



JYVÄSKYLÄN YLIOPISTO  
UNIVERSITY OF JYVÄSKYLÄ

# Experiencing Wellbeing Through Citizen Science

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10.6.2026 JYU Staff Week/ Track 2

# JYU.Well Summer Team 2026

Nine people, five different  
disciplines, one common task  
citizen science of wellbeing



# What is a Citizen Science?



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# Some benefits of Citizen Science



## To the scientific community

- It may be possible to collect more extensive data
- Can enhance innovation, for example, new research areas

## For an individual

- Learning and understanding of scientific processes
- There is a possibility to influence something, which is a meaningful

## For the society

- Encourage participation in various aspects of society
- Increase general trust for science

Connects scientists and a people together, which makes science more accessible.

Svahn.E, Rabb.V & Rosti.T, (2022). *Opas kansalaistieteen tutkijalle*. Tieteellisten seurain valtuuskunta osana Vastuullinen tiede - julkaisusarjaa. Tieteellisten seurain valtuuskunta), Kansalaistieteen työryhmä, (2022). *Kansalaistieteen suositus*. Tiedonjulkistamisen neuvottelukunta ja Tieteellisten seurain valtuuskunta. Tieteellisten seurain valtuuskunta

# PORRASTESTI – example of citizen science of wellbeing



- Porrastesti a **mobile application to test endurance fitness**. After the test, users receive an estimate of their fitness level.
  - The scales for fitness levels are 1-7, when 7 is the best.
- The purpose is to help users to follow changes in their fitness levels but also learn about the factors affecting endurance fitness.
- Designed for adults
- 4 test places in Jyväskylä. (2 indoors, 2 outdoors)



Discussion:

# Is your university familiar with Citizen Science?

# Let's do a small practice together, don't worry it is easy and everybody can participate!

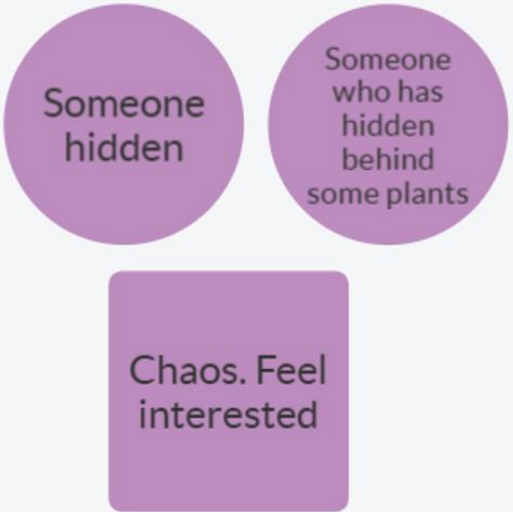


- 1. First... Take a deep breath, relax and take a quiet moment to look at the picture.
- 2. And remember that there are no right or wrong answers. Only your opinions.
- Write your answers to flinga via QR
  - <https://urly.fi/49lx>





# Feedbacks/results



Observing, waiting for, hiding,

An artificial set-up of a beautiful garden tree, with some lighting.

Beautiful

An illustration similar to one from a children's book. Some fairy-tale creature living in the forest, its bodyparts are from plants.

It looks like a very overgrown house... at the same time like a mask made out of plants, it is beautiful... the face inside looks animalistic? it looks natural and unique

I see cat eyes behind two wooden windows surrounded by different green plants. It's a little messy but not disturbing

# Arts and wellbeing



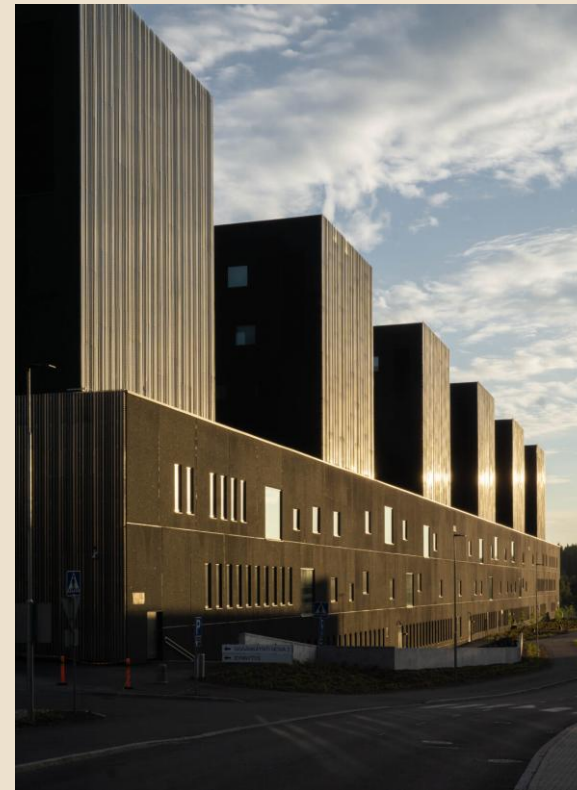
- The practice we just did – based on VTS – visual thinking strategy
- **Case of Hospital Nova, here in Jyväskylä** - They have their own art programme which is developed specially for interactive art and a new way to promote wellbeing in hospital environment
- There are many studies that show how art can support your wellbeing, especially in the hospital environment – mental & physical, recovery etc.
- Studies show for example how art can improve your emotional skills, ease pain, or help you move better

# Photos and examples from Sairaala Nova's art



Petri Vainio, "Kukkajärvi", "Flower Lake" - Light installation

The artwork in the restaurant space, *Flower Lake*, invites viewers to lift their gaze toward life's small wonders and to notice the beauty that surrounds them. [Sairaalataide | Keski-Suomen hyvinvointialue](#)



Hospital Nova's façade.

Tiina Pyykkinen,  
"Notes of life".

The light changes beautifully throughout the seasons, and at different times of the day—morning or night—the façade always appears as a constantly evolving work of art.

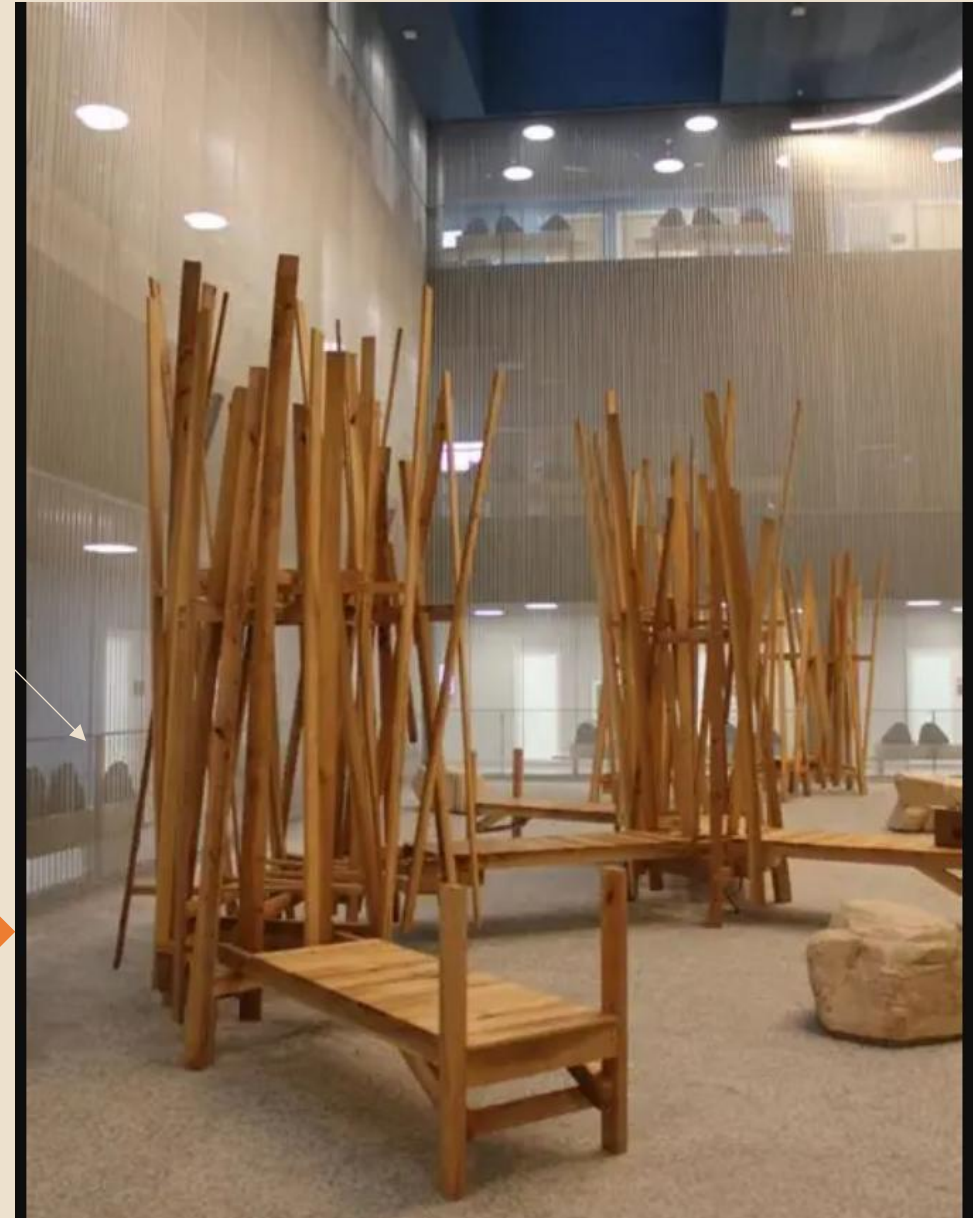


## Keski-Suomen Sairaala Nova / Kati Immonen

- The nature theme is seen all over at the Hospital's environment and selected art.

### **Nora Tapper, "Kaislikko", "Reeds"**

The space invites visitors to sit, breathe, and rest with their own thoughts. The piece guides the viewer to the water's edge, to a pier.



# AistiSiimes - Wellbeing through Art and Nature

- Combines nature, art, and all senses in an innovative way
- The space is surrounded by unique art fabrics and elements from nature
- Siimes functions as a new kind of place for relaxation and interaction
- Offers memorable experiences
- Acts as a counterbalance to busy everyday life
- Provides new ways to use a space
- **Developed in collaboration with hospital environments, JYU Well professionals in social and healthcare services, as well as the education and youth sectors**

Aistisiimes – Liikuteltava luontohyvinvointitila | Jyväskylän yliopisto  
AistiSiimes – Rauhoittava ja luonnonläheinen hoitotila Sairaala Novassa  
AistiSiimes Taide- ja luontoelämystilä  
17.6.2026



# Art in Hospitals



- Art has a way of soften the hospital environment: Visual, premises, and auditory elements make a clinical setting **more humane and pleasant**
- Several different studies show that art in hospitals enhances both **mental and physical wellbeing**. It has also been shown that art can speed up recovery time.

(Koivisto.T-A & Tähti.T, (2024). *Taide ja kulttuuri edistävät terveyttä ja hyvinvointia*. Suomen

Lääkärilehti. <https://www.laakarilehti.fi/tieteessa/katsausartikkeli/taide-ja-kulttuuri-edistavat-terveytta-ja-hyvinvointia/> )

Kuuva, S., Luukkanen-Hirvikoski, T., & Lähdesmäki, T. (2023). *Sairaala taiteen näyttämönä: Näkökulmia sairaalataiteen tutkimukseen*.

# Group exercise – Planning your own small-scale citizen science research project



- Purpose: A study that examines some aspect of wellbeing
- Participants are **active** contributors in collecting information
- The study can be conducted here with a second group; duration approximately **5–10** minutes
  
- You have **20** minutes to plan your project

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1. **Create** a research question
2. **Citizen**: Who participates? (the other group)
3. **Data**: What kind of data is collected? (feelings, sound, movement, photos, nature observations, stress levels etc.)
4. **Method**: How do participants contribute?
5. **Impact**: How could this benefit individuals/ researchers?



**Group exercise time.  
Each group has 5-10 minutes.**

# Conclusion: Workshop 10.06 - JYU Staff Week.



## Group A:

- Research question: What activities do they feel most to relax/relieve stress when they move/travel to a new location?
- Data collection: Questionnaire (a list of places, and participants select the places in order relating to the most preferred to the least preferred)
- Results: The most common activity is walking (getting to know the environment)
- Impacts: Tips for travellers to experience less stress.

## Group B:

- Research question: How exposure to sun would help people to have positive/negative emotions?
- Data collection: Interview about emotions after the exercise under the sunshine, adults (18+)
- Results: None (as there was not enough time to collect)
- Impacts: Immersing into the environment, balancing emotions, contemplation.

# Closing discussion

- How did these exercises feel to you?
- What challenges did you face?
- How could this look like at your university?



# THANK YOU!

