

# Balance between Dynamic and Static: Space Shaping in Landscape Design

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## ABSTRACT

Space shaping in landscape design should focus on reasonable space layout to balance dynamic and static activities. A reasonable space layout should ensure openness and comfort and meet diverse usage needs. In addition, space design should fully consider natural lighting and ventilation conditions to create a warm and pleasant environment. Looking to the future, space construction and block renewal and transformation will further integrate efficient and functional landscape design concepts to improve space utilization efficiency and optimize usage effects, thereby promoting the coordinated development of people and the environment and meeting the public's growing spiritual and cultural needs.

**Keywords:** *Landscape design, Space shaping, Dynamic and static balance.*

## 1. INTRODUCTION

The "Proposal of the Central Committee of the Communist Party of China on Formulating the 14th Five-Year Plan for National Economic and Social Development and the Long-Range Objectives for 2035" explicitly put forward the "implementation of urban renewal actions," emphasizing the promotion of people-oriented new urbanization and proposing a series of guiding principles for the optimization of urban construction. These include the implementation of urban ecological restoration and functional improvement projects, the coordinated planning, construction, and governance of cities, the rational determination of urban construction scale, the optimization of urban spatial structure, the enhancement of flood prevention and drainage capabilities, and the advancement of sponge city and resilient city construction [1].

Against the backdrop of urban renewal, the optimization of urban spatial structure has become an important task in enhancing urban functions and environmental quality. Landscape space shaping plays a key role in this process. Through the rational design of shared activity spaces, it is not only possible to improve the quality of urban public environments but also to meet the leisure and social needs of different age groups, thereby enhancing the inclusiveness and multifunctionality of urban

spaces. The design of shared activity spaces needs to balance dynamic and static activities to cater to diversified social demands, promote community interaction and social integration, and thus drive the sustainable development of urban spaces.

### ***1.1 The Concept of Space Shaping in Landscape Design***

Landscape encompasses a broad range of connotations. It possesses temporal attributes and is a dynamically evolving ecosystem formed by the interaction of the geosphere, biosphere, and human cultural sphere. In a broad sense, landscape is a complex of natural and human-made environments, including all natural and artificial constructs perceptible to the human eye. In a narrow sense, landscape primarily refers to the surface features with visual characteristics and the overall structure formed by their interactions.

In landscape design, spatial layout is a key factor in shaping activity spaces. Rational spatial organization not only needs to achieve a balance between dynamic activities and static environments but also should provide spacious and comfortable user experiences to meet the diverse needs of different groups of people. Moreover, the lighting and ventilation conditions of space are crucial for shaping the environmental atmosphere. Good

natural lighting and air circulation can create more livable and cozy landscape spaces, enhancing the physical and mental experiences of users.

From the perspective of morphological characteristics, modern landscapes can be broadly divided into two categories: natural landscapes and urban landscapes. Natural landscapes usually take natural terrain and ecological environments as the main body, including mountains, hills, water bodies, forests, wetland parks, and other nature reserves. These landscapes mainly rely on the original environment and are optimized through moderate human intervention to preserve their ecological value and landscape characteristics. In contrast, urban landscapes are artificial environments shaped by human activities, covering a variety of landscape elements such as parks, squares, streets, and residential areas. These spaces create environments suitable for human activities within a defined area through artistic design and functional layout, forming coherent positive landscapes.

### ***1.2 The Concept of Space Shaping in Landscape Design***

In modern urban development, landscape spaces not only undertake the functions of ecological restoration and beautification but also play a key role in shaping public activity venues and enhancing urban livability. Therefore, landscape design needs to comprehensively consider spatial layout, ecological benefits, and humanistic needs to construct a high-quality space system that combines functionality and aesthetic value.

## **2. THE BALANCE OF DYNAMICS AND STATICS IN LANDSCAPE DESIGN**

### ***2.1 Design of Static Areas***

Static spaces in landscape design serve the functions of rest, viewing, and psychological regulation, and are an important part of creating a comfortable environment. The planning of rest areas is particularly crucial. Their layout should be rational for easy access, and they should be equipped with comfortable and practical facilities to enhance the overall spatial experience. Moreover, the completeness of shading and rain protection facilities directly affects the livability of the space. Rational protective design can ensure the comfort of users under different weather conditions.

The core value of static spaces lies in achieving passive psychological regulation and stress release through sensory stimulation from the environment. The design can introduce various natural elements, such as fountains, herb gardens, and sunlit forests, to enhance the immersive landscape healing effects with sensory experiences like the sound of water, bird songs, floral scents, and gentle breezes. In addition, combining appropriate landscape layouts, such as tranquil viewing areas or stress-relief spaces, can naturally guide people into states of contemplation, meditation, or relaxation upon entering.

Teju Cole, a black writer from New York, mentioned the tranquil spaces in the city in his novel "Open City." He believes that true "tranquility" is not simply "silence" but a frictionless state of resonance where the space can stably accommodate individual psychological needs, allowing people to feel safe and peaceful. Therefore, tranquil spaces are not only physical places for rest but also important environments for psychological healing and spiritual adjustment.

In static areas, people can experience the surrounding environment through their five senses, such as listening to the sound of running water, feeling the gentle breeze, observing changes in light and shadow, and smelling the fragrance of plants, thereby achieving stress relief and emotional adjustment. This process can be regarded as "observational passive stress-relief therapy," where individuals obtain psychological healing through immersion in the natural environment, achieving "introspection" and emotional release [2]. Landscape design creates static spaces that are deeply integrated with nature in this way, allowing people and the environment to achieve a balance of body and mind in harmonious coexistence.

### ***2.2 Dynamic Area Design***

Dynamic spaces in landscape design serve the functions of promoting physical health, relieving stress, and enhancing social interaction. Exercise not only strengthens physical fitness but also effectively alleviates mental stress and physical fatigue, which is an important way to improve mental health. Research has shown that regular exercise can promote the secretion of endorphins and dopamine, enhancing individuals' sense of pleasure and happiness. Therefore, in landscape design, the rational planning of dynamic activity areas helps to enhance the vitality and value of public spaces.

The planning of dynamic areas needs to fully consider the needs of different age groups to provide a variety of activity facilities. For example, fitness tracks can be set up to meet different levels of fitness needs; children's climbing facilities and dry fountains can be added to improve children's physical coordination and enhance fun; fitness equipment for the elderly can be configured to promote healthy exercise and social interaction. In addition, the design of walking paths can provide a comfortable slow-walking experience for users of all ages, combining exercise with landscape appreciation to enhance the pleasure of walking [3].

Dynamic areas not only provide places for individuals to exercise but also create social opportunities in public spaces. Through active or passive exercise, people can not only consume energy and relieve stress but also establish connections between people in shared spaces, enhancing community interaction and social cohesion. The openness of public spaces allows individuals to naturally interact with the surrounding environment during exercise, forming multi-level connections between people and landscapes, and between people themselves, thereby enhancing the overall vitality of urban spaces.

As a public space, the design of dynamic areas should fully consider the diverse usage needs, aiming to promote interaction and communication among different groups of people. Therefore, rational planning of dynamic areas is not only the key to enhancing the functionality and social value of the space but also the foundation for building harmonious communities. To achieve this, the following basic principles should be followed in the design:

### 2.2.1 *Principle of Joint Participation*

The design of dynamic areas should encourage users of different ages to participate in activities together, promoting interaction and cooperation among family members. The core of this principle is to create an inclusive environment where users of different generations can share the space and experience together. For example, the establishment of parent-child activity zones can not only attract parents and children to participate in various interesting activities together (such as handicraft making, outdoor games, reading corners, etc.), but also enhance parent-child relationships and provide the elderly with opportunities to interact with the younger generation, enriching their social lives.

Through such design, the space can become a bond for intergenerational interaction, improving communication and exchange among people of different ages and enhancing community cohesion.

### 2.2.2 *Multi-Functional Facilities*

To meet the needs of users of different ages, dynamic areas should have flexible functional facilities. For children, the design should include various types of play facilities, such as slides, swings, and playgrounds, which can meet their physical activity needs and enhance entertainment. At the same time, considering the needs of the elderly, appropriate fitness facilities should be provided, such as Tai Chi areas, yoga platforms, and fitness equipment, which can help the elderly maintain their health and promote social activities. In addition, dynamic areas should also include some quiet rest areas to provide comfortable relaxation spaces for users who have participated in physical activities, ensuring that they can recover their energy when needed and continue to enjoy the fun brought by the activities.

### 2.2.3 *Usability Principle*

Usability is one of the key factors that must be considered in design. Whether it is young people, children, or the elderly, all users should be able to use the space conveniently and intuitively. Therefore, the spatial layout, facility design, and signage system need to be carefully planned to ensure that different groups can easily understand and use them. For example, by setting up clear and explicit signs and directional facilities, people can be effectively guided to the facilities or activity areas they need. In addition, considering the special needs of the elderly and children, the design should have barrier-free passages and appropriate facility configurations to ensure their safety and comfort when using the space [4].

The landscape design of a workspace should not only focus on functional needs but also fully consider the needs for leisure and relaxation to help employees effectively unwind both physically and mentally during busy work periods. In this process, the design of dynamic and static recreational facilities becomes an important part of enhancing the value of space usage. Reasonably designing these facilities can meet diverse needs while also improving the aesthetic value of the space, creating a leisure environment that is both practical and visually appealing.

Firstly, the workspace should consider setting up facilities that promote physical activity, such as fitness equipment, jogging tracks, and cycling paths. These facilities can encourage employees to engage in physical exercise during work breaks, effectively relieving work stress. Research has shown that regular exercise can improve mental health levels, reduce anxiety and fatigue caused by work, and thereby enhance work efficiency. Therefore, these facilities not only meet the need for leisure but also enhance the functional effectiveness of the space from a practical standpoint, promoting the physical health of employees.

Secondly, the role of landscape aesthetics is also crucial in the design process. When designing recreational facilities, it is essential to ensure that these facilities harmoniously integrate with the surrounding natural environment and architectural style. Through appropriate design, recreational facilities can form a unified whole with the landscape environment, enhancing the visual appeal of the space. For example, vegetation cover and landscape elements can be used to visually blend the facilities with the surrounding environment, creating a tranquil and comfortable leisure atmosphere.

In addition to functionality and aesthetics, the landscape design of a workspace should also focus on sustainability and environmental friendliness. The use of eco-friendly materials is one of the keys to achieving this goal. During the design process, durable and environmentally friendly materials should be prioritized to reduce resource waste and environmental burden. Moreover, to ensure the long-term effectiveness of the facilities, the design should fully consider the maintenance and management of the facilities, ensuring that they can operate stably in the long term while meeting environmental protection and energy-saving standards.

Ultimately, a well-designed leisure space can not only improve the work efficiency and quality of life of employees but also provide psychological and physiological relief in daily work. By taking into account functionality, aesthetic value, and sustainable development, the landscape design of a workspace can create a multifunctional, healthy, and comfortable working environment for employees, enhancing the overall work atmosphere and boosting employee enthusiasm and sense of well-being.

### 3. CONCLUSION

In the process of modern urban construction and development, the shaping of space in landscape design is increasingly focusing on the balance between dynamic and static elements. With "humanism" as the core concept, the goal of landscape design is not only to enhance the visual appeal of space but, more importantly, to care for the physical and mental health of space users. This development trend reflects the continuous pursuit of a high-quality living environment and also drives the process of urban space renovation and improvement.

As urban construction progresses in the future, especially in neighborhood renewal and space transformation, landscape design will increasingly incorporate innovative elements that can meet functional needs. These designs not only consider the aesthetic functions of space but also, through scientific and rational spatial layout and facility configuration, improve the efficiency of space use and further optimize the diversity of space functions. This people-oriented design philosophy can effectively promote harmonious coexistence between humans and the natural environment and meet the growing spiritual and cultural needs of modern society [5].

It can be anticipated that in future urban space design, landscape design will no longer be limited to visual aesthetic expression but will also focus on how to enhance the actual use of space through functional design. By providing more leisure, interactive, and working environments that meet human physical and mental health needs, the functionality and aesthetic value of urban space will be enhanced simultaneously. Therefore, landscape design is not only a transformation of the environment but also a response to the spiritual and cultural needs of urban residents, further promoting sustainable social development and the improvement of human well-being.

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