

Study of the Healing Effect of Communication with Plants Applying Sensing of Environmental Information Around the Plants

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Nowadays, owing to drastic changes in social conditions, people are increasingly becoming stressed. Consequently, the number of people who want to be healed is also increasing. In this study, we focused on the use of plants to reduce stress. We develop a pseudo-communication system with plants using 7 sensors (for temperature, humidity, CO₂, and so on), a microphone, and a display. The system will have healing effects such as those of counselors or animal-assisted therapy. Then, a communication experiment is carried out to confirm that the proposed system can reduce user's stress. As a result, from amylase activity, it is found that user stress is reduced when the user uses the system when stressed. Therefore, it is clear that the proposed communication system has some healing effect on stressed users.

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