

## CONTEMPLATION TOURISM: HEALTH BENEFITS OF THE MODALITY

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**Abstract:** Anxiety, memory and sleep difficulties, heart disease and other physical and mental ailments are common today due to the high demand for work, a competitive environment and responsibilities, in addition to the violence, noise and traffic of the big city. This work aims to verify whether Contemplation Tourism can be an ally in overcoming physical and psychological problems, such as stress and depression that are common today, through this tourism model. For this, documents and bibliography, concepts of philosophy and environmental psychology were analyzed, as well as sample research.

**Keywords:** Ecotourism, Contemplative Tourism, Restorative environment.

The routine, the accumulation of tasks and demands of work and social life, competitiveness and excess responsibility, in addition to the hustle and bustle of the city, traffic and violence, tend to cause stress and anxiety, culminating in depression and other illnesses (GRESSLER; GÜNTHER, 2013). This study seeks to observe indications about the possibility of Contemplation Tourism bringing benefits to well-being. That said, the question will be investigated: Can Contemplation Tourism be a positive variable in the evolution of physical and mental health?

Based on previous studies, according to FERREIRA (2017), depression is classified as a mental disorder that begins due to emotional issues, sometimes not very clear, but also due to: loss of loved ones, difficulties in overcoming problems, in addition to life changes; where irritation and isolation take over. This and other disorders can affect several citizens from different social classes. The depressed individual presents a series of symptoms such as discouragement, sadness, lack of energy to carry out simple activities. (PEREIRA, 2015). Burnout Syndrome,

according to the Ministry of Health, is an emotional disorder with symptoms of extreme exhaustion, stress and physical exhaustion resulting from exhausting work situations, which demand a lot of competitiveness and/or responsibility. The main cause of the disease is precisely overwork. This syndrome is common in professionals who work daily under pressure and with constant responsibilities, such as: doctors, nurses, teachers, police officers, journalists, among others. This evil of modernity also presents itself under other names such as: burnout, stress and occupational stress. It is identified as a social problem that is gaining more and more prominence, including because it eventually involves the use of alcohol and drugs. (CANDIDO; SOUZA, 2016).

These disorders not only affect mental health, but also physical health, such as: diabetes, hypertension, heart disease and others. (GRESSLER; GÜNTHER, 2013, p. 487). Anxiety, stress and depression, which affects so many citizens (PEREIRA, 2015) and presents, as mentioned above, different symptoms, in several cases, causes people to withdraw from work activities. (PAULA; AZEVEDO; LOPES; FERMOSELI, 2018). The stress response system is reserved to restore the body's balance, however, if the stressful challenges are sustained for a long time or increase, the damage will be psychophysiological. (ANTUNES, 2019). Therefore, it is necessary to think about alternatives to support strategies to achieve health and well-being.

Despite the concern for mental and physical health through physical exercises and, eventually, the search for specialized professionals and medications, there is a worrying difficulty in overcoming manifestations and suffering, thus, in addition to the active commitment of the citizen, we possibly see the need to seek new alternatives,

with Contemplation Tourism being a possible ally in this attempt.

This type of Tourism is a relatively new concept, it is part of Ecotourism and is defined by GRAÇA and MAMEDE as follows:

“Contemplation tourism is a branch of ecotourism that has environmental interpretation as one of its instruments. This involves satisfaction, interest and understanding of the environment, as well as human permission to live and feel the essence of nature (MAMEDE, 2001, 2004 apud GRAÇA, 2000), enjoying its resources in a harmonious and sustainable way. There can be countless elements of contemplation in nature, such as landscapes, sounds, colors, shapes, plant groups and the most diverse animal groups.” (MAMEDE 2004).

It is considered that research on the concept of contemplation in philosophy, as well as that of restorative environments can, concomitantly, support the development of this analysis in addition to generating a multidisciplinary movement between: Philosophy, Environmental Psychology and Ecotourism. Reflection on this topic is significant, as it possibly indicates yet another instrument to help prevent and treat depression, high blood pressure, diabetes and many other physical and mental disorders.

This study is characterized as qualitative-quantitative research; applied nature and exploratory objectives. Regarding procedures, it is documentary and bibliographic (AUTHORS' NAMES AND YEAR). This research was dedicated to investigating issues relating to the possible health benefits of Contemplation Tourism. The concepts analyzed were: Contemplative Tourism and Restorative Environments, in addition to sample research, in which data collection techniques were used, carried out through a questionnaire, with 8 questions, online on Google Forms, open questions, simple random sampling, with individuals living in

the city of São Paulo. which serve to obtain descriptive data that express the meanings of phenomena.

## CONTEMPLATION IN PHILOSOPHY

Some concepts that will be presented will support the understanding of the points to be developed later on contemplation and health.

Philosophy, through Plato and Aristotle, explains contemplation as follows: Plato brings the myth of Er, a shepherd who is between life and death after a bloody fight; When taken to Hades, Greek god of the underworld, he comes across dead people who were contemplating ideas. These beings were able to return to earth and choose how they would like to live it. Those who chose wealth and power forgot everything they contemplated, however, for the souls who preferred to live wisely, the memory of their contemplations was offered and thus achieve true knowledge. Er is rescued on the battlefield and, after recovering, tells everyone what he saw when he was among the dead (SCHWAB; MARTINS, 2013 apud).

Aristotle, in the text “Nicômanian Ethics”, talks about the state of stable contentment, understood as happiness (eudaimonia) and idealized as contemplation (theorein) (SCHWAB; MARTINS, 2013), which for Sávio Laet de Barros Campos means:

“[...] contemplation (theorein), although it is a human operation, that is, achievable and acquirable by man, transcends, at the same time, the human dimension, as it reaches, so to speak, the apex of man's nature, making him enter the scope of the divine, the scope of exalted things, which are, therefore, above their nature” (CAMPOS, s/d, p.1).

Plato believed that contemplation was the only way to achieve true knowledge; for Aristotle, contemplation elevates and makes man a little divine; it is the fullness of being, moral virtue and contemplation that leads to

supreme happiness. For Mondin, the meaning of happiness lies in contemplation, thus, he says:

“[...] The essence of happiness consists in contemplation” (MONDIN, Battista. 1997, p. 103).

This way, we can consider the depth of the act of contemplation and its relationship with happiness. It is important to highlight that this work does not propose to study philosophy or related issues, but rather to highlight the meaning of contemplation in the most remote times to better understand its meaning and density for understanding today.

## **ENVIRONMENTAL PSYCHOLOGY - RESTORATIVE ENVIRONMENT**

To understand the definition of a Restorative Environment, it is necessary to understand the concept of involuntary and voluntary attention (James, 1890). Involuntary attention is, for example, what occurs when you hear a horn, a motorcycle, a siren, it is carried out without paying due attention; the voluntary, on the contrary, is the one used when directing or the one used to create a document, a spreadsheet, a piece of work; it is consciously selected attention. Frequent use of this attention can cause exhaustion, causing irritability and decreased ability to concentrate. Fatigue can also be emotional, environments that cause intense feelings of fear, sadness and others are potentially harmful to mental and physical health. (CAVALCANTE; ELALI, 2018).

The theory developed by Kaplan and Kaplan (1989, 1995) refers to studies related to restorative environments and of these, natural ones and not manufactured spaces, such as museums, are those that favor the capacity for restoration and provide well-being, this is because trigger involuntary attention that does not require concentration. According to ALVES (2017), the definition of a restorative environment is as follows:

“Restorative environments are those that allow the renewal of focused attention and, consequently, the reduction of mental fatigue. This necessarily implies a condition of diminishment - in this case, of attention - and requires a means by which this attention reaches a state of balance to reduce mental fatigue.” (ALVES, 2017, P. 35 apud KAPLAN and KAPLAN, 1989, 1995).

Human psychic restoration is necessary when our voluntary attention is frequently required, whether through continuous stimuli from the environment or through the sensations it awakens in us (such as fear, joy, sadness, among others). Research has reaffirmed the restorative impact of natural environments; This type of relationship has been an object in the area of Environmental Psychology, which is dedicated to themes that deal with the person-environment relationship, how the environment affects people and people affect the environment (SANTANA; DELABRIDA, (2019), apud Pinheiro, Günther, & Guzzo, 2014).

## **RESEARCH**

A simple random sample survey was carried out with the population, which allows us to conclude and characterize the population. A questionnaire was created with the following questions:



1. What do you feel when you see the image?





2. What do you feel when you see the image?
3. What landscape attracts you most?



option 1



option 2

4. How would you describe your most relaxing environment?
5. How do you feel when you see images of nature?



- 6 How do you feel when you are in a natural environment?

7. What is your favorite image of nature and why?
8. Have you ever visited a place that made you feel calm? Where was it?
9. How would you describe the feeling of being in a natural environment?

## ANSWERS

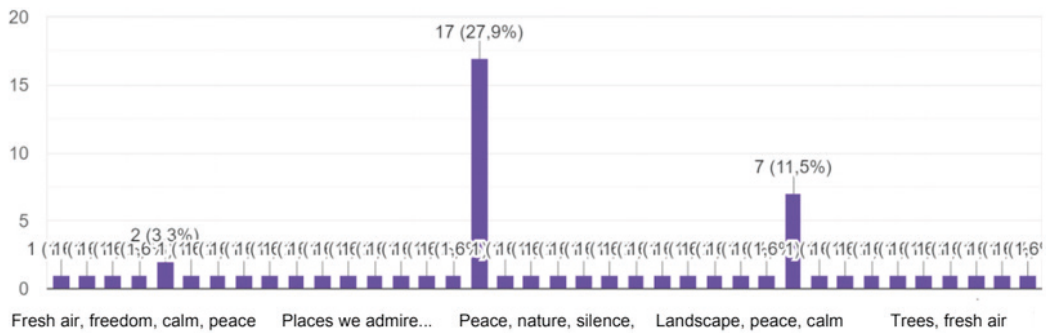
Belonging feeling
Restlessness
Like I'm trapped in the open
anxiety, I feel like walking fast and sorting things out
Air pollution
Climate change and pollution
Agony
Images that we can hear, I can already hear car horns due to chaotic traffic, I don't hear birds and despite the sea being a big city, the feeling of having taken away everything that nature belongs to me makes me sad.
(Thinking about tourism...) It doesn't really appeal to me. I feel like there has to be something *really* cool that attracts me (like an event, a cool bar, museum, that sort of thing). Because just for the landscape I would prefer to stay at home, which isn't so different. City by city, I keep to myself.
Familiarity
Fear
I feel at home
Joy
Everyday's rush
Hectic
Hotel 5 estrelas
A part of the historic triangle of the city of SP
Noise, rush, business
Curiosity
The same feeling as before
Hectic
Belonging feeling
Tranquility
Stress
In a rush
Sadness
Nothing
Life
Pollution and lots of noise
Without opinion
Tired
Happy

Ecstatic
Hectic
The hustle and bustle of a great metropolis
Many buildings and oppressed nature.
Banespa
Joy
Work, day to day rush, commitments
Agitation and time
It refers to work and traffic
Where everything happens
Buildings
A dream come true
Stress
It reminds me of work, routine, lack of comfort, monotony.
Sadness
A city of stone
Stress
Stress
Boredom
I feel like I'm traveling through this beautiful capital.
In a rush
At home
Hectic
I get admired
Satisfaction
Hectic
Nothing
Feeling of daily routine, day-to-day rush
Joy

1. What do you feel when you see this image?  
(image of a city)

Peace and Tranquility
Tranquility
I feel free in the middle of nature!!
Calm, back to being with who I like, next to who I like, contemplating the moment
Peace
calm, fresh air
It's very humid
Peace
(Again, thinking about tourism...) like this... It's bush hahaha but it's nice to look at, it gives a good feeling. I'm so used to seeing buildings every day that any area that's a little different I think is cool. I'm left with a feeling of contemplation, that things don't have to be so gray.
Tranquility

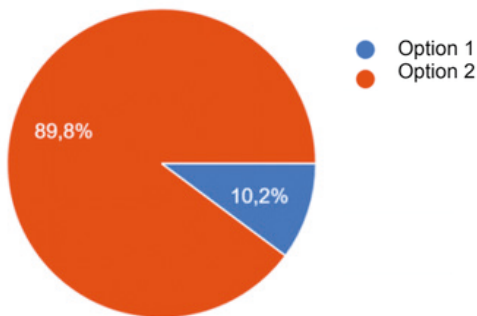
Peace
Tranquility
Pleasure
Quiet
Wish to travel
Cool
A picturesque landscape
Pure air, Liberty
Peace
Unique
Peace
Peace, wish, joy!
Inner peace
Calm, peace, love
Peace
Joy
Peace
Peace
Peace, silence
Peace
Peace
Calm
Tranquility
Calm
The calm and beauty of nature
Tranquility, plants, waterfalls with clean water.
Wish to dive
Tranquility
Vacation, peace, silence, rest
Peace and Tranquility.
Tranquility
Relax
Trees
Peace
Quiet and peace
Peace
Balance, admiration, privilege, gratitude!
Peace
Nature
Peace
Peace
Motivation
I feel like I'm breathing the fresh air of this wonderful environment.
Peace
Calm



What do you feel when you see this image? 61 answers

Peace
Peace, Tranquility
Peace
Tranquility
Calm, peace, joy
Places I love to be. Moment of reflection and calming of the mind.
Tranquility

2. What do you feel when you see this image?  
(image of a nature)



3 -What image attracts you most? 59 answers

Beach, sun, sea, calm environment without many people
Little noise, little light, no people
In the middle of nature, where I feel very happy!
It seems strange, but my most relaxed environment is the route I take to get to places (subway listening to music, bus listening to music, going to the stadium listening to music), I would describe it as a place of movement and even so I have my moment and think about my things
Place full of greenery, noise of the sea or waterfall, sound of animals
In nature and without noise pollution
It would be my room. Several things I like, brought together in the same environment.
A tent, in a safe campsite, with a waterfall or beach nearby.

My house or that of friends. Mine has my plants, my games, incense, etc. At my friends' house there is a photo that I don't have to worry about things.
A large room, low light, well ventilated, the sound of rain in the background, a glass of wine and a book that captures your attention.
A place of peace and tranquility, where I can recharge my strength
Absolutely silent environment
On my bed
Waterfall, nature noises, quiet place
No noise, comfortable, safe
Nature with water
Beach with calm sea and no people
Beach
Calm, with lots of green places.
A silent place, with a natural and individualistic landscape
Calm in the middle of nature, with water.
A waterfall with water at a pleasant temperature, surrounded by healthy vegetation, full of flowers with a scale, a hammock to lie down on and a table with fruits and other delicacies. To the sound of the water and birds in the background.
Beach, sea and sun
A beach
Environment with nature
A peaceful environment, with the sound of water and birds
A living room with a nice sofa with TV and consoles
Quiet, fresh, with the scent of lavender
My most relaxing environment would be a peaceful place surrounded by nature, such as a secluded beach or a serene garden. A place where I can hear the soothing sounds of nature, feel the breeze and just enjoy the present moment without worries.
My bed is silent and everything is dark
A peaceful place with a natural landscape
On a beach with no one around
With lots of fresh air

Quiet without much noise, with soft lighting and fresh air
An environment that provides tranquility, peace and relaxation
The sea, with a clean beach. Mountain with forest and sea view.
Nature
Quiet place with the smell of the sea.
I like country towns, small towns, where we can walk around peacefully and rest.
With lots of nature nearby, without much noise other than the sea or river and the peace of being able to breathe fresh air.
A peaceful, silent and nature-filled place
Peace, tranquility and carefree
Field
Calm in contact with nature
Silence, inner peace and good music
Nature, water, silence.
Beach with calm sea, nearby stream, a thatched hut.
Sound of nature, healthy food, lots of green
A calm place, like nature
Nature
Landscape with green and water
My relaxation environment is a space with fresh air, aromas of nature, colors and lighting and is a comfortable environment.
Peace, Tranquility, birdsong
Silence
Nature, moon
Quiet, in silence, fresh air, which conveys peace
An environment with dim light and the sound of rain
Place where there was plenty of green space, with places to walk and, if possible, a place to wet your feet
A cozy place with all basic needs met, in the middle of a mountain range, on a mild day.
With trails, waterfalls, no interference from the city, with few people.
Well-structured, quiet, clean and beautiful places.

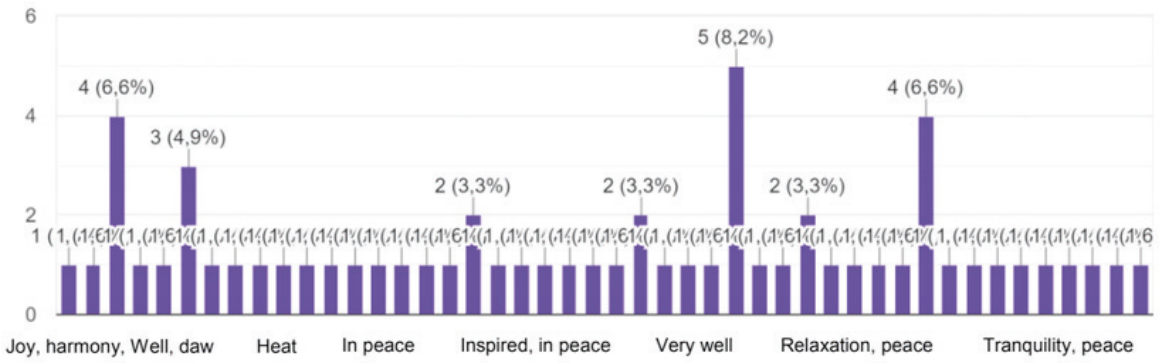
4. How would you describe your most relaxing environment?

60 answers

Very well
Tranquility
Very happy, because this is where I feel free!
I feel good, it makes me want to enter the computer screen
Very well
Happy and wanting to be in calmer places
A sense of Tranquility but also a little loneliness

I feel good, and I can already imagine the good smell and the fresh air that only nature has to offer.
The image is beautiful, aesthetic and all, but being in it is something else. The beauty of nature is seeing it up close. Beauty for beauty I see on Google, I want to feel like it's a real place. With weird paths, wild animals, that sort of thing. It's the unpredictability that makes the fun!
Calm
Very happy
In peace
Chills
Tranquility
Peace
Calm
Relaxed
Well
Calm
It's like I'm seeing a miracle
Calm and happy
Joy, harmony and peace!
Heat
In meditation, elevated
Peace
Happy
Well
Nostalgic
When I see images of nature, I feel a mixture of admiration, gratitude and a sense of tranquility. Images of nature have the power to transport me to distant places and awaken a feeling of connection with the world around me.
Overjoyed
Calm
Peace
With high spirit
I feel good
Well and comfortable
Well. Sunrise and sunset are sublime events of nature.
Very well and happy
I feel in peace
Tranquility, peace
Tranquility
Relaxation, coziness, Tranquility and peace.
In peace
Well
Very well
Inner peace
Calm
They bring me peace, connection, good memories, admiration.





How do you feel when you see nature pictures? 61 answers

Tranquility
Peace
Calm
Relaxed
Inspired
I feel hopeful for a new dawn. A gift from our almighty Father God.
Sad
Well
Overjoyed
Peace
Calm
A calm, it seems that your breathing is even coming out very slowly
I feel like I'm flying.
I feel at peace, with the desire to be in that place.
Good energy

5. How do you feel when you see images of nature?

In peace
Calm
As if time stopped, a feeling of Liberty
I feel good, I feel calm
I feel light, peace and love
Relaxed
A little uncomfortable, because of the insects.
At home!
It's cool, I like plants :)
Well, but a little worried
With tranquility
Happy
Paz
Peace

Curious
Calm
Live, with your lungs full of fresh air
Well
well, relaxed
Relaxed, hopeful, beautiful, free
Relaxed.
Gratitude, emotion, joy.
Peace
Peace, renewed energy
Relaxed
I feel free
Well
Calm
When I am in a natural environment, I feel relaxed, renewed and connected to nature. It's like I can escape the stress of everyday life and find peace and serenity.
Well
In peace and relaxed
Tranquility
Wonderful
Lighter, as if nature automatically makes me feel like I'm on vacation
Relaxed and confident
Livre, clama e com a possibilidade de repor a energia do corpo.
Happy
I feel closer to God. Full of good energy.
I don't really like the natural environment, lol...there has to be a minimum of civilization...
Calm and relaxed.
I feel calm
Tranquil
In peace
Great

Liberty
A lot of peace
Very well, peaceful, privileged, it seems that time passes slower, until...
Renewed
I Forget my problems
Well
Calm
Happy
I feel good
Peace
Calm
I appreciate nature, I see the presence of God
Light
Tranquil
In peace
The mind is calm, there is no stress and worry.
Free, happy and satisfied
I feel good

6. How do you feel when you are in a natural environment?

Places where there is not much human interference, in which natural areas are truly preserved,
Beach awakens relaxation
Trees, rivers and waterfalls, because they bring me peace!
I believe that the ones with waterfalls, I'm afraid to go in but the sound is absurdly relaxing, so when I think about nature I think about it
the green of the forests
Among these, the second! I love water and trees, perfect combination.
How do I answer what's my favorite image with text??? I respond with ASCII??
The view of a clearing, isolated but well framed by a cottage window.
Beach, sun and sea
Waterfall. I like the sound of water.
Forest, because it brings me a lot of joy and peace.
Waterfall, the sound of water from a waterfall, makes a person relax and forget everything around them
Beach with green spaces. Because it unites two places that I like
Waterfall, as it gives a feeling of freshness
Beach or lake, because water calms me down
Beach, because it relaxes me
Place with birds and trees
Starry Night
Countryside, because that's where I relax the most.

Waterfall, flowers, and coral reef. Because they convey the greatness of God and the care for creation.
Beach
A field with tree flowers bright sun
Waterfall, because it is something that is calmer than a beach
Sea, waterfall, birds, I feel fulfilled
Beach, nostalgia for my homeland
Water and trees: freshness and clean soul
My favorite nature image is a sunset over an open field. I love the way the colors of the sky blend together, creating a calm and serene atmosphere. It's a magical moment that makes me appreciate the beauty of nature and gives me a feeling of inner peace.
All of them, because they all bring me peace
Beach, because I like sun and water.
Forest, because it gives a feeling of liberation
With a lot of bush, because it transmits fresh air
Forests and woods, because they remind me of film sets and fantasy books
Beach, I like the sea and the adventures it provides
The sea through the different forms of waves, presentation of the infinity line, the reflection of the sun, the fine white sand, complemented by the clear blue sky.
Trees, mountains and lakes
Deserted beach.
Farm, with lots of space for children to play
Sunset on the beach, because when you're in silence it seems like you can hear the sun touching the sea.
Waterfall and beaches in general. They are peaceful and calming places
The field. Reminds me of childhood and good memories.
Trees, they make me calm
Field
With forest and water, because it brings peace.
Rivers, dams, nature. Because I was born and lived most of my childhood and adolescence.
I love the sunset, it gives me the opportunity for contemplation, a feeling of accomplishment and the opportunity for a fresh start.
Dunes
It's the second, because we see perfect nature with greenery and water.
River, It brings peace
Sea,
Forest with waterfall. I imagine being in that place.
I feel very good. Because the natural environment is an appropriate space for our physical and mental health.
Earth, I love the smell of wet earth
With water
Mountain, green... It makes me centered

Tree for representing strength
Trees and lakes, walking area. It brings Tranquility
The image of a dark night with northern lights on a mountain.
Waterfalls, because they remind me of purification and peace
Image of the lake, the city. A tree-lined city, nature in the city. I like this structure.

7. What is your favorite nature image and why?

Yes, Rio de Janeiro in the last weekend.
Yes!! Martinópolis
Yes, once I went to Ilhéus-BA and did a trail. I have never felt as calm as I did that day
Beaches, waterfalls, Atlantic forest
Parks and beaches make me feel calm
Yes, `` <i>praia das pedras miúdas</i> `` in Ilhabela
Yes!!! Serra da Cantareira never disappoints and is located in the capital!
Itupeva Hills. There wasn't anything, just a miserable cold, little house decorated with a grandma's house spirit, a little farm and WEEDS. One of the most peaceful places I've ever been, for sure.
Yes, Miracatu/SP.
Beach
Yes. The `` <i>cataratas de Foz do Iguaçu</i> ``.
Yes, on a beach
Yes, Serra do Mar in São Paulo, different places to camp.
Bombinhas/SC
Cunha
Beaches in the south of Bahia and beaches in the south of Barcelona, on the Mediterranean Sea
Yes, beaches
Forest
Yes, any place in nature
Yes, Bonito/MS, Natal/RN, Maragogi/AL and Jalapão/TO
Yes. Praia da freira em Caraguatatuba- north coast of SP
Yes, Bertioiga e Holambra
Yes, cataratas do Iguaçu
Yes, the sea makes me calm
A beach
Several...in many cities, such as: <i>Alter do Chão</i> .
I went to Curitiba, the place I went there was very calm, relaxing and had a lot of nature nearby
Yes, natural environments such as beach and countryside
Yes, Ubatuba, Praia do Félix.
On a beach
Yes, deserted beaches in Angra

Yes, `` <i>praia do espelho</i> `` in Bahia, in high places where you can jump to paraglide
Yes, the beaches of the northeast
Yes. Arraial do Cabo, Natal, João Pessoa, etc.
Serra da Juréia - Peruíbe
Beach at night.
Yes, many: São Pedro, Itú, itupeva, Uruguay, Argentina, Chile, Perú
Yes, Joanópolis MG/SP
Yes, the entire North Coast
Yes. Inland and beaches in the northeast.
Yes, several parks.
Hotel Fazenda, serra Negra
Yes, a farm.
Any place with a green area, which allows you to have and expand your view, I think is very worthwhile.
Aracaju
It happened in Ubatuba
Yes, pantanal
Yes, `` <i>Praia dos carneiros</i> ``
Yes. `` <i>Parque de Itatiaia</i> ``.
Yes. At my brother-in-law's farm.
Arujá
Water fall
Yes. Ubatuba
Yes. Water fall
Water fall
`` <i>Ilha do mel</i> ``
Yes, on a farm in the interior of Paraná.
Paranapiacaba
I like Porto Goio-En, in Santa Catarina, on the border with Rio Grande do Sul.

8. Have you ever visited a place that made you feel calm? Where was it?

Wonderdul!
Feeling of peace, as if time seems!
It's contact, right, away from noise, I would describe it as a great feeling
free and light
the mind empty and the body light, clean and fresh air entering the lungs
Feeling of nature taking care of and caring for what belongs to it. Harmony, well-being, happiness, calm, etc.
It is cool. I have respiratory problems and I live in São Paulo (almost synonymous lol), so breathing air that didn't come from an exhaust is wonderful.
A little distressing, since I don't know what could be lurking.

Liberty
Sensation of Liberty.
I felt calm and very well.
Feeling of Liberty, where you recharge your energy to deal with the rush of a busy city like São Paulo
Well-being
Feeling of Liberty, contact with God, contemplation
Tranquility
Light
Wonderful
A feeling of calm and relaxation.
It's a unique and wonderful feeling. You connect with the place. You feel part, you relax and your life is transformed.
A peace that we even forget about the bills we have to pay
Well-being
I get calm
Liberty
Very well
Rebirth, renewal, new beginning.
To be in a natural environment can be calming. It is a feeling of connection with nature, of peace and harmony.
Relaxing
Feeling of tranquility
Calm
Of pure air of life
Less stressful, lighter
Well and happy
Feeling of freedom and well-being.
Peace of mind, tranquility and relaxation
Invigorating
It's a time to relax, rest, put your ideas in place.
Tranquility and inner peace
Lots of peace and relaxation
Connection with God
Feeling of peace
Tranquility
When I can visit my inner self.
As if you were in paradise.
Essencial, conexão, paz, saúde!
Happiness
Happy, and see how perfect God is.
Lightness
Feeling alive, with more acute perception.
It impacts life, with its wealth of benefits for our health as it provides all the basic elements for our life. We must always thank our God for everything.
Inner peace

Reconnection
Inner peace
Harmony
Tranquility
The silence that the soul asks for. Because we live in this hustle and bustle of SP, which is always very busy even at night
Like I disconnect from my body and mind
Zen
Relaxing, calm and healthy

9. How would you describe the feeling of being in a natural environment?

It is observed, through the research, that images related to the city have 11% preference and nature, 88.3%. There was unanimity among interviewees in reporting positive sensations with contact or just seeing an image associated with natural environments; approximately 80% chose nature as their preferred relaxation environment; they feel relaxation, joy and tranquility. The participants, in their entirety, state that the natural environment is the place that brings positive sensations of reconnection, peace, freedom, among others and the description of being in nature brings, for the majority, peace and harmony, with only one interviewee brought the report of fear of what could be lurking.

## ANALYSIS

According to investigations regarding the concepts of Contemplation in Philosophy and Contemplation Tourism, in Ecotourism, it was possible to seek their meanings, in the first being linked to knowledge and happiness and how much the second is related to the ideas of Plato and Aristotle, determining a starting point and pointing out the importance of the experience of observing, listening and being in nature.

Through research carried out regarding contemplation and restorative environments, it is possible to point out a positive direction

towards Contemplation Tourism being another instrument to support psychophysiological problems, when considering the research by Antunes (2019) and Kaplan (1984, 1995), relating stress and its way of functioning in the body and excessive voluntary attention, causing exhaustion, irritability and many other ailments and the extent to which restorative environments have the potential for improvement, reducing fatigue and promoting well-being, reducing voluntary attention, points in the direction of well-being. Contemplation Tourism is directly related to the restorative environments mentioned by Environmental Psychology, as they are precisely the natural environments highlighted by Kaplan (1984).

The sampling research presents indications that confirm the positive psychic activity in exposure to natural environments, bringing sensations of relaxation, harmony, peace and tranquility, indicating the importance of its benefits.

## CONCLUSION

From the investigation, it can be seen that contemplation, for Plato and Aristotle, has the ability to elevate the spirit and, thus, allow one to achieve knowledge and happiness and through it the individual can get closer to their best, we can assume that this view of Philosophy tends to have effects today. Bringing contemplation to current times, the investigations of Environmental Psychology regarding restorative environments, through various researchers, but mainly Kaplan, (1984), it appears that natural environments and not manufactured ones have the property of benefiting the individual stimulating positive feelings and sensations that tend to cause important developments, both physically and psychologically.

In the sampling research carried out in this study, it was possible to observe, through the reports, how effective the feeling of relaxation is. This way, Contemplation Tourism, which refers precisely to the contemplation of nature, can be considered an ally in the objective of achieving well-being, helping to alleviate disorders related to fatigue, depression and anxiety, as well as physical aspects related to stress, such as diabetes and heart disease, among others.



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