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Effect of Public Open Spaces on Quality of Urban Life in Shauri Moyo, Nairobi City County

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Abstract

This paper has explored the relationship between the quality of life (QoL) of Shauri Moyo, Nairobi residents, and the significant characteristics of urban community parks, including spatial, social opportunities, safety and security, governance and policy, and economic activities. Using a mixed-methods approach with questionnaires, observations, and stakeholder interviews, the study analyzed the data using descriptive statistics and correlation and regression analyses. Results indicated that the five attributes of the park were significantly, but weakly, positively correlated with QoL and, when combined, accounted for 76% of the variance in perceived quality of life. The qualitative findings demonstrated the importance of safety, accessibility, maintenance, and social interaction in shaping residents' experiences in the park. The paper concludes that individual park characteristics might be insignificant. Still, when combined, they can produce significant positive effects on urban well-being, so holistic, inclusive, and evidence-based approaches to urban park planning and management should be taken as a whole.

Keywords

Kenya, Nairobi, Shauri Moyo, Quality of Life (QoL), Urban Parks, Public Open Spaces, Spatial Attributes, Economic Opportunities, Urban Planning

1. Introduction

Urban spaces are an important part of urbanization, as they build cities by bringing people together physically and socially. In the Kenyan capital, Nairobi, which is also a key economic hub with a population of more than four million people who make a significant contribution to the national GDP, the general areas allow people to move around, interact, and trade. Such spaces include parks, streets,

playgrounds, marketplaces, and transitional spaces, and they facilitate various functions such as transport, trade, recreation, socializing, and informal forms of economy. Thoughtfully designed and mature public spaces offer greater accessibility, urban functionality, safety, economic benefits, and a higher standard of living, especially for marginalized people who depend on them as a means of social and economic survival. Just and fair design of the public spaces enhances social equity, gender inclusiveness, youth involvement, and communal integration. Nevertheless, uncontrolled and competing uses, including unauthorized vehicle use in parks and unplanned programming, undermine their original recreational purpose, access, and aesthetics. The section concludes that, in the absence of participatory planning, inclusive programming, and proper regulation, urban public spaces will become neglected rather than shared spaces that can promote urban well-being and equitable development.

To assess the appropriateness, reliability, and workability of the research instruments before implementing them in the actual study, a pilot study was conducted in Shauri Moyo to test the Effect of public open spaces on the quality of urban life. Similar to what is recommended in mixed-methods inquiry, pilot testing was a vital mid-step between the development of instruments and the full-scale data collection to allow the researcher to identify weaknesses, develop methodological directions, and form preliminary evidence of reliability and validity, functionality, coherence, and understandability to park users, vendors, and administrators. The sample consisted of 50 respondents randomly selected from the four main parks in Shauri Moyo.

1. Historical Kamukunji Park (10 respondents)
2. Shauri Moyo Community Makuti (17 respondents)
3. YMCA Playground (11 respondents)
4. Bahati Playground (12 respondents)

These parks span a range of functions and demographics, and hence the instrument's experimentation in them provided an opportunity to assess its suitability for various user groups, activity levels, and surroundings. The pilot data were then reviewed for item clarity, internal consistency of the composite variables, suitability of the regression model, and feasibility of the sampling strategy. The study location is as shown in **Figure 1** below.

This study investigates the neglect and underutilization of public parks in Shauri Moyo, emphasizing the lack of inclusivity in their design, management, and everyday use. It examines key spatial, social, economic, and environmental factors, including the condition of facilities, adequacy of lighting, safety and security, accessibility for persons with disabilities, landscape quality, and the range of recreational opportunities. The research also considers competing land uses, including informal parking and vehicle repairs, which undermine the intended functions of these parks.

The objectives of the study are:

1. To establish the effect of the Quality of open spaces and the Quality of Urban

Life in Shauri Moyo.

2. To examine the spatial attributes of park spaces in Shauri Moyo.
3. To assess the quality of urban life in Shauri Moyo.
4. To examine the relationship between park attributes and the quality of urban life in Shauri Moyo.
5. To recommend spatial design strategies geared towards improving the quality of life.

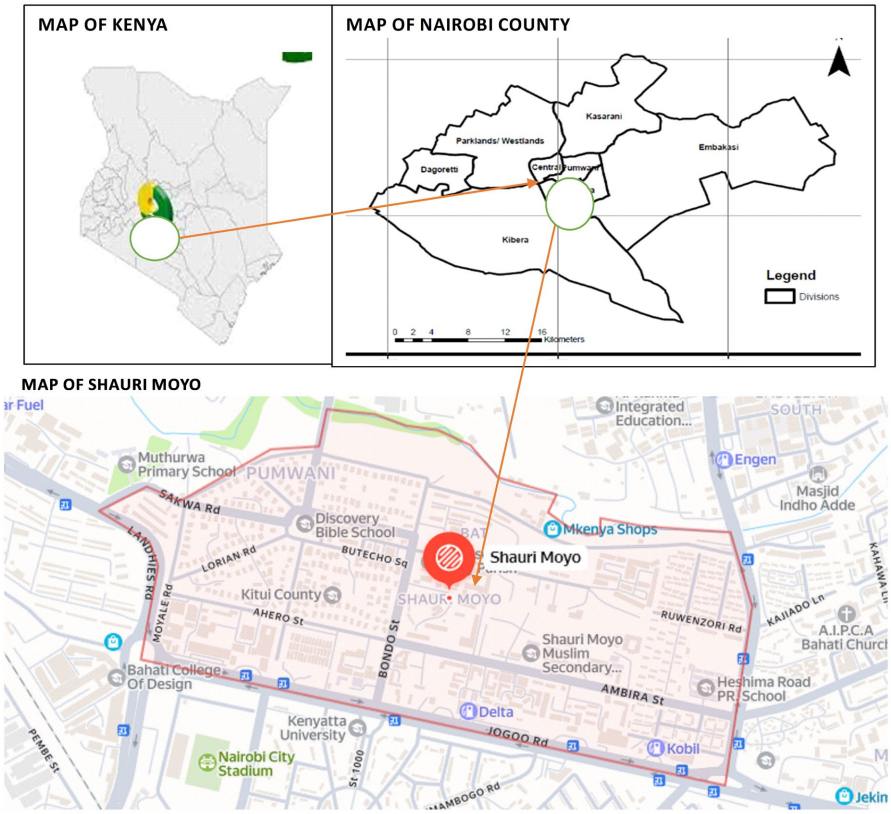

Figure 1. Location of the study Area in Shauri Moyo, Nairobi County.

2. Literature Review

2.1. Public Open Spaces

Isik et al. (2023) define public spaces as locations free of governmental authority and capital sovereignty, where ideas, discourses, and activities are created to identify and foster relationships and behaviours within society. The daily actions carried out in public places help to acquire their social qualities. Every day includes all the events, conflicts, and activities that provide space as a meeting place, link, and common ground (Isik et al., 2023). Open public spaces are publicly accessible areas with multiple social, environmental, and cultural purposes in urban environments. Shauri Moyo is a unique case study in Nairobi's urban landscape. It was established in the 1950s as part of later colonial urban planning schemes. This settlement began during a period of rapid urbanization and social change in

Kenya. The neighbourhood was laid out in a grid pattern typical of colonial urban planning, with open spaces designated for the community. However, over the decades of population growth and urbanization, these spaces have changed significantly.

2.2. Quality of Urban Life

Quality of Urban Life has become a multidimensional concept that incorporates material sustenance conditions, environmental, health, safety, and social inclusion, as well as subjective well-being. Open spaces that are publicly owned, such as parks and squares, are also considered essential to these aspects, since they provide environmental resources, support physical and mental health, and facilitate social connections and economic viability (UN-Habitat, 2020; Dietz et al., 2024). As research has highlighted, the quality of urban life outcomes pertinent to open spaces is highly interconnected with the availability and quality of such spaces. The overall accessibility, degree of connectivity, safety, availability of amenities, and aesthetic qualities are key drivers of whether parks are inclusive and vibrant community spaces or are ignored and underutilised. For example, parks with proper lighting and access contribute to a sense of security. In contrast, universal design promotes the accessibility of these facilities to women, children, older adults, and people with disabilities. In other words, the success of parks as a means of promoting the quality of urban life is determined by the interaction among physical composition, management, and inclusiveness.

3. Research Methodology

This chapter outlines the methodological approach that will be used in the study. It defines the study area, research design, sampling methods, data collection tools, and data analysis methods.

3.1. Study Area

The research was conducted in Shauri Moyo, a heavily populated inner-city neighbourhood on the eastern side of the Central Business District in Nairobi. Shauri Moyo is an older residential neighborhood in Nairobi, initially developed during the colonial era, characterized by high population density, mixed land use, and poor provision of well-maintained public open spaces. Over time, the area has been dramatically transformed by rapid urbanization, pressure on infrastructure, and competition between land uses, altering the quality and functionality of the area's public parks. The study focused on four national parks in Shauri Moyo: Historical Kamukunji Park, Shauri Moyo Community Makuti, YMCA Shauri Moyo Grounds, and Bahati Playground. These parks have been chosen because they represent varying sizes, functions, maintenance levels, and user groups. They are combined to give a proper spatial and social environment for studying the effects of park characteristics on the quality of urban life in a low- to middle-income urban environment.

3.2. Research Design

The research used a mixed-methods design, combining quantitative and qualitative methods. This design was suitable because it enabled the measurement of residents' perceptions using structured survey data, as well as the contextual and spatial realities through observations. The combination of various procedures allowed triangulation of the results and enhanced the validity of the findings. The study was carried out in two consecutive stages. The pilot study was conducted to test the research instruments and analytical framework. The second stage was the main study, in which the data used to conduct a complete inferential analysis and test hypotheses were collected.

Pilot Study Design

The pilot study aimed to assess the clarity of the data collection instruments, their reliability and usefulness, and whether the sampling approach and field methods were viable. It also provided a preview of the direction and strength of relationships between park characteristics and the quality of urban life, without the aim of making a conclusive finding. The pilot study consisted of a sample of 50 respondents (n = 50) selected from the four parks in the survey. For the main study, the sample size will be 200 respondents (n = 200). Respondents included park users, informal vendors, and park administrators, selected using simple random sampling in each park. The distribution of respondents across the parks was based on their relative sizes and activity levels, so that the instruments were exposed to various spatial environments, activities, and user categories. Data obtained in the pilot stage were summarized and analyzed using descriptive statistics, Pearson correlation analysis to examine relationships among variables, and a preliminary multiple regression analysis to assess whether the conceptual model was appropriate. They were exploratory in nature and had the sole purpose of narrowing the research instruments and ensuring the suitability of the variables chosen to proceed with the main study.

3.3. Data Collection Instruments

Data were collected using instruments based on the questions identified at the outset of this research. A structured questionnaire was used to collect quantitative data to reveal respondents' perceptions of the quality of urban life and park attributes. All items in the questionnaire were also measured on a five-point Likert scale, ranging from strongly disagree to agree strongly. The questionnaire was used to measure five independent constructs, including spatial design and access, social dynamics, safety and security, governance and policy, and economic opportunities in the parks. The aspects of spatial design and proximity items examined the condition and functionality of walkways, benches, lighting, cleanliness, and accessibility for people with disabilities. Social dynamics items focused on the degree of socialization, inclusiveness, and community activities. The safety and security items were measured, and perceptions of safety during the day and at night, as well as the quality of lighting and visibility in the parks. The items in governance

and policies measured maintenance practices, park regulation enforcement, and management responsiveness, and the items in economic opportunity measured how the parks supported small-scale income-generating activities. Along with the questionnaire, qualitative and spatial data were collected using an observation checklist. The checklist enabled a systematic account of the parks' physical infrastructure, landscapes, environmental conditions, safety features, and the organization of economic activities. These observations also added contextual data to the survey data on the park's real situation.

3.4. Measurement of Quality of Urban Life

In this study, the quality of urban life refers to residents' perceived well-being regarding their interactions with open spaces in the city. The concept encompasses several levels, including recreational pleasure, perceived security, accessibility, comfort, and the broader economic impact of parks on urban living. The quality of life in the city was assessed using a composite index based on a set of Likert-scale questions added to the questionnaire. These scores were combined to create one quality-of-urban-life index, with higher scores indicating a higher perceived contribution of urban parks to high-quality urban life.

3.5. Data Analysis Procedures

All the quantitative data were analyzed and coded using the Statistical Package for the Social Sciences (SPSS). The respondent characteristics and perceptions of park attributes were summarized using descriptive statistics. Pearson's correlation was used to analyze the relationship between the quality of urban life and park attributes. Then, a multiple regression analysis was conducted to estimate the overall influence of spatial design, social dynamics, safety and security, governance, and economic opportunities on the quality of urban life.

4. Data Analysis and Discussion

This chapter summarizes the results of the empirical study and discusses the specific goals related to the role of public parks in shaping the quality of urban life in Shauri Moyo. The objectives that will inform this chapter include, to evaluate the status and performance of the key park attributes, to measure the perceived contribution of the public parks to the quality of life among the residents in the city, to test the relationships that exist between the individual park attributes and quality of life, and to test the overall effect of the park attributes on the overall quality of life in the city. These objectives are presented in a logical chain of analysis, with the chapter arranged accordingly. It starts with a descriptive study of park users and park qualities, including spatial design and accessibility, social dynamics, safety and security, governance and policy, and economic opportunities, thus defining the current state of public parks in the study area. This is then accompanied by an analysis of the potential role of parks in enhancing the quality of urban life, focusing on recreational, safety, accessibility, and economic aspects, to gauge how

residents experience life and gain from these areas. After that, the analysis of correlations is performed to examine the strength and direction of correlations between personal park characteristics and the quality-of-life index, aimed at answering the question of which characteristics have the strongest association with increased well-being. The multiple regression model then evaluates the overall predictive effect of each park characteristic on the quality of urban life, providing a composite perspective on how the physical, social, economic, and governance-related variables interact to shape residents' perceptions. Where applicable, observations from the pilot study are included to aid interpretation of the results and provide methodological background. Taken together, all the analyses in this chapter provide a systematic look at how the contribution of public parks achieves the quality of urban life in Shauri Moyo.

4.1. Respondent Roles

The 50 respondents were a natural mix of everyday park users, active vendors, and park administrators, representing the actors who operate in these open spaces, as shown in Figure 2 below. The distribution of respondents across the four parks was roughly proportional to their size, enabling an analysis of the instrument's effectiveness across locations with varying degrees of congestion, amenities, and socio-economic status. Such a balanced representation allowed the researcher to experiment with the full range of questionnaire items, the characteristics of the observation checklists, and the sampling procedures to determine whether they would work across different spatial and operational environments.

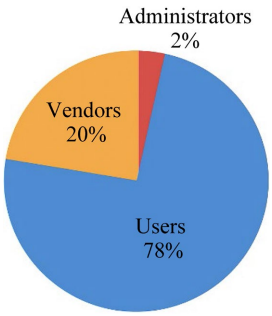

Figure 2. The distribution of respondents' roles.

4.2. Assessment of Park Attributes

Respondents were asked to rate park features, including spatial design, social dynamics, safety, governance, and economic opportunities. The preliminary findings showed:

1. **Spatial Design and Accessibility (X1): Mean = 3.0, SD = 0.7**

Respondents indicated moderate satisfaction with paths, seating, and general accessibility. Some noted poor signage and uneven pathways as challenges.

2. **Social Dynamics (X2): Mean = 2.9, SD = 0.8**

Parks were considered moderately suitable for social interaction, but poor so-

cial amenities and a lack of organized events reduced engagement among some age groups (see Figure 3 and Table 1 below).

Figure 3. very limited and unmaintained public toilets.

Table 1. Assessment of park attributes.

Index	Mean	Interpretation
X1 Spatial Design	3.02	Walkways, seating, lighting, cleanliness, and accessibility were rated moderate.
X2 Social Dynamics	2.91	Social interactions occur, but at moderate levels; community events are limited.
X3 Safety & Security	3.09	Daytime safety is acceptable; night-time safety remains a concern.
X4 Governance & Policy	3.03	Moderate satisfaction with maintenance and enforcement.
X5 Economic Opportunities	2.99	Fair opportunities for vendors; economic activation moderate.
QoL Index	2.93	Overall perceived quality of life from park use is moderate.

3. Safety and Security (X3): Mean = 3.1, SD = 0.9

Daytime safety was rated higher than night-time safety, with respondents noting that lighting and visibility were key concerns.

4. Governance and Policy (X4): Mean = 3.0, SD = 0.9

Pilot respondents highlighted inconsistent maintenance and unclear rules as barriers to park satisfaction. Poor or irregular maintenance, such as overgrown vegetation, broken equipment, inadequate lighting, litter accumulation, and damaged pathways, created an impression of neglect, discouraging frequent use and reducing users' sense of comfort and safety. In some cases, neglected facilities limited accessibility for children, older persons, and people with disabilities, further excluding certain groups from fully benefiting from the park.

5. **Economic Opportunities (X5): Mean = 3.0, SD = 0.95**

Small-scale vending was moderately present, but respondents indicated limited support for income-generating activities.

Overall, the pilot indicated moderate satisfaction across most park attributes, with governance and night-time safety emerging as areas for improvement.

4.2.1. Preliminary Perceived Contribution to Quality of Life

The pilot study measured residents' initial perceptions of park contributions to quality of life (QoL). The mean QoL score was 3.0 (SD = 0.75), suggesting that parks were perceived as somewhat beneficial but with room for improvement.

- Recreation: Mean = 2.9
- Safety: Mean = 3.1
- Accessibility: Mean = 3.05

These findings indicated that accessibility and daytime safety were the most positively perceived aspects, whereas maintenance quality and governance needed attention. The variables demonstrated normal distributions with no extreme outliers. Item responses ranged between 1 and 5 as expected, and composite indices showed reasonable variance (SD between 0.6 and 0.9). This indicates good internal consistency, suitable for correlation and regression analysis in the main study. Good internal consistency implies that the items measuring each construct reliably reflect the same underlying concept, thereby minimising measurement error and maximising the validity of the statistical analysis. Cronbach's alpha evaluates internal consistency in quantitative research; values of 0.70 or higher are usually considered acceptable in social science research (Tavakol & Dennick, 2011). A satisfactory instrument of internal consistency at the pilot stage indicates that the data produced by the instrument are stable and reliable enough and appropriate for inferential methods such as correlation and regression analysis. Reliable measurement scales enhance the precision of approximated relationships among variables by minimising random error and thereby improve the meaningfulness and strength of correlation coefficients and regression equations (Hair et al., 2019). Therefore, strong internal consistency evidence can support the application of such statistical methods in primary research.

4.2.2. Correlations (Exploratory)

Preliminary correlations suggested positive associations between park attributes and QoL, though none were statistically significant due to the small sample size:

- Spatial Design & QoL: r = 0.45
- Social Dynamics & QoL: r = 0.35
- Safety & QoL: r = 0.50
- Governance & QoL: r = 0.45
- Economic Opportunities & QoL: r = 0.38

These correlations suggested that improvements in safety and governance might have a greater impact on QoL, informing the design and focus of the main study. The initial correlation findings show that all the analyzed park qualities are

positively correlated with perceived quality of life (QoL), suggesting that increases in these qualities are associated with better QoL performance. The correlations were not statistically significant (the pilot sample size was small), but they had moderate strength, which can serve as directional evidence for the research. The correlations with safety (r = 0.50) and governance (r = 0.45) were found to be relatively higher, which can indicate that these properties can have a more substantial impact on the determination of QoL than other variables, so they should be prioritized in the study objectives and analysis framework of the principal study. Such results allow for developing research questions that directly investigate the degree to which the work of safety and governance mechanisms is subject to the outcomes of QoL, while spatial design, social dynamics, and economic opportunities are taken as complements. All in all, the pilot correlations were effective in narrowing the study objectives by validating the topicality of the chosen variables, reinforcing the justification for a multidimensional approach, and informing the compilation of hypotheses and data-gathering tools for the principal research (Table 2).

Table 2. variable correlations.

Correlations							
		X1_Spatial	X2_Social	X3_Safety	X4_Governance	X5_Economic	QoL index
X1_Spatial	Pearson Correlation	1	−.050	−.035	−.021	.054	.452
	Sig. (2-tailed)		.478	.620	.772	.447	.469
	N	50	50	50	50	50	50
X2_Social	Pearson Correlation	−.050	1	.025	.000	−.005	.357
	Sig. (2-tailed)	.478		.730	.995	.950	.508
	N	50	50	50	50	50	50
X3_Safety	Pearson Correlation	−.035	.025	1	−.045	.088	.513
	Sig. (2-tailed)	.620	.730		.527	.215	.858
	N	50	50	50	50	50	50
X4_Governance	Pearson Correlation	−.021	.000	−.045	1	.036	.459
	Sig. (2-tailed)	.772	.995	.527		.609	.267
	N	50	50	50	50	50	50
X5_Economic	Pearson Correlation	.054	−.005	.088	.036	1	.378
	Sig. (2-tailed)	.447	.950	.215	.609		.504
	N	50	50	50	50	50	50
QoL_index	Pearson Correlation	.452	.357	.513	.459	.378	1
	Sig. (2-tailed)	.469	.508	.858	.267	.504	
	N	50	50	50	50	50	50

4.2.3. Pilot Study Observations

- Respondents emphasized that poorly maintained areas and inadequate lighting reduced park usage.

- Social interactions were constrained by limited seating and a lack of organized community events.
- Economic opportunities were sporadic and unevenly distributed.
- Feedback helped refine the questionnaire for clarity and relevance for the main study.

Summary: The pilot study confirmed that all five park attributes influence perceived quality of life, with governance, safety, and spatial organization being key preliminary factors. These findings guided the full-scale data collection for the thesis, ensuring that survey questions were contextually relevant and focused on both strengths and gaps in park functionality.

4.2.4. Pilot Study: Multiple Regression Analysis

The pilot study explored the relationship between park attributes and residents' perceived Quality of Life (QoL). A multiple regression analysis was conducted with QoL index as the dependent variable and the five park attributes: Spatial Design and Accessibility (X1), Social Dynamics (X2), Safety and Security (X3), Governance and Policy (X4), and Economic Opportunities (X5) as predictors.

4.2.5. Model Fit

The coefficient of regression R = 0.87 is a measure of the strength of the relationship between the independent variables (the five park attributes) and the dependent variable (quality of urban life). A value near 1 indicates a strong positive relationship. The R^2 of 0.76 indicates that the five predictors considered together account for 76% of the variance in quality of life scores. The small number of predictors and the small sample size suggest that the adjusted R^2 of 0.70 is a more conservative estimate of the number of predictors that remain to explain a significant proportion of variance after this adjustment. The F-statistic of 3.42 and the p-value of 0.028 test the significance of the entire regression model and indicate that the combination of the predictors is a significant predictor of QoL relative to a model that does not include them at the 5 percent level.

- R = 0.87 → indicating a strong positive relationship between predictors and QoL.
- $R^2 = 0.76$ → The five predictors together explained 76% of the variance in QoL.
- Adjusted $R^2 = 0.70$ → adjusted for the small sample size.
- F-statistic = 3.42, $p = 0.028$ → The model is statistically significant at the 5% level.

This suggested that even in the pilot, park attributes collectively had a notable influence on residents' quality of life.

These results indicate that, even at the pilot stage, the selected park attributes collectively have a strong and meaningful influence on residents' perceived quality of life. The model's high explanatory power supports the study's core objective of examining the combined effects of spatial, social, safety, governance, and economic factors on QoL rather than treating them as isolated variables. The statistical significance of the model strengthens the justification for advancing to the

main study with these predictors and for formulating research questions that focus on their integrated and multidimensional impact. Overall, the findings suggest that improvements in urban park characteristics, when implemented together, are likely to produce substantial gains in quality of life.

4.2.6. Regression Coefficients

The regression equation based on the pilot study is (Table 3):

$$Y = 2.05 + 0.52X1 + 0.31X2 + 0.26X3 + 0.58X4 + 0.31X5$$

where:

- Y = Perceived Quality of Life
- X1 = Spatial Design & Accessibility
- X2 = Social Dynamics
- X3 = Safety & Security
- X4 = Governance & Policy
- X5 = Economic Opportunities

Table 3. Regression coefficients.

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	3.637	.506		7.192	.000
	X1_Spatial	.523	.205	.060	2.482	. 018
	X2_Social	.305	.180	.492	1.721	. 092
	X3_Safety	.261	.148	.226	1.731	. 089
	X4_Governance	.576	.285	.583	2.000	. 053
	X5_Economic	.314	.157	.356	1.942	. 062

a. Dependent Variable: QoL_index.

4.2.7. Interpretation

Table 4. Variable regression interpretation.

Predictor (X)	β (Unstandardized)	Std. Error	t	p-value	Interpretation
X1: Spatial Design & Accessibility	0.52	0.21	2.48	0.018	Positive and significant; better design and accessibility increase QoL.
X2: Social Dynamics	0.31	0.18	1.72	0.092	Positive but marginally significant; social interactions influence QoL moderately.
X3: Safety & Security	0.26	0.15	1.73	0.089	Positive, borderline significant; safety perceptions affect QoL.
X4: Governance & Policy	0.58	0.29	2	0.053	Positive and near-significant; better management increases QoL.
X5: Economic Opportunities	0.31	0.16	1.94	0.062	Positive and borderline; economic benefits contribute modestly to QoL.

Note: The p-values are slightly higher and less robust than in the final thesis, as expected given the smaller sample (n = 50).

- Governance & Policy (X4) and Spatial Design (X1) appear to have the most substantial preliminary effects on QoL, indicating that even in a small sample, management and park layout are crucial.
- Safety (X3), Social Dynamics (X2), and Economic Opportunities (X5) show positive but less robust effects, suggesting their contributions are meaningful but may require larger samples to confirm significance.
- The pilot regression confirms the direction of effects, validating the research design and survey instrument.
- These preliminary results guided the refinement of the questionnaire, particularly emphasizing safety, governance, and spatial quality (**Table 4**).

5. Conclusion and Recommendations

The research overall indicates that parks in Shauri Moyo are diverse in their design, functionality, and control, but they have a significant though negligible influence on the perceived quality of life of the residents. Though none of the park features (spatial, social, safety, governance, or economic) produced a strong and statistically significant predictor of QoL, all the features showed positive coefficients, meaning that the presence of any improvement in a dimension is likely to push the QoL upwards. The key finding, therefore, is that parks are not only valuable in the form of isolated improvements but multi-dimensional, coordinated, and context-specific interventions that can meet the needs of space, social, safety, governance, and economy. The research demonstrates that spatial characteristics, as seating, pathways, lighting, and access, are the basis of park usability, which can positively influence QoL only when supplemented with social liveliness, safe conditions, good governance, and inclusive economic opportunities. However, statistically insignificant determinants, such as social interactions, family life, and communal events, are powerful enrichers of urban life as they contribute to the sense of belonging, social networks, and stimulation of communal identity. Though the statistical impact on the use of the park is small, safety and security are enabling factors that are especially important in the usage of the park among women, children, and older adults, whose involvement is heavily reliant on the sense of safety. Governance and maintenance also make the parks predictable, clean, and operational, therefore, indirectly increasing their satisfaction and comfort. Economic activities bring in livelihood and dynamism, yet they need to be controlled to prevent overpopulation and rivalry.

In conclusion, these results confirm that the concept of QoL in Shauri Moyo is multi-layered and interdependent; in other words, it is the interaction of the physical infrastructure, social processes, policy frameworks, everyday safety, and microeconomic conditions. The parks also play a positive role in this ecosystem as they provide recreational, interaction, safety-enhanced mobility, and economic involvement. Nevertheless, piecemeal, one-dimensional treatments cannot have any significant effect; only the integrative approaches should be used to bring about a lasting urban health. According to these findings, several spatial recom-

mendations are made to promote the functionality, accessibility, inclusiveness, and the overall impact of the parks in Shauri Moyo:

Spatial Recommendations to Improve the Quality of Parks and Urban Life

a. Enhance Accessibility and Path Connectivity: Continuous, well-defined, and barrier-free paths should be designed into parks, which would improve mobility, promote walking, and combine with the general circulation system in the neighborhood. Ramps, tactile paving, anti-slip paving, and low-gradient slopes should be given preference so as to accommodate children, older adults, and persons with disabilities. There can be connectivity to bus stops, residential clusters, markets, and institutions to enhance usage and equitable access.

b. Improve Seating, Shading, and Comforting Infrastructure: Parks should be spread with more shaded seating areas, benches, resting nodes, pergolas, and tree-lined paths in order to promote lingering and recreation. Comfort in an urban microclimate that is becoming warmer can be enhanced by the inclusion of climate-responsive elements, such as shade trees, canopies, and water points. These interventions will promote increased length of stay and enhance the social value of parks.

c. Refurbish Lighting and Spatial Safety Features: Proper lighting that is evenly spaced, clear visibility, trimming of excessive vegetation, and the position of facilities should be introduced to enhance visibility and natural surveillance. Lighting and clear circulation paths and illumination around access points, routes, and assembly points would enhance night-time accessibility, especially among women and the vulnerable population.

d. Develop Multi-Function Social and Recreational Areas: The social nodes that need to be incorporated in parks should be flexible, like open plazas, community lawns, amphitheatres, playgrounds, and multi-purpose courts. These factors reinforce family meetings, youth recreation, community meetings, and cultural events, thereby reinforcing community integration. Social experiences can be enhanced by providing Wi-Fi-equipped areas, picnics, and family-friendly places.

e. Enhance Park Governance and Stewardship by the Users: The physical design should be supported by governance structures that promote maintenance, control accessibility, and promote stewardship. Spatial improvements can be functional in the long term by means of clear signage, community liaison officers, user committees, maintenance schedules, and clean-up programs. Participatory governance promotes ownership, which curbs vandalism and malpractices.

f. Combine Vendor Zones and Microeconomic Spaces: Special areas of vendors, including homogenous stalls, trash collection areas, and fundamental facilities like water and electricity, should be included to provide economic activity with spatial organization. This spatial combination of livelihoods promotes the earning of incomes without reducing aesthetics, security, and movement. The areas of vendor management eliminate congestion and improve the overall quality

of experience in parks.

g. Install Landscape Improvements and Ecological Design: The visual appeal and ecologically beneficial properties can be improved with the conversion of urban landscapes to green areas by means of landscaped gardens, native plants, planting trees, and green buffers. The environmental well-being of the area can be heightened by adding features that are biodiversity-friendly, like small gardens, composting locations, and shaded lawns, and they can enhance psychological well-being and alleviate heat stress.

h. Implement an Intersectional, Multidimensional Design Approach: Lastly, parks in Shauri Moyo need a framework of space that incorporates design, social functions, security, governance, and economic sustainability. The improvements in space must not be on their own; they must be coordinated with programming, surveillance, maintenance, and community involvement. This will make sure that parks become multi-purpose, vibrant, and inclusive places that can promote recreation, cohesion, resilience, and community pride.

Conflicts of Interest

The authors declare they do not have a conflict of interest in the publication of this paper.

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