

Podcast Script: Benefits of Houseplants

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Houseplants can have a variety of benefits: both physical and psychological. Physically, houseplants have been shown to filter indoor air pollution and significantly filter airborne microbes (Kobayashi et al., 2007; Wolverton & Wolverton, 1996). In addition, taking care of houseplants can be an incentive for people, especially elderly, to move, hold a watering can, and have purpose in caring for something. Plants can also have psychological value. People in the presence of houseplants, especially flowering ones, had a better pain tolerance (Bringslimark, 2009). Other studies show that the mere presence of houseplants can increase creativity, happiness, and task performance (Bringslimark, 2009). It is suggested that the presence of plants may have the most effective impact in restorative contexts, like hospitals or nursing homes (Bringslimark, 2009). So, as we plant our plants, we will plant two pots of plants: one for you, if you want to keep it, and one for a nursing home in Waterville, for the physical and psychological health of both yourself and older people in a local nursing home.

Bringslimark, T., Hartig, T., Patil, G., 2009. The Psychological Benefits of Indoor Plants: A Critical Review of the Experimental Literature. *Journal of Environmental Psychology*, 29(4): 422-433.

Kobayashi, K., Kaufman, A., Griffis, J., McConnel, J., 2007. Using Houseplants to Clean Indoor Air. *Hawaii Cooperative Extension Service: Ornamentals and Flowers*.

Wolverton, B., Wolverton, J., 1996. Interior Plants: Their Influence on Airborne Microbes Inside Energy-Efficient Buildings. *Journal of the Mississippi Academy of Sciences*, 41(2): 99-105.