Experience of Nature (ENS)

Reference:	Büssing A, Recchia DR, Ortiz M: Validierung eines Fragebogeninstruments zur Erfassung des Erlebens von Natur als subjektive Empfindung. Complementary Medicine Research 2024; 31 (4): 309–318. https://doi.org/10.1159/000538807
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Origin: Original instrument

Purpose: Most of the current studies on the influence of nature on health issues address the rather cognitive concept of "nature relatedness", while the experiential aspects ae mostly neglected. While Nature-relatedness describes positive attitudes towards nature as a habitat, the experiences of nature focus on the perception of being in green nature and interacting with the environment. To close this gap in research, the Experience of Nature scale was developed.

Population: Adolescents, adults, and elderly

Administration:

Rater: Self-administered or interview-administered

Time Required: 1 min. for self-administration

Training: none

Scoring: The experiences were rated using a 5-point Likert scale (0 - strongly disagree; 4 - strongly agree). The scales were calculated as a mean score, representing the level that corresponds to the degree of agreement.

Coverage: Research and Clinical

Reliability: The ENS uses 11 items that can be differentiated into three main factors: 1) Everyday detachment/Relaxation (Cronbach's $\alpha = 0.87$), 2), 2) Fascination with nature/Wondering (Cronbach's $\alpha = 0.82$), and 3) Sense of responsibility for nature (Cronbach's $\alpha = 0.85$).

Validity: With respect to convergent validity, the ENS is strongly correlated with Nature-relatedness (NR6: r=.695) and Awe/Gratitude (GrAw-7: r=.545), but only marginally with conceptually unrelated constructs such as psychological wellbeing (WHO-5: r=.145) or dispositional Gratitude (GQ-6: r=-160).

Strengths: Strength of the instrument, which avoids exclusive language, and its applicability also to non-religious persons. Even non-religious / non-spiritual (R-S-) may have these perceptions – although often to a lower extent. It is thus suited also in secular societies to measure experiential aspects of spirituality.

Syntax:

```
COMPUTE ENS_MeanScore =
MEAN(NV1,NV2,NV3,NV4,NV5,NV6,NV7,NV8,NV10,NV11,NV12).
COMPUTE Everydaydetachment_Relaxation= MEAN(NV1,NV2,NV3,NV4,NV5) .
COMPUTE FascinationwithNature_Wondering = MEAN(NV6,NV7,NV8,NV10) .
COMPUTE Senseofresponsibilityfornature = MEAN(NV11,NV12) .
EXECUTE.
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Bibliography

Büssing A, Recchia DR, Ortiz M: Validierung eines Fragebogeninstruments zur Erfassung des Erlebens von Natur als subjektive Empfindung. Complementary Medicine Research 2024; 31 (4): 309–318. https://doi.org/10.1159/000538807

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Büssing A: Nature experience, awe perceptions, and wellbeing of visitors attending the Soul Places in the Sauerland area. In: Christos Th. Gallis CT (ed.) Congress Book 4th World Conference on Forests and Park for Public Health, Luxembourg, www.fphcongress.org, p. 57

Fradelos EC, Mavridou S, Tzavella F, Büssing A, Papagiannis D, Dimitriadou I, Saridi M, Toska A: Translation, Cultural Adaptation, and Psychometric Validation of the Experience of Nature Scale (ENS) in a Greek Population (submitted)

Please evaluate the following statements and answers as you really feel and think, and not as you think "most people" would feel or as it ideally should be. When I am in nature (e.g. walking, hiking, cycling), …		strongly disagree	Rather disagree	neutral	rather agree	strongly agree
EN1	I can let go of all the stresses of everyday life.	0	1	2	3	4
EN2	I feel comfortable and balanced.	0	1	2	3	4
EN3	I enjoy these breaks of peace and quiet.	0	1	2	3	4
EN4	I can let go of all cloudy thoughts.	0	1	2	3	4
EN5	I enjoy being able to get away from all the stresses and hassles of everyday life.	0	1	2	3	4
EN6	I enjoy being able to "immerse myself" in the beauty of nature.	0	1	2	3	4
EN7	I'm fascinated by the diverse beauty that always comes my way.	0	1	2	3	4
EN8	I notice a lot of "small" details that make me pause in amazement.	0	1	2	3	4
EN10	I enjoy being touched by nature (e.g. the warmth of the sun, light raindrops, a mild breeze, the rustling of the leaves)	0	1	2	3	4
EN11	I feel a responsibility to protect and preserve it.	0	1	2	3	4
EN12	it motivates me to be mindful of the environment	0	1	2	3	4

ENS – Experience of nature © Arndt Büssing

Bitte bewerten Sie die folgenden Aussagen und Antworten so, wie Sie wirklich fühlen und denken, und nicht so, wie Sie meinen, dass „die meisten Menschen" fühlen würden oder wie es idealerweise sein sollte.		stimme nicht zu	stimme eher nicht zu	neutral	stimme eher zu	stimme genau zu
EN1	Wenn ich in der Natur bin (z.B. Spazierengehen, Wandern, Fahrradfahren), kann ich alle Belastungen des Alltags loslassen.	0	1	2	3	4
EN2	Wenn ich in der Natur bin, fühle ich mich wohl und ausgeglichen.	0	1	2	3	4
EN3	Wenn ich in der Natur bin, genieße ich diese Auszeiten der Ruhe und Stille.	0	1	2	3	4
EN4	Wenn ich in der Natur bin, kann ich alle trüben Gedanken loslassen.	0	1	2	3	4
EN5	Wenn ich in der Natur bin, genieße ich es, von all den Belastungen und dem Ärger des Alltagslebens wegkommen zu können.	0	1	2	3	4
EN6	Wenn ich in der Natur bin, genieße ich es, in die Schönheit der Natur „eintauchen" zu können.	0	1	2	3	4
EN7	Wenn ich in der Natur bin, bin ich fasziniert von der vielfältigen Schönheit, die einem immer wieder neu entgegenkommt.	0	1	2	3	4
EN8	Wenn ich in der Natur bin, fallen mir ganz viele „kleine" Details auf, die mich staunend innehalten lassen.	0	1	2	3	4

EN10	Wenn ich in der Natur bin, dann genieße ich es, von ihr berührt zu werden (z.B. von der Wärme der Sonne, leichten Regentropfen, einer milden Brise, dem Rauschen der Blätter).	0	1	2	3	4
EN11	Wenn ich in Natur bin, empfinde ich eine Verantwortung für ihren Schutz und Erhalt.	0	1	2	3	4
EN12	Wenn ich in der Natur bin, motiviert es mich, achtsam im Umgang mit der Umwelt zu sein.	0	1	2	3	4

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