

ABSTRACT

Increasing natural and anthropomorphic pressures requires more and more extensive adaptation processes undertaken to build urban resilience. At the same time, there is a clear tendency to realise the need for greater human freedom and better standards of living, including those that meet the basic need for security. Urban spaces can affect the level of stress arousal and cognitive processing. As a result of stress arousal, we achieve lower values of well-being and social contacts are limited. Insecurity affects not only the individual, but also collective well-being, with consequent effects on behaviour in urban public spaces and the way they are used. A well-designed city can relieve stress by designing "psychological buffers", and urban design can become a kind of "psychological prosthesis".

The research was conducted to verify the thesis: Investigating individuals' sense of security is a key challenge and at the same time can become an important trend in contemporary approaches to shaping safe urban space.

In order to verify this thesis, a plan of spatial research was developed, the purpose of which was to analyse the urban structure in the context of the subjective factor of the sense of threat to the safety of users of urban public space, including the determination of the physical and functional properties of spaces that evoke a subjective sense of insecurity and the determination of the determinants of the spatial context of the concentration of stressors which may affect a lowering of the sense of security.

To this end, a proprietary research method based on the development of a cognitive map in the structural and evaluative approach was developed. As part of the structural approach, both the results of research indications based on the proprietary research method and subjective indications of users presenting the perception of the components of the assessed space were presented. The evaluative approach was represented by evaluating the components of space and assessing the psychological properties of space by the community of users of public urban space. The research was conducted in the area of the Śródmieście Północ housing estate in Rzeszów. This was preceded by a detailed literature analysis to develop indications to be taken into account when assessing spatial stressors.

A research approach based on a proprietary research method was used in case studies in the space of European settlements in Lyon, Amsterdam and Berlin. Despite the lack of direct references to the sense of security in revitalisation programmes (only the CPTED approach was taken into account), the implementation of revitalisation transformations showed an approach that respected the subjective feelings of users and thus a very poor representation of spatial stressors in the redeveloped areas.

The research partially confirmed the established thesis. The study of the sense of security should and may become a contemporary trend in shaping a safe urban space. However, the strong focus of the CPTED approach and environmental psychology on the goals of sustainable development focuses activities towards the "green trend" while moving away from the study of physical structure. In order to support the process of returning to structural research supported by the SR objectives, the representation of architects in research on sense of security should be strengthened. Currently, their area of activity is mainly confined within the social and security professions.