



Urban Green Spaces and Social Wellbeing: A Mixed Methods Assessment in Cape Town, South Africa,

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Abstract

Urban green spaces have been recognised for their positive impact on social wellbeing and environmental stewardship in urban settings globally. In South Africa, particularly in Cape Town, these areas are underutilized despite their potential benefits. The research employs a mixed methods approach combining quantitative survey data with qualitative interviews. A stratified random sample was used for the surveys, while purposive sampling guided the selection of interviewees from diverse socio-economic backgrounds. Analysis revealed that urban green spaces significantly enhance social cohesion and mental health among participants, especially those living in disadvantaged areas where access to such resources is limited. Interviews highlighted residents' strong commitment to environmental conservation within these spaces. The findings underscore the importance of integrating community engagement into urban greening initiatives for maximum impact on social wellbeing and environmental stewardship. Policy recommendations include prioritising equitable distribution of urban green spaces, fostering public-private partnerships for maintenance, and integrating environmental education programmes within these areas.

Keywords: *Cape Town, Urban Green Spaces, Mixed Methods, Community Engagement, Environmental Stewardship, Qualitative Research, Quantitative Analysis*

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