

Abstract

This study examined the relationship between Connectedness to Nature (CN) and well-being, with particular personal dispositions being analyzed as possible mediators, i.e. engagement with natural beauty, self-transcendence, interconnectedness, gratitude, mindfulness, non-attachment and religious commitment. 152 participants completed an online survey consisting of measures on CN, well-being and the personal dispositions under analysis. Data were examined using correlational analysis and tested for possible mediating effects between CN and well-being. It was found that CN had significant positive association with psychological well-being and peace of mind. Self-transcendence, gratitude and non-attachment mediated the relationship between CN and psychological well-being, while only self-transcendence and non-attachment mediated the relationship between CN and peace of mind. Possible mechanisms on how CN influences well-being were discussed. Findings from this study showed that nature-based interventions and public education in nature should also highlight importance of emotional engagement.

Keywords: Connectedness to Nature, well-being, self-transcendence, gratitude, non-attachment