programme since they had more chances to do exercise on the farmland. . This implies that farming is another kind of activity where elderly participants can get more exercise. Based on these preliminary findings, we would recommend that the government donate more land for elderly people participating in farming activities.

#### **(b) Working in a relaxing environment**

Most of the respondents felt that the farmland provided a relaxing environment through different kinds of green plants and crops. Moreover, all elderly participants were working happily and exchanging their experience in cultivations. The following are direct quotations from the respondents.

*“The green view of the farm is good, it makes my eyes feeling better and more comfortable. I am happy that I could have a chance to work in such a relaxing environment. The environment makes us feel physically fell better” (Case 7, male 70).*

Case 3 and Case 4 were suffering from sleep apnea syndrome and high blood pressure. They expressed that they had become healthier after planting on the farmland. They said:

*“The air here is clean and I would like to spend more time in such a relaxing environment. My doctor always asks me to do some relaxing work and this can help alleviating my suffering from my illnesses. I find the farmland a very suitable place for me” (Case 3, female 63).*

*“When I think about planting, it makes me feel more relaxed and more peaceful. This makes me feel that my health is improving” (Case 4, male 84).*

The general perception of the elderly participants was that they felt much better physical since they were working in a relaxing environment and some of the suffering of the elderly participants had decreased.

Case 2 also found that farming in such a relaxing environment could bring benefits to her physical well-being. See the following quotations.

*“I am sad when I can not come here during rainy days. Even though I do not have any specific kind of illness, I am happy to be here to work since I really enjoy the environment. When I am happier, I feel better.” (Case 2, female 64).*

## **Psychological well-being**

### **(a) Higher life satisfaction and sense of achievement**

Half of the participants felt happy as they watched the plants grow day by day from small seeds to green vegetables. Two of them drew an analogy between planting vegetables and raising children, shown in the following quotations:

*“Since all of my children have grown up, planting is like raising children. Seeing*

*them grow day by day, makes you feel happier. Moreover, gardening helps in developing my sense of achievement as I watch flowers and crops grow” (Case 3, female 63).*

Also, their degree of life satisfaction was associated with the recognition from others, including their family members, tutors, and other participants or volunteers.

*“I feel very happy when the tutor praised my hard work. You know older people have less sense of achievement since they have fewer things to achieve. I like growing crops, since tutors can recognize my work and they do recognize your work” (Case 4, male 84).*

Also, they felt happy through the exchange of harvests with other elderly participants. This also enhanced their levels of life satisfaction. See the following quotations.

*“I feel happy to give and receive harvests from other participants and volunteers. This means you do not need to grow all types of crops,, you only need to grow something and exchange your crops with others. Therefore I can have more than one type of crop to eat” (Case 2, female 68).*

Finally, seeing their vegetables growing gave many of them a high sense of achievement, thus making them happier. Some of them also thought that planting taught them new things and therefore they felt more energetic and positive. The following extraction illustrates this:



*“The most important thing I learned from planting was that now I am sure that I am still useful” (Case 9, female 70).*

To conclude, we found that planting could help most elderly maintain a high life satisfaction and a sense of achievement. This is consistent with the findings in our focus group of senior volunteers and elderly gardeners. They generally agreed that they gained a higher life satisfaction after joining the programme.

### **Socialization and relationship with others**

The farm site is obviously a nice place for elderly participants to socialize with their family members. From the responses of the interviews, most of the participants expressed that it was a good way to increase interaction with their children and grandchildren especially at some specific functions and gatherings, for instance, on “harvest day.” See the following direct quotation.

*“I like farming very much since it is a good chance for me to spend time with my family, especially during meetings when they come to talk with me and share with me” (Case 1, female 67).*

Most of the cases showed that the ties between elderly participants and their family members have strengthened. Planting provided golden opportunities for having family gatherings at a relaxing, less nervous location and the natural environment was also attractive to children who are unfamiliar with farming activities. Case 6 demonstrates this with the following response.

*“I like farming, not only because it is good for my health, but the activity helps*

*maintain and even improving my relationships with my family members. Therefore I ask my friends to join the programme as well” (Case 6, female 76).*

*“I know how to plant the type of vegetables which my family members like. My husband goes to the Golden Garden with me everyday. My daughter, son-in-law and their children share my joy of having good harvests and they come and visit me at the farm about 2 to 4 times a month” (Case 8, male 75).*

Most of the respondents expressed that when people get older, their life becomes less stimulating compared with their early ages. This was a result of having less social interaction with the community after retirement. Many of the interviewees expressed that they were bored and insensitive to their environment and the happenings in society. However, after joining the programme, they felt a great deal of improvement in terms of making new friends and extending their social networks, see the following quotations.

*“I exchanged both my harvests and my planting techniques with other elderly. We go to Chinese restaurants about once a month and I am happy to meet more people and have more activities. I also get along with some volunteers, we make clothes together sometimes” (Case 3, female 63).*

*“Instructor Liu (a farmer with a rich farming knowledge) comes to the farm every Tuesdays and Thursdays, and I come here twice a week. We are good friends and he teaches me a lot” (Case 10, female 66).*

To conclude, farming can maintain and enhance relationships with family and extend social networks by making more friends with other elderly participants.

## **Section 5: Conclusion and Recommendations**

Based on the findings of the research, elderly gardeners benefited more psychologically and in the enlargement of their social networks after joining the programme, but they showed less improvement physically.

Regarding their physical well-being, the qualitative findings from the elderly gardeners revealed that they did more exercise after joining the programme, because they had more chances to do so in a relaxing environment. This improved their mobility. As for their psychological well-beings, most of the elderly participants said that they felt happier, as they all agreed that farming kept them from thinking negative thoughts and improved their quality of life. Some even said that their higher level of life satisfaction was mainly from the recognition and sharing of experiences with others. Last but not least, regarding their social networks, research findings showed that the ties strengthened between elderly participants and their family members.

Besides some good points, there are some recommendations for future planning and implementation of the project.

1. Some elderly participants said that even though they attended some training classes before, they still could not learn that much about the concept of organic farming since some of the concepts are rather complicated. Therefore, it is recommended that the organization should more carefully select the teaching materials for the elderly. For examples, the terms or words should be simple when elaborating theories about gardening. They should provide some easy-reading handouts with pictures for the elderly to illustrate the concepts of farming and gardening. Furthermore, the techniques or skills in speaking should

be geared to the learning ability of the older people. Programmes on teaching elderly farming should be clearly written, with pictures and diagrams to illustrate the steps in doing cultivation. Moreover, it is important to give more chances for the elderly to practice before they actually do their own cultivation.

2. Another point is the success of the project is very much based on the commitment of the volunteers and the devotion of elderly participants. Future programmes could focus more on the concept of “elderly empowerment”. Elderly participants should speak to the community about their experiences and how farming activities could be beneficial to older persons. The successful experience of the project should be promoted in the community in order to increase awareness of the positive impacts farming has on the life of older people. It is hoped that through promotion and dissemination, more resources could be input for similar activities.
3. This is exploratory research and some of the initial findings were revealed from qualitative research. It is believed that carrying out similar projects and allocating more funds for research could aid in obtaining more valuable research.

## **References**

- Acostta-Micaller, Elizabeth (1997). *Options for health: The other greenhouse effect*.
- Adler, M. J. (n.d.). *Aristotle's ethics: The theory of happiness*. Retrieved 1<sup>st</sup> December 2003 from <http://radicalacademy.com/adleraristotleethics1.htm>
- American Horticultural Therapy Association Homepage (AHTA) (2003). Retrieved 5<sup>th</sup> November 2003 from <http://www.ahta.org>
- Canadian Horticultural Therapy Association (CHTA). Retrieved 5<sup>th</sup> November 2003 from <http://www.chta.ca/facts.htm>
- Caplan, L. (n.d.). *Gardening for the senses/ The Sensual garden*. Retrieved on 12<sup>th</sup> January 2004 from <http://www.gardenforever.com/pages/artsenses.htm>
- Ellis, D. J. (1995). *Plants and your health*. American Horticulturist, Vol. 74 (7), 1-6.
- Fraenkel, J. R. & Wallen, N. E. (1993) (2<sup>nd</sup> edition) *How to design and evaluate research in education?* McGraw- Hill International editions Educational Series. Singapore
- Gillaspie, Sarah. (n.d.). *What is horticulture therapy?* Retrieved on 20<sup>th</sup> October 2003 from <http://www.nursing.uiowa.edu/sotes/PedsPain/Nonpharm/Horticu.htm>
- Heylighen, F. (1992). A Cognitive-systemic reconstruction of Maslow's theory of self-actualization, *Behavioral Science* Vol. 37, 39-58.
- Kuo, F. E. (2001). Coping with poverty: impacts of environment and attention in the inner city. *Environment and Behavior*. Vol. 33 (1), 5-34.
- Larson, J., Hanchek, A., Vollmar, P. (2003). *Accessible gardening for therapeutic horticulture*. Retrieved on 11<sup>th</sup> October 2003 from <http://www.extension.umn.edu/distribution/horticulture/DG6757.html>
- Levenston, M. (1988). *Gardening with disabled individuals*. City Farmer: Canada's

- Office of Urban Agriculture. Retrieved on 14<sup>th</sup> Jan, 2004 from <http://www.cityfarmer.org/disablegard67.html#disable>
- McDonald, J. (n.d.). *Why is Horticultural a Good Medium for Work With People With Special Needs?* Retrieved on 13<sup>th</sup> January 2004 from [http://ourworld.compuserve.com/homepages/Jane\\_Stoneham/jmcd.htm](http://ourworld.compuserve.com/homepages/Jane_Stoneham/jmcd.htm)
- Michaud, E. (2003). The Healing Garden. *Prevention*, Vol. 55, 108~115.
- Mitchell, B. (1997). *Gardening across the generations*. Retrieved on 12<sup>th</sup> January 2004 from <http://www.gardenforever.com/pages/artGens.htm>
- Mitchell, H. (1997). *Gardening is welcome therapy*. Retrieved on 23<sup>rd</sup> October 2003 from [http://www.sandfordgroup.com/edit%20A1K/therapeutic\\_library/therapy.htm](http://www.sandfordgroup.com/edit%20A1K/therapeutic_library/therapy.htm)
- Mitchell, H. (2002). *Using horticultural therapy to improve quality of life*. Retrieved on 23<sup>rd</sup> October 2003 from <http://www.oha.com/oha/perspec.nsf/0/633c7af06a5db63085256c1b0070853b?OpenDocument>
- Moore, N. (2000). *How to do research: the complete guide to designing and managing research projects*. London: Library Association.
- Organic farming research foundation: [http://www.ofrf.org/general/about\\_organic/](http://www.ofrf.org/general/about_organic/). Retrieved on 2<sup>nd</sup> November 2004.
- Relf, D. (1981). *Dynamics of Horticulture Therapy*. Retrieved on 11<sup>th</sup> October 2003, from <http://www.hort.vt.edu/human/ht1.html>
- Research Center for child and family research (CCRF) of Loughborough University (n.d.) *Social and Therapeutic Horticulture: evidence and messages*. Retrieved on 16<sup>th</sup> January 2004 from <http://www.lboro.ac.uk/research/ccfr/>
- Thrive Homepage--Using gardening to change lives. (2003). Retrieved on 13<sup>th</sup> January 2004 from <http://www.thrive.uk>
- Whyte, D. B. (1988). *Horticultural Therapy New Option for People with Disabilities*.

City Farmer: Canada's Office of Urban Agriculture. Retrieved 14<sup>th</sup> January 2004, from <http://www.cityfarmer.org/HTbruce69.htm/options>

Woodsworth, A. (n.d.). *Community Gardening A Vancouver Perspective*. City Farmer: Canada's Office of Urban Agriculture. Retrieved on 14<sup>th</sup> January 2004 from <http://www.cityfarmer.org/urbagnotes1.htm#notes>

## APPENDIX 1

綠田園基金 嶺南大學亞太老年學研究中心 合辦

荃灣金色有機園圃研究計劃

深入面談訪問同意書

本人，\_\_\_\_\_，同意參與綠田園基金及嶺南大學亞太老年學研究中心 合辦 荃灣金色有機園圃研究計劃的訪問調查，並授權是次對話內容以錄音作紀錄，以便作學術研究之用，個人資料則會保密。謝謝！

\_\_\_\_\_  
參與者簽名

\_\_\_\_\_  
見證人簽名

\_\_\_\_\_  
日期

\_\_\_\_\_  
日期



## APPENDIX 2

綠田園基金 嶺南大學亞太老年學研究中心 合辦

荃灣金色有機園圃研究計劃

焦點小組討論同意書

本人，\_\_\_\_\_，同意參與綠田園基金及嶺南大學亞太老年學研究中心 合辦 荃灣金色有機園圃研究計劃的焦點小組討論，並授權是次對話內容以錄音作紀錄，以便作學術研究之用，個人資料則會保密。謝謝！

\_\_\_\_\_  
參與者簽名

\_\_\_\_\_  
見證人簽名

\_\_\_\_\_  
日期

\_\_\_\_\_  
日期

## APPENDIX 3

嶺南大學亞太老年學研究中心暨綠田園基金

荃灣金色有機園圃計劃成效研究

### 實地觀察紀錄表

本部份研究目的在於透過研究員的實地觀察及簡單面談，從而了解計劃對參與者的成效及影響。研究員會以長者參與計劃後，會否對其心理質素有正面的影響作計劃的成效指標。研究以參與者對有機耕種及環保概念的認識、身心健康、生活滿足感、社交圈子及人際網絡、與家人的凝聚力及對社會的歸屬感作觀察及面談。

觀察員姓名： \_\_\_\_\_ 訪問者姓名： \_\_\_\_\_

日期： \_\_\_\_\_ 機構： \_\_\_\_\_

機構： \_\_\_\_\_ 職位： \_\_\_\_\_

職位： \_\_\_\_\_

觀察時間：由 \_\_\_\_\_ 至 \_\_\_\_\_

試從你的觀察及簡單面談，填上你觀察及面談中所得的資料在以下的幾方面上

(a) 對有機耕種及環保概念的認識（什麼是有機耕種、有機耕種跟環保有什麼關係等）（建議：主要透過面談，其次觀察）

(b) 身體及心理質素狀況（活動能力、敏感度、反應力、是否開心等）

（建議：透過面談及觀察）

(c) 生活滿足感（參與者是否在計劃中表現積極態度及投入計劃當中等）

（建議：透過面談及觀察）

(d) 社交圈子及人際網絡（長者和園友、義工、導師等的熟稔程度如何、是否相

處融洽) (建議: 透過面談及觀察)

(e) 與家人的凝聚力 (參與者的家人有否參與其中, 他們的關係如何等) (建議: 透過面談及觀察)

(f) 對社會的歸屬感 (參與者會否加強對社會服務的投入程度及在未來繼續參與同類型的活動) (建議: 主要透過面談, 其次觀察)

(g) 其他觀察及面談所得的資料 (主要對心理質素有有關的)

## APPENDIX 4

### 荃灣金色有機園圃計劃

嶺南大學亞太老人研究中心及綠田園基金合辦

#### 深入面談指引

婆婆／伯伯你好，多謝你願意接受我地的訪問，我地的訪問是想了解園圃種植如何提昇你的身心健康。麻煩你先幫我地填左份訪問同意書，以表示你願意接受我們的訪問，並同意我們將你所提供的資料作研究的用途，然而你所提供的資料定必絕對保密。以下的問題，會阻你一個小時左右，只要隨心作答便可。謝謝！

第一部分：參加園圃計劃後，園圃種植如何促進身心健康

(一) 對有機耕作及環保認識

1. 對有機耕作及環保有更多認識？哪一方面？如何促進身心健康？

(導引：環保耕作方法、掌握耕作技巧、關注環保事務、多留意自然生態轉等)

2. 對環保產品及環保價值觀及態度轉變？哪一方面？何促進身心健康？

(導引：更留意種植工具及相關產品、對植物/環境保護有更大承擔、園圃種出來的植物更美味更有營養、對改善環境質數/美化環境有幫助、強化社區(荃灣)發展等)

(二) 身體：自評健康情況

1. 身體覺得比從前健康？哪一方面？為什麼？

(導引：沒那麼多病痛、手腳較從前靈活(較多運動)、記性較從前好、多留意食物營養、多選擇有機食物、觀感及觸覺較從前敏銳等)

### (三) 心理

#### 1. 比從前快樂？為什麼？

(導引：有成功感、有滿足感、強化自己的創造力、感到自主、心境變得平和、回味從前的生活、對生命更積極、感到生命有意義等)

#### 2. 你的快樂多來自誰呢？為什麼？

(導引：自己、導師、家人、其他園友、其他)

### (四) 社交及網絡人際關係

#### 1. 與他人一起比從前快樂？為什麼？

(導引：結識更多朋友、互相鼓勵及支持、與園友有共同話題、與園友有其他活動等)

#### 2. 與家人一起比從前快樂？為什麼？

(導引：得到家人鼓勵及支持、家人多了關心和問候、有共同話題、分享成等)

### (五) 整體

#### 1. 整體而言，參加園圃計劃後，我比從前快樂？為什麼？

## 第二部份：被訪者個人資料

### I. 個人資料：

1) 姓名：\_\_\_\_\_ 2) 性別 (不用問)： 男/女

3) 請問你今年幾多歲？\_\_\_\_\_

4) 婚姻狀況： 未婚  已婚  離婚  分居  同居  鰥寡

5) 教育程度： 未曾接受教育  小學  中學  大專或以上

6) 你之前的職業是什麼？ \_\_\_\_\_

7) 居住地區\*： 荃灣  葵涌  葵芳  大窩口

屯門      元朗      其他：(請註明)：\_\_\_\_\_

\*如可以的話，請被訪者說出居住的屋村名稱(因為大部分園友應來自荃灣區)，以測試住址遠近的影響

8) 居住情況：獨居      與配偶同住      院舍

與家人同住 \_\_\_\_\_ 總人數

(請填寫數目及在填上✓號，如適用)

i. 子女 \_\_\_\_\_ 子 \_\_\_\_\_ 女

ii. 孫 \_\_\_\_\_ 位

iii. 媳婦 \_\_\_\_\_ 位 / 女婿 \_\_\_\_\_ 位

iv. 其他：\_\_\_\_\_ (請註明)

9) 你的收入來源來自哪裡？

1. 工作收入      2. 子女所給的零用      3. 退休金  
4. 生果金      5. 生果金/老人金      6. 其他：請註明：\_\_\_\_\_

10) 就以上情況，你每月收入，包括家人供給的金錢？

1. 少於 \$ 3,000      2. \$3,001- \$5,000  
3. \$5,001- \$7,000      4. \$7,001- \$9,000  
5. \$9,001- \$10,000      6. \$10,001- \$13,000  
7. \$13,001 或以上

11) 大體而言，你認為自己健康情況怎樣？

很差    差      普通    好      非常好

12) 你有沒有長期疾病呢？

- 有 (請註明： \_\_\_\_\_ )  
沒有

~完~

## APPENDIX 5

### 荃灣金色有機園圃計劃

嶺南大學亞太老人研究中心及綠田園基金合辦

#### 焦點小組問題指引

##### 一、有機耕作及環保認識:

- 1) 被訪者對於有機耕種的概念沒有深入的掌握，但卻在應用層面上，均能做到有機耕種的原則，其背後原因是什麼呢？
- 2) 為什麼大部份被訪者對於關乎園圃的環保的事項都顯得十分關注，但卻在日常生活中，卻少能達到環保，例如：少買有機農產品、少用膠袋等等，造成的原因是什麼呢？

##### 二、自評身體健康狀況

- 1). 園圃種植或園圃的環境對他們的健康有多大影響、多大改善，例如：在記憶方面、四肢平衡上等等？

##### 三、心理:

- 1). 是否因為園圃活動令他們生活更加充實、更加有目標？
- 2). 在種植的過程中，為什麼能得到成就感而感到喜悅及滿足？
- 3). 在訪問中，為什麼園圃活動能令他們感到心境平和呢？

##### 四、社交及人際網絡:

- 1) 在家庭、朋友、園友、及導師等方面的社交及人際關係，有否改善呢？  
有/ 沒有，背後原因是什麼呢？

~完~

## **Asia-Pacific Institute of Ageing Studies (APIAS) at Lingnan University**

### **HISTORY**

The Asia-Pacific Institute of Ageing Studies (APIAS) was established as a University-wide institute in 1998 and has been operating as one of the research centers in the Institute of Humanities and Social Science (IHSS) since September 2001. The mission of APIAS is to facilitate and develop research in gerontology and issues related to population ageing in Hong Kong and the Asia-Pacific region.

### **OUR MISSION**

“To develop a better environment for older people and their families in Hong Kong and the Asia-Pacific region.”

### **OUR OBJECTIVES**

- To develop an area of research excellence in programme evaluation and action research; both quantitative and qualitative research methodologies.
- To strengthen our collaboration within the Lingnan University and the local communities, particularly in relation to student learning.
- To strengthen the collaboration and network amongst the Asia-Pacific region.

For further information on APIAS and opportunities for research collaboration and affiliations with the Centre, please contact us :

Lingnan University  
Tuen Mun, Hong Kong

Tel: (+852) 2616-7425

Email: [apias@ln.edu.hk](mailto:apias@ln.edu.hk)

行政費及郵費\$20