Gray and green revisited: A multidisciplinary perspective of gardens, gardening, and the aging process

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Abstract

Over fourteen years ago, the concept of “gray and green” was first introduced by Wright and Lund (2000) to represent a new awareness and a call for increased scholarship at the intersection of environmental issues and the aging process. This review paper revisits that concept with a fresh perspective on the specific role of gardens and gardening in the aging experience. As example, gardening is one of the most popular home-based leisure activities in the US and represents an important activity in the lives of older adults in a variety of residential settings. Yet, there has been a lack of any comprehensive and multidisciplinary (science and humanities) examination of the nexus between gardening and the aging experience, and in particular with research connections to stewardship and caring. In this paper, we review contemporary articles demonstrating the multidisciplinarity of gardening and the aging process. First, we will focus on the beneficial psychological effects resulting from the cultivation of caring, including personal contentment and artistic expression. Second, we will focus on stewardship and how gardening increases health, community awareness, and a connection to future generations. On the surface, this may demonstrate a separation between the humanities and science, but we will clarify a symbiotic relationship between the two disciplines in our conclusion.
Theoretical Perspectives on Aging. Learning Objectives. By the end of this section, you will be able to: Compare and contrast sociological theoretical perspectives on aging. The earliest gerontological theory in the functionalist perspective is disengagement theory, which suggests that withdrawing from society and social relationships is a natural part of growing old. There are several main points to the theory. Aging is a process and not an outcome, and the goals are specific to the individual. According to this theory, our energy diminishes as we age, and we select personal goals to get the most for the effort we put into activities, in this way making up for the loss of a wider range of goals and activities.

A study by the National Research Council of Canada found that an exposed roof can get as hot as 158 degrees F on a sunny day; an identical roof, when covered by a green, shady roof garden, stays relatively cool at just 77 degrees F. This cooling effect resulted in big energy savings. Though the researchers didn't measure the water quality of the runoff, advocates of green roofs and roof gardens claim that the rainfall running off a bare roof contains many pollutants like petroleum-based volatile organic compounds (VOCs). But when rainfall is captured by a covering of trees and plants, then filtered through the plants' soil, it contains fewer harmful pollutants.

The Pleasures of Rooftop Gardening. Introduction to Aging and the Elderly. At age 52, Bridget Fisher became a first-time grandmother. Gerontology is a field of science that seeks to understand the process of aging and the challenges encountered as seniors grow older. Gerontologists investigate age, aging, and the aged. Gerontologists study what it is like to be an older adult in a society and the ways that aging affects members of a society. As a multidisciplinary field, gerontology includes the work of medical and biological scientists, social scientists, and even financial and economic scholars. Social gerontology refers to a specialized field of gerontology that examines the social (and sociological) aspects of aging.