

Abstract

Increasing natural and anthropomorphic pressures require 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. 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 alleviate stress by designing "psychological buffers", and urban design can become a kind of "psychological prosthesis" (Eliard, 2017, n.s.).

The research was carried out to verify the thesis: The sense of safety of space users is a criterion that should be significantly taken into account when shaping a safe 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 stressors.

As a result of the research, a clear conclusion emerged that the contemporary shaping of safe urban space is based on the search for a deeper relationship between the individual perception of the user and the structural properties of space in the city. The issue of security is an indispensable component of a high quality urban space. Shaping a safe urban space is a prerequisite for meeting the higher needs of users, including the need for their development. In the search for reliable indications for the correct shaping of urban space in the context of the sense of security of its users, the necessity of a multifaceted verification and correlation of the background of own research and the subjective feelings of the users emerged. This relationship clearly influenced the definition of the applied own research method, based on the determination and analysis of spaces with an increased problem of insecurity. The analysis used the author's summary of spatial stressors and elements of physical space conducive to the occurrence of social stressors.

The research carried out by the author showed a correlation between the subjective assessment of space users and personal assessment. Thus, it showed that the identification of the detailed structural characteristics of urban space that trigger stress reactions and their correlation with users' subjective feelings is a clear and an important criterion in shaping a safe urban space.

Thus, the thesis set out in this dissertation was confirmed.

The author's research work has contributed to a fuller understanding of contemporary approaches in the selection of tools in shaping the construction of models of urban spatial structure that shape contemporary urbanity.