SELARAS
Journal of Psychological Studies
Vol.2, No.2, Oktober 2026
E-ISSN: 3164-001X

The Relationship Between Perceived Restorativeness and Flourishing in Third Places Among Emerging Adults in JaBoDeTaBek

Sara Dyah Puspowati & Airin Yustikarini Saleh
Fakultas Psikologi, Universitas Indonesia, Indonesia
Corresponding e-mail: airinys@ui.ac.id

Abstrak – *Kesejahteraan psikologis, atau flourishing, merupakan aspek penting bagi kesehatan mental, terutama pada dewasa muda yang tinggal di lingkungan perkotaan dengan tingkat stres tinggi. Third place seperti cafe dan taman dapat berfungsi sebagai ruang restoratif yang mendukung flourishing melalui pengalaman pemulihan yang dirasakan (perceived restorativeness). Penelitian ini bertujuan mengkaji hubungan antara tingkat perceived restorativeness dan flourishing di third place pada individu dewasa awal di wilayah Jabodetabek menggunakan metode korelasional. Third place yang termasuk dalam penelitian ini meliputi kafe, taman, perpustakaan, mal/pusat perbelanjaan, dan restoran. Instrumen yang digunakan dalam penelitian ini adalah Perceived Restorativeness Scale-11 dan The PERMA Profiler. Sebanyak 181 partisipan terlibat dalam penelitian ini, dengan rentang usia 18 hingga 25 tahun (M = 21,4; SD = 0,725). Hasil penelitian menunjukkan adanya hubungan positif antara perceived restorativeness dan flourishing di third place. Oleh karena itu, hasil penelitian ini dapat menjadi referensi dalam perancangan lingkungan yang lebih mendukung kesejahteraan mental masyarakat dan mendukung tercapainya flourishing.*

Kata Kunci: *dewasa muda; flourishing; perceived restorativeness; third place*

Abstract
Psychological well-being, or flourishing, is essential for mental health, especially among emerging adults in high-stress urban environments. Third places such as cafés & parks can serve as restorative spaces that support flourishing through perceived restorativeness. This study aims to examine the relationship between the level of perceived restorativeness and flourishing in third places among emerging adults in the Greater Jakarta area (Jabodetabek) using a correlational method. The third places included in this study are cafés, parks, libraries, malls/shopping centers, and restaurants. The instruments used in this research include the Perceived Restorativeness Scale-11 and The PERMA Profiler. A total of 181 participants were involved in the study, aged between 18 and 25 years (M = 21.4, SD = 0.725). The results show a positive relationship between perceived restorativeness and flourishing in third places. These findings suggest that restorative environments play an important role in enhancing well-being and can inform the design of spaces that support flourishing.

Keywords: emerging adults; flourishing; perceived restorativeness; third place

INTRODUCTION

The rising prevalence of psychological pressure among emerging adults living in urban areas such as Jabodetabek indicates an urgent need to understand the factors shaping their well-being. Research by the Health Ministry in Indonesia indicates that the prevalence of stress and depressive symptoms is highest within this age group. Previous national research shows that 96.4% of Indonesian youth aged 16–24 experience distress (Kaligis, 2021), with the burden being heavier among those living in urban areas due to environmental pressures—including academic demands, work-related stress, financial challenges, and dense urban mobility—making emerging adults more vulnerable to psychological distress. Jakarta has even been ranked among the most stressful cities in the world, with exposure to pollution, traffic congestion, and high mobility identified as major contributors to urban stress (Rishi & Khuntia, 2012). These conditions significantly affect the psychological well-being of young people who are navigating the developmental transition into adulthood. However, understanding emerging adults' mental health requires attention not only to psychological distress but also to positive psychological functioning. Recent studies in Indonesia have examined flourishing among emerging adults in relation to personal values (Istiqomah & Riyono, 2024) and religious coping (Qonita & Saleh, 2025), highlight the relevance of understanding factors associated with their well-being. Therefore, understanding protective factors and resources associated with flourishing is crucial for examining how emerging adults maintain their psychological well-being.

In this context, it is important to understand how individuals maintain or enhance their mental well-being, particularly through Seligman's (2011) concept of flourishing. Flourishing represents an optimal state of well-being, encompassing positive emotions, deep engagement in meaningful activities, strong interpersonal relationships, a sense of life meaning, and personal accomplishment. This perspective integrates both hedonic and eudaimonic frameworks, offering a more comprehensive understanding of psychological well-being (Ryan et al., 2008). Previous literature indicates that flourishing is influenced by a range of factors, including internal factors such as personality and emotion regulation strategies, as well as external factors such as the quality of social relationships and physical environmental conditions (Nisbet & Zelenski, 2013; Townshend, 2021; Sternberg, 2009). One environmental factor that may be relevant to flourishing is the availability of uban spaces that provide opportunities for psychological restoration. Attention Restoration Theory (ART) proposed by Kaplan and Kaplan (1989) posits that restorative environments possess four key characteristics: being away, fascination, extent, and compatibility. These characteristics allow individuals to disengage from routine pressures, become effortlessly engaged with the environment, experience a sense of spatial coherence or scope, and perceive compatibility between personal needs and environmental features.

UPH Universitas Pelita Harapan FAKULTAS PSIKOLOGI
selaras.jurnalpsi@gmail.com
https://ojs.uph.edu/index.php/selaras

This condition is referred to as perceived restorativeness, namely the extent to which a place can reduce mental fatigue and restore attentional capacity.

Although this concept was initially associated primarily with natural environments, more recent literature shows that built urban environments can also posses restorative qualities (Straga et al., 2023; Wang & Li, 2022; Iqbal et al., 2025). In their study, Straga et al. (2023) found that hospitable built environments could be perceived as more restorative than harsh natural environments, suggesting that restorative potential is not exclusively determined by the presence of natural elements. Another study by Wang and Li (2022) found that although urban green spaces received the highest restorative ratings, commercial spaces also demonstrated restorative potential. Accordingly, perceived restorativeness serves as a critical foundation for understanding how different urban environments may provide opportunities for psychological restoration and means for young people in urban areas to increased their well-being.

In urban life, third places such as cafés, restaurants, urban parks, shopping malls, and libraries serve as important locations for social interaction, rest, and mental recalibration. Oldenburg (1999) argued that third places provide informal and accessible environments that support social interaction while also offering refuge from the pressures of daily life. Recent studies indicate that third places can offer significant psychological benefits, particularly for young people who frequently use these spaces for recreation, studying, reflection, and socialization (Lee, 2022; Song et al., 2024). Other research has also shown that the quality of design and atmosphere in third places can enhance psychological comfort and contribute to attentional restoration (Wakefield & Baker, 1998; Rosenbaum et al., 2009). Places such as shopping mall gives experience that associated with well-being (El Hedhli et al., 2013), while other study identified the relevance of social servicescapes to restoration in dining settings (Lin et al., 2014). These findings suggest that different third places may provide restorative opportunities through their physical characteristics and social functions. However, evidence regarding their restorative qualities does not necessarily explain how these perceptions relate to flourishing as a broader indicator of psychological well-being.

Studies on third places and the perception of their restorative qualities is growing in other countries; however, studies examining their relationship with flourishing among emerging adults in the Indonesian urban context have not been sufficiently addressed. Previous Indonesian research has examined the relationship between spatial characteristics and life satisfactionin Jakarta (Winata & Takwin, 2022), while Asahiro et al. (2023) investigated perceive restorative effects of bird sounds in Bogor Botanical Garden. However, these studies did not specifically examine the relationship betweem perceived restorativeness across different types of third places and flourishing. Limited green spaces, high pollution levels, and dense urban activity in Jakarta highlight the need to investigate the

restorative potential of everyday urban environments. Emerging adults, who are in a phase of identity formation and life adjustment, constitute a population particularly vulnerable to the effects of urban stress. Therefore, understanding whether the restorative qualities of different third places are associated with their flourishing is important both theoretically and practically.

This study aims to analyze the relationship between the perceived restorativeness of third places and the level of flourishing among emerging adults in Jabodetabek. The study also examines these relationships separately across five types of third places: cafés, parks, libraries, shopping malls, and restaurants. By employing the Perceived Restorativeness Scale (PRS-11, Pasini et al, 2014) and the PERMA Profiler (Butler & Kern, 2011), this study integrates perspectives from environmental psychology and positive psychology to address a gap in the literature within the Indonesian urban context. Theoretically, this study contributes by expanding understanding of how urban physical environments are associated with well-being among emerging adults. Practically, the findings are expected to serve as a reference for urban designers, policymakers, and public space managers in creating third places that are more restorative, accessible, and supportive of emerging adults' mental health.

Research Hypothesis

The primary hypothesis of this study is that there is a significant positive relationship between the perceived restorativeness of third places and the level of flourishing among emerging adults in Jabodetabek.

METHOD

Participants

Eligible participants were emerging adults aged 18–25 years residing in the Jabodetabek area, consistent with the developmental definition of emerging adulthood. This selection was theoretically informed by evidence indicating that individuals in this age group experience heightened emotional burdens and intensive identity exploration, as well as findings that stress and mental health problems are more prevalent in urban regions. The final sample consisted of 181 participants, with an observed age range of 19-24 years (M= 21.4, SD= 0.725). The participants in this study were distributed across the Greater Jakarta (Jabodetabek) area with 23.2% residing in Depok and 16.6% in Tangerang, while 24 participants resided in South Jakarta and the remaining participants were spread across other areas within Jabodetabek.

Participants were recruited through the dissemination of an online questionnaire link via WhatsApp, Instagram, X, and LINE. Purposive sampling and snowball sampling techniques were employed to reach individuals who met the criteria and were willing to participate. Based on sample

size calculations using G*Power, with an effect size of 0.30 and statistical power of 0.95, a minimum of 111 participants was required. After screening for residency and attention check responses, the final analyzed dataset comprised 181 participants who met the study criteria. Responses from individuals who did not reside in Jabodetabek or did not pass the attention check were excluded from the analysis.

Design

This study employed a quantitative approach with a correlational design to examine the relationship between perceived restorativeness and flourishing among emerging adults in Jabodetabek. This design was chosen because there was no manipulation or control of research variables, rendering the study non-experimental.

Procedure

Data collection was conducted online for 30 days, from March 13 to April 12, 2025, using Google Forms. All research procedures received ethical approval and were conducted with assurances of data confidentiality, voluntary participation, and participants' right to withdraw at any time without consequence. The methods and instruments were grounded in prior research, and any adaptations, including the Indonesian adaptation of the PRS-11, are described in accordance with the needs of this study.

After the questionnaire link was distributed, participants first accessed an informed consent page detailing the study's purpose, participants' rights, data confidentiality, estimated completion time, and minimal potential risks. Participants could proceed only after providing consent. They then completed demographic information, including age, gender, residency, favorite public place, and frequency of visits. Before completing the measurement instruments, participants responded to a single attention-check item ("Select number 5"), which served as an indicator of assertiveness to the task. Only responses that correctly followed this instruction were retained for analysis.

Participants then completed the PERMA Profiler according to the scale instructions. Subsequently, they completed the PRS-11, rating the extent to which each type of place provided a restorative experience. Photographs depicting the five types of third places were included in the questionnaire as visual aids for the environments being assessed. Upon completion, participants received a notification confirming that their responses had been recorded and were informed that five participants would be randomly selected to receive an electronic money reward. No follow-up contact was required after participation.

Instruments

The PERMA-Profiler (Flourishing)

UPH Universitas Pelita Harapan FAKULTAS PSIKOLOGI
selaras.jurnalpsi@gmail.com
https://ojs.uph.edu/index.php/selaras

This study used the PERMA Profiler (Butler & Kern, 2016) to measure flourishing based on Seligman's (2011) well-being theory, encompassing the five PERMA domains: positive emotion, engagement, relationships, meaning, and accomplishment. The instrument assesses both hedonic and eudaimonic aspects of well-being. The PERMA Profiler consists of 23 items, including 15 measuring the PERMA dimensions and 8 additional items assessing general well-being (negative affect, loneliness, happiness, and physical health). Negatively worded items are included to reduce response bias. The original version uses an 11-point Likert scale (0–10).

This study employed the Indonesian adaptation by Elfida et al. (2021), which demonstrated excellent psychometric properties, with high internal consistency (Cronbach's α = 0.929) and adequate construct validity (AVE > 0.50). In the Indonesian adaptation, 14 of the original 15 PERMA items showed satisfactory factor loadings. One engagement item (item 17) was excluded because of its low factor loading. Following recommendations on optimal response categories (Furr, 2011; Preston & Colman, 2000), the response format in the present study was modified from the original 11-point format to a 6-point Likert scale ranging from 1 to 6. For analysis, the total flourishing score was calculated using 14 PERMA items. The eight additional items assessing negative affect, loneliness, happiness, and physical health were not included in the flourishing total score.

Perceived Restorativeness Scale–11 (PRS-11)

Perceived restorativeness was measured using the Perceived Restorativeness Scale–11 (PRS-11) developed by Pasini et al. (2014), which is based on Attention Restoration Theory (ART; Kaplan & Kaplan, 1989). The PRS-11 is a shortened and psychometrically refined version of the original Perceived Restorativeness Scale by Hartig et al. (1997). This instrument assesses four restorative dimensions: fascination, being away, coherence, and scope. The PRS-11 consists of 11 items: three for fascination, three for being away, three for coherence, and two for scope. The compatibility dimension included in the original PRS was excluded from the PRS-11 due to its high dependence on individual subjective characteristics rather than environmental qualities (Pasini et al., 2014).

Responses are rated on an 11-point Likert scale ranging from 0 (not at all) to 10 (completely), with higher scores indicating higher perceived restorativeness of the environment. As no Indonesian version of the PRS-11 was previously available, the instrument was adapted into Indonesian for this study. The adaptation process included back-to-back translation, peer review, expert judgment, readability testing, and a pilot psychometric evaluation involving more than 30 participants. The adapted version demonstrated excellent psychometric properties, with high internal consistency (Cronbach's α = 0.929). Item-rest correlation were generally above .70, except for item 3 (r= .604), item 6 (r= .630), and item 11 (r= .479). Theses findings supported the use of the Indonesian version of the PRS-11 for measuring perceived restorativeness in the present study.

SELARAS
Journal of Psychological Studies
Vol.2, No.2, Oktober 2026
E-ISSN: 3164-001X

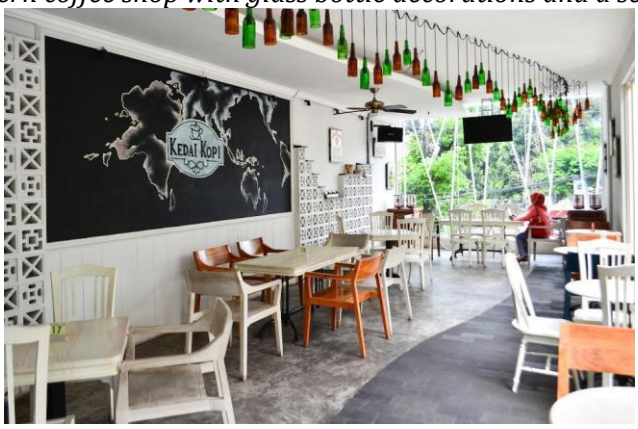
Categories of Places Assessed

The study assessed five types of third places: cafés, libraries, parks, shopping malls, and restaurants. These categories were selected based on Attention Restoration Theory and the diversity of environmental characteristics. The selection of these places was also based on observations and theoretical considerations regarding differences in their environmental characteristics, which were expected to provide variation in perceived restorativeness.

Each type of place was represented by one photograph included in the questionnaire. The cafés, parks, shopping malls, and restaurants photograph were copyright-free and obtained from publicy accessible online course (such as the cafés and restaurant image from Flickr, park image from the Bekasi City Tourism Official Site, and the shopping mall image from Wikimedia Commons), whereas the library photograph were obtained from private documentation. The source of each photograph is provided in the figure captions. The photographs were selected by the researchers as visual representations of the five categories based on the characteristics of each setting. No separate standardized validation procedure was conducted for the photographs.

Figure 1

Interior of a modern coffee shop with glass bottle decorations and a semi-open concept.



Note. Adapted from Kedai Kopi by Novita Rumi, 2014, Flickr.
https://www.flickr.com/photos/14605489067/

Figure 2

Interior of a restaurant with natural lighting from large windows.

Universitas Pelita Harapan
FAKULTAS PSIKOLOGI
selaras.jurnalpsi@gmail.com
https://ojs.uph.edu/index.php/selaras

SELARAS
Journal of Psychological Studies
Vol.2, No.2, Oktober 2026
E-ISSN: 3164-001X



Note. Adapted from 8524793173_be70d12a5d_b.jpg by Flickr User, 2013, Flickr. *https://www.flickr.com/photos/8524793173/*

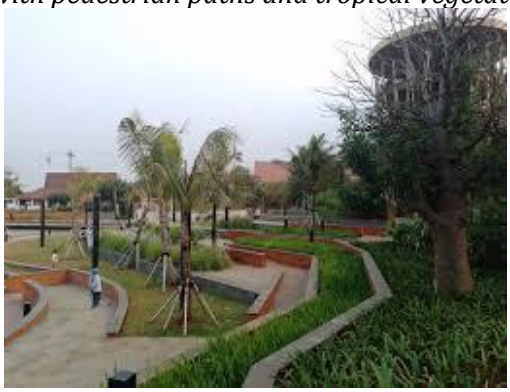
Universitas Pelita Harapan
FAKULTAS PSIKOLOGI
selaras.jurnalpsi@gmail.com
https://ojs.uph.edu/index.php/selaras

SELARAS
Journal of Psychological Studies
Vol.2, No.2, Oktober 2026
E-ISSN: 3164-001X

Figure 3
Library interior (personal documentation, 2025).



Figure 4
Urban park with pedestrian paths and tropical vegetation elements.



Note. Adapted from Taman Kota Bekasi by the Bekasi City Tourism Office, 2022, bekasikota.go.id. https://www.bekasikota.go.id/taman-bekasi

Figure 5
Interior of Pondok Indah Mall 3 in South Jakarta.



UPH Universitas Pelita Harapan FAKULTAS PSIKOLOGI
selaras.jurnalpsi@gmail.com
https://ojs.uph.edu/index.php/selaras

SELARAS
Journal of Psychological Studies
Vol.2, No.2, Oktober 2026
E-ISSN: 3164-001X

Note. Adapted from Interior of Pondok Indah Mall 3 by Wikimedia Commons, 2021. https://commons.wikimedia.org/wiki/File:Interior_of_Pondok_Indah_Mall_3.jpg

Data Analysis

Data were analyzed using JAMOVI version 2.2.5. Descriptive statistical analyses were conducted to give descriptions about participant characteristics, including age, gender, residency, and patterns of public-place visitation. Normality was examined using the Shapiro-Wilk test. Both flourishing and perceived restorativeness scores showed significant deviations from normality ($p < .001$). Therefore, to examine the relationship between perceived restorativeness and flourishing, Spearman correlation analysis was employed, consistent with the data characteristics and research objectives. The significance tests for the hypothesized positive associations were conducted using a one-tailed criterion.

RESULT

Main Analysis

Spearman correlation analysis was conducted to examine the relationship between perceived restorativeness and flourishing. The result will be shown below.

Table 1. Correlation Analysis Results for All Variables

	Variable	r									
		1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**
1.	*Flourishing* Total	-									
2.	Total *Perceived Restorativeness*	,177**	-								
3.	*Perceived Restorativeness Cafe*	,156*	,739***	-							
4.	*Perceived Restorativeness Library*	,016	,480***	,230***	-						
5.	*Perceived Restorativeness Park*	,062	,715***	,471***	,271***	-					
6.	*Perceived Restorativeness Shopping Mall*	,210**	,632***	,329***	,169*	,230***	-				
7.	*Perceived Restorativeness* Restaurant	,206**	,630***	,346***	,114	,264***	,518***	-			
8.	*Domicile*	,109	-,148	-,181	,086	-,165	-,111	-,045	-		
9.	*Gender*	-,080	-,221	-,089	,130	-,112	-,200	-,150	-,078	-	
10.	*Age*	-,055	-,010	-,082	,091	-,082	,017	,039	,111	,139*	-

UPH Universitas Pelita Harapan FAKULTAS PSIKOLOGI
selaras.jurnalpsi@gmail.com
https://ojs.uph.edu/index.php/selaras

SELARAS
Journal of Psychological Studies
Vol.2, No.2, Oktober 2026
E-ISSN: 3164-001X

*p<.05, **p<.01, ***p<0.001, *one-tailed*

As shown in Table 1, The results indicated a significant positive correlation between total perceived restorativeness and flourishing (r = .177, p < .01). When analyzed by place type, significant positive correlations with flourishing were found for cafés (r = .156, p < .05), shopping malls (r = .210, p < .01), and restaurants (r = .206, p < .01), whereas correlations for libraries and parks were not significant. Although statistically significant, the significant correlations were all weak in magnitude (r = .10–.30), indicating small associations. Overall, the findings support the primary hypothesis, suggesting that higher perceived restorativeness is associated with higher flourishing. However, this association was not consistently observed across all five types of third places.

Table 2. Overview of Perceived Restorativeness by Place Type

Tempat	Variable	N	Mean	Median	SD	Min	Max
Cafe	***Perceived Restorativeness***	181	61,3	62	17,8	10	99
	Fascination	181	5,57	17	5,58	3	27
	Being Away	181	4,97	15	6,42	0	28
	Coherence	181	6,17	20	5,87	0	30
	Scope	181	5,55	11	3,93	0	20
Library	***Perceived Restorativeness***	181	75,3	77	16,5	11	110
	Fascination	181	6,5	20	6,28	0	30
	Being Away	181	5,73	18	7,17	0	30
	Coherence	181	8,13	25	4,45	0	30
	Scope	181	7,1	14	3,67	0	20
Park	***Perceived Restorativeness***	181	74,6	76	19,9	0	110
	Fascination	181	6,97	22	6,22	0	30
	Being Away	181	6,27	20	7,25	0	30
	Coherence	181	6,4	21	6,54	0	30
	Scope	181	7,8	17	4,14	0	20
Shopping Mall	***Perceived Restorativeness***	181	82,7	86	16,6	11	110
	Fascination	181	8	25	5,31	7	30
	Being Away	181	7,07	22	6,12	0	30
	Coherence	181	7,53	23	5,18	0	30
	Scope	181	7,5	16	3,39	2	20
Restaurant	***Perceived Restorativeness***	181	71,3	71	17,5	5	110
	Fascination	181	6,43	20	5,47	4	30
	Being Away	181	6,2	19	6,57	0	30
	Coherence	181	7,43	23	5,15	0	30
	Scope	181	5,55	11	4,14	0	20

UPH Universitas Pelita Harapan FAKULTAS PSIKOLOGI
selaras.jurnalpsi@gmail.com
https://ojs.uph.edu/index.php/selaras

SELARAS
Journal of Psychological Studies
Vol.2, No.2, Oktober 2026
E-ISSN: 3164-001X

Participant and Descriptive Characteristics

A total of 181 emerging adults aged 19–24 years living in the Jabodetabek or Greater Jakarta area were included in the final analysis. Most participants were female (73.5%), with a mean age of 21.4 years (SD = 0.73). Data of place type show that cafés were the most frequently selected third place, followed by shopping malls and restaurants.

The mean perceived restorativeness scores varied across different places. Among the five of third places, shopping malls recorded the highest average perceived restorativeness level (M=82.7, SD=16.6), while cafés recorded the lowest (M=61.3, SD=17.8). Libraries (M = 75.3, SD = 16.5) and parks (M = 74.6, SD = 19.9) also showed relatively high mean perceived restorativeness scores, followed by restaurants (M = 71.3, SD = 17.5). These descriptive differences indicate variation in how restorative the five settings were perceived to be, but they should not be interpreted as statistically significant differences because no inferential comparison of the mean scores across places was conducted.

In cafés, libraries, and restaurants, the *coherence* dimension yielded the highest item mean, whereas in parks and shopping malls, *fascination* emerged as the dimension with the highest mean. Furthermore, *being away* was the dimension with the lowest item mean in cafés, libraries, and shopping malls. In contrast, *coherence* scored the lowest in parks, and *scope* recorded the lowest mean in restaurants.

Table 3. Overview of Flourishing

Variable	N	Mean	Min	Max	SD
Flourishing	181	61,9	32,0	81,0	8,77
Positive Emotion	181	12,9	5,0	18,0	2,35
Engagement	181	9,02	4,0	12,0	1,62
Relationship	181	13,4	5,0	18,0	2,54
Meaning	181	13,0	3,0	18,0	2,74
Accomplishment	181	13,7	6,0	18,0	1,93

Overall flourishing scores ranged from 32 to 81, with a mean score of 61.9 (SD = 8.77). Among the PERMA dimensions, accomplishment showed the highest mean score, while engagement and relationships showed the lowest. The Shapiro–Wilk test indicated that flourishing scores were not normally distributed ($p < .001$).

Table 4. Distribution of Flourishing Scores

Range Score	Category	Number of Participants	Percentage

Universitas Pelita Harapan FAKULTAS PSIKOLOGI
selaras.jurnalpsi@gmail.com
https://ojs.uph.edu/index.php/selaras

SELARAS
Journal of Psychological Studies
Vol.2, No.2, Oktober 2026
E-ISSN: 3164-001X

62 – 81	High	100	55,2%
53 – 61	Low	81	44,8%

Based on median split categorization, 55.2% of participants were classified as having high flourishing levels.

Table 5. Overview of Perceived Restorativeness

Variable	N	Mean	Min	Max	SD
Perceived Restorativeness Total	181	365	26	526	59,9
Fascination	181	33,4	22	144	17,4
Being Away	181	30,3	2	145	21,5
Coherence	181	35,7	0	150	18,5
Scope	181	33,5	2	99	12,2

The overall perceived restorativeness score ranged from 26 to 526, with a mean of 365 (SD = 59.9). When the dimensions were considered while accounting for their different numbers of items, coherence showed the highest mean score, whereas being away showed the lowest.

Table 6. Distribution of Perceived Restorativeness Scores

Range Score	Category	Number of Participants	Percentage
366 – 526	Tinggi	91	50,3%
26 – 365	Rendah	90	49,7%

Based on median split categorization, 50.3% of participants were classified as having high perceived restorativeness, while 49.7% were categorized as low.

DISCUSSION

The findings of this study indicate that perceived restorativeness is significantly and positively associated with flourishing among emerging adults living in Jabodetabek or Greater Jakarta areas. However, the magnitude of the overall correlations was weak, suggesting that perceived restorativeness represents only one of many factors associated with flourishing. Furthermore, the pattern of association differed across five types of third places: cafés, libraries, parks, shopping malls, and restaurants. Significant positive associations were found for cafés, shopping malls, and restaurant,

UPH Universitas Pelita Harapan FAKULTAS PSIKOLOGI
selaras.jurnalpsi@gmail.com
https://ojs.uph.edu/index.php/selaras

whereas the associations for parks and libraries were not significant. This result is consistent with the core principles of Attention Restoration Theory (ART), which posits that exposure to environments that support the restoration of attentional capacity can improve psychological functioning (Kaplan, 1995). When individuals experience being away, effortless fascination, perceive environmental coherence, and experience a sense of scope or spaciousness, they gain psychological energy that may contribute to recover from attentional demands, thus enhanced subjective well-being (Joye & van den Berg, 2013). In the context of this study, emerging adults who perceived certain environments as more restorative also reported higher levels of flourishing. Nevertheless, because the study was correlational, the findings do not indicate that perceived restorativeness diractly produces higher flourishing.

Emerging adults represent a population undergoing a critical life transition, during which multiple demands related to identity development, career exploration, social relationships, and independence converge simultaneously (Arnett, 2007). They also live within the fast-paced and often stressful rhythm of large urban environments. Moreover, like many places in Jakarta, exposure to pollution, traffic congestion, and high mobility are identified as major contributors to urban stress (Rishi & Khuntia, 2012). Under such conditions, accessible third places may provide opprtunities for temporary disengagement from daily demands, social interaction, and psychological restoration. Public spaces with restorative qualities may function as psychological refuges that provide opportunities to replenish mental energy, reduce perceived stress, and restore emotional regulation capacity (Oldenburg, 1997). Previous studies have similarly indicated that third places can provide psychological benefits through opportunities for rest, socialization, and leisure (Lee, 2022). The present findings of this study therefore suggest that the quality of everyday environments may be relevant to emerging adults' flourishing, same with findings from Lee (2022) and Hashimoto et al. (2022), although this contribution appears modest and should be considered together with individual, soscial, and other contextual factors.

Variations in perceived restorativeness scores across different types of places indicate that not all public spaces provide equivalent restorative experiences. These findings are consistent with previous research by Bornioli et al. (2025), which suggests that restorative experiences may differ depending on the environmental characteristics. In this study, positive relationship between perceived restorativeness and flourishing were found in shopping malls, restaurants, and cafés. This finding is noteworthy because these three settings are predominantly built and commercially orients environments. It supports the views that restorative potential is not limited to natural settings, but may also be found in urban environments that provide opportunities for social interaction, leisure, comfort, and temporary disengagement from everyday routines (Straga et al., 2023; Wang & Li, 2022).

This relationship can be attributed to the nature of such places as a center for social interaction, rest, mental recalibration, and their quality design thus factors in the *being away*, *fascination*, *extent*, and *compatibility* components of Attention Restoration Theory (Kaplan, 1989).

Among the five places, shopping malls showed both the highest mean perceived restorativeness score and the strongest correlation with flourishing. This finding may be understood in relation to the multiple functions of shopping malls in urban life. Shopping malls may provide opportunities for recreation, social interaction, entertainment, and other leisure activities, in addition to shopping. Previous research has shown that mall environments may contribute to well-being through consumer, social, leisure, and community experiences (El Hedhli et al., 2013). The physical environment of shopping malls, including architectural design, spatial organization, and atmosphere, may also influence visitors' comfort and emotional responses (Wakefield & Baker, 1998). In addition, the incorporation of natural environmental features and appealing design elements within shopping malls has been associated with more positive affective responses among visitors (Ortegón-Cortázar & Royo-Vela, 2019). These characteristics may help explain why a highly built urban environment such as a shopping mall can still be perceived as restorative. However, the present study did not directly assess which specific features of the shopping mall contributed to participants' ratings.

Restaurants also showed a significant positive relationship between perceived restorativeness and flourishing. This finding is consistent with research suggesting that restorative experiences in dining settings may be influenced not only by physical characteristics but also by the social environment. Lin et al. (2024) found that the social servicescape of dining settings was positively related to customers' restorative experiences. Restaurants may provide opportunities for companionship, shared meals, relaxation, and temporary separation from everyday responsibilities. These functions are also conceptually relevant to the relationship and positive emotion components of flourishing. However, the present study did not assess actual dining experiences, service quality, or social interactions; therefore, these explanations should be regarded as possible interpretations rather than mechanisms demonstrated by the present findings.

Cafés showed a similar pattern, although they had the lowest mean perceived restorativeness score among the five settings. Previous research has shown that cafés and other eating and drinking places may serve as important third places for university students by providing opportunities for relaxation, leisure, and social interaction (Lee, 2022). Rosenbaum et al. (2009) also described restorative, social-support, and place-attachment functions of third-place cafés. The fact that cafés showed the lowest average perceived restorativeness but still demonstrated a significant positive association with flourishing is important. It suggests that the average restorative rating of a setting and its association with flourishing represent two different aspects of the data. A place does not need

to receive the highest restorative rating for individual differences in its perceived restorativeness to be associated with individual differences in flourishing.

Furthermore, contrary to previous findings, this study found no significant relationship between perceived restorativeness and flourishing in either parks or libraries. This finding differs from previous research that suggests spaces with stronger natural qualities such as parks and calm built environments such as libraries, can provide restorative experiences (Kaplan & Kaplan, 1989; Song et al., 2024; Straga et al., 2023). However, the absence of significant correlations in the present study should not be interpreted as evidence that parks or libraries are not restorative. In fact, both settings received relatively high mean perceived restorativeness scores. Rather, the findings indicate that individual differences in perceived restorativeness for these two settings were not significantly associated with individual differences in flourishing in this sample.

Moreover, this findings can be explained by the characteristics of the Indonesian climate which can reduce the comfort and restorative qualities of parks (Ulrich, 1993). Most libraries in the Jabodetabek area have inadequate wifi and facilities which could bother the psychological experience of visitors (Muhtadien & Krismayani, 2019). These findings are particularly relevant for urban populations with limited access to green spaces, suggesting that other public spaces with restorative characteristics may serve as effective alternatives.

This distinction is important because mean perceived restorativeness and correlation with flourishing answer different questions. Mean scores describe how restorative a setting was generally perceived to be, whereas correlations indicate whether participants who perceived that setting as more restorative also tended to report higher flourishing. Thus, relatively high perceived restorativeness in parks and libraries can coexist with non-significant correlations with flourishing. Similarly, cafés can receive a lower average restorative rating while still showing a significant association with flourishing.

The results of this study also reveal that certain environments show high levels of perceived restorativeness yet has non-significant correlations with flourishing, and vice versa. For example, libraries scored high in perceived restorativeness, but there is no correlation found. In contrast, cafés demonstrated low levels of perceived restorativeness, yet their correlation with flourishing was significant. This can be explained through Attention Restoration Theory (ART) (Kaplan & Kaplan, 1989), which posits that perceived restorativeness reflects the extent to which a setting supports recovery from mental fatigue through components such as *being away*, *fascination*, *extent*, and *compatibility*. However, ART primarily emphasizes the short-term effects of cognitive restoration, whereas flourishing represents a broader and more stable psychological state (Keyes, 2002).

UPH Universitas Pelita Harapan FAKULTAS PSIKOLOGI
selaras.jurnalpsi@gmail.com
https://ojs.uph.edu/index.php/selaras

The results can also be understood by considering the difference between perceived restorativeness and flourishing as psychological constructs. Attention Restoration Theory primarily addresses the restorative potential of environments in relation to attentional fatigue, whereas flourishing represents a broader and relatively stable state of well-being involving positive emotion, engagement, relationships, meaning, and accomplishment (Seligman, 2011; Butler & Kern, 2016). Furthermore, in this study, flourishing was measured generally rather than as an outcome directly tied to experiences in a specific setting. Consequently, even if a place is perceived as restorative by an individual, it does not necessarily translate into a direct difference in their overall flourishing. The relationship may depend on several factors not examined in this study, including frequency of visitation, familiarity with the place, activities conducted there, social interactions, and individual preferences.

Furthermore, in this study, flourishing was measured generally rather than as an outcome directly tied to experiences in a specific setting. Consequently, even if a place is perceived as restorative by an individual, it does not necessarily translate to a direct impact on their overall well-being. Therefore, a non-significant relationship between a specific environment and flourishing does not imply that the place is devoid of value. Certain settings may be widely regarded as restorative, yet their contribution to flourishing remains indirect, depending heavily on the context of use, frequency of visitation, and the individual's psychological state at any given time.

These findings have practical implications for understanding the psychological relevance of urban third places. Rather than assuming that restorative environments must primarily be natural, the present results suggest that commercially oriented spaces such as shopping malls, restaurants, and cafés may also be psychologically meaningful for emerging adults. From an ART perspective, urban environments that offer opportunities for fascination, being away, coherence, and scope may be experienced as more restorative. For urban planners and public-space managers, this suggests the value of considering psychological restoration alongside functional, social, and aesthetic aspects of environmental design. However, because the present study did not experimentally examine specific design features, these implications should be interpreted as directions for future design and research rather than as direct evidence for particular architectural interventions.

Despite its contributions, this study has several limitations. The use of non-probability sampling techniques, including purposive and snowball sampling, limits the generalizability of the findings. The participants were also unevenly distributed across gender and residency, which limits the representativeness of the sample across the broader Jabodetabek population. In addition, all data were collected using self-report, which may be influenced by perceptual bias, social desirability bias, or temporal emotional states.

UPH Universitas Pelita Harapan FAKULTAS PSIKOLOGI
selaras.jurnalpsi@gmail.com
https://ojs.uph.edu/index.php/selaras

Another important limitation concerns the use of photographs to represent the five types of third places. Participants evaluated the perceived restorativeness of the environments through visual stimuli rather than through direct exposure to the actual settings. In addition, only one photograph was used to represent each category, and the photographs were not standardized in terms of lighting, resolution, time of day, or perspective. Therefore, some of the variation in perceived restorativeness may reflect characteristics of the specific photographs rather than the broader category of place itself. The original thesis similarly identified inconsistency in the visual characteristics of the stimuli as a methodological limitation.

This study also did not control for other variables that may influence flourishing or restorative perceptions, such as daily stress levels, interpersonal relationship quality, frequency of visiting the place, familiarity with the setting, place preference, or the activities usually performed there. These variables may help explain why similar environments are experienced differently across individuals. Finally, the cross-sectional correlational design does not allow conclusions regarding the direction or causality of the observed associations.

This study also did not control for other variables that may influence flourishing, such as daily stress levels, interpersonal relationship quality, or sleep quality. These variables may function as mediators or moderators, and future research should examine how they interact with perceived restorativeness in shaping well-being.

To strengthen causal inference, future studies may employ experimental designs, such as exposing participants to different environments under controlled conditions to observe changes in psychological outcomes. Field-based studies in which participants evaluate actual environments may also provide greater ecological validity than photograph-based assessments. Longitudinal research could also provide a more comprehensive understanding of whether repeated and long-term effects of exposure to restorative environments is associated with changes in broader aspect of well-being over time. Furthermore, mixed-methods approaches incorporating interviews, open-ended questins, or observational methods may enrich understanding of how individuals subjectively interpret and experience restorative qualities in public spaces.

CONCLUSION

This study demonstrates that perceived restorativeness is significant but weak positive relationship with flourishing among emerging adults living in Jabodetabek. Environments perceived as restorative—encompassing the dimensions of being away, fascination, coherence, and scope—contribute to enhanced psychological well-being. The overall associations was not uniform across the five third places examined. Significant positive relationships were found for shopping malls,

restaurants, and cafés, whereas parks and libraries showed no significant relationships with flourishing. These findings suggest that restorative experiences may occur not only in natural settings but also in built and commercially oriented urban environments. These findings also emphasize that the quality of public spaces serves not only social or aesthetic functions but also plays a critical role in supporting emotional recovery and attentional restoration, particularly for emerging adults facing diverse developmental demands.

The findings of this study also demonstrate that the level of perceived restorativeness of a place should be distinguished from its association with flourishing. Parks and libraries were perceived as relatively restorative despite showing no significant relationship with flourishing, whereas cafés received the lowest mean restorative score but still showed a significant positive association. This pattern highlights the complexity of the relationship between environmental perceptions and broader psychological well-being.

Overall, the results support the relevance of considering perceived restorative qualities as one environmental factors associated with flourishing, rather than as a direct determinanat of well-being. Public-space providers and policymakers may therefore consider psychological restoration alongside social and functional aspects when planning urban environments for emerging adults. Future research should examine these relationships using more representative samples, standardized or field-based environmental assessments, and designs that clarify the mechanisms and direction of the association observed in this study.

Declaration of Conflicting Interest

There is no conflicting interest in the authorship and/or the publication of the manuscript of this study.

Funding

This study did not receive any fundings from other institutions.

REFERENCES

Arnett, J. J. (2007). Emerging adulthood: What is it, and what is it good for?. *Child development perspectives*, *1*(2), 68-73.

Asahiro, Y., Sunkar, A., & Hernowo, J. B. (2023). Bird sounds psychological restorative effect on the visitors of Bogor Botanical Garden. HAYATI Journal of Biosciences, 30(4), 692–700. https://doi.org/10.4308/hjb.30.4.692-700

Butler, J., & Kern, M. L. (2016). The PERMA-Profiler: A brief multidimensional measure of flourishing. *International Journal of Wellbeing*, *6*(3), 1–48. https://doi.org/10.5502/ijw.v6i3.526

Elfida, D., Milla, M. N., Mansoer, W. W. D., & Takwin, B. (2021). Adaptasi dan uji properti psikometrik The PERMA-Profiler pada orang Indonesia. *Persona: Jurnal Psikologi Indonesia*, *10*(1), 81–103. https://doi.org/10.30996/persona.v10i1.4986

El Hedhli, K., Chebat, J.-C., & Sirgy, M. J. (2013). Shopping well-being at the mall: Construct, antecedents, and consequences. *Journal of Business Research*, *66*(7), 856–863. https://doi.org/10.1016/j.jbusres.2011.06.011

Hashimoto, S., Imamura, Y., Uno, H., & Hori, H. (2022). サードプレイスと主観的幸福感に関する研究. *Journal of Japan Society of Civil Engineers Ser D3 (Infrastructure Planning and Management)*, *77*(5), I_375–I_383. https://doi.org/10.2208/jscejipm.77.5_i_375

Iqbal, M., Abdillah, Y., & Mawardi, M. K. (2025). The Influence of Social Media Marketing on Decision to Visit Mediated by Fear of Missing Out (FOMO) and Trust. *Profit: Jurnal Adminsitrasi Bisnis*, *19*(1), 32-49.

Istiqomah, A. N., & Riyono, B. (2024). Flourishing among emerging adulthood: A perspective from anchor personality. Changing Societies & Personalities, 8(3), 765–785. https://doi.org/10.15826/csp.2024.8.3.298

Joye, Y., & van den Berg, A. E. (2013). Restorative environments. In L. Steg, A. E. van den Berg, & J. I. M. De Groot (Eds.), *Environmental psychology: An introduction* (pp. 58–66). Blackwell.

Kaligis, F. (2021, October 28). *Riset: usia 16-24 tahun adalah periode kritis untuk kesehatan mental remaja dan anak muda Indonesia*. The Conversation. https://theconversation.com/riset-usia-16-24-tahun-adalah-periode-kritis-untuk-kesehatan-mental-remaja-dan-anak-muda-indonesia-169658

Kaplan, R., & Kaplan, S. (1989). Review of The Experience of Nature: A Psychological Perspective. *Contemporary Psychology: A Journal of Reviews*, *35*(11), 1098–1098. https://doi.org/10.1037/030621

Kaplan, S. (1995). The restorative benefits of nature: Toward an integrative framework. *Journal of Environmental Psychology*, *15*(3), 169–182. https://doi.org/10.1016/0272-4944(95)90001-2

Lee, N. (2022). Third place and psychological well-being: The psychological benefits of eating and drinking places for university students in Southern California, USA. *Cities*, *131*(131), 104049. https://doi.org/10.1016/j.cities.2022.104049

Lin, Z., Xiao, W., Deng, B., Tao, C., & Wong, I. A. (2024). Linking social servicescape and restoration in dining settings: The moderating role of substantive servicescape. Journal of Hospitality and Tourism Insights, 7(5), 3128–3147. https://doi.org/10.1108/JHTI-06-2023-0432

Muhtadien, S., & Krismayani, I. (2019). Faktor-Faktor Penyebab Rendahnya Minat Kunjung Siswa ke Perpustakaan SMAN 2 Mranggen. *Jurnal Ilmu Perpustakaan, 6*(4), 341-350. Retrieved from https://ejournal3.undip.ac.id/index.php/jip/article/view/23240

Nisbet, E. K., & Zelenski, J. M. (2013). The NR-6: A new brief measure of nature relatedness. *Frontiers in psychology*, *4*, 813.

Oldenburg, R. (1997). *Our Vanishing "Third Places."* https://plannersweb.com/wp-content/uploads/1997/01/184.pdf

Oldenburg, R. (1999). *The great good place: Cafés, coffee shops, bookstores, bars, hair salons, and other hangouts at the heart of a community*. Da Capo Press

Ortegón-Cortázar, L., & Royo-Vela, M. (2019). Nature in malls: Effects of a natural environment on the cognitive image, emotional response, and behaviors of visitors. *European Research on Management and Business Economics*, *25*(1), 38–47. https://doi.org/10.1016/j.iedeen.2018.08.001

Pasini, M., Berto, R., Brondino, M., Hall, R., & Ortner, C. (2014). How to Measure the Restorative Quality of Environments: The PRS-11. *Procedia - Social and Behavioral Sciences*, *159*, 293–297. https://doi.org/10.1016/j.sbspro.2014.12.375

Qonita, A., & Saleh, A. Y. (2025). Navigating emerging adulthood: The role of religious coping in promoting flourishing among Indonesian university students. Journal of Psychological Perspective, 7(4), 317–324. https://doi.org/10.47679/jopp.7412162025

Rishi, P., & Khuntia, G. (2012). Urban Environmental Stress and Behavioral Adaptation in Bhopal City of India. *Urban Studies Research*, *2012*, 1–9. https://doi.org/10.1155/2012/635061

Rosenbaum, M. S., Sweeney, J., & Windhorst, C. (2009). The Restorative Qualities of an Activity-Based, Third Place Cafe for Seniors: Restoration, Social Support, and Place Attachment at Mather's - More Than a Cafe. *Seniors Housing and Care Journal*, *17*(1), 75–90.

Rumi, N. (2014). *Kedai Kopi* [Foto]. Flickr. https://www.flickr.com/photos/14605489067/

Ryan, R. M., Huta, V., & Deci, E. L. (2008). Living well: A self-determination theory perspective on eudaimonia. *Journal of happiness studies*, *9*, 139-170.

Seligman, M. (2011). *Flourish: a visionary new understanding of happiness and well-being*. Atria Paperback.

Song, X., Wang, Z., Meng, X., & Liu, M. (2024). A Qualitative Study on University Students' Restorative Experience of the Library Space Environment. *Buildings*, *14*(6), 1641.

Sternberg, E. M. (2009). *Healing Spaces : the Science of Place and well-being*. Belknap Press of Harvard University Press.

Stragà, M., Miani, C., Timo Mäntylä, de, B., Mattia Mottica, & Fabio Del Missier. (2023). Into the wild or into the library? Perceived restorativeness of natural and built environments. *Journal of Environmental Psychology*, *91*, 102131–102131. https://doi.org/10.1016/j.jenvp.2023.102131

Townshend, T. G. (2021). *Urban Design and Human Flourishing*. Routledge.

Ulrich, R. S., & Biophilia, B. (1993). Natural landscapes. *The biophilia hypothesis*, 73-137.

User Flickr. (2013). *8524793173_be70d12a5d_b.jpg* [Fotografi]. Flickr. https://www.flickr.com/photos/8524793173/

User Flickr. (2014). *14605489067_245609a8a4_b.jpg* [Fotografi]. Flickr. https://www.flickr.com/photos/14605489067/

Wakefield, K. L., & Baker, J. (1998). Excitement at the mall: Determinants and effects on shopping response. *Journal of Retailing*, *74*(4), 515–539. https://doi.org/10.1016/s0022-4359(99)80106-7

Wang, S., & Li, A. (2022). Demographic Groups' Differences in Restorative Perception of Urban Public Spaces in COVID-19. *Buildings*, *12*(7), 869. https://doi.org/10.3390/buildings12070869

Wikimedia Commons. (2021). *Interior of Pondok Indah Mall 3* [Foto]. https://commons.wikimedia.org/wiki/File:Interior_of_Pondok_Indah_Mall_3.jpg

Winata, A., & Takwin, B. (2022). *Ketergantungan spasial dari kepuasan hidup dan hubungannya dengan kepadatan penduduk DKI Jakarta di tingkat Kelurahan = Spatial dependence of life satisfaction and their relationship with population density of DKI Jakarta at the Kelurahan level*. https://lib.ui.ac.id/detail.jsp?id=20524504#digital#digital#digital#digital