

Why do beautiful natural photos make people feel happy?

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Researchers have recently discovered evidence that beautiful nature photos are truly a 'medicine' for people's moods. It makes us feel comfortable, relaxed and happy.

By using AI (artificial intelligence) to analyze a series of photos related to nature posted on social networking platforms, scientists have obtained a satisfactory answer.

Specifically, the research team of the National University of Singapore used automatic image recognition technology (a machine learning technique) to analyze more than 31,500 nature photos, uploaded by network users. societies from 185 different countries around the world. They found that images containing nature, animals, tagged as #fun, #vacations, and #honeymoons received far more fun interactions than ordinary images of human life (#daily or #routines).



Going into the analysis, the scientists found a link between the 'Biophilia Hypothesis' and the feeling of comfort and happiness of humans when viewing the beautiful natural scenery. The biophilia hypothesis refers to people possessing an innate tendency to seek connections with nature and other life forms, coined by Edward O. Wilson in a book titled 'Biophilia'. He defines biophilia as "the urge to associate with other life forms".

Previously to prove this hypothesis, more in-depth, costly and time-consuming in-depth studies would be needed. However, the emergence of AI can provide a more efficient method, creating enough quantitative evidence needed without having to undergo field surveys.

'The combination of social media data and AI opens the door for us to conduct such unprecedented large-scale global research, thereby better understanding the interaction between nature'. and human emotions, 'said Dr. Chang Chia-chen, who led the research team.

Finally, research shows that protecting the natural environment will not only bring about ecological and economic benefits, but also help us to have a happier life in the future.

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