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Effects of Soundscapes on Human Physiology and Psychology in Qianjiangyuan National Park System Pilot Area in China

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摘要	The development of China's national parks is still in the initial stage, and few scholars have studied the effects of soundscapes on human physiology and psychology from the perspective of the auditory senses in national parks. In this study, the Qianjiangyuan National Park System Pilot Area was taken as the research subject, physiological indicators of subjects were collected through a biopAC-MP150 multi-channel physiological instrument data platform, and the subjective psychological response of soundscapes was measured using a Likert scale. The results showed that the sound of water had the most significant effect on the heart rate and respiratory rate of the subjects. Agricultural sound had the greatest impact on the skin conduction levels, while conversation had the least overall impact on human physiology. There were significant differences in comfort, excitement, and significance among the different soundscapes ($p < 0.001$). The sounds of insects are more likely to elicit feelings of comfort and excitement, while the sounds of birds are more likely to arouse curiosity. No significant correlation was observed between the physiological indices and psychological indices. The study on the effects of different soundscapes on human physiology and psychology in China's national parks will provide a basis for the decision makers of national parks to formulate more effective planning, design, and management policies regarding soundscapes.
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