

Evaluating sustainable development factors on stress residential (case study: Mashhad Sarshur neighborhood)

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Abstract: - The discussion of urbanity evolutions and populational movements in recent several years has caused to increase in, county urban population in 55 last years, from five millions and nine hundred to fifty-four million persons since 1335 to 1390, i.e about 10-times increas. This quick growth has caused that urbanity problems in one human chalenge encounter with social indicators and neighborhood identity from various dimensions, which are sustainable development indicators.

In this study, It is tried to use opinions of neighborhood residents with resulting neighborhoodsustainable developmentindicatorswhile use of prior investigations related to subject.

The method of this research is “describitional-correlational”. The information gathering method has been obtained by refer to resources and texts.

Other required information have been accomplished by questionnaire tool based on questions and research purposes. Statistical society in related to questionnaire including Sarshur neighborhood residents. Sample valume in residents (household supervisor), equal to 279 people, has been used for data analysis and determined based on Cochran formula. The aim of investigation is to determine the effect of neighborhood sustainable indicators on residential mental health and to reduce their stress rate.

Since cities and neighborhood’s residents have fundamental role to success development plan, so notice to their mental aspects is important.

Studied variable are neighborhood sustainable development parameters and resident’s stress. The findings of this study show that decreased in residential’s stress by enhancing neighborhood sustainable developmentindicators such as: neighborhood identity, partnership, security, legibility and neighborhood’s vitalist.

Key words: - *neighborhood sustainable development, neighborhood identity, partnership, security, resident’s stress.*

I. INTRODUCTION

Unlike per capita GDP or standard of living, both of which can be measured in financial terms, it is harder to make objective or long-term measurements of the quality of life experienced by nations or other groups of people. Researchers have begun in recent times to distinguish two aspects of personal well-being: Emotional well-being, in which respondents are asked about the quality of their everyday emotional experiences the frequency and intensity of their experiences of, for example, joy, stress, sadness, anger, and affection and life evaluation, in which respondents are asked to think about their life in general and evaluate it against a scale. Such and other systems and scales of measurement have been in use for some time. Research has attempted to examine the relationship between quality of life and productivity (nur bala, 2002: 5).

In recent decade evaluating of life condition is important due to creating urban issues. today the modern method is led to created some problems such as : density , crowded , pollution (Zahedi , 2002 : 20) . Improving human urban quality is necessary for governments (Ganji, 2002: 67).

1.1. The investigation functional purposes

- The effect of neighborhood sustainable development indicators on residents mental health.
- Determination of environmental stressors elements.

II. RESEARCH HYPOTHESIS

It seems that to perform given strategies in neighborhood sustainable development theory can decrease in rate of stress in residents.

2.1. neighborhood sustainable development

Urban neighborhoods have less important role to organize pattern of urban residency because of its historical importance. Meanwhile, it has been emphasized to their recovery in recent several decades in steady development theory frame.

For urban sustainable development, it is required to plan (due to environmental and social reasons) in neighborhood level. All social, economical, political and physical activities in neighborhood level can be accounted as sustainable development initiative. Topic of neighborhood communication and its development have been noticed in frame of sustainable development subject since late of 190s because of relatively long prehistory in texts and scientific literatures as subject of neighborhood sustainable development concept. The bases of persian-language investigation in this field is relatively weaker than urban sustainable development domain. The research commonly have stated, in analysis of stability in neighborhood level, that there are social integration increase, incorporation, dependance to neighborhood, hygiene and environmental health, diversity, neighborhood identity and economical stability and house value. (Efroymsen, Thanh Ha, Thu Ha, 2009 & CHIRAS, WANN, 2003 & Robertson, McIntosh, James Smyth 2010)

To evaluation of stability in neighborhood level, urban system is supposed as form of open system which our neighborhood is its subsystems. In this communication system, it is studied sustainability evaluation in neighborhood level by assuming neighborhood as a comprehensive system. Therefore, it has not been noticed this metropolis elements which have effect on neighborhood sustainability.

Sustainable development in neighborhood level means "Enhancement of life quality in city" which include all features and environmental, cultural, political, organizational, social and economical components without creation of barrier for future generation.

This barrier is decrease of natural resources and increase of neighborhood lack. (Urban Conferences, Berlin, July 2007)

It can be considered principals and scales in frame of theories and existing internal and external experiences for neighborhood sustainable development; These principals and scales are included:

Economical and access indicator: rent and low price of house, easy access to services and public transportation and existing of pedestrian route and bicycle route in neighborhood, easy access to inside of neighborhoods parking lot.

Environmental indicator: lack of traffic, noise pollution, air and environmental pollution and existing of green space in neighborhood.

Neighborhood identity indicator: dependency to neighborhood, corporation of residents in neighborhood affairs, neighborhood legibility.

Social indicator: houses security, lack of unsuitable individuals inside neighborhood, allies security, neighborhood illumination, lack of privacy corners, increase in social interaction.

In respect to most of investigations which has been just focused on environmental and economical subject, in this study, it has been tried to focus and discuss neighborhood identity and social concern.

2.2. Identity

The concept of identity word in domains and various schools has definitions and differences. Moien dictionary has defined identity as: what cause to identify person. I.e what cause to distinguish one person from another one, So, identity is not mentioned in vacuum. Of course, there is self and other, otherwise identification doesn't have mean. Amid dictionary knows identity as object and person fact which consists of his/her quintessential attributes. Also, it has meant identity as personality, essence, existence. Identity is meant by Oxford dictionary as what and who is person

Identity is mean-building process based on one cultural feature or continuation complex of cultural features which have been given priority to other meaning resources. (Castelz, 2002, 1380)

People oppose against to be individual process and social analysis, they tend to present in communication organizations which create dependency over time and finally in many cases public and cultural identity. Of the greatest theorists in field of social identity theory is George Herbert Mead. In Mead viewpoint, each person forms his/her identity via organization of other individual attitude in frame of social or group organized attitudes. In another words, the picture which each person makes of him-/herself and sense to him-/herself is attitude

feedback which others give him/her.(Mead,1964,22)

The most important element to state neighborhood sustainable development is interests and benefits and dependancies which provide correlation and that resident of neighborhood united.(Hashemi, 491,2002)

The problem of today cities is not only environmental inadequency, traffic problems and other urbanity problems, the important problem of these cities is sense of non-identity and lack of dependancy to city and neighborhood from residents and citizens. Neighborhood identity is process of interaction, assosiation, environmental dependancy and collective integration which generate in typical time and place conditons.(Ma'asoumi,1389)

Neighborhood identity shows mutual effect of physical and social elements.(Robertson, McIntosh & Smyth,2010)

Identity sense and dependency to a place results in individual association with knows human as components of place. This assumes one role for place in the mind based on its experiences of symbols, meaning and functions this role is unique and different and it becomes important and respectful as result of place. One place forms the possibility of occurrence one social relation and common experience among people, dependency sense and correlation.

2.3. Partnership

Public participation is base of urban sustainable development. The project which was define by World Hygiene Organization, this is based on two principals: the parts coordination and public participation. (Mohammadzade ASL, 35, 1385)

The public participation can be known as meaning of participation and active, deliberate and voluntary, organized and effective presense of individual, groups, and urban organizations in urban life cultural, social and economical activities to accomplish in urban collective purposes. Although partnership as form of one organized activity and as mean of all-aspects interference of people in cultural, social, economical. And political process, which is effected by them, is stated since 1960's, but global experiences show that in 1980's towards. It is noticed to development plans and also urban development, so that at present, public participation is success code of urban development project and one of evaluation acales of urban management function and its pillars (counsil and municipality).(pardaraz,1383)

In city-building encyclopedia, public participation to build city has been stated as instrument for society members to participate in design and edit politics which have effected on their life environment. The most basic stimulus in public participation is increasingly complication of urban life.(Ahmadi,46,1380)

United Nation research institute knows partnership as organized tries in order to increase in resources and disciplinal institute in determined social conditions from certain groups and movements which are deprived from such control for social development. On this basis, it can be observed partnership in field of political, econmical, social and metal partnership.

On the basis of this definition, it is very important to be able deprived and isolated groups to enter them in partnership process to make decision and supervision on affairs about self.

In order to explanation necessity of public participation usage in urban design and planning, it can be pointed to some advantages and disadvantages use of partnership as whole:

- **Increase in public knowledge level;**

people participate in planning and city-building activities causes to enhance their public knowledge level. Via this, the people can be familiar with features and limitations of planning and design; and this causes to be more real their demands and expectations, therefor, the purposes of designs and plans will furthur match with realities.

- **Creation of social resposibility and dependancy to society;**

“public participation creates one real sense about collective responsibility and dependency to society. This causes to participate people in partnership and performing designs”.(Dutta,1992). Coaction and collaboration mentalitywhich is accomplished by public participation , causes to decrease in tension and inconsistency among people and it is increased in sensitivity and sympathy sense of people relative to affairs improvement.

- **Acceptance of designs and plans by people;**

one of the main codes of designs and plans success in their acceptance from people which the final aim of all designs and plans. When it isn't accepted one design or plan by people, it is actually encountered with unsuccess, although it would be good design. Public participation in planning process can cause to accept designs and plans from people. “They will use the results of their share to decision-making. Since they accustom with demands and bio-methods, so they furthure coordinate.”(Mokhber,1365)

2.4.Security

Security is complicated world which has extensive application as functionally. From the most inner thoughts and human senses to the most important problems among governments contain security concept.

Oxford dictionary translates security as follow: free from concerns and safe against dangers and also contractual scales to guarantee a country, person and thing safes which have value. Also, Moien and Amid dictionries have translated security as to be safe, safty, calm and relaxation.

Urban space has the most communication with people and life environmen, so it has important role for part identity an calmness sense for citizens. It seems that in present century, urban unsuitable environments have created many problems for citizens security and they are effective in social damages growth. By development of these damages, security is removed and it causes to enhance crimes and people act warily in social actions and it becomes double fear and prestiment by each happen, as a results, it is created unsafe sense. Social security is calmness and serenity which each society is required to provide for society and its members in the economical, political and judgment fields. Therefore, social security is not anything except manner of people calmness from fear, threat, stress an immune of life, wealth, honor, identity and belief from each threat and agression. It has been given in 8th article of human rights and citizen announcement in France, 1973 that: security is included support which has been granted by society for individuals and Hs members to survive life & rights.(Mahboubi Manesh,6,1385)

Malformation in uraban space is introduction of unsafe and young population dense in larg cities in danger for urban stability security. The main metropolis problems is increasingly urban-rural immigration and small city to larg city immigration, boarder-sitting and urban poor population which can be resulted in security instability.(Ficker,344,1971)

One of the most important threating elements is people presence in public spaces, fear and unsafe sense. Places and public spaces unsafe disturb exhilaration and health in routine life, and it imposes huge expenses on society because of creation of barrier on cultural growth and public participation.(Eftekhari,8,1381).

The criterions of oe urban safe space can be suitable illumination, visible sense, public care, access to help and enough sight, environment legibility and keeping and preventing of disturbance and vandalyism.

2.5.Stress

Stress word is derived english language and it hasn't any accurate equivalent in farsi except pressure, and it gives extensive manning. Stress means pressure. This is the word which has been borrowed from physics and today, it has public application to state psychosomatics pressure.(Iran Panah,1377)

Stress was meant difficulty, hardness and disaster since 18th century. Hans selye(Austrian sychologist) was founder of scientific investigations about stress and he is the first man who explained the relation between stress and diseases. He defined relation between stress and diseases. He defined stress as rate of weans and Teas metabolism due to life pressures. Ofcourse, stress word is not called only to precedure in this phenomenon in human body, but also it is called as stressors stimulate under this name,(Shamloo,1362)

Psychologists say on the average, what is resulted in stress is gathering life events which disturb individual consistency with existing condition. In their viewpoint, stress is important phrase which is for describtion of situation or recognition that cause to creat mental pressure. Nevertheless, stress is more extensive concept from physical and material pressure and each stimulus that creats tension in human and makes reaction inside him/her, it is recognized as stressors factor. This factor may be one event, condition, situation or problem. The created tension and respond to this tension creat process which is called stress. In psychology term, stress can be accounted as environmental stimulus one reaction against environmental stimulus or inter-stimulus interaction and reaction.(Riggio,1955,Translation by Hossein Zade,1383)

Stress or mental pressure mean force which is enforced from inter and outer elements on person and has effect on his/her behavior. In another word, it is sort of behavioral disorder which is created by putting person in unknown or insuitable situations.(Byrne &Espnes,2007)

III. MODELS OF ENVIRONMENTAL STRESSORS

3.1.Adaptability model

one model which explain the effect of environmental stressors factors, is adaptability. This model emphasizes on the effect of environmental stressors elements on human physiological aspects which have adjustable ability. Caplan was given this theory, this theory state that human has this ability to close interaction in various environmental conditions. People can appose uncomfortable conditions in special time domain. This model studies exposure to stress condition by human which is resulted in accustom process.(Evans & Cohen,578,1986)

3.2.Control model

There is considerable evidence that human beings have a srong need for environmental mastery and a sense of self-efficacy. Negative consequences associated with lack of control include negative effect, cognitive

deficits, and reduced motivation to behave instrumentally when the opinion is available. Actual or perceived control over a stressors generally leads to fewer negative consequences than exposure to stressors that are uncontrollable. This is particularly true if the individual believes that control has the potential to modify his or her experience of the stressors.(Evans & Cohen,578,1986)

3.3.Predictability

A number of scholars have noted the tendency of environmental stressors like noise to disrupt or interfere with ongoing behaviors. Unpredictable stressors are more distrancting and make concentration on tasks more difficult poulton has emphasized that distraction is the principal mechanism of task decrements noted in noise. Distraction has physiological consequences as well, related to the orienting reflex, which tiggers a state of mental alertness and vigilance. Predictability is also related to patterns of environmental stimulation. Setting that are unfamiliar or highly ambiguous or difficult to interpert may be stressors. When one cannot discern the meaning or function of an object or a setting, confusion as well as stress may occur.(Evans & Cohen,578,1986)

3.4.Systems models

The psychological perspective on stress, as discussed earlier, emphasizes the dynamic balance between environmental demands and the organism's ability to cope with those demands. Congruence or the extent of fit between person and environment has been used explain stress. Stress occurs when environmental opportunities are insufficient in affording important personal or group needs and goals. Stress is an outcome of incongruence between person and environment.(Evans & Cohen,578,1986)

IV. ENVIRONMENTAL STRESSORS

Infact, everything that is furthur under pressure and results in life and mental analysis is called stressors. The control of environmental important problems such as (to become warm earth, change climate, air pollution or accident and disastes) has been stated as large challenge.(Homburg,2006)

Number of social and physical features in neighborhood may act as stressors. Physical aspects of neighborhood include large number of empty buildings in order to conclude this place is not safe and suitable place for living; this can cause to make stress, lack of green places may decrease in the effect of nutral environment on stress reduction. Tendency and attitude to neighborhood environment as unsafe, wild and irregular environment can creat stress sense as direct and indirect with fear in individuals. Violence and disorder in social and individual level is accompanied by neighborhoods with depression and distress. Infact, the stressorsresulting in neighborhood unit have effect on individual tendency relative to their life environment.(Mair,2010)

4.1. Stressors can be devided into 4 cases

Economical elements: inflation, lack of economical security, fear of poverty and unemployment, material problems to be married.

- Cultural elements: fade of scientific, literatural, art values, dominance of force cultures as a result strange disease comprehension
- Departmental elements: lack of job, dominance of relations on criteria, complicated Brocracy, lack of control and evaluation mechanisms.
- Plitical elements: unclear the person participation in self-determination, lack of security sense about life and result and believes, sense of pressure in freedom and independanceof counry.(Soltani,1381)

V. RESEARCH METHOD

Type of research is "describitional and correlation". Describitional research isn't often experimental type and deal with nutral position an dummy which are available now or it has happened before. In this method, it can be analyzed human behavior as naturaly and in real conditions which is occurred in different situation of life.(Negahban & Mostajabi,1384)

Describitional or non-experimental research inclde 5 groups: mensurational, correlational, post-evental, actional, case study.(Bandar Abad,1390)

The method of gathering information has obtained via refer to texts and resources. Another required information has been accomplished by research questions and puposes via questionnaire tool.

Thorndike theory says: if there would be anything, yhen it has quantity; and what has quantity, it is measurable. In some cases which there are some features that can't be measured such as rate of satisfaction and stress, the only way to gather data and only suitable tool is use of questionnaire. So it can measure hidden feature.(Negahban & Mostajabi,1384)

It has been raised some question to design questionnaire in several level by method of error and test; some

unrelated questions have been omitted and then 50 questionnaires give to residents as pre-test, after analysis, it is added and omitted some questions by suggestion of residents.

In first time, it was responded 300 questionnaires by residents, but the result dosen'tmatch with research hypotheses, thus it was designed questionariy for second time in order to prove hypotheses and it was distributed 279 ones among residents.

The method of scoring was based on 5 degree lickert scale which included: very low=1, low=2, medium=3, high=4 and very high=5.

To design a goodquestionariy, it must be first recognize the purpose compeletely, then it must be considered som questions to accomplish that purpose.(Negahban & Mostajabi,1384)

Statistical society in relation with questionariy includs residents of Sarshur neighborhood which it has been sample randomly. Sample volume in residents (Household supervisor) in equal to 279 persons which it has been determined by Cochran formula. Also, it has been used spss software to analysis data.

The studide variables about neighborhood sustainable development is as independent variable and residents stress is the depndent variable.

Neighborhood sustainable development: sustainable development in neighborhood level means “anhancement of life quality in city” whichh includs environmental,cultural, political, organizational, social and economical features and components without any obstacle for future generation. This onstacle cause in local lacks.(Urban Conferences, Berlin, July 2007)

Environmental stress: this is a negative emotional reaction which is created by threaten one element in physical environment.(www.urbanity.ir)

It has been accounted stability of research attitude spectrums by Cronbakh alpha stability test and it has been shown in table1.

Table 1: stability rate (Cronbakh alpha) of questionariy attitude spectrums.

| Rate of Cronbakh alpha coefficient | Number of spectru | Research spectrums |
|------------------------------------|-------------------|--------------------------------------|
| o.701 | 10 | environmental Stress |
| 0.707 | 10 | Neighborhood Sustainable development |
| 0.803 | 14 | stress |

VI. STUDIED AREA

Sarshur has been located in central sector of Mashhad city. Sarshur has been located near the holy shrine. So has important position in this city. Also, it has located in old fabric. On the other hand famous carpet bazaar of Iran.

Sarshur neighborhood is on of the main six neighborhood in Mashhad that its position is west of holy shrine . Also, Khosravi & Akhund Khorasani Avenue have located around the neighborhood.

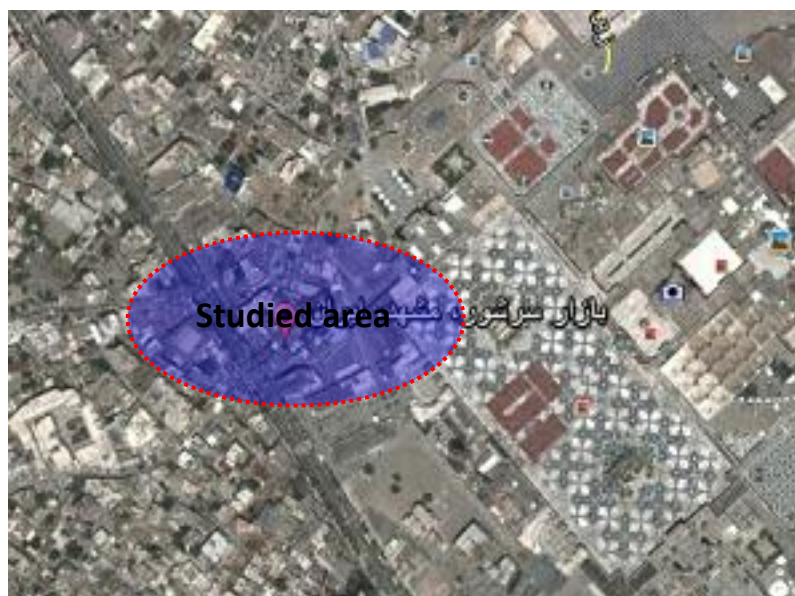


Figure 1 : Sarshur neighborhood

VII. FINDING RESEARCH

Indicators which have been studied in this part, are included:

- Economical and access indicator: rent and low price of house, easy access to services and public transportation and existing of pedestrian route and bicycle route in neighborhood, easy access to inside of neighborhoods parking lot.
- Environmental indicator: lack of traffic, noise pollution, air and environmental pollution and existing of green space in neighborhood.
- Neighborhood identity indicator: dependency to neighborhood, corporation of residents in neighborhood affairs, neighborhood legibility.
- Social indicator: houses security, lack of unsuitable individuals inside neighborhood, allies security, neighborhood illumination, lack of privacy corners, and increase in social interaction.

Table 2: frequency distribution related to environmental stress spectrum.

| Environmental stress | frequency | Percent |
|----------------------|-----------|---------|
| Low | 19 | 6.8 |
| Medium | 158 | 56.6 |
| High | 102 | 36.6 |
| Total | 279 | 100 |

On the basis of above table from total studied respondents, most of them had stated that their environmental stress is in medium level (56.6%). Then, there are persons who have high environmental stress in 36.6% and 6.8% of them had low environmental stress.

Table 3: frequency distribution related to neighborhood sustainable development spectrum.

| neighborhood sustainable development | frequency | percent |
|--------------------------------------|-----------|---------|
| Low | 109 | 39.1 |
| Medium | 153 | 54.8 |
| High | 17 | 6.1 |
| Total | 279 | 100 |

On the basis of this table data from all studied respondents, most of them had stated that their neighborhood sustainable development is in medium level (54.8%), then, there are people who believed that their neighborhood has had very low development (39.1%) and 6.1% of individual believe that they had high neighborhood sustainable development.

Table4: correlation test and variable regression analysis of neighborhood sustainable development access and respondent environmental stress.

| | R | R2 | R2 Ad | Standard error | B Coefficient | Beta | T | F | Sig |
|---|-------|-------|-------|----------------|---------------|--------|---------|---------|-------|
| Correlationsocial dimension ofneighborhood sustainable developmentand environmental stress. | 0.542 | 0.294 | 0.291 | 4.42 | -1.469 | -0.542 | -10.732 | 115.170 | 0.000 |

In order to study the relation betweenneighborhood sustainable developmentaccess and individual environmental stress, it has been used regression statistical technic. Based on results, there is high correlation (R=0.516) between access and individual environmental stress. The value R^2=0.276 shows that anticipation

variable has had medium effect on observed changes in sample population as rate of neighborhood sustainable development.

Table 5: correlation test and variable regression analysis of to neighborhood sustainable development identity variable and respondent environmental stress.

| | R | R ² | R ² Ad | Standard error | Coefficient B | Beta | T | F | Sig |
|---|-------|----------------|-------------------|----------------|---------------|--------|--------|--------|-------|
| Correlation neighborhood sustainable development identity and environmental stress. | 0.511 | 0.261 | 0.258 | 4.52 | -1.489 | -0.511 | -9.895 | 97.913 | 0.000 |

In order to study the relation between neighborhood sustainable development identity and individual environmental stress, it has been used regression statistical technic. Based on results, there is high correlation (R=0.511) between identity and individual environmental stress. The value R²=0.261 shows that anticipation variable has had medium effect on observed changes in sample population as rate of individual neighborhood sustainable development.

Table 6: correlation test and variable regression analysis in social dimension of neighborhood sustainable development and respondent environmental stress.

| | R | R ² | R ² Ad | Standard error | Coefficient B | Beta | T | F | Sig |
|---|-------|----------------|-------------------|----------------|---------------|--------|--------|---------|-------|
| Correlation neighborhood sustainable development access and environmental stress. | 0.516 | 0.267 | 0.264 | 4.51 | -1.087 | -0.516 | -1.037 | 100.731 | 0.000 |

In order to study the relation between neighborhood sustainable development social and individual environmental stress, it has been used regression statistical technic. Based on results, there is high correlation (R=0.542) between social and individual environmental stress. The value R²=0.294 shows that anticipation variable has had medium effect on observed changes in sample population as individual neighborhood sustainable development rate.

Table 7: correlation test and variable regression analysis between neighborhood sustainable development environmental dimension and respondent environmental stress.

| | R | R ² | R ² Ad | error Standard | Coefficient B | Beta | T | F | Sig |
|---|-------|----------------|-------------------|----------------|---------------|--------|--------|--------|-------|
| Correlation environmental dimension and environmental stress. | 0.478 | 0.228 | 0.225 | 4.62 | -2.055 | -0.478 | -9.050 | 81.908 | 0.000 |

In order to study the relation between neighborhood sustainable development environmental dimension and individual environmental stress, it has been used regression statistical technic. Based on results, there is high correlation ($R=0.478$) between environmental dimension and individual environmental stress. The value $R^2=0.228$ shows that anticipation variable has had medium effect on observed changes in sample population as rate of individual neighborhood sustainable development.

The research finds demonstrate that the variables e.g economical, social, and environmental dimensions and sub-indicators such as security, partnership, identity and to be low pollutions rate are effective to decrease in residents stress.

The effect of economical indicator in case study shows that easy access to public transportation and reduction of house price and its rent can help to decrease stress.

It can be decreased in stress in social dimension in individual by improve some factors such as: sub-indicators of houses security, lack of people with un suitable appearance inside neighborhood, allies security, neighborhood illumination, lack of vacancy corners, dependancy to neighborhood, residents participation in neighborhood affairs, and neighborhood legibility in respect to generalization to security and confidence among residents and to creat residents responsibility relative to each other and to their neighborhood.

The effect of environmental indicator in studied domain showed that reduction of noise pollution, air and environmental pollution, reduction of traffic rate and increase green space cane reduce residents stress.

VIII. CONCLUSION

Following change in conditions and elements to expand develop urban part in recent years. Human construction of residential neighborhoods have special place to form cities. While urban sustainable development has devoted main part of recent years urbanism literature, to set to principals and critoria of neighborhood sustainable development require many investigation.

This study has been designed and performed by purpos of neighborhood sustainable development indicators effect on neighborhood residents stress and exploit measurement method. The results are based on gathered data analysis of samples with 279 persons of Mashhad Sarshur neighborhood residents. The obtained results show that there is reverse relation between neighborhood sustainable development and residents stress, so the more sustainable development, the les rate of residents stress. Generally, the respondants know to equal rate of sustainability in case study in all indicators or in medium level. At last on the basis of small different in rate of sustainability and stress related to each indicator in studied neighborhood, residents know less sustainability related to security and social indicators. As a result, they have the stress in relation with this indicator and they have known sustainability in the field of environmental domain, so they had less stress due to environmental reasons and third stressor has been for them and at last economical element has been devoted according to residents and according to residents as instability in second rate and it is second stressor. In respect to this finding, it has been given some strategies to increase in security, decrease in economical expense and to be high neighborhood identity and public participation and to less environmental problems.

8.1. Roposing of strategise

- Respect to cases to enhance security such as various times of activity, provide illumination and use of lightening in social supervision to enhance security, choosing sector police among residents typically young people.
- Issue some laws in order to keep citizens rights during walking, biking, to enhance walking spaces quality and quantity such as: creat suitable cobble in spaces, increase in green space next to such spaces, to equipt such spaces in suitable urban furniture, existing of services user next to such spaces, to create spaces in order to bicycle rent, lawful planning about urban waste-water chanel, water, electricity, gas, telephone and other municipality services about pedestrain spaces, biking citizens in outdoor spaces as aesthetics principals and created obstacles in spaces.
- To give participate strategies in order to enhance residents social activities with based-neighborhood approach such as to motive and form inter neighborhood and inside-neighborhood NGOS, possibility of residents communication via internet, to creat equipments to perform groups decisions and to promote culture of participation in public matches.
- Control and more supervision on traffic problems and widen street and struct under-way bridges to decrease in traffic and to increase in number of pedestrain bridges.

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