Asian Journal of Social Science Research (e-ISSN: 2600-9706)
Volume 8, Issue 1, 2026
DOI: https://doi.org/10.5281/zenodo.20808999

TAMAN TASIK METROPOLITAN KEPONG AS A RESTORATIVE THIRD SPACE: EVALUATING SOCIAL INCLUSIVITY AND FUNCTIONAL READINESS FOR PROFESSIONALS

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Received Date: 26/02/2026 Accepted Date: 15/06/2026 Published Date: 30/06/2026

ABSTRACT

Rapid urban development in Kuala Lumpur has put pressure on the workforce, particularly professionals to the point of disconnection from work, which is one of the factors that increase the risk of mental fatigue and burnout. This research discusses a potential third space, Taman Tasik Metropolitan Kepong (TTMK) which can be used as a restorative third space by professionals and can be described as a medium between the private space of the home and the workplace. Using a quantitative descriptive approach and purposive sampling of 25 professionals, this study investigated the intersection of attention restoration theory (ART) and functional park design. The data reveal that TTMK is mainly utilised as a short-term coping strategy by professionals for managing stress at work, with 52% of visits falling within 31 and 60 minutes, describing the patterns of a micro-break rather than intentional leisure. TTMK surpassed in landscape visual appeal *(M=4.32)* and social inclusivity *(M=4.40)* but experienced shortcomings in functional readiness, particularly in digital infrastructure, specifically power outlet availability *(M=2.52)* and Wi-Fi connectivity *(M=2.92)*. Despite being a successful space for psychological restoration, TTMK operates with restricted utility in supporting hybrid work-life needs. The study concludes that for urban parks to function effectively as third spaces for the contemporary workforce, they must transform into 'Smart Parks' that integrate ecological restoration with the digital infrastructure necessary to accommodate hybrid work-life demands of the workforce.

Keywords: attention restoration theory, third space, social capital, functional readiness, urban professionals

INTRODUCTION

In the rapidly urbanising landscape of Kuala Lumpur, the professional workforce is increasingly exposed to cognitive burnout, makes it extremely difficult to maintain a healthy boundary, leading to an extreme sense of exhaustion and inability to take a break from work after hours (Ashurbaev & Abduvaliyeva, 2024). The blurry lines between work and life in a post-pandemic digital economy have intensified the need to understand the importance of urban green spaces' role, which has changed from being merely aesthetic amenities to essential restorative settings. Despite the prevalence of traditional designs in existing urban parks, which primarily emphasise structured recreational activities such as jogging tracks and playgrounds, a notable research gap persists in this area. The designs can often be inadequate to meet the functional requirements of modern workers who seek a high quality of Third Space to have their cognitive recovery and to informally network and work remotely. Existing studies tend to assume that the users represent a similar group, without differentiating among the specific psychological needs of high stress professionals who use parks as a transitional place between their workplace and home.

Although there are a number of gazetted green spaces, the work-life balance of professionals in Kuala Lumpur is at an all time high and is a continuous process that needs to be attained. Nevertheless, among the most overlooked problems are the specific needs of modern professionals who need higher quality third space to recover thoughts, engage in informal networking and work remotely anywhere (Dionisi et al., 2021; Petitta & Ghezzi, 2025; Urrila et al., 2025). TTMK is a crucial case study that can be used to solve these issues. Being one of the large city parks in Kuala Lumpur, it fulfils an important role in the city by connecting the dense urban environment with the psychological needs of people living in the city. Although TTMK has provided an aesthetically appealing environment, and has also encouraged high rates of social inclusiveness, there is a discernible difference between its physical characteristics and functional readiness. Based on the analysis of TTMK, this study highlights the urgent necessity to transform urban parks towards the 'Smart Park' that can be used to restore ecological balance and to enable digital functions to support the needs of the professionals.

A Smart Park is defined as an urban green space, which includes Internet of Things (IoT) technologies and digital infrastructure, such as high-speed Wi-Fi, sensor-based maintenance systems, and accessible power outlets, to both augment the utility and user experience of the space (Abdelhamid, 2019; Anguluri & Narayanan, 2017; Sjoman et al., 2022; Xie et al., 2024). Through these new hi-tech additions, parks have become more technologically advanced as third spaces where professionals may revitalize their cognitive abilities and refresh their ideas and outlooks. Izana and Shobri (2024), Jang et al. (2024), and L. Yang et al. (2025) described urban parks as primarily serving as a reactive coping mechanism for acute workplace stress rather than a premeditated leisure activity. Although existing studies on urban parks in Malaysia have thoroughly explored park accessibility and user satisfaction (Nik Hashim et al., 2025; Mohamad, & Hussein, 2021), there is limited insight into the integration of digital infrastructure and functional design to serve as restorative environments tailored to professionals and third space evolution (Nimashi & Dharmasena, 2023; Pettersen et al., 2026). Abdelhamid (2019) proved that there is still a lack of empirical data on how 'Smart Park' features such as Wi-fi and power outlets influence the duration and frequency of professional visits in the Malaysian context. Kang et al. (2022) reported that a park users are usually treated as a massive group, resulting in failing to segregate

DOI: https://doi.org/10.5281/zenodo.20808999

the unique psychological demands of high stress professionals who use parks as a 'buffer zone' between workplace and home.

This study is structured around three refined objectives to address these issues: first, to investigate the visitation patterns and spontaneity of professionals at TTMK as a reactive coping mechanism for workplace stress; second, to identify the primary motivations of professionals utilising the park as a psychological buffer and restorative space for mental decompression; and third, to evaluate the effectiveness of TTMK as a socially inclusive 'third space' that fosters community connection and psychological restoration among the urban workforce. The contribution of the study to the field of urban planning is further emphasized by the fact that the study does not merely focus on the general levels of user satisfaction but also specifically on the psychological and digital needs of professionals in high-stress jobs. This study presents the empirical evidence of the transformation of a traditional green space into a hybrid space to offer the urban planners the framework in the enhancement of professional well-being and social cohesion through integration of ecological and digital infrastructure.

LITERATURE REVIEW

The social concern in urban areas is the use of public parks, which fulfil numerous functions and affect the quality of life of citizens. As populations increase, and cities begin to expand, well planned public parks have become more and more important. Their purposes are not confined to recreation but make contributions to the physical and mental health, environmental sustainability, social interaction and urban planning (Hamdan et al., 2017). This research require a conceptual framework (Figure 1) that will integrate Attention Restoration Theory (ART), Third Place Theory, and Social Capital Theory into a single framework that will specifically meet the needs of the modern workforce. Kaplan in his Attention Restoration Theory (ART), provides a psychological justification of cognitive recovery in the form of soft fascination. At the same time, the Third Place model places parks in the critical position as the functional intermediary space between the high pressure workplace and the private domain of the home. This synergy boosts social capital and is therefore able to operate as an inclusive social leveller where professionals can build community trust and cohesion.

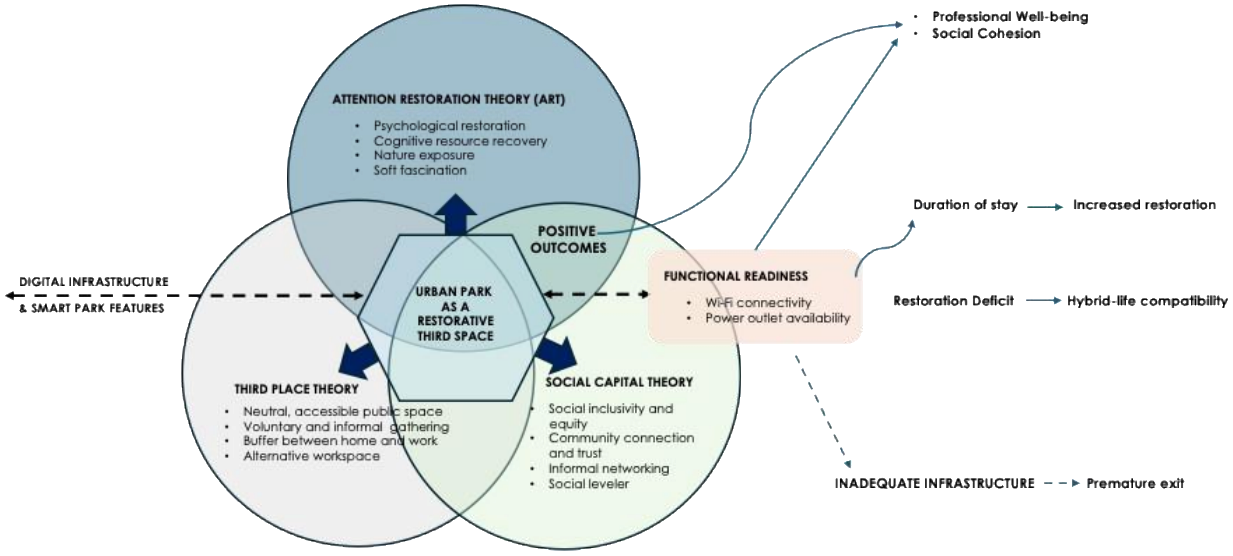


Figure 1. Conceptual Framework of Urban Park as a Restorative Third Space

Nevertheless, there is still a significant gap in the process of developing the concept of the Smart Park. As the current trend of professionals moving towards a hybrid work life model, there has been a critical need to have access to digital infrastructure so as to have functional readiness. The given theoretical model assumes that an urban park should be combined with ecological restoration and digital preparedness to effectively represent a restorative third space concept. This integration is critical to reduce the restoration deficit that arises when professionals being forced to leave natural environments too soon due to lack of adequate infrastructure.

The notion of the Third Place is becoming more influenced by the changing needs of the post-pandemic digital economy. Previous studies emphasize that the blurry boundaries between work and personal life have reshaped green spaces in urban areas and made them no longer just a surface element of beauty, but an important restorative element of urban life. Ashurbaev and Abduvaliyeva (2024) emphasizes that achieving work-life balance requires flexible workplaces that offer scheduling flexibility, significantly reducing stress and enabling workers to effectively incorporate periods of rest and regular exercise into their routines. Singh et al. (2024) further substantiate the notion of parks as hybrid spaces, positing that traditional venues such as parks and community centres must evolve to meet the professional workforce's requirements for social interaction and community cohesion. Pettersen et al. (2026) further substantiate this by asserting that contemporary third places are evaluated based on their capacity to offer both psychological respite and practical utility. The 'Smart Park' system, which includes Wi-Fi and power outlets, is now essential for parks to be useful and relaxing places.

ATTENTION RESTORATION THEORY (ART)

Attention Restoration Theory (ART), introduced by Kaplan in 1995, has gained attention from researchers as it suggests that the ability to concentrate may be restored by exposure to natural environments (Beute et al., 2023). The theory emphasises the need for individuals to take time out from attention-demanding tasks associated with modern life and spend time in natural environments that demand fewer cognitive resources and enable them to recover their attentional capacity (Hartig et al., 2014; Ohly et al., 2016). The four significant pillars of ART described by Kaplan are being away, extent, soft fascination, and compatibility. The most relatable pillar to TTMK is the soft fascination (sensory engagement), which involves natural features like flowing waters or shaking leaves that calm the mind without much effort, and this allows the directed attention mechanism to relax and rest.

THIRD PLACE THEORY

The Third Place Theory introduced by Oldenburg's 1999 (Coleman, 1988) defines third places as neutral, accessible public spaces that encourage social interaction. Goosen and Cilliers (2020) defined third places as public spaces other than homes (first places) and workplaces (second places) where people gather voluntarily and informally. The theory focuses on a few planning approaches, such as placemaking, lively planning, and green urbanism. In addition, another study done by Mimoun and Gruen (2021) and Nimashi and Dharmasena (2023) stated that third place is an informal social hub, and the findings show that many users now treat cafes and similar venues as alternative workplaces, which represent the new social norms due to flexible lifestyles and the rise of remote work. Third Space theory in this research complements the psychological focus of ART, which conceptualises public parks as transition zones between first and second places. In this case, TTMK serves as a professional third space situated between the home and workplace.

SOCIAL CAPITAL THEORY

Social Capital Theory was developed over a period of time by Bourdieu (1986), Coleman (1988), and Putnam (1995). Pierre Bourdieu and James Coleman studied social capital at the individual level, while Robert Putnam studied social capital at the community level (Tsounis & Xanthopoulou, 2025). In relation to this research, Mohsin (2024) indicates that inclusive public spaces may affect the level of social interaction and trust by enabling such interactions. In terms of inclusive design, spaces are accessible, safe, and welcoming to all. This reduces social barriers and makes individuals feel valued and connected to their urban environments. TTMK is related to this theory as it was the foundation for building social capital among the workforce, where people can meet, interact, and participate in activities (Putnam, 1995).

Furthermore, an essential advancement of these theories is the notion of a 'Smart Park'. Contemporary social norms, influenced by adaptable lifestyles and the proliferation of remote work, have redefined public spaces as alternative work environments for employees. According to the studies by Ferdman et al. (2018) and Sjoman et al. (2022), the implementation of digital infrastructure, including Wi-Fi and power sockets, has switched its status from an optional feature to a necessary element that parks are unable to operate without being considered as functioning as a third space in which the professionals work. The combination of these 'smart' will overcome the restoration shortfall found in conventional parks. Therefore, this study examined the gap in the literature of this transition on how TTMK can bridge the gap between the traditional recreation and digital integrated restorative environment.

METHODOLOGY

This study used a quantitative descriptive research design and a case study approach with a structured online survey as the main instrument to gather data. To enable the statistical analysis of professional perceptions, satisfaction levels, and the preferences of future urban park development, the survey was created based on a 5-point Likert scale. The data were collected and analysed by using SPSS and the descriptive analysis was applied to measure the frequencies, percentage, and mean scores (*M*) of all the measured variables. The respondents were selected using purposive sampling. This made certain that the data were specifically targeted towards the specific needs of stressed professionals, a group that tends to be overlooked when visitors to parks can be seen as a homogenous mass. The population under target was limited to a strict sense of professionals working within the Klang Valley. In order to be eligible, the respondent had to fulfill a set of requirements established by the Ministry of Human Resources of Malaysia, including but not limited to high-skilled, office-based, or executive positions. While the age of the participants was restricted to the age of 25-40 years and a total of 25 respondents (*N*=25) were included in this preliminary study. A sample of *N*=25 is a relatively small sample, but, for the purposes of an exploratory study to test the internal consistency of the survey instrument and to gain some initial insights into preliminary trends among population of urban professionals, this sample size is warranted (Beets et al., 2021; Kunselman, 2024).

The research has employed a structured online survey that is divided into eight specialised sections to obtain the overall data on the professional demographics. Whereas, the participants in high-skilled office occupation were screened in Section A. Sections B, C and D provided a quantitative foundation on understanding visitation pattern and dysfunctional features of the park facilities. The theoretical convergence of this study was measured in sections E and F, in particular, the social inclusivity and psychological recovery were measured. Finally, professional restoration

DOI: https://doi.org/10.5281/zenodo.20808999

deficit and future needs were noted in Sections G and H of the questionnaire, which ensured that the proposed methodology took into consideration both the performance of the park and the future needs. The survey instrument was based on the Restorative Components Scale (RCS) created by Laumann et al. (2001) that measures five dimensions of restorativeness; physical and psychological, fascination, compatibility, and extent, all of which are assessed on a 5-point Likert scale. Moreover, descriptive analysis were applied to evaluate categorical data including park visit frequency, spontaneous visit, visit duration and purpose of visitation. Mean scores were computed to assess the performance of particular variables, including the visual appeal of the landscape in the park, universal accessibility, social inclusivity, psychological restoration, and the major functional deficiency. In addition, the methodology also included a reliability test that used Cronbach-alpha to determine the internal consistency of the different sections of the survey instrument. The findings as indicated in Table 1 show that the dimensions generally achieved or exceeded the desired level of 0.70, with psychological restoration recording highest reliability score of 0.87. Although some of these constructs, including physical health and relaxation and loyalty and behavioural intent, have slightly lower scores of 0.69, these values are deemed statistically acceptable to conduct exploratory urban research, which is in line with the accepted academic standards (Adeniran, 2025; Tavakol & Dennick, 2011; Trizano-Hermosilla & Alvarado, 2016). This validation proved that the 5-point Likert scales that were used to assess professional perceptions of the park environment, social inclusiveness and restorative performance were reliable in the descriptive analysis of the study.

Table 1. Reliability Test Results for the Survey Instrument Using Cronbach's Alpha

SECTION	DIMENSION	RELIABILITY
Section C	Environment & Landscape	0.84
	Infrastructure & Digital Utility	0.72
	Maintenance, Safety & Comfort	0.73
	Accessibility & Connectivity	0.84
Section D	Physical Health & Relaxation	0.69
	Events & Programming	0.70
	Rest & Decompression	0.76
Section E	Social Interaction	0.70
	Social Inclusivity & Equity	0.77
Section F	Place Attachment	0.82
	Cognitive Connection	0.7
	Psychological Restoration	0.87
Section G	Loyalty & Behavioural Intent	0.69
	Engagement & Resilience	0.70

RESULTS AND DISCUSSION

The findings suggest that the high degree of spontaneity in the visitation pattern enhanced the role of the park as a reactive coping mechanism in response to acute workplace stress and not in planning a recreational activity. The tendency of professionals to seek restoration at TTMK in the context of cognitive exhaustion is in line with the framework of ART on soft fascination which in this case refers to exposure to environments. The analysis shows that the TTMK as an active coping

DOI: https://doi.org/10.5281/zenodo.20808999

strategy is used more often by the professionals as a reactive behaviour to the acute stress at the workplace as opposed to a part of a planned leisure activity as shown in Figure 2 on the frequency of spontaneous visits. This behaviour is consistent with ART, particularly the concept of soft fascination, in which natural elements such as lakes and trees facilitate the recovery of directed attention mechanisms during brief micro-breaks. Furthermore, Figure 2 indicates that 56% of professional visits to TTMK were spontaneous, with 24% being sometimes spontaneous and 32% being mostly spontaneous. According to Figure 3, a minimum of 64% of professionals engage with TTMK on a weekly basis, with 32% visiting once a week and another 32% visiting three to five times a week.

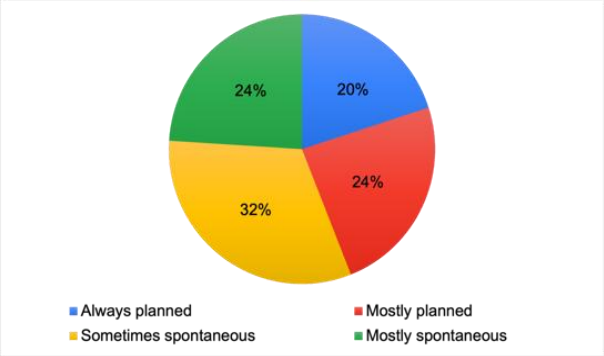


Figure 2. Spontaneity in Visitation Pattern

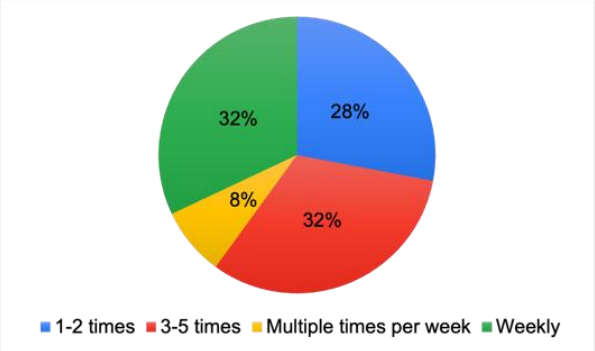


Figure 3. Professional Visitation Frequency

The practical significance of the low readiness scores is evidenced in Figure 4 by the duration of staying 52% for only 31-60 minutes. This suggests that there is a gap between desired and actual use due to a lack of supportive conditions for longer stay. Professionals in this case study can be considered as non-leisure' users who spend half a day in the park. They are users who squeeze time into tight schedules to visit the park for a micro-break, which usually reduces fatigue, prevents burnout, and improves focus without requiring a long, disruptive time away from tasks (Nie et al., 2023). Radwan et al. (2022) justified micro break known as a short break ideally range from 30 minutes to an hour, which match with the findings of duration in this research. Although TTMK can offer nature-based restoration, it fails to support extended stays and indirectly limits its capacity to serve as a fully realised third space.

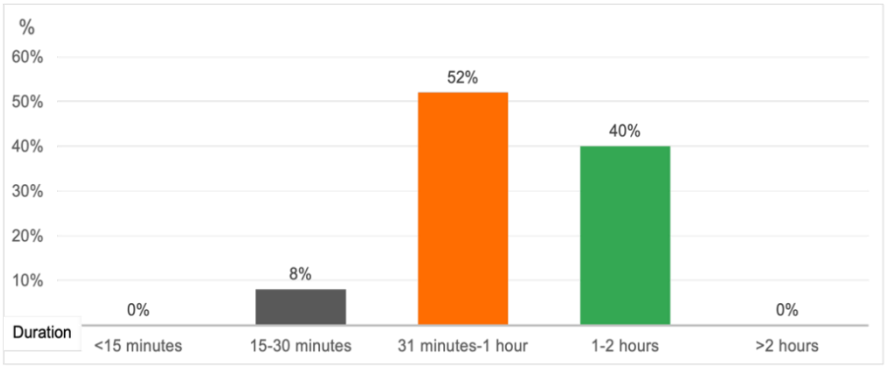


Figure 4. Duration of Park Visits (the micro-break pattern)

Referring to Figure 5 on peak time of visitation, the most popular time among professionals to visit TTMK is in the morning 6 AM to 9 AM (68%) and evening 6 PM to 9 PM (56%). The time of day that professionals visit the TTMK indicates that it is used by them as a psychological buffer. Based on research conducted by Fu et al. (2026) and Wang et al. (2022), psychological buffers include environmental and cognitive factors, where spending time in nature allows a person to maintain their mental health despite facing significant challenges.

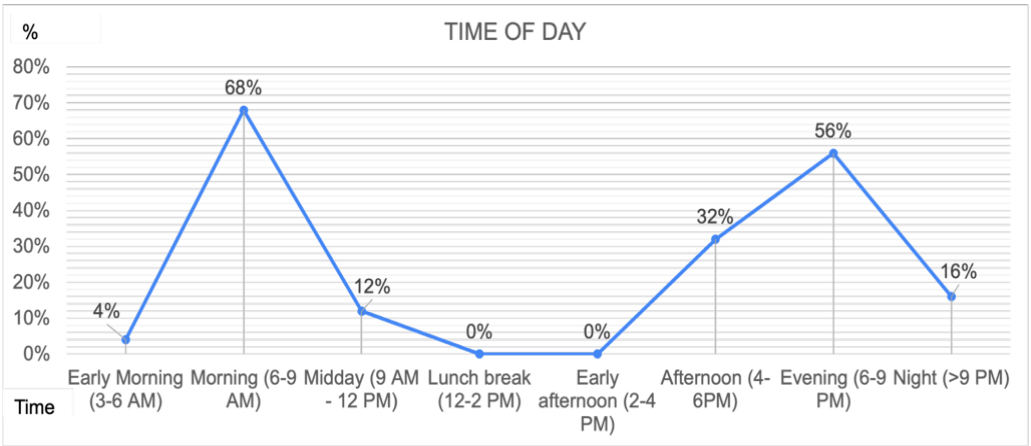


Figure 5. Peak Visitation Times for Professionals

Figure 6 shows the purpose of professionals visiting TTMK, where 88% of them came for exercise and 76% for relaxation/mental decompression. Both purposes are almost equal, and this explains that professionals view the park as a third place for them to find health and mental balance. They went to the park to fix two things; physical stagnation (sitting for a long time at a desk) and mental fatigue (office stress from excess workload). With respondents citing exercise and mental decompression as a primary motive, it is evident that the park serves as a soft fascination from the directed attention fatigue (Ohly et al., 2016) correlative to Kuala Lumpur's high pressure professional environments.

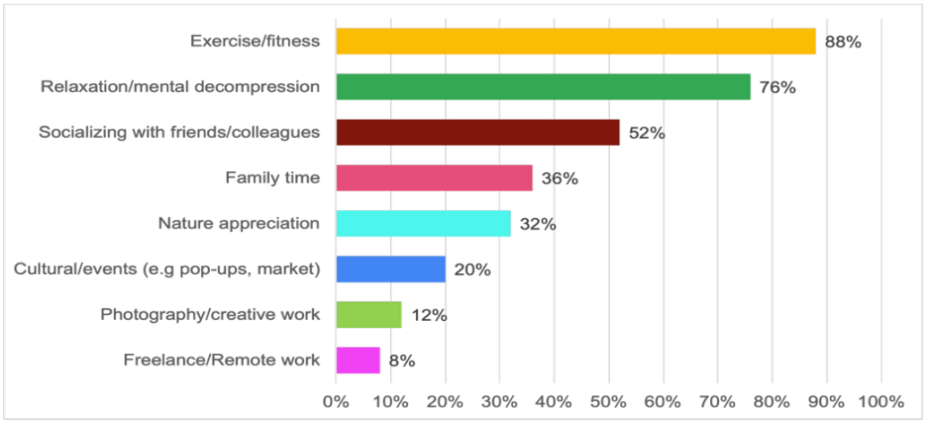


Figure 6. Primary Motivations for Visitation

As shown in Table 2, C15 has the highest mean, followed by D2, and C14 has the park's greatest strengths, proving that TTMK is a beautiful park and easy to enter. The findings prove that when the park offers soft fascination, such as trees and lakes, the professionals feel refreshed even if they only stay for 45 minutes. Despite C9, D1, and C10 performance levels indicating a consistent dissatisfaction among professionals, TTMK thrives as a successful park, but the deficit in digital infrastructure is a statistically reliable finding within this attribute. The data also show that TTMK is an active park for physical activities but not a passive work hub. The gap between landscape visual appeal *(M=4.32)* and suitability for remote work *(M=2.64)* triggered a friction point that TTMK's unreadiness to support modern professional needs.

Table 2. Evaluation of TTMK Park Attributes

ATTRIBUTE CODE	PARK ATTRIBUTE	MEAN (M)	SD	PERFORMANCE LEVEL
C15	Landscape Visual Appeal	4.32	0.90	Excellent
D2	Physical Activity Suitability	4.40	0.58	Excellent
C14	Universal Accessibility	4.28	0.74	High
C9	Wi-Fi / Mobile Signal	2.92	1.15	Poor
D1	Remote Work / Laptop Use	2.64	1.11	Poor
C10	Power Outlet Availability	2.52	1.08	Critical Failure

According to the result, high scores in visual appeal of the landscape validate that the soft fascination is necessary to alleviate the directed attention fatigue in observed micro-break patterns. However, although digital integration is required for modern public spaces (Abdelhamid 2019; Sjoman et al., 2022), TTMK is lacking in terms of functional readiness and it can prevent the park from becoming the third space. This shows in the critical failure results for TTMK's power outlet availability (*M*=2.52) and Wi-Fi connectivity (*M*=2.92) reinforce the importance of a 'restoration deficit' as the failure to have their spaces ready for restorative use produces a significant loss of restorative time for professionals even though the park is also highly visual appealing (*M*=4.32).

Meanwhile, Table 3 measures how parks function as social spaces for interaction and experience. TMMK can be considered an inclusivity success type of park because most of the dimension scores

DOI: https://doi.org/10.5281/zenodo.20808999

are the highest for this section, especially D1. The high mean score for social inclusivity (*M*=4.40) indicates that TTMK serves as a valuable neutral ground that supports the bridging social capital as suggested by Putnam (2000) which reinforces the debate on urban planning that public parks are able to reduce social fragmentation that is commonly found in high-stress urban areas, such as Kuala Lumpur. This park is inclusive of all, regardless of economic status, ethnicity, gender, or age.

Table 3. Social and Psychological Performance of TTMK

DIMENSION	MEAN (M)	SD	PERFORMANCE LEVEL
D1: Social inclusivity and equity	4.40	0.55	High
D2: Community vibe and connection	4.03	0.77	High
D3: Social comfort/privacy	4.32	0.69	High
D4: Psychological restoration	4.10	0.85	High

The findings also indicate that TTMK is one of the few parks in Kuala Lumpur where people can interact and feel a sense of community. D4 on psychological restoration also scored higher consensus, proving that TTMK did affect the mental health of its users in terms of their mood improvement, peace, and mental refreshment after visiting the park. Collectively, these elements of comfort, inclusiveness, safety, and mental health satisfaction guarantee that public parks will successfully serve the requirements of professionals and promote social cohesion (Qi et al., 2024). Therefore, it is confirmed that parks are an effective tool for curing workplace burnout, the inclusivity profile for the park is balanced, and it fulfils the objectives of this research.

Furthermore, the balanced visual appearance and high scores in all quadrants in Figure 7 demonstrate that TTMK is effective in treating workplace burnout. The graph supports the study's use of ART and Social Capital Theory, demonstrating that parks are effective in providing psychological escape and promoting social inclusion and cohesion. Therefore, these sources ensure that parks address the social and psychological needs of the professional workforce. Additionally, the study underscores that, despite digital advancements, professionals continue to prioritise essential spatial qualities. The fundamental needs of the future park involvement require the environment is kept clean, well maintained and highly secure. This study points out that neglecting certain preferences in the form of better infrastructure and environmental conservation is a threat to traditional urban parks, as it is possible to lose their users to new, digitally integrated urban environments.

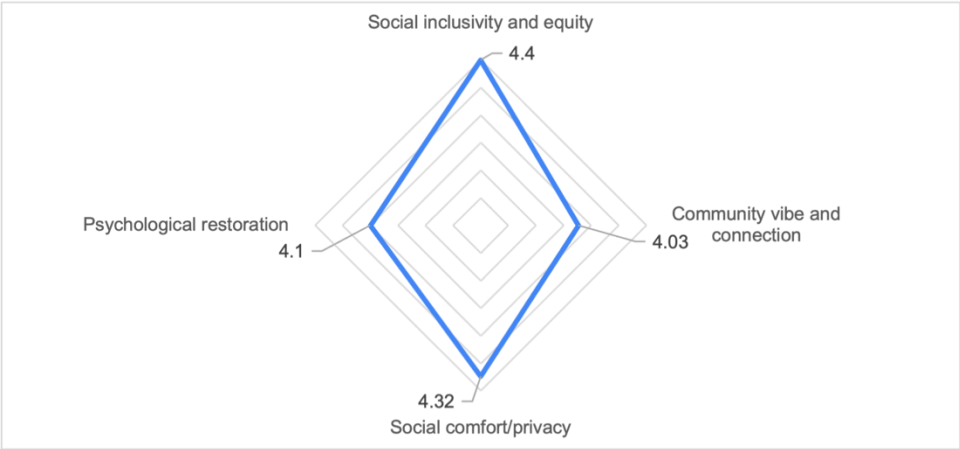


Figure 7. Social and Psychological Performance of TTMK

As a conclusion, the study results were able to meet the study objectives by showing that there was a significant mismatch between the traditional design of the TTMK and the functional needs of the modern workforce. The evidence concerning the first and second objectives indicates that TTMK is more of a reactive coping mechanism towards managing acute workplace stress rather than being a venue where scheduled leisure pursuits take place. In particular, 56% of the visits were spontaneous and 52% of the visits lasted between 31 and 60 min, representing a pattern of micro-breaks developed to relax the mind. On the third objective, the research supports the effectiveness of the park as a socially inclusive third space that facilitates psychological restoration as shown by the high mean scores of the social inclusivity (M=4.40). The result also highlighted a considerable restoration deficit and functional unreadiness which could be attributed to insufficient digital infrastructure, and in particular the availability of power outlets and Wi-Fi connection. These results suggest that though TTMK currently follows the recreational model that existed in the 1990s and fails to support the needs of the professionals as required.

CONCLUSION

The research concludes that TTMK is an already successful restorative place of professional workforce of Kuala Lumpur, but it operates under a traditional utility model that cannot meet the needs of a modern, digitally integrated society. The key takeaway is that users see the park as a high-quality aesthetic space, but in the absence of digital connectivity, it cannot be a versatile workspace, and in the future, it may need a smart urban setting. Even without addressing specific preferences, the park is at risk of losing its professional user base to more modernised urban developments. These results suggest that professionals still desire their basic requirements for a clean, well-maintained, upgraded infrastructure, and a secure environment, which remain fundamental prerequisites for engaging with parks (Wojnowska-Heciak et al., 2022).

In addition, by building on these foundational elements, municipal authorities and urban planners can enhance the practical utility of urban parks for professionals by prioritising the development of digital infrastructure. This includes the installation of charging stations and the provision of high-speed Wi-Fi. The redesign should transition from the conventional recreational model to a 'Smart Park' framework that accommodates hybrid work-life requirements, thereby enabling professionals to engage in remote work from any location without encountering a restoration deficit. It is recommended that future developments in TTMK should aim to harmonise the

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preservation of its notable aesthetic appeal (*M*=4.32) and social inclusivity (*M*=4.40) with improvements in physical infrastructure and the establishment of secure environments. The policymakers can transform the urban parks into the valuable tools in reducing workplace burnout and improving overall quality of life of the professional population in Kuala Lumpur.

Lastly, the research also contributes to the theoretical discussion by elaborating on the Third Place Theory and suggesting that the notion of a place in which the modern workforce is to be employed is no longer confined to the physical or social aspects thereof but instead, defined by its digital-functional preparedness. The psychological benefits which are attributed to ART, including soft fascination, are partially lost in the absence of the environment having the compatibility necessary to support contemporary professional activities, leading to a restoration deficit. By combining ART, Third Place Theory, and Social Capital Theory, this study comes to the conclusion, that even though TTMK is a useful tool in the psychological restoration and social cohesion processes, the traditional utility model is becoming less and less aligned with the needs of contemporary hybrid work environments and requires reconsideration. In order to remain relevant, urban green areas must be turned into smart settings and combine both ecological and digital advantages. This change is hypothesized to be a wholesale need to enhance the standard living and to retain the working user population in the fast-urbanising regions.

ACKNOWLEDGEMENT

This study was conducted independently and received no external funding.

CONFLICT OF INTEREST

The authors declare that there are no known competing financial interests or personal relationships that could have influenced the work reported in this study.

CONTRIBUTION OF AUTHOR

Sharifah Athirah Izyan Wan Kassim was responsible for the primary conceptualization of the study, the development of the methodology, data collection, statistical analysis, and the drafting of the original manuscript. Hairul Nizam Ismail validated the research findings and contributed to the review and editing of the final document. Together, both authors collaborated to ensure the study accurately evaluated the role of Taman Tasik Metropolitan Kepong as a restorative space for urban professionals.

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